

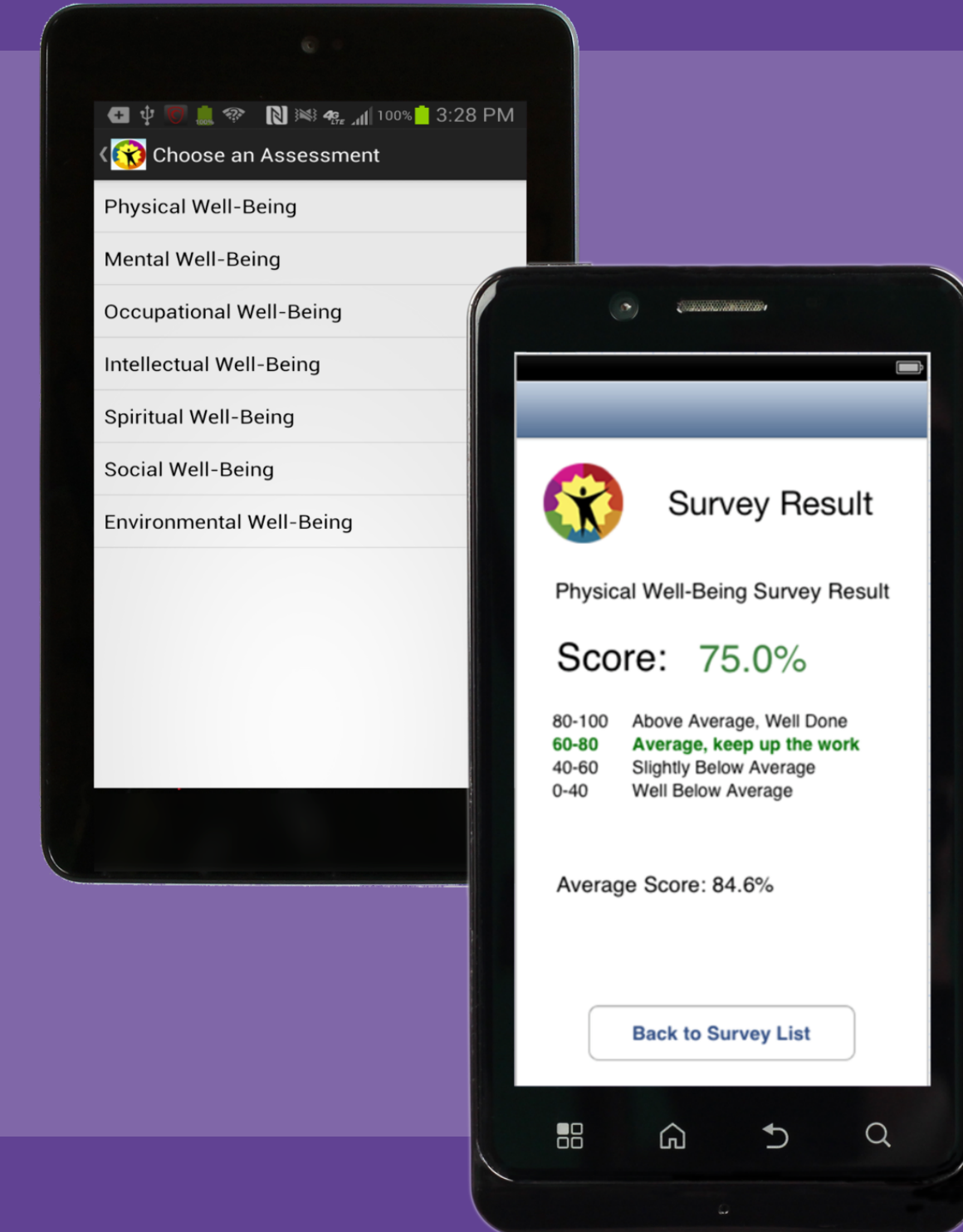


## Mobile Application

GoodNEWS Fort Worth has 5 main sections:

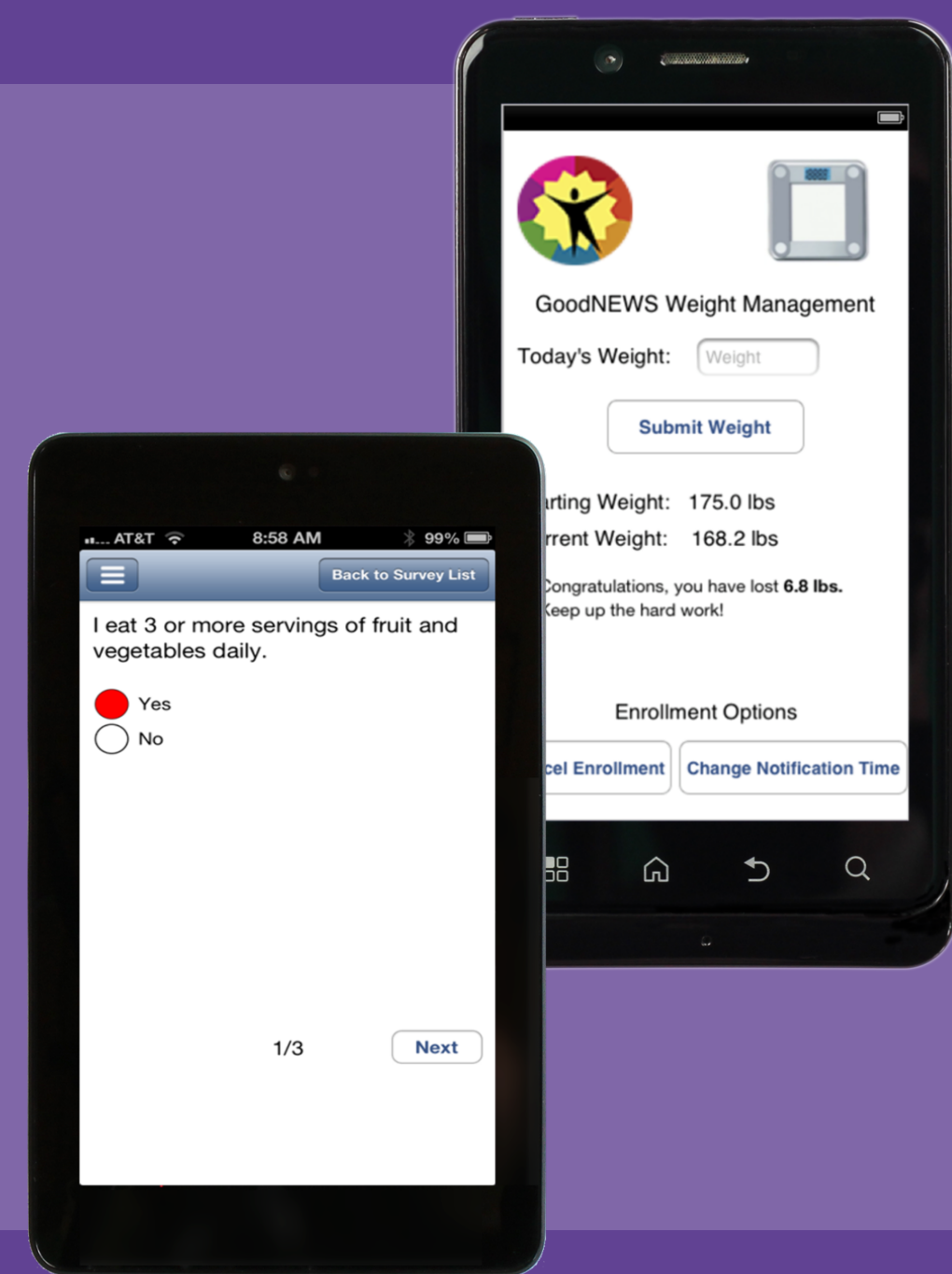
### Health Assessment

Users are provided with a series of surveys which offer a baseline assessment of their health. This provides a starting point for improving their lifestyle. Users are graded according to the seven dimensions of health. This allows users to determine their strengths and weaknesses as they work toward a healthier lifestyle.



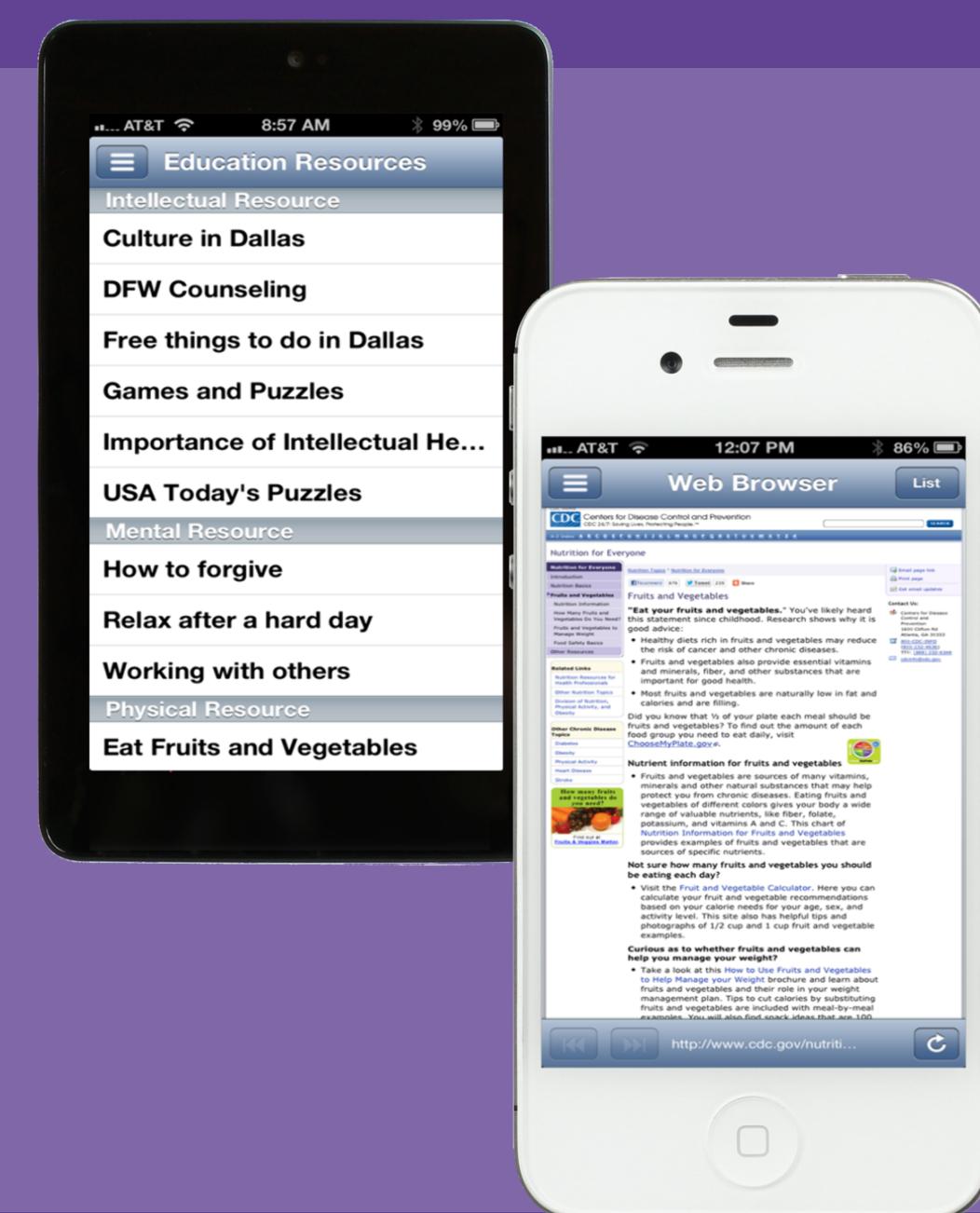
### Track and Progress

Users take short daily assessments which allows them to track their progress over time. With Track and Progress, users can recognize the good days and the bad days seeing how they contribute to their overall health.



### Health Education Resources

Users gain access to a large library of resources curated by the GoodNEWS team. From the Health Education Resources section, you can learn more about the many factors which contribute to your health. With this new found knowledge, a user is on their way to a healthier lifestyle.



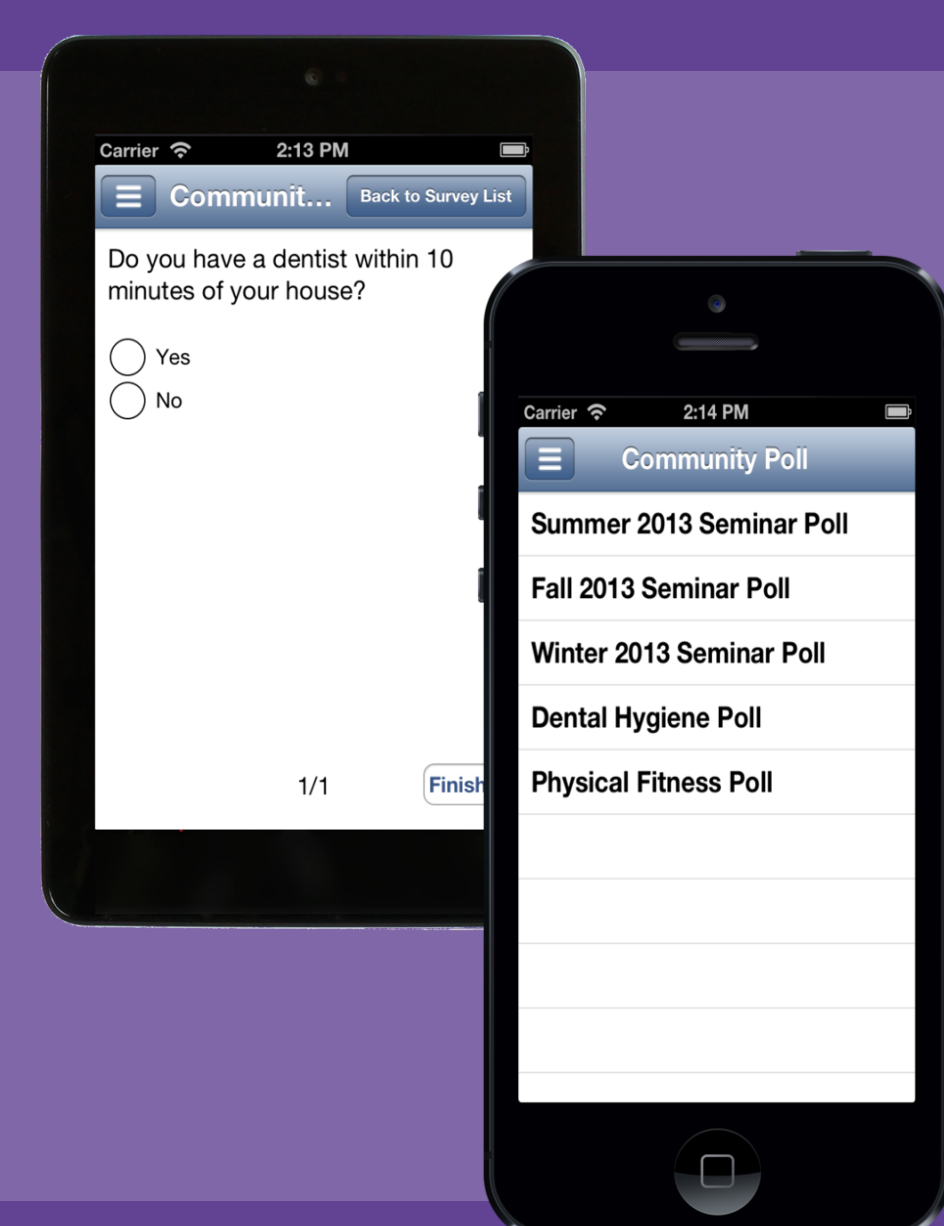
### Fort Worth Resources

Find resources in the Fort Worth community which empower users to improve their health. It could be a local farmer's market, a new restaurant, or the Trinity River Trails. A user can view information about resources in their neighborhood and easily get directions on their device.



### Community Vote and Poll

Provide feedback and voice your opinion on the health issues facing the Fort Worth community. Through the Community Vote and Poll section, users have access to a variety of polls and surveys which offer up vital information to GoodNEWS about the communities they serve.



## Abstract

Preventable chronic diseases are a leading cause of premature death in Tarrant County. As a senior capstone project, a system has been developed which promotes healthy living in Fort Worth communities serviced by GoodNEWS. This program partners with city, congregation, and community leaders in order to reduce the risk of chronic disease. This system includes a multiplatform mobile application that helps residents of the Fort Worth area live a healthier lifestyle according to the seven dimensions of health: physical, mental, intellectual, occupational, spiritual, social, and environmental well-being. In addition, the system includes a web application which acts as a content management system allowing GoodNEWS employees to maintain up-to-date resources. Using this system, GoodNEWS is able to disseminate information on healthy living and interact with members of the community. Users are able to assess their lifestyle and track their progress toward healthier life choices. The system has been developed for UNT Health Science Center's GoodNEWS program and targets iOS and Android devices.

## The GoodNEWS Approach

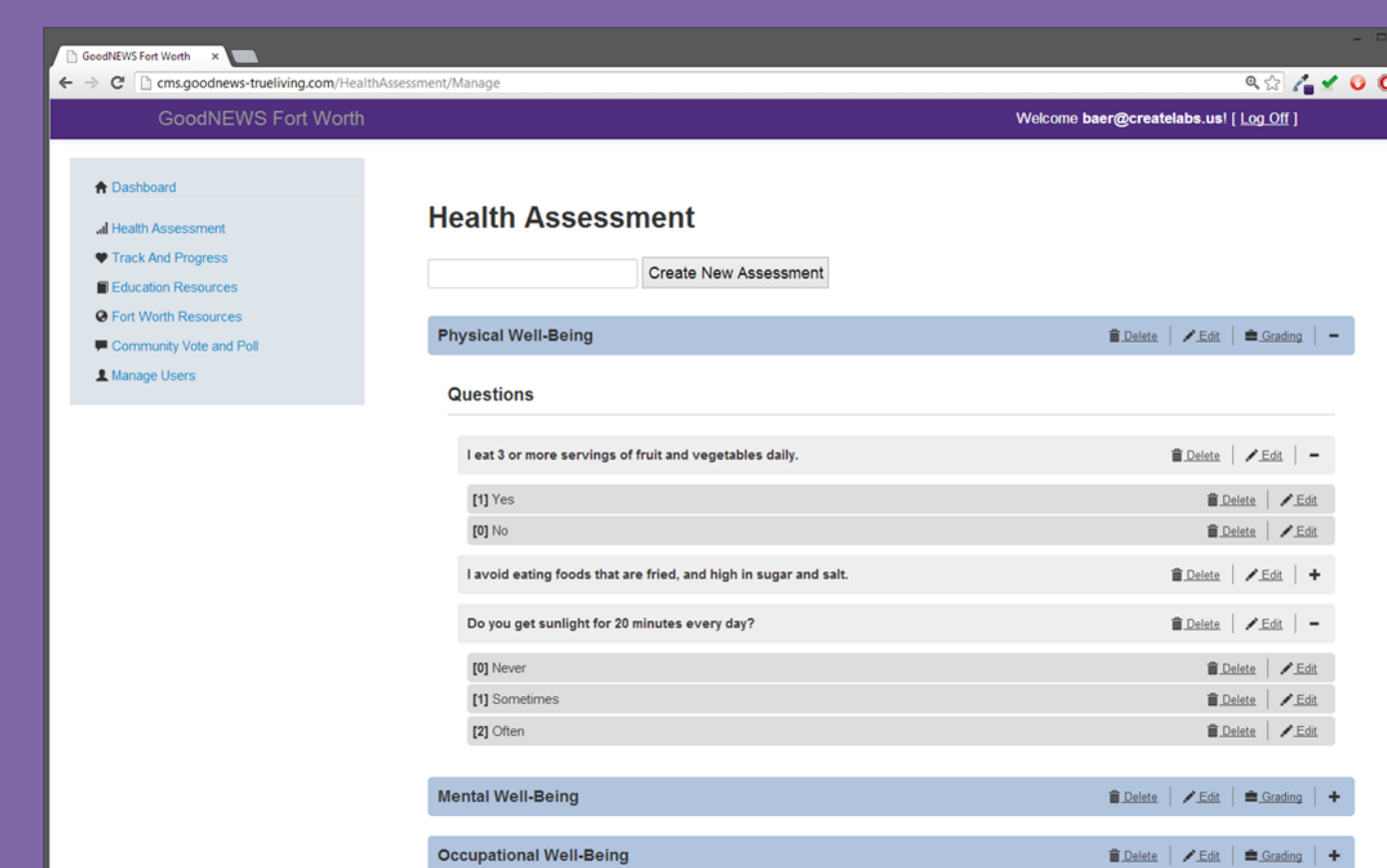
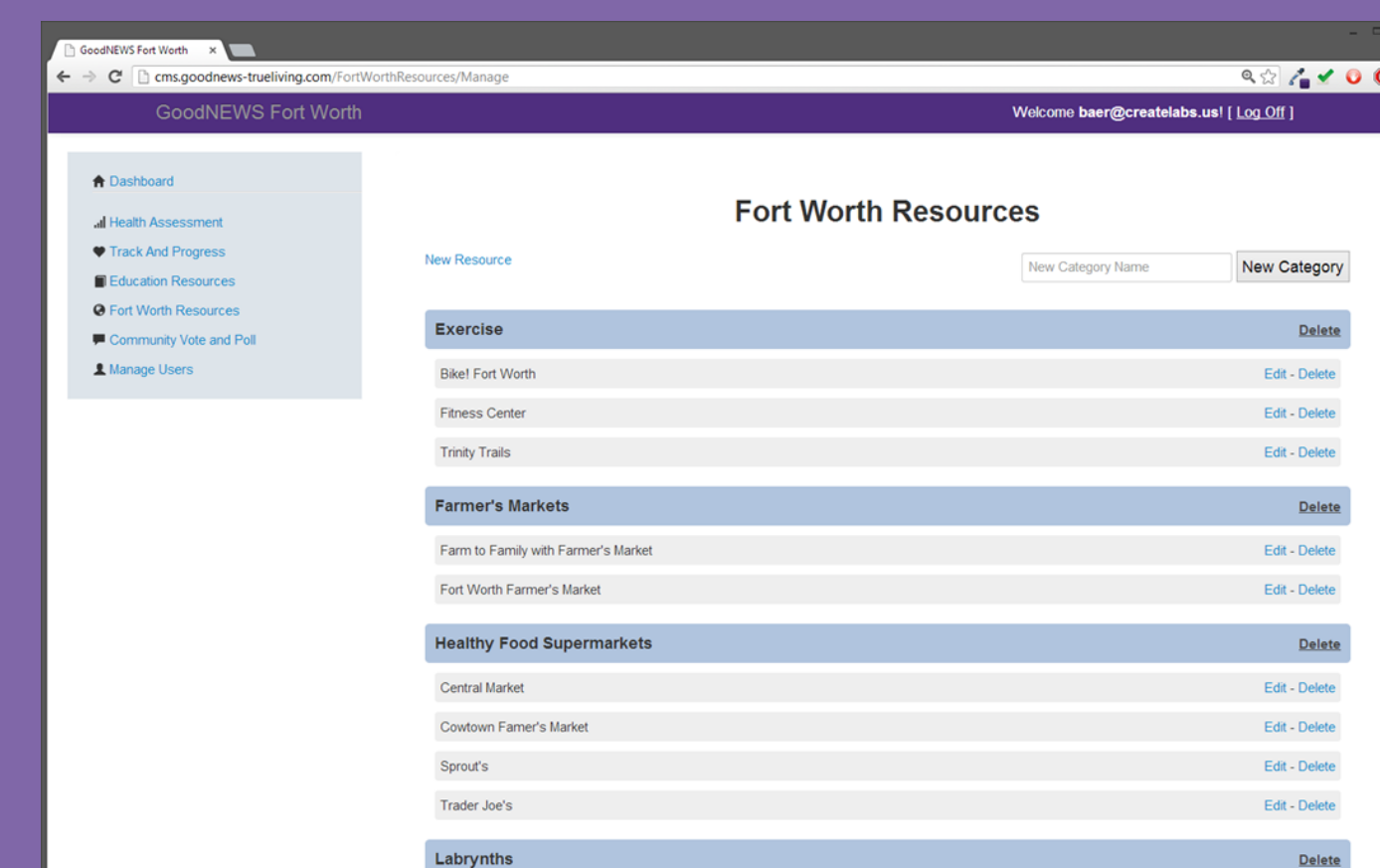
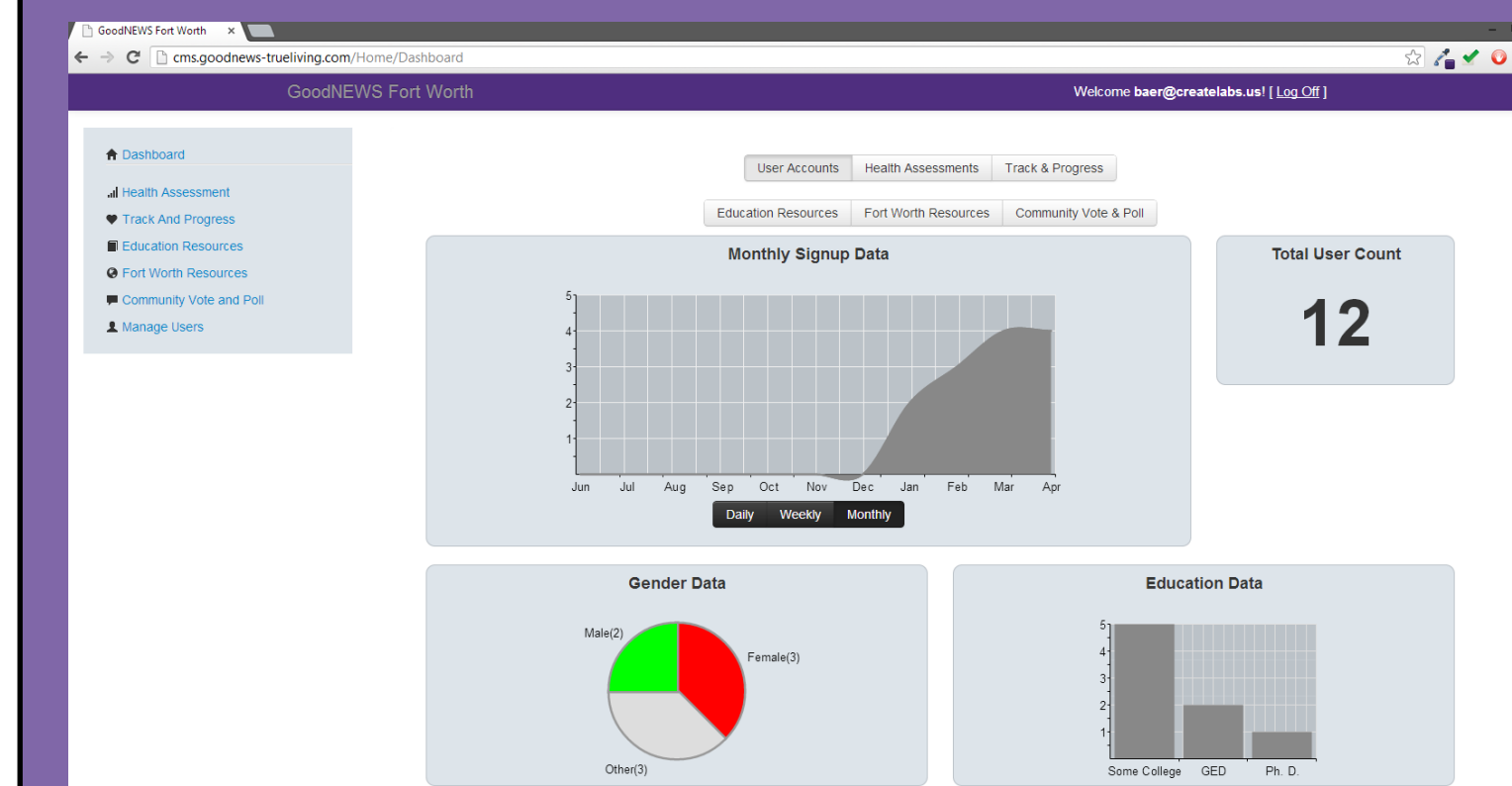
The GoodNEWS program is an initiative out of the Texas Prevention Institute of the University of North Texas Health Science Center. Started by Dr. Mark DeHaven and Dr. Jenny Lee, this program works to reduce chronic disease and improve the quality of life for individuals in the Dallas and Fort Worth communities. The GoodNEWS team promotes preventative medicine and healthy living through community outreach programs and seminars with community, congregation and city leaders.



## Content Management System

From the GoodNEWS Fort Worth Content Management System, employees from the GoodNEWS team are able to maintain up-to-date content.

Employees are also provided a dashboard where they are able to conveniently view analytics on user activity, poll responses, community demographics, and all other data within the system.

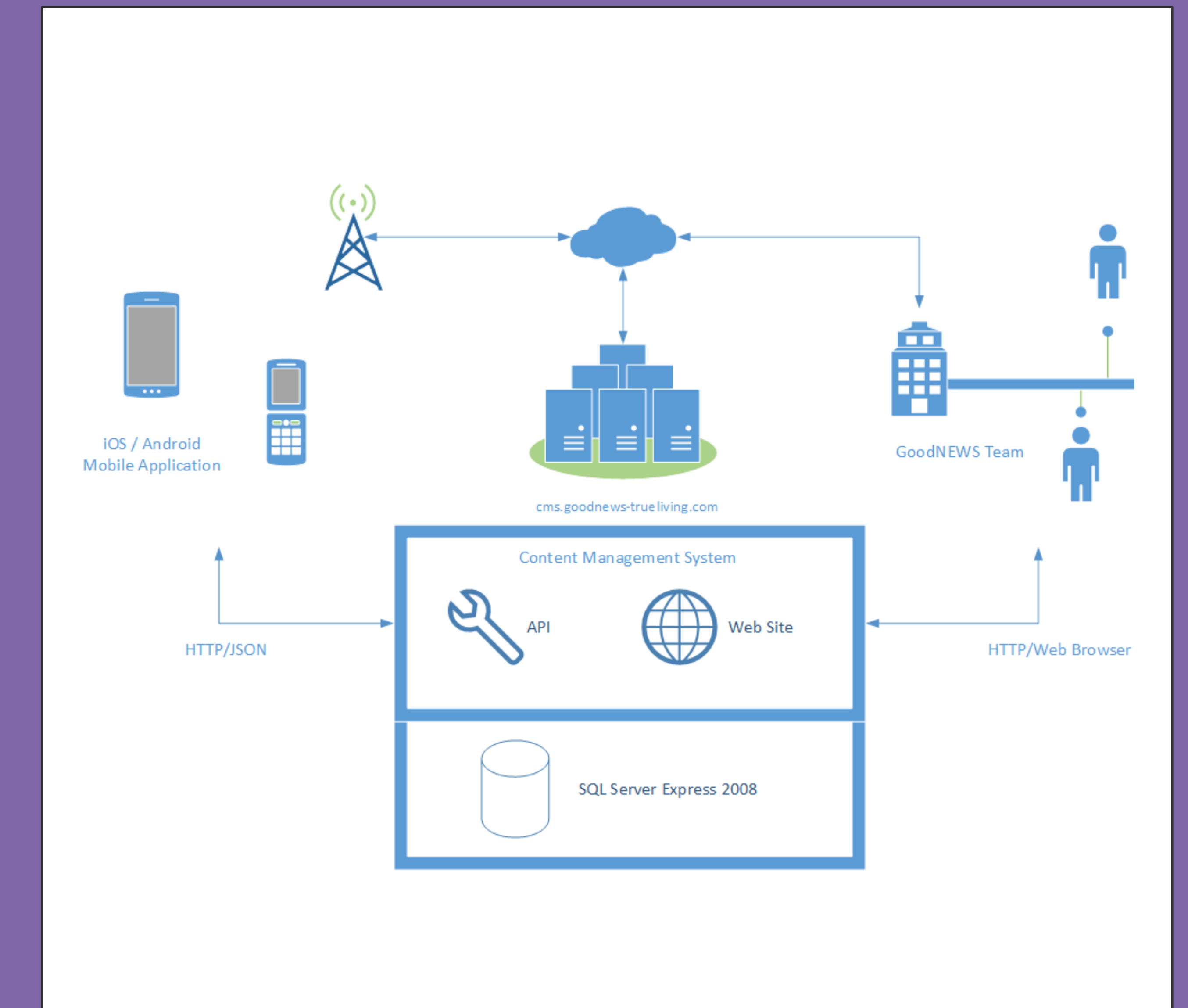


The Content Management System offers simple interfaces for each section available in the mobile application. GoodNEWS employees are able to build new health assessments and edit existing ones. In addition, they can modify the questions which make up a user's daily Track and Progress assessment.

Using the CMS, Health Education Resources can be kept up to date ensuring users have access to the latest and greatest information on healthy living. GoodNEWS team members can add, edit, and delete Fort Worth Resources as businesses, parks, and other locations in the community change.

Finally, the Content Management System allows employees to export data in Excel format so that it can be used in research within the Texas Prevention Institute.

## Architecture



## Get The App Now

The GoodNEWS Fort Worth app is available for FREE on the Apple App Store and Google Play marketplaces.



- Works on:
- iPhone & iPad - iOS 6 or newer.
  - Android Phones and Tablets Ice Cream Sandwich or newer.

## References

**GoodNEWS Project**  
<http://goodnews-trueliving.com/>

**UNT Health Science Center**  
<http://www.hsc.unt.edu/>

**Android API Reference**  
<http://developer.android.com/reference/packages.html>

**Apple iOS Developer Library**  
<https://developer.apple.com/library/ios/navigation/index.html>

**Content Management System API**  
<http://brazos.cs.tcu.edu/1213goodnews/serviceAPI.html>

**Texas Prevention Institute**  
<http://www.hsc.unt.edu/research/tpi/>