

IDEA HACKS 2016: hardware hackathon

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hard·ware hack·a·thon, *noun*: /'hɑrd_wer hakə.THän/

A weekend-long event during which teams design, implement, and develop a full project that have the potential to turn into a real, marketable product. Most hackathons are entirely software-based, where all the actual “hacking” takes place on the participants’ laptops through programming useful mobile applications or software services. Our event puts a hardware twist on the traditional hackathon, such that students can create and program physical devices.



why?

In addition to giving students technical knowledge, we also wanted them to leave the event with a more healthy mindset. During late nights working, students tend to stress eat, turning to unhealthy snacks and energy drinks such as chips and Red Bull. We want to encourage a lifestyle of healthy eating throughout this event by providing healthy alternatives to these snacks. When put in real-life work situations, students can still choose to make healthy choices. We hope that by providing healthy snacks during a time of stress, we will instill a mentality in students to choose the healthier option when eating later at night.



results:

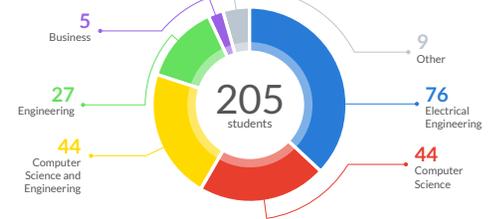


Snacking habits of our participants at night

12.9% Do not snack
 16.1% Consumed healthy snacks
 9.7% Consumed both healthy and unhealthy snacks
 61.3% Consumed unhealthy snacks

After eating more healthily during the event, students found that they were able to concentrate more, think more clearly, and had more energy.

who:



acknowledgements:

Thank you to Jane and Terry Semel for their vision and support for the Healthy Campus Initiative, and for the HCI leadership, including Gene Block, Scott Waugh and Wendelin Slusser.

We would also like to thank:



January 15 - 17, 2016 @ Ackerman Grand Ballroom