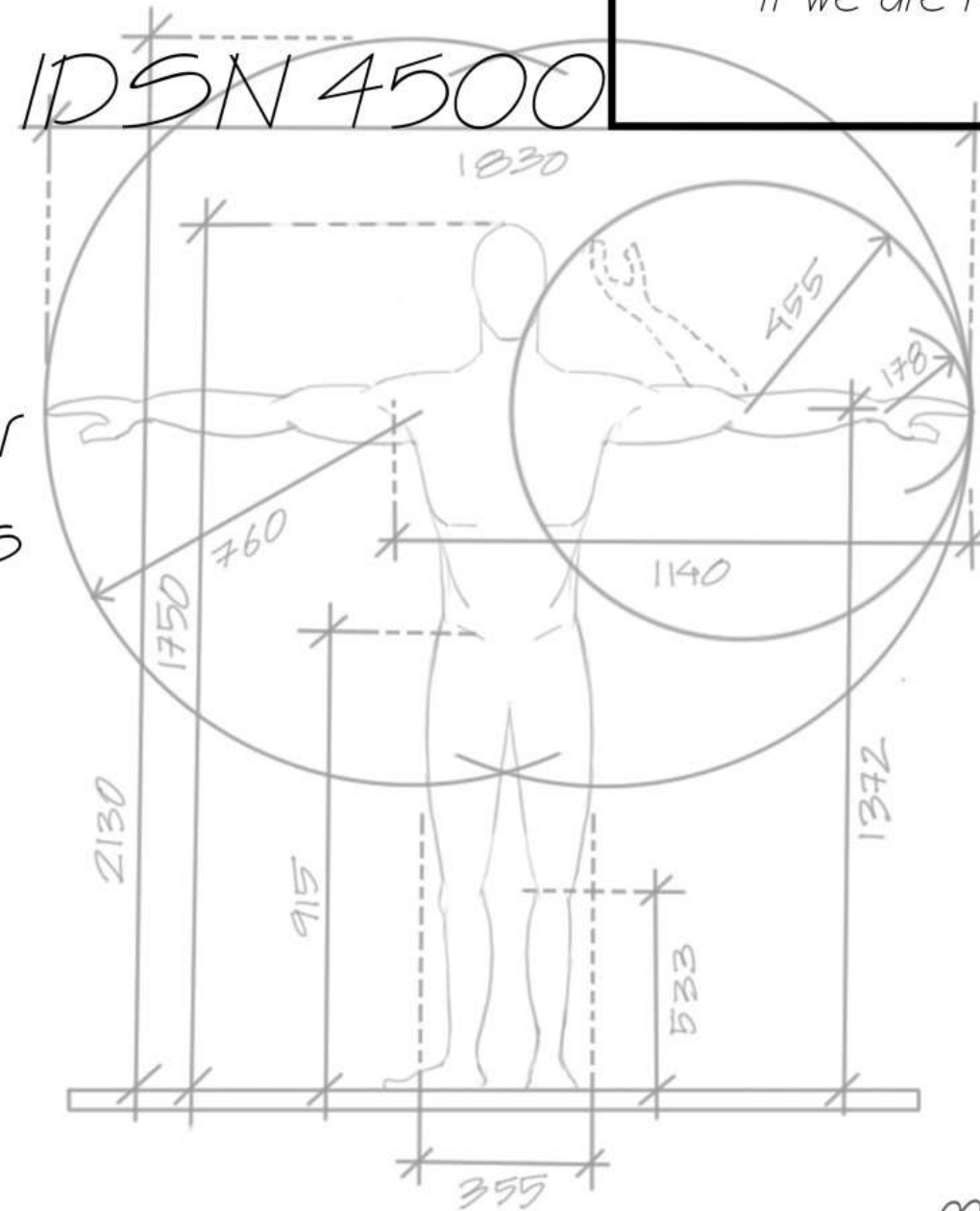
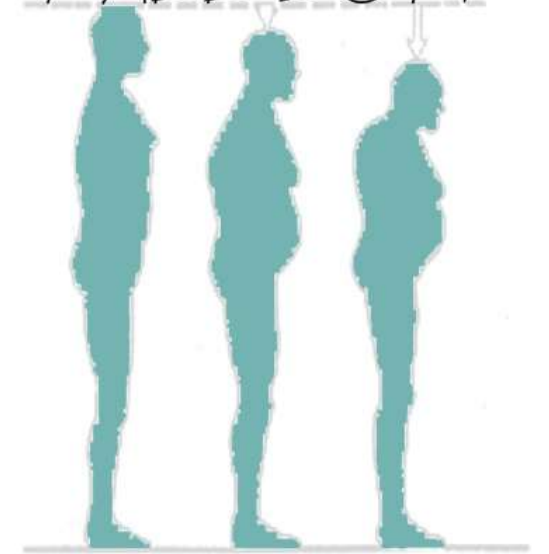


"As designers we must remember that behavior comes first, always. The quirky, the obscure, the vain, the annoying, the wonderful. We need to observe human behavior if we are to support it in design."
-joshua porter

designing with human behavior and anthropometrics



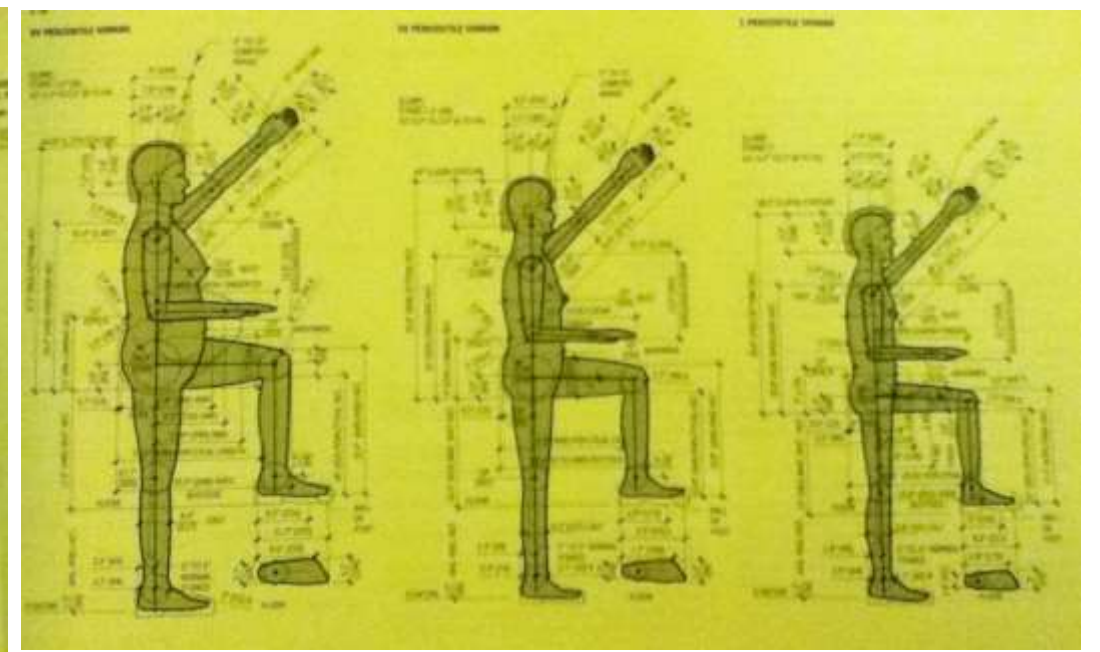
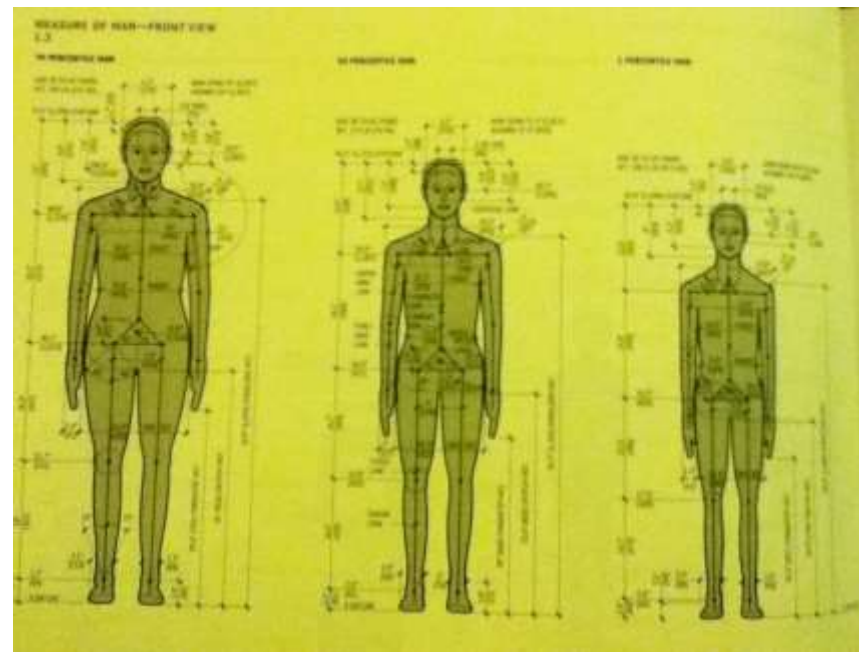
FALL 2014



blake petite
katharine harris
morgan harrington
nakischa cambridge

Anthropometrics

- The measurement of the size/proportions of the human body
- Functions and capacity
- Determine the difference in individuals, groups, etc
- Static Measurements- the body at rest
- Dynamic Measurements- the body in motion



Obesity

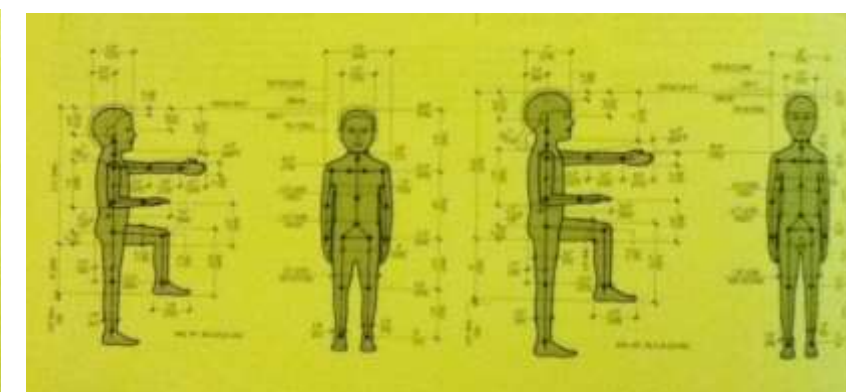
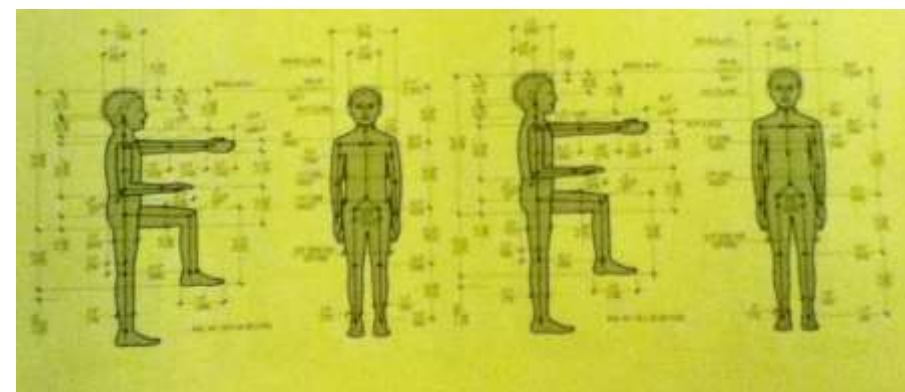
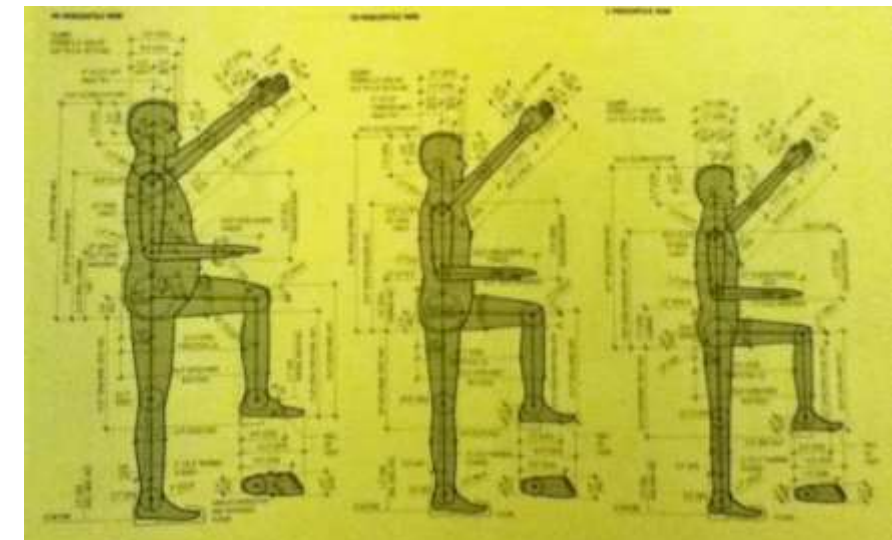
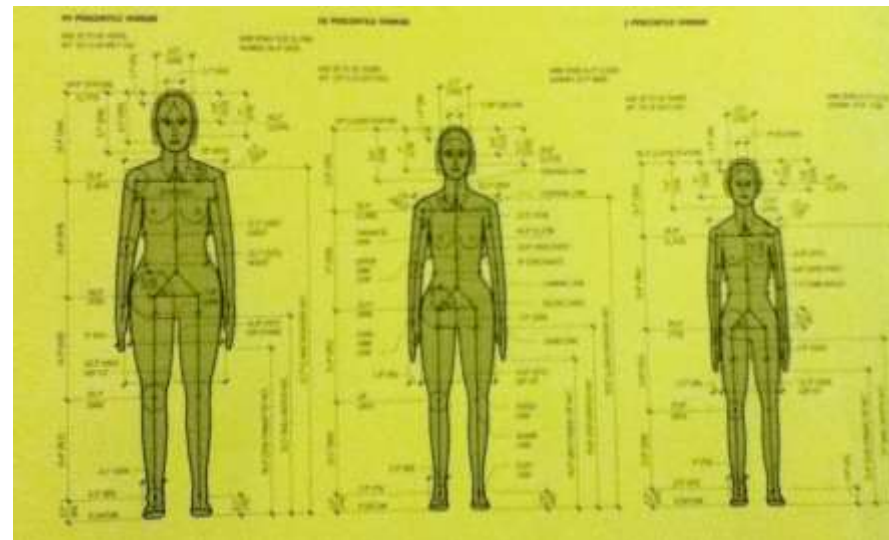
The rate is higher among middle age adults more than two-thirds is overweight or obese

- 40-59 (39.5%)
- Over 60 (35.4%)

Conditions:

- heart disease
- stroke
- type 2 diabetes
- certain types of cancer

Obesity is higher in women (8.3%) than men (4.4%). Black women and Hispanic men are known for having higher rates of obesity.



ELDERS | SHRINKING

Osteoporosis is a thinning and weakening of the bones that strikes many women after menopause, as well as some older men

“OLDER ADULTS CAN GET SHORTER BECAUSE the cartilage between their joints gets worn out

And osteoporosis causes the spinal COLUMN TO BECOME SHORTER,” HE SAYS.

“ADULTS can also lose lean muscle mass but gain fat. This is a condition CALLED SARCOPENIA.”

Misalignment and osteoporosis are two main causes of height loss with age.

HABITS THROUGHOUT LIFE THAT CAUSE SHRINKING:

- Slouching
- Lack of physical activity
- Smoking
- Excessive alcohol or caffeine
- Extreme dieting
- Taking steroids and poor nutrition.

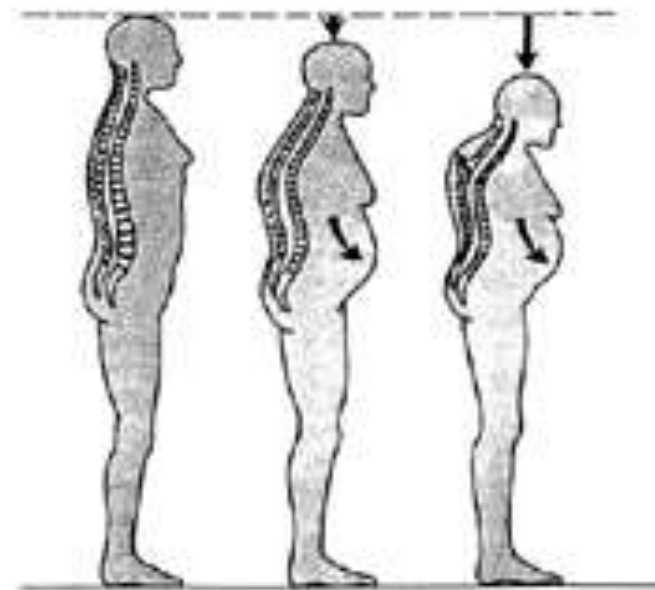
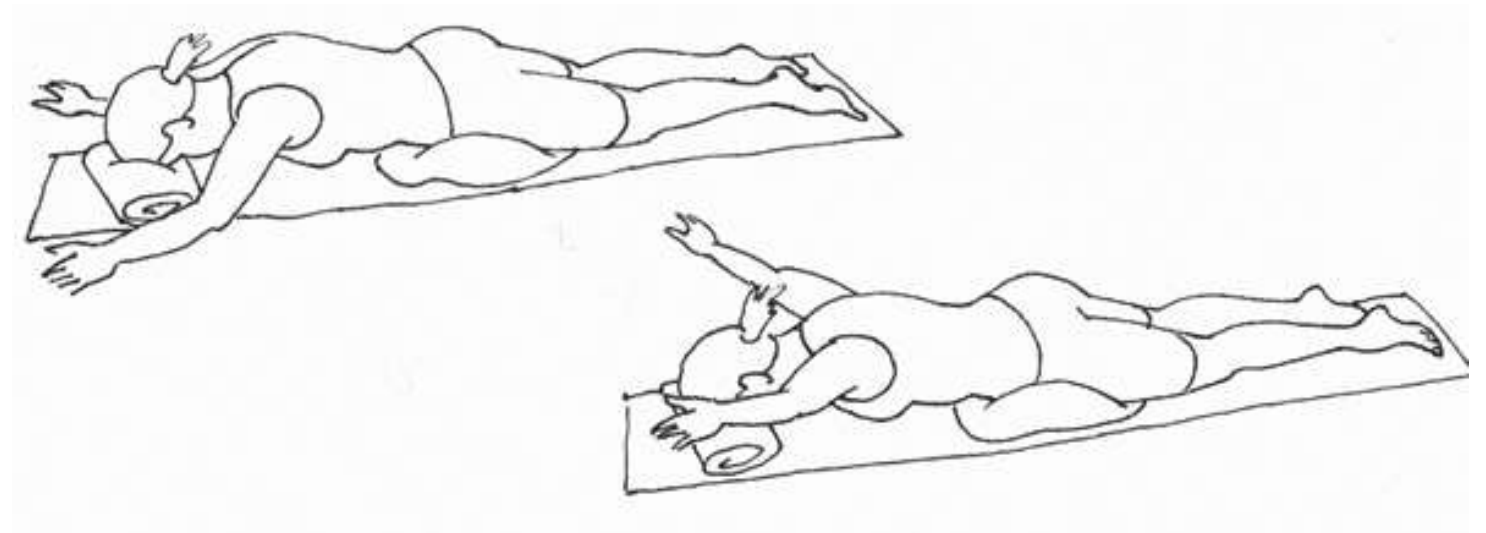
WAYS TO PREVENT:

#1 - Give Your Bones the Nutrients They Need

- Calcium, Vitamin D and Vitamin C

#2 - Stand Straight and Watch Your Posture

#3 - Exercise to Strengthen Bones and Muscles



Behavior of Over-55 Demographic

- A majority of the population are mobile AND DON'T WANT TO SEE GRAB BARS, RAILINGS and the like.
- Mental disorders become more prevalent in seniors over 55, approximately 20% of adults exhibit one or more.
- Activities outside of the immediate residence are important to people 55 and over
- Suicide becomes more prevalent in older adults, with most occurring within a month of seeing their physician.
- Adults over 55 are typically more social than younger generations, so access to neighbors is important
- "AMENITIES" FOR SENIOR LIVING CAN'T BE presented as nursing home features, though they may come to serve those purposes, eventually.
- As the retirement age continues to increase, over-55 adults will continue to work or lead very active, engaged lifestyles for longer and longer.
- Millennials have fewer children than previous generations, meaning adults over 55 have fewer grandchildren, in turn.





Multi generati onal Li vi ng

- Non-slip flooring sometimes provided
- Fiberglass tubs are common without slip resistance
- Hand rails only in handicap units
- Stairs are common between floors
- Standard size doorways and hallways
- Handicap units are located on ground floor if there is no elevator
- Lawn care and maintenance provided
- Standard living environment - no resort style setting
- No restrictions on visitors or guests
- People cannot usually age in place - will have to relocate
- Often noisy with different age groups - television, babies, fighting etc.
- Lack of privacy or alone time
- Not always gated - no extra security
- Convenient for people needing babysitters - older tenants
- Areas of high and low interaction between tenants



Over 55 Communi ties

- Non-slip flooring
- Non-slip bathtubs
- Hand rails
- Fewer stairs with no step entry
- Wider doorways and hallways
- Amenities on site - tennis, bingo, art, gardening, pool, gym etc.
- Lawn care and maintenance provided
- Resort style atmosphere
- Visitor restrictions and guidelines
- People can age in place - no moving or relocating
- Quiet environment for reading and relaxing
- Social interaction among residents
- Gated facilities for greater safety
- Close access to health care
- Transportation nearby or provided
- Slower pace of life