User centred design & digital interventions: National and international landscape

• Promoting self-management of conditions through lifestyle change
• Engaging patients in the design of interventions

![Expected per-patient lifetime complications costs chart]

Source: McLean et al. 2016, Presented at the American Diabetes Association's 78th Scientific Sessions

- I very rarely go to the doctors or nurses - I tend to get information online...
- I’m never without my mobile. If I was going in the shower, I’d try to take it with me!
- Apps and smartphones are something which not many people stop to explain to me... If someone wanted to sit with me for half an hour & show me...
- People with diabetes should be given some sort of support on their lifestyle, because otherwise you’re just going to go from one tablet to a bigger tablet to more tablets...

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User centred design & digital interventions: Current strengths, Newcastle groups

• MoveLab’s digital lifestyle interventions
User centred design & digital interventions: Future research opportunities

• Integrating personal health data
• Artificial intelligence, chat bots and automated support
• NIHRIO Innovation Observatory – horizon scanning for healthcare innovation