



**Name:** Maria José Pereira da Silva **Country:** Portugal  
**Age:** 62 years old **Gender:** Female  
**Life course:** Working adult **Job:** Accountant  
**Need:** Level 1 obesity, with no related health disorders  
**Connectivity:** broadband, computer and mobile device

#### ICT skills

Internet usage: good  
 Mobile device skills: average  
 Affinity to new tech: average  
 Digital health literacy: good

Maria José is a 62-year-old accountant who lives with her husband in the centre of Lisbon. She has two daughters, Francisca and Rita, and one son, António. Maria José has four grandchildren who are very dear to her and talks with them on the phone daily. Maria José has always been highly focused on work and in taking care of her family. She is sedentary and an active lifestyle was never a priority for her. In her free time, Maria José likes to stay at home reading or watching TV. She is a nature lover but ends up having little contact with nature because of where she lives and her lifestyle. Maria José is a wonderful cook; she loves preparing traditional dishes for entertaining friends and family. She has excessive body weight since childhood and about 8 years ago she was diagnosed with obesity. Maria José does not care about her body image and is not bothered by obesity, as she has not yet developed any obesity-related disability. She does not have any health concerns, except cancer which has taken a couple of her friends. Maria José's husband is a retired journalist. When he was employed he did a lot of field work and his job kept him very busy. Since he retired he misses the job, but manages to keep himself busy with long daily urban walks or trekking.

### What's important to Maria José

- The well-being of her family.
- Being able to cook for entertaining family and friends.
- Seeing her grandchildren grow.
- Preventing cancer.

### Daily living

- Maria José has a fixed and busy routine on workdays. She always arrives at the office early, by taking the bus. The bus stop is in front of her house and getting to work takes roughly 15 minutes. Due to her work and responsibilities at home she feels she does not have much free time to devote to other activities.
- She manages to organize work so that weekends and holidays are always dedicated to family and friends.
- In the rare times she is alone, she likes to read and watch TV at home. She spends most of her time indoors.

### Events, issues & personal concerns

- Since she was diagnosed with obesity, her visits to her general practitioner (GP) are distressing due his warnings on obesity risks, such as metabolic disease and cancer.
- She had high-normal blood pressure readings in the two last consultations with her GP, but has not yet been diagnosed with hypertension.
- Occasionally she feels shortness of breath associated with tasks that require greater physical effort. Nevertheless, Maria José carries out her activities without any age or obesity-related limitations.
- She is concerned with the prospect of retirement. She looks forward to having more time for her grandchildren but is afraid of not knowing what to do with so much free time. She has friends who got depressed after retirement.

### Own resources & assets/support

- Maria José and her husband have a good income, health insurance, and no financial hurdles. However, they like to help her children financially which reduces their leeway.
- Her daughter, Francisca, is a nurse. This makes Maria José confident about managing any health issues, as she feels that she can rely on Francisca to help her.
- She lives in a 2<sup>nd</sup> floor apartment in the city centre, in a building with two elevators. She walks very little and always uses the bus for commuting in the city.

### Health concerns

- Obesity as a cardiometabolic risk factor.
- High-normal blood pressure readings in the two last GP appointments.
- In the absence of escalators or elevators, she feels breathless whenever climbing stairs.

### Health tests

Maria José has not had a comprehensive health check-up for some years, despite having routine appointments with her GP.

### Treatment: medications, therapies, etc.

- Maria José takes a supplement to prevent vitamin D deficiency.

### Care professional concerns

- Due work and family responsibilities, she may overlook looking after herself.
- Maria José oversalts her cooking.
- She can afford additional healthy lifestyle services, such as a dietitian, an exercise physiologist or a lifestyle coach.

**Unmet needs** | Maria José does not yet seem willing to change her lifestyle. The thought of retirement and its impact on her lifestyle frightens her. She wishes to live a healthy life, enjoy family moments after retiring and support her grandchildren. Her blood pressure readings in the last GP consultations are a cause of concern to her family. She needs to change her lifestyle to reduce cardiometabolic risk and prevent chronic diseases. She is aware of the need to learn more about how to adopt a healthy lifestyle.