

Weekly Health Diary

The Future of Well-being
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1. CGD (Citizen Generated Data)

1.1 Def : data that people or their organisations produce to directly **monitor, demand or drive** change on issues that affect them.

1.2 Goal : open up opportunities for increased **collaboration between government and civil society**

- on **collecting and sharing** data,
- on **using data to monitor and enhance progress** on sustainable development.

1. CGD

1.3 Properties

- CGD is different from **big data or social media data**, which is indirectly created by citizens through interaction with media platforms.
- There is much **enthusiasm** about the potential of CGD to raise citizens' voices and to contribute to the society.

1. CGD

1.4 Disadvantages

- profound **lack of trust**
- could be **political**
- could be **pressure group** for their own benefits

2. CGD for well-being

2.1 Motivation

For a long time, most individuals regard **healthy life** as the most important well-being in their lives.

Everyone wants a **healthy and long life**.

If people are healthy, then the nation become a **strong country**, and the government can **save money** in the medical insurance.

2. CGD for well-being

2.2 Current health care system

Currently what government do to a citizen's health care?

For older than 40 years aged citizen, government provide free health check-up biannually.

2. CGD for well-being

2.3 Current check-up lists

- **chest X-ray, blood pressure, urine and stool test,**
- **blood test - cholesterol, GOT and GPT score for liver,
blood glucose, etc**
- **simple test for seeing and hearing,**
- **a simple check for teeth,**
- **stomach and colon endoscopy if necessary.**

2. CGD for well-being

2.4 System in the future

The current health care of government for citizens are **restricted to some severe disease like cancer.**

Keep health when healthy.

Hence, we need to **enlarge the scope of care** to healthy life and **early detection** of disease or cancer.

3. Weekly Health Diary

Most people are very concerned about their current health status, and they do the followings to lead healthy life ;

(1) food - protein, body fat, glucose, carbohydrate,
sugar,

(2) exercise - swimming, bicycling, climbing, yoga,
jogging

3. Weekly Health Diary

3.1 Methods

(1) Government

- provide a platform or portal, called “**weekly health diary**”.
- get **information on health status** of citizen.
- provide a specialized and **personalized health guideline** to each citizen regularly, for example, once a month.

3. Weekly Health Diary

(2) Citizen

- record the **diary weekly**

(3) Hospital

- send medical **information on the outpatient** to the government portal

3. Weekly Health Diary

3.2 Weekly health diary

The questionnaire format

pseudo id, A/S/L (age, sex, location), height

(1) date

(2) weight last week

(3) food taken last week

- meat (g), rice (bowl), bread (times), egg, vegetables

3. Weekly Health Diary

(4) **smoking and drinking** last week

- cigarettes (pack)
- alcohol (beer, wine, soju, whisky, ...)

(5) **exercise** (walk, run, fitness, etc) last week

- how many walks per day on the average
- how many hours of dynamic exercises
(mountain climbing, swimming, jogging, ...)
- how many hours of static exercises
(squirt, flank, push-up, yoga, ...)

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(6) blood pressure, blood glucose, cholesterol if measured

(7) existing disease :

asthma, hemorrhoid, hypertension, diabetes, depression, dementia, atopy, arthritis, backache, cataract, glaucoma, hearing impairment, etc...

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(8) questionnaire

During last week,

- (i) was there blood in urine and/or stool?**
- (ii) was there some problem in digestion?**
- (iii) how many times did you feel depressed?**
- (iv) how many times did you feel fatigue?**

(9) hospital records

- date, disease, clinical records, ...

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3.3 Duties

(1) **government** :

- provide and manage portal system
- provide descriptive statistics and summarize each individual's health information
- give warning to individuals if necessary
- protect personal privacy

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(2) citizen

- write the diary frankly every week

(3) hospital

- provide all the clinical records of each citizen whenever they visit the hospital

3. Weekly Health Diary

3.4 Anticipated Effects

(1) citizen side

- By writing diary on health regularly,
they concern about healthy life more than before,
can be healthier than before,
and live longer
- receive their current health status information
without visiting hospital,
and receive this information for free

3. Weekly Health Diary

(2) government side :

- easy to get health information on citizens**
- increase citizen's attention on health**
- reduce medical expenses**
- lead to a healthy society**

3. Weekly Health Diary

3.5 Platform structure

