



Week 3 Assignment

Part 1: Examining Wearable Technologies Template

Name: [REDACTED]

Date: [REDACTED]

Directions: Select one wearable technology used for health and wellness. Refer to the Week 3 lesson and the assignment guidelines for more information on wearable technologies. Use this template to complete the Part 1: Examining Wearable Technologies assignment.

- Answer the questions under each section with explanation and detail. Use complete sentences throughout.
- Correctly cite and reference at least one scholarly source from the Chamberlain Library.

Section 1: Introduction of Wearable Technology

1. Identify the wearable technology you selected, including the brand name.

I chose to focus my research on fitness trackers, such as Fitbit, iWatch, etc. Since owning an iWatch myself I felt that this product would be beneficial to help not only myself, but others understand the ins and outs of this technology.

2. Discuss the intended purpose of the selected wearable technology.

The intended purpose of the iWatch is not only to keep you connected easier than always pulling your phone out, but it can help you manage your health. There are several apps such as fall detection, fitness tracker, heart rate and blood pressure monitoring that can help someone detect early symptoms so that help can be obtained within the crucial time frame if needed.

3. Explain how the selected wearable technology promotes self-care and/or illness management.

Having wearable technology such as a fitness tracker can help promote self-care as well as illness management. Since their debut around 2015 wearable technology has been taking the world by storm. According to the NIH the iWatch has been known to help with mental health awareness by allowing consumers to download apps that help track not only fitness but heart rate, blood pressure, EKGs, and even fall detection as well as food trackers (Lui et al., 2022). This allows the consumer to be in control of their health



and in doing so you begin to feel better and consistent with your progress. Like the old saying goes if you put good in, you get good out.

4. Visit the [Healthy People 2030](https://health.gov/healthypeople/objectives-and-data/browse-objectives) website. Review the Health Conditions and Health Behaviors sections. Choose a health condition or health behavior that the selected wearable technology would help improve. Discuss how the selected wearable technology would improve the selected health condition or health behavior. (Note: If you are having trouble clicking on the Healthy People 2030 embedded link, copy and paste the URL into your web browser: <https://health.gov/healthypeople/objectives-and-data/browse-objectives>)

According to Healthy People 2030 being more physically active can decrease one's probability of getting sick, being injured and even death (Healthy People 2030, 2020). It can be challenging to make sure you are getting enough exercise to meet the recommendations so having and wearing a fitness tracker can make that easier and carefree. When I say carefree, I merely mean after a while of wearing it you just don't think about it anymore and it just tracks your steps automatically as well as standing and calorie goals. By maintaining a consistent exercise or diet regimen it can help with maintaining a healthy weight so one does not have to fight obesity as well as other things that come along with that such as diabetes, etc. There are several public health organizations and programs that can help assist with exercise, so you don't feel alone and like you are doing it yourself with just a tracker (Healthy People 2030, 2021).

Section 2: Advantages and Disadvantages

1. Visit the [Healthy People 2030](https://health.gov/healthypeople/objectives-and-data/browse-objectives) website. Review the Populations section. Choose a population that the selected wearable technology would help improve. Discuss how the selected wearable technology would improve the health and well-being of the selected population.

Adolescents are so impressionable due to being at the age where they are beginning to figure out who they are and adjusting to their surroundings (trying to fit in, make friends, relationships, as well as going through puberty). As we know obesity within this population has been on the rise for years as technology usage has increased making outdoor play almost a thing of the past. With this growing rate of obesity adolescents are more susceptible to being bullied which can lead to more problems such as eating disorders, and even suicide (Healthy People 2030, 2020). Wearing an iWatch can help this population monitor and track their fitness level and even show progress with graphs and statistics. They can even join with their friends and have competitions to earn badges. This would help with their confidence as well as sportsmanship.