

# *Sustainable* User Experience



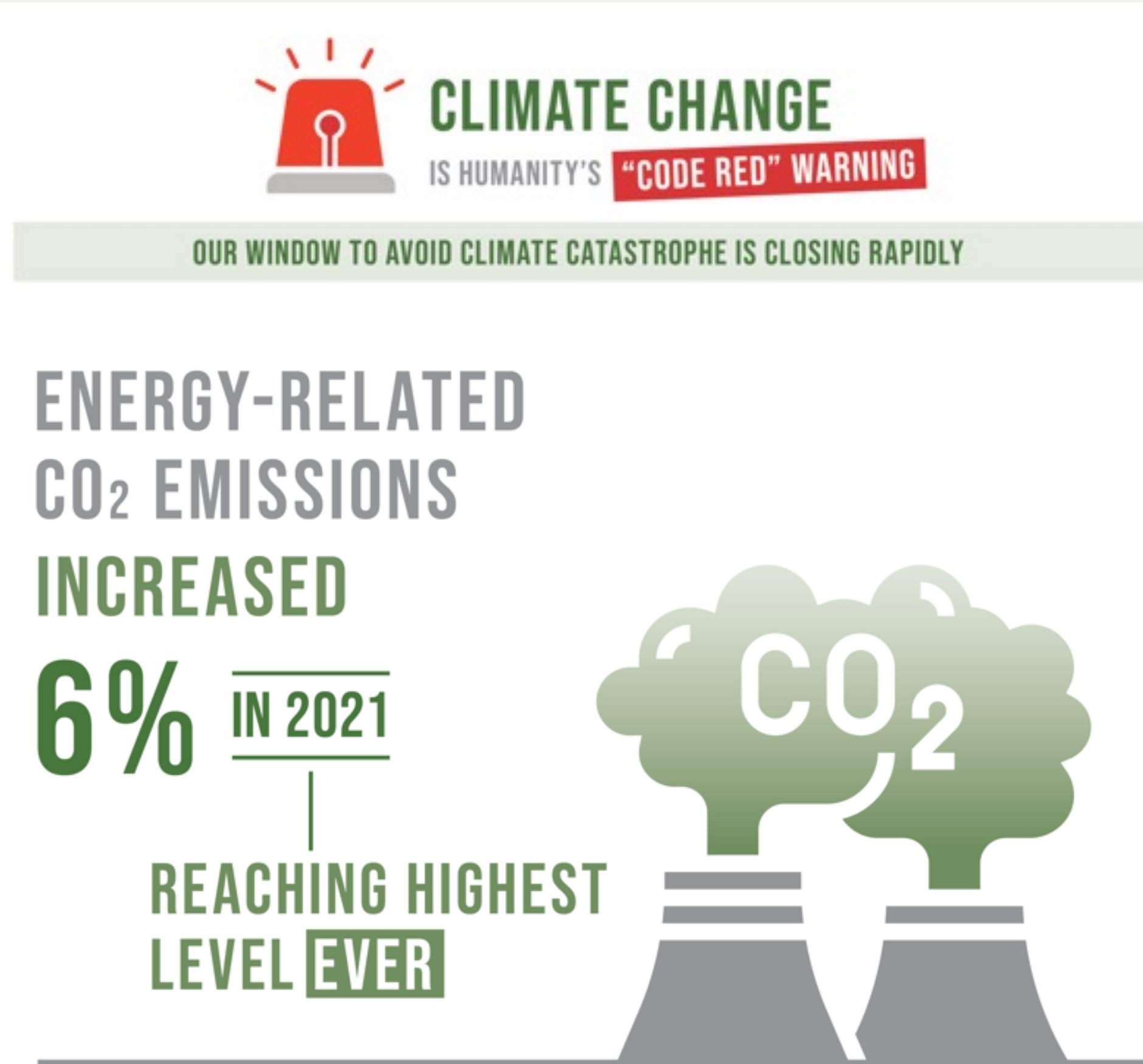
 SUX

„The greatest *threat*  
to our planet is the  
belief that someone  
else will save it.“

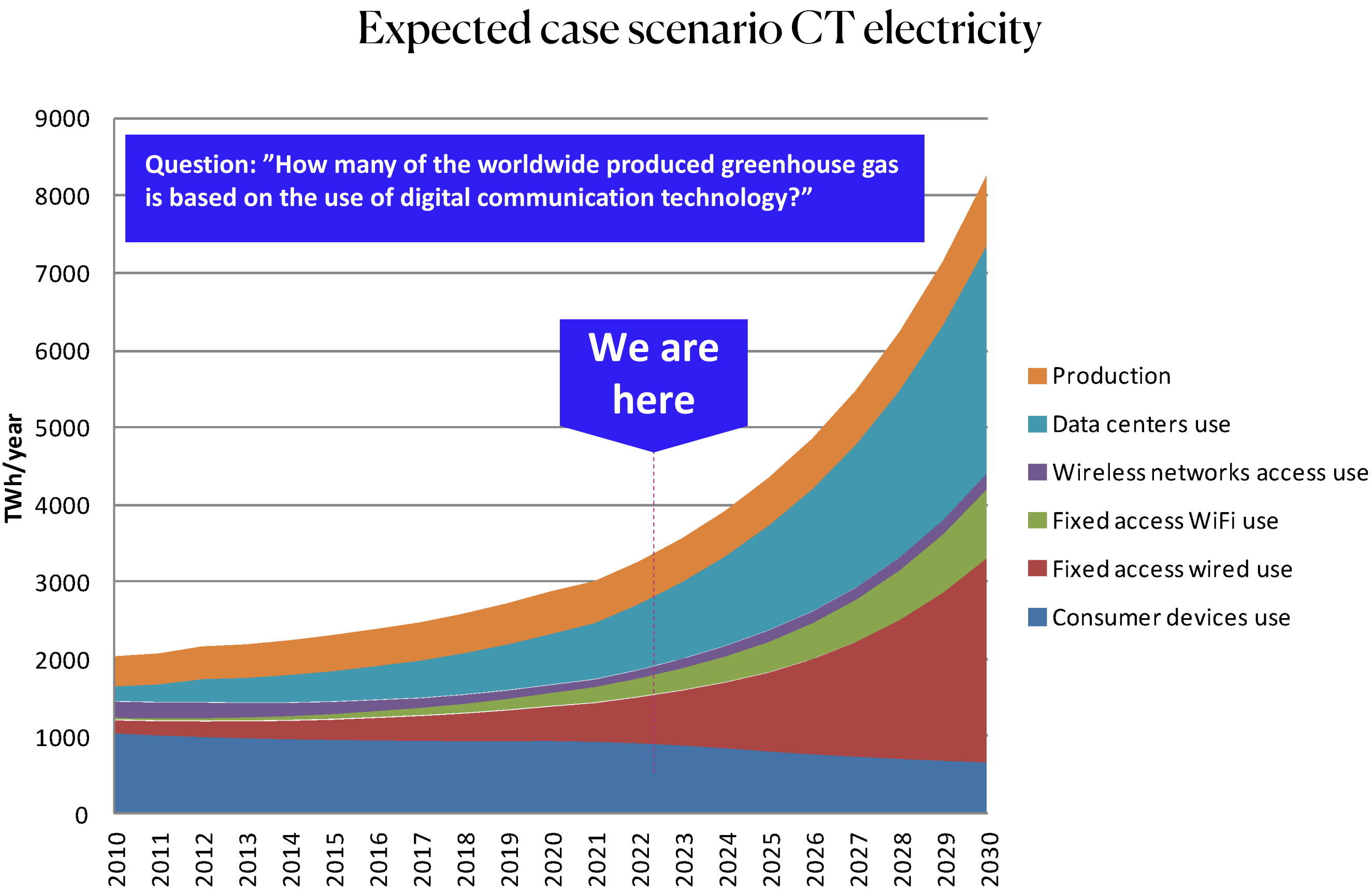
Robert Swan - 2041 Foundation



# Global Electricity Usage of Communication Technology: Currently and Trends to 2030

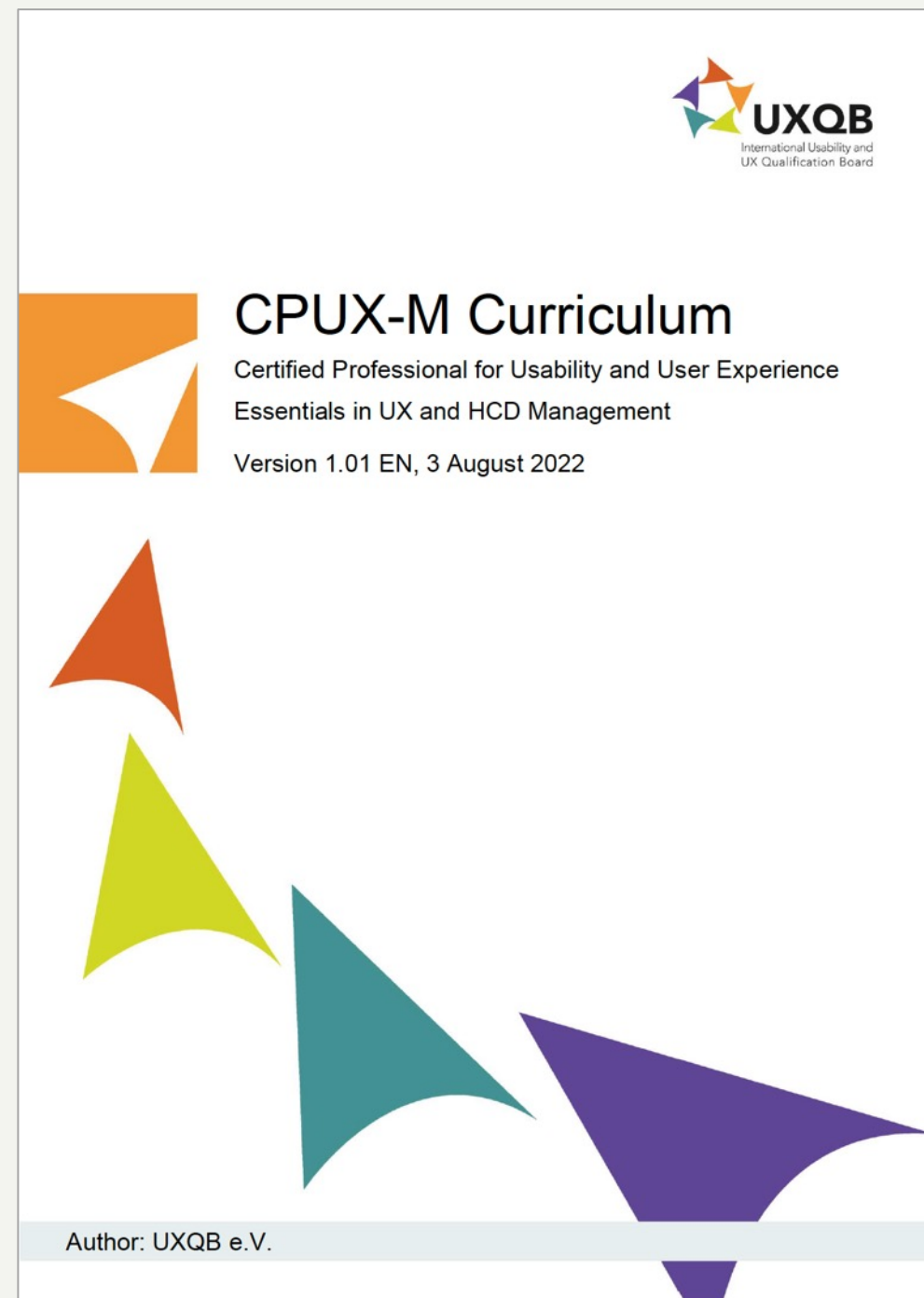


Source: <https://sdgs.un.org/goals/goal13>



Source: On Global Electricity Usage of Communication Technology: Trends to 2030, <https://www.mdpi.com/2078-1547/6/1/117>

# Sustainable design puts people and planet first by delivering interactive systems that aim to use the smallest amount of energy possible.



Source: <https://uxqb.org/en/certification/essentials/>

- Sustainable design:  
An approach to designing that prioritises people and planet by minimising the resources required for the use of interactive systems.
- The cumulative impact of the world's websites is such that if the Internet was a country, it would have been the sixth largest polluter in 2021.





# Statistisches Bundesamt - Indicators of the UN Sustainable Development Goals

BETA

Diese Seite befindet sich im Entwicklungsstadium. Wir freuen uns über Ihre [Kommentare](#).

DI

STATIS

Statistisches Bundesamt

ZIELE FÜR  
NACHHALTIGE  
ENTWICKLUNG

17 Ziele

Datenverfügbarkeit

Über uns

Wissenswertes

Publikationen

English

Indikatoren der UN-Nachhaltigkeitsziele

Klicken Sie auf die einzelnen Ziele, um die Indikatoren der UN-Nachhaltigkeitsziele für Deutschland aufzurufen.

1 KEINE ARMUT

2 KEIN HUNGER

3 GESUNDHEIT UND WOHLERGEHEN

4 HOCHWERTIGE BILDUNG

5 GESCHLECHTER-GLEICHHEIT

6 SAUBERES WASSER UND SANITÄR-ENRICHTUNGEN

7 BEZAHLBARE UND SAUBERE ENERGIE

8 MENSCHENWÜRDIGE ARBEIT UND WIRTSCHAFTS-WACHSTUM

9 INDUSTRIE, INNOVATION UND INFRASTRUKTUR

10 WENIGERE UNGLEICHHEITEN

11 NACHHALTIGE STÄDTE UND GEMEINDEN

12 NACHHALTIGE/R KONSUM UND PRODUKTION

13 MASSNAHMEN ZUM KLIMASCHUTZ

14 LEBEN UNTER WASSER

15 LEBEN AN LAND

16 FRIEDEN, GERECHTIGKEIT UND STARKE INSTITUTIONEN

17 PARTNER-SCHAFTEN ZUR ERREICHUNG DER ZIELE

Alle Daten herunterladen

Alle Daten herunterladen

ZIP Datei. Größe: 566.0 kB

Letzte Änderung der Daten - Sep 30, 2022

Seite basiert auf Open SDG

Kontakt

@destatis

FAQ

Impressum

Source: <https://sdg-indikatoren.de/en/>

13 CLIMATE ACTION

Indicator 13.2.2

Total greenhouse gas emissions per year

Home

Goal 13

Indicator 13.2.2

< Previous indicator

Related national indicator: DNS-13.1.a

Next indicator >

Chart

Table

Greenhouse gas emissions

1 000

900

800

700

600

500

400

300

200

100

0

2010

2011

2012

2013

2014

2015

2016

2017

2018

2019

2020

2021

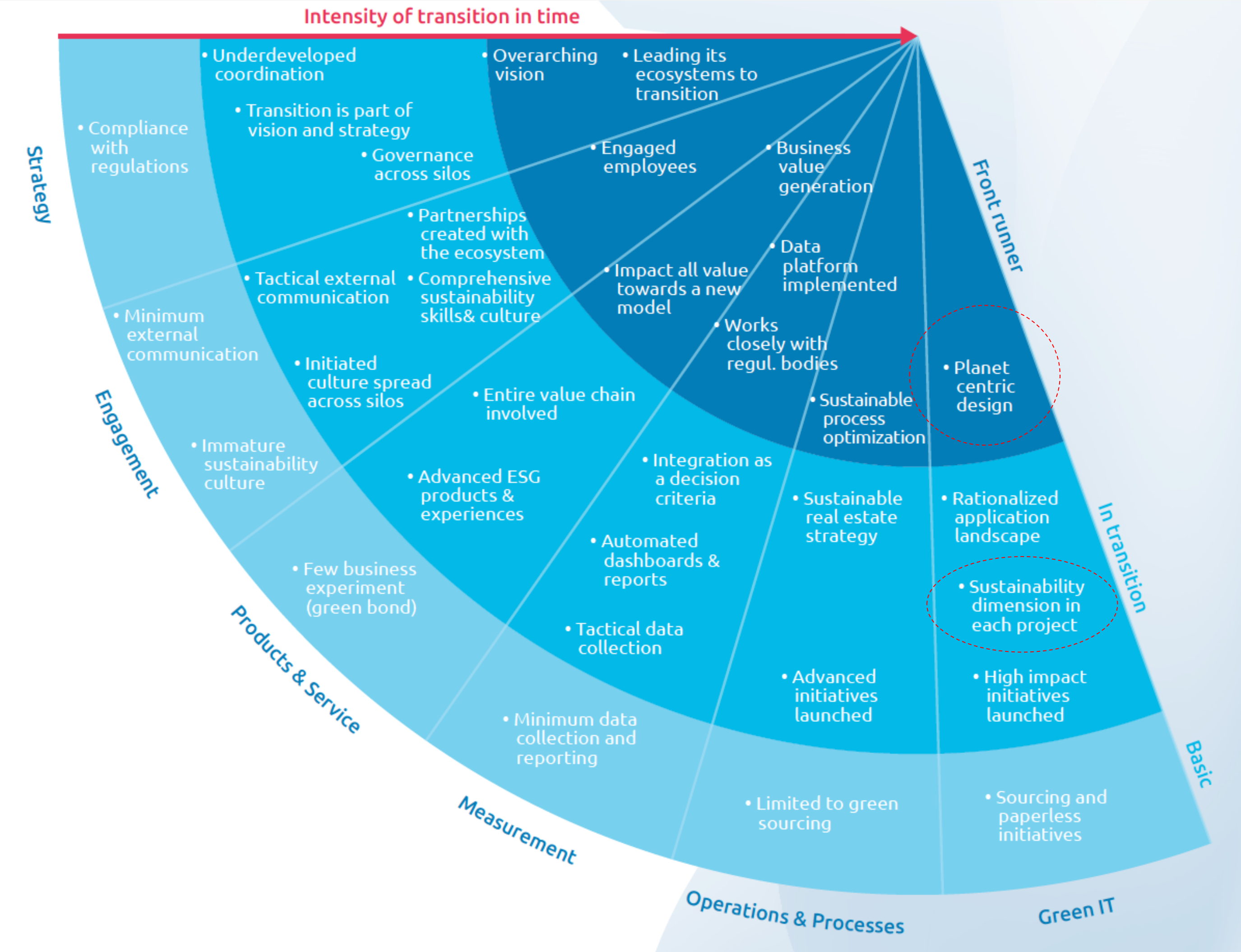
Total

Data sources: [German Environment Agency, AK UGRdL](#)

Geographic coverage: Germany

Unit of measurement: Million tonnes of CO<sub>2</sub> equivalents

# The Capgemini Invent Transition Map

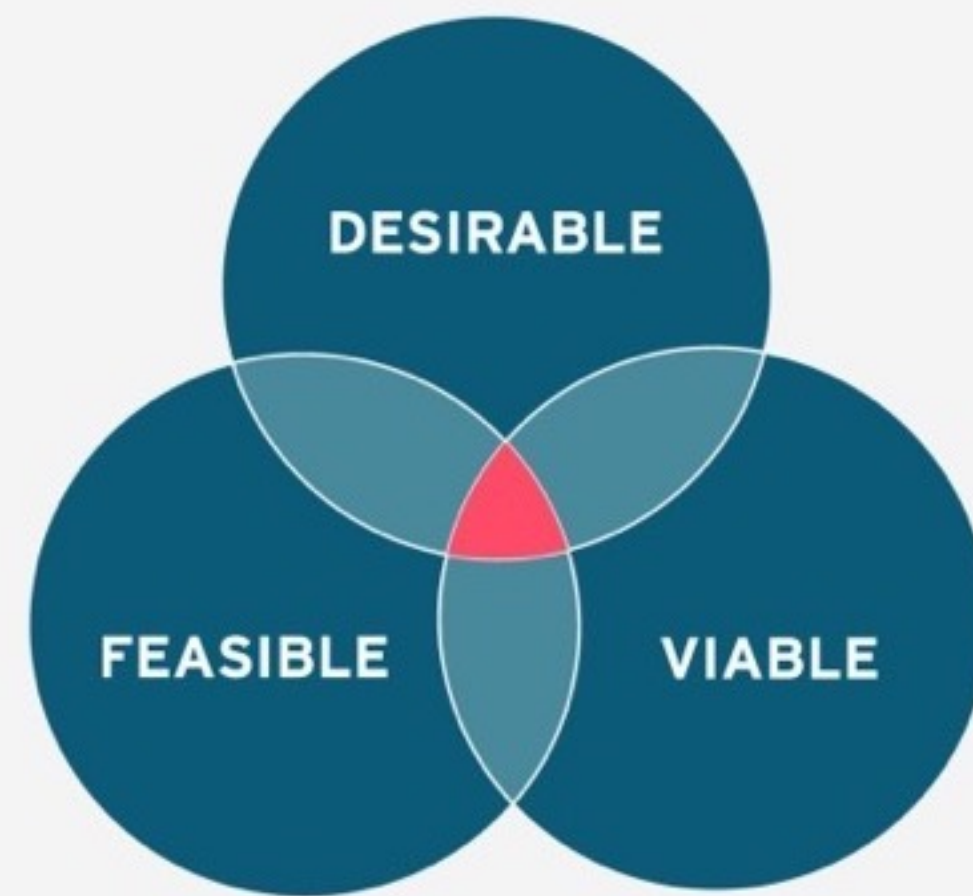


“THE GREATEST THREAT TO OUR PLANET IS THE BELIEF THAT SOMEONE ELSE WILL SAVE IT.”

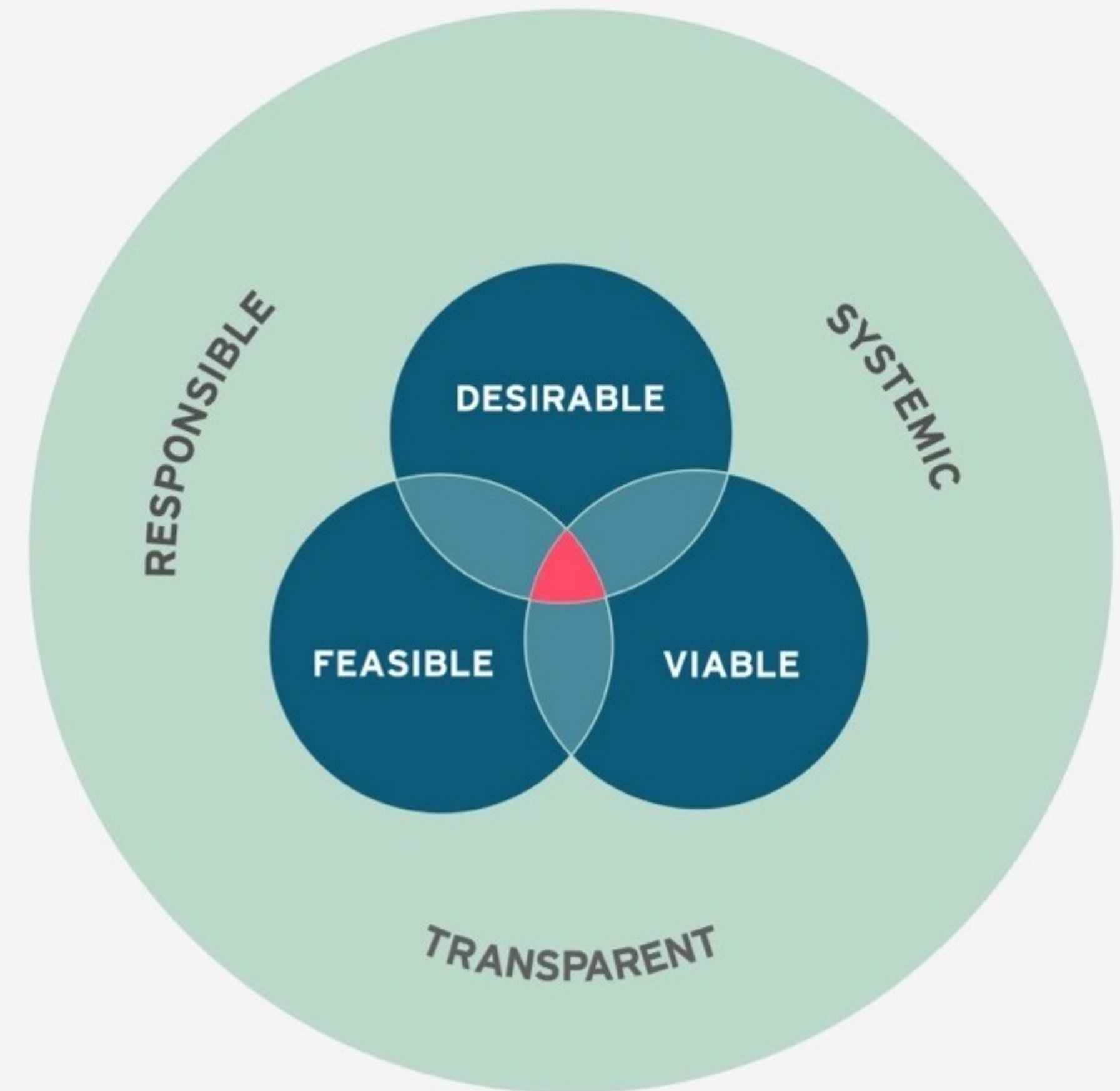
Robert Charles Swan



# Human-Centered Design



# Planet Centric Design



# What is SUX?

- SUX was founded 2021 by a group of designers with the idea to develop a playbook to drive sustainability in UX and through UX, based on the SDG of the UN and non-profit.
- It grew to a community +1.400 worldwide and +100 designers are currently using the SUX workshop kit to develop ideas.





# SUX in a Nutshell



The goal of SUX is to create a playbook and a community to drive and facilitate sustainability in and through our work.



The SUX Playbook is built by the community, for the community. Non-Profit.



And the SUX Playbook is built based on the UN sustainability development goals - to tackle all aspects of sustainability.



We need to move  
from a human  
to an humanity and  
environmental  
centered design  
approach

Thorsten Jonas  
SUX Founder

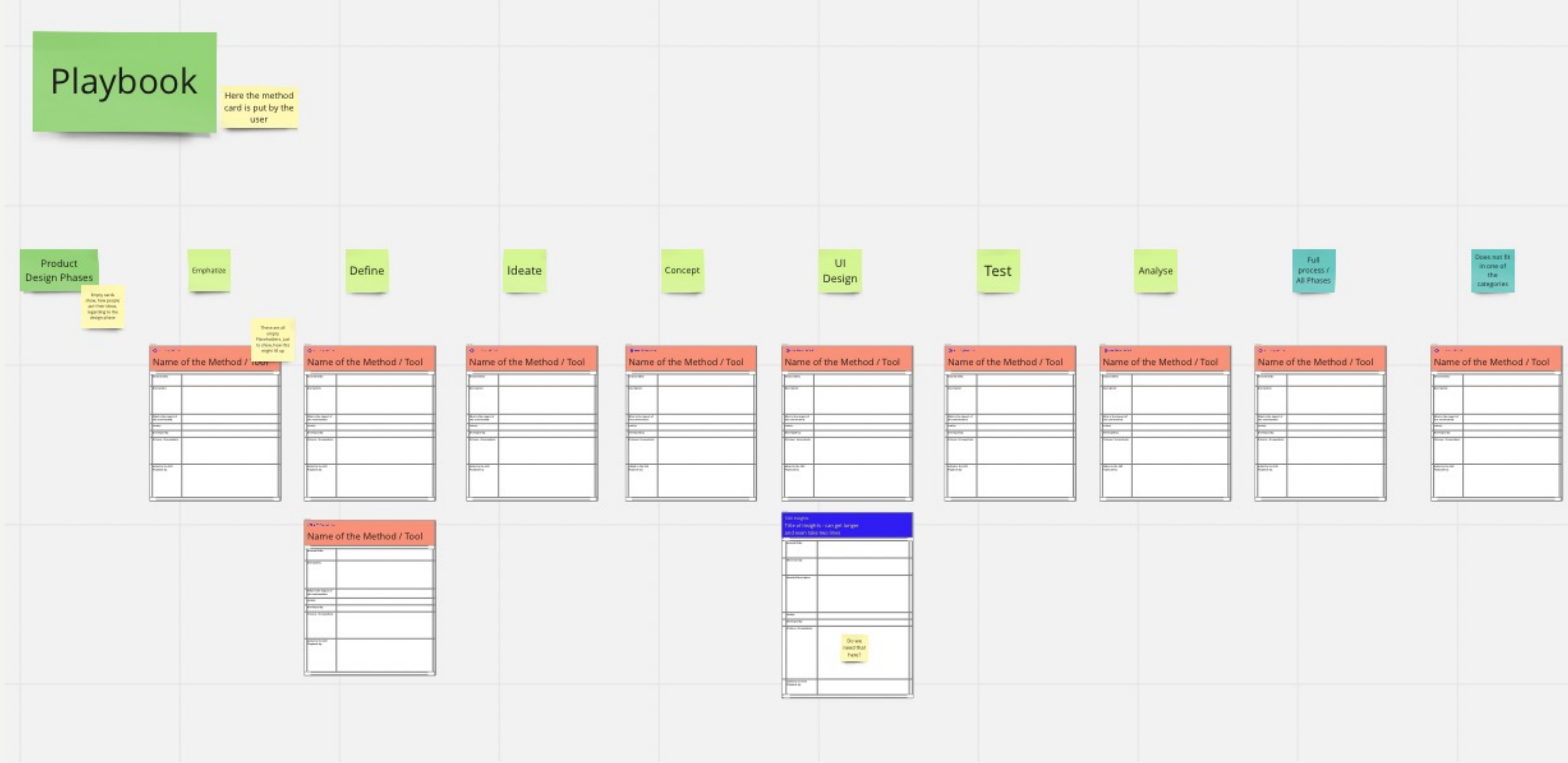
SUX = concrete ideas to run Sustainable UX,  
for all aspects of UX Design Process

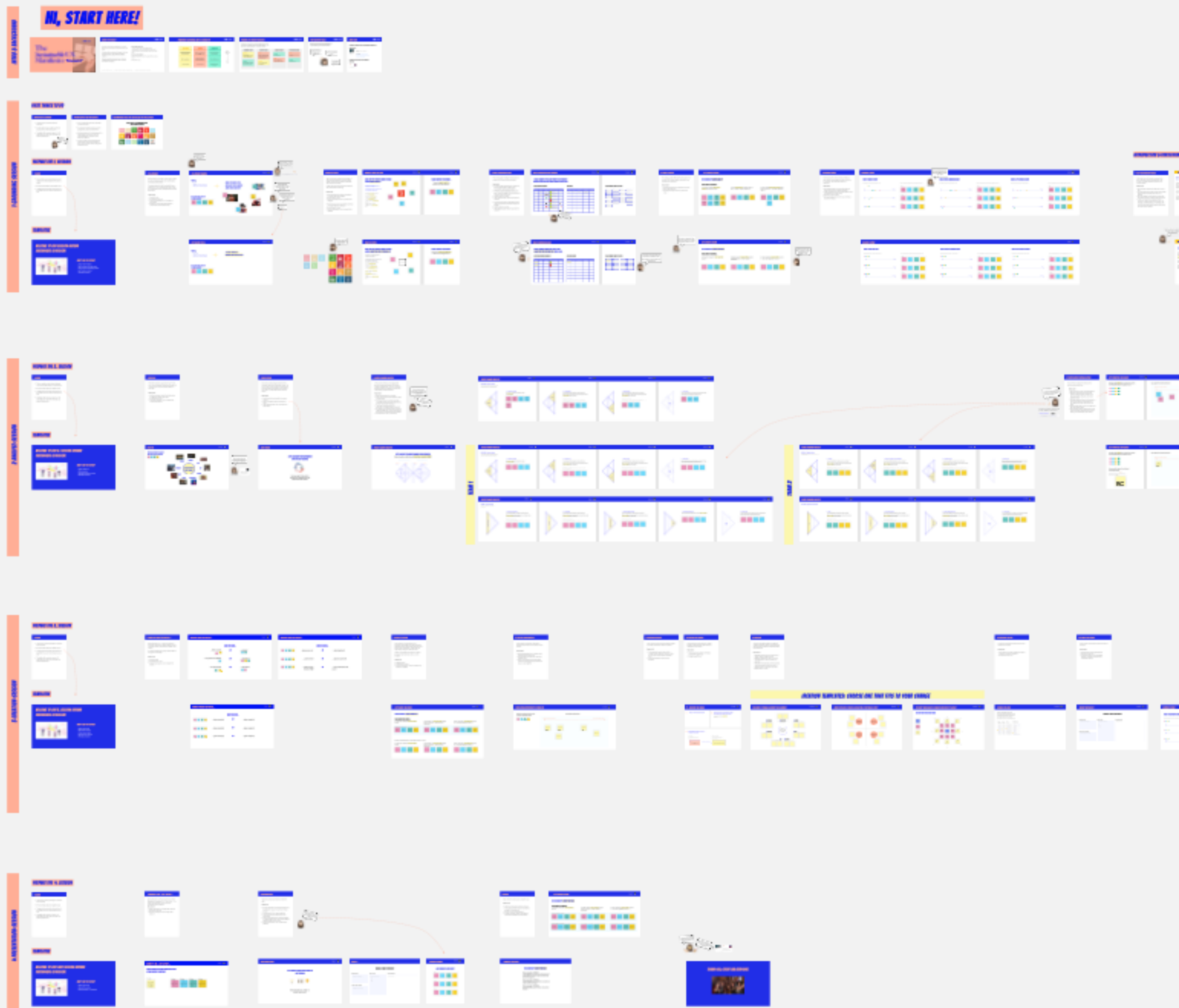




# Draft of Sustainable UX Playbook

SUX Playbook Card	
Planet Centric Design	
Related SDGs:	<div><div>12</div><div>SDG 12: Responsible Consumption and Production</div></div> <div><div>13</div><div>SDG 13: Climate Action</div></div> <div><div>14</div><div>SDG 14: Life Below Water</div></div> <div><div>15</div><div>SDG 15: Life on Land</div></div>
Description:	Doing Planet Centric Design means working at the interface between natural, social and technological systems. The task of Planet Centric Design is to understand how they are connected, what makes them out of sync, and to design integration that is mutually beneficial to all systems. The interplay of natural, social and technological must be designed to produce sustainable outcomes.
What is the impact of this tool/method:	Planet Centric Design builds on top of human centered design which only focuses on desirability, feasibility, and viability. These principles do not take into account systemic effects of design, nor do they consider the impact on the planet. So, we need to design with a wider lens that is responsible, systemic and transparent to integrate sustainability into our everyday work. This wider lens opens up room for a whole new way of conceptualising products and services, enabling different thinking that can navigate complexity. We use them across our work as a core part of our methodology.  Important to know: more than source defines Planet Centric Design and the methods differ. It is worth to check all sources.
Link(s):	<a href="https://planetcentricdesign.com/">https://planetcentricdesign.com/</a> <a href="https://global.goodpatch.com/blog/what-is-planet-centric-design">https://global.goodpatch.com/blog/what-is-planet-centric-design</a>  Booklet: <a href="https://planetcentricdesign.com/wp-content/uploads/2020/04/Planet_Centric_Planet_web_v3.pdf">https://planetcentricdesign.com/wp-content/uploads/2020/04/Planet_Centric_Planet_web_v3.pdf</a>
Developed by:	Not clear, who came up first. The term is around for quite some time. Samuel Huber and Goodpatch seem to be around for quite some time. Vincit runs the Website planetcentricdesign.com and you can download a full booklet. If you go through the sources you realize, that differ in the details. But the main idea is the same
Pictures / Screenshots:	<div>Pictures taken from Goodpatch Article (link see above)</div> <div><div><div>HUMAN-CENTERED DESIGN</div><div></div></div><div><div>PLANET-CENTRIC DESIGN</div><div></div></div></div> <div><div>The four movements of planet-centric design</div><div><div>From humans to planet</div><div>From quantity to quality</div><div>From short- to long-term</div><div>From market fit to planet fit</div></div></div>
Added to the SUX Playbook by:	Thorsten Jonas (Slack: Thorsten Jonas)





# SUX WORKSHOP TEMPLATE

- Grounding Session
  - Analyse Session
  - Creation Session
  - Presentation Session
- 
- Beispielhaft befüllte Templates für Design Thinking Prozess



# Extract from Sustainable UX Design Toolkit

## Grounding Session, Template „Touch the topic“



Template: Touch the topic

**TOUCH THE TOPIC**

3 min.

3 min.

**WHAT ARE YOUR THOUGHTS WHEN YOU THINK ABOUT [ INSERT THE TOPIC OF YOUR SDG ]?**

Optional: You can add image which supports your thoughts.

Supportive beginnings of sentences that you can but don't have to use:

The first thing I think about / when it comes to [ Insert your topic ] is ...

The last thing I learned / read / heard about [ Insert your topic ] is ...

For me, [ Insert your topic ] means ...

The best example of [ Insert your topic ] for me is ..

[Insert your topic] is important because ...

I always associate [ Insert your topic ] with ...

**PLEASE COMPLETE THE SENTENCE..**

The goal of [ insert your SDG here ] is related to UX Design because...

# Extract from Sustainable UX Design Toolkit

## Grounding Session, Template „Touch the topic“

3 Touch the topic

### 3 TOUCH THE TOPIC

The activity on the left side of the template is a short brainstorming session. The participants should write down their thoughts and feelings about the topic of the SDG.

On the right side of the participant should think about the relation to UX design.

#### How to do it

- Ask the participants to answer the question on the left side of the template
- Set the timer for 3 min.
- Give each participant 1 min. to present their thoughts
- Ask the participants to complete the sentence on the right side of the template
- Set the timer for 3 min.
- Give each participant 1 min. to present their thoughts

Example: Touch the topic

### EXAMPLE: TOUCH THE TOPIC

3 min. ⌚

3 min. ⌚

#### WHAT ARE YOUR THOUGHTS WHEN YOU THINK ABOUT GENDER EQUALITY?

Optional: You can add image which supports your thoughts.

Supportive beginnings of sentences that you can but don't have to use:

The first thing I think about / when it comes to gender equality is ...

The last thing I learned / read / heard about gender equality is ...

For me, gender equality means ...

The best example of gender equality for me is ..

Gender equality is important because ...

I always associate gender equality with ...

Genders are still not treated equally

gender equality must be established at many levels in our society



We need a world in which people are treated equally regardless of gender, origin or social circumstances

Equal rights, treatment and treatment for all genders

there is little gender equality at the moment

#### PLEASE COMPLETE THE SENTENCE..

The goal of gender equality is related to UX Design because...

... we create products that can direct human behavior to the positive or the negative

... we want a good UX for all genders

... people can be excluded through design. Inclusive design!

... technology communicates with the user via the frontend. It can communicate well or badly. Its the UX Designers responsibility



# Extract from Sustainable UX Design Toolkit

## Grounding Session, Template „Touch the topic“

***PLEASE COMPLETE THE SENTENCE..***

The goal of **gender equality** is  
related to UX Design because...

... we create  
products that can  
direct human  
behavior to the  
positive or the  
negative

... we want  
a good UX  
for all  
genders


... people can be  
excluded  
through design.  
Inclusive design!

... technology  
communicates with the  
user via the frontend. It  
can communicate well  
or badly. Its the UX  
Designers responsibility

**3 min.**



# Examples of outcome



Plan

Research

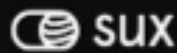
Design

Test

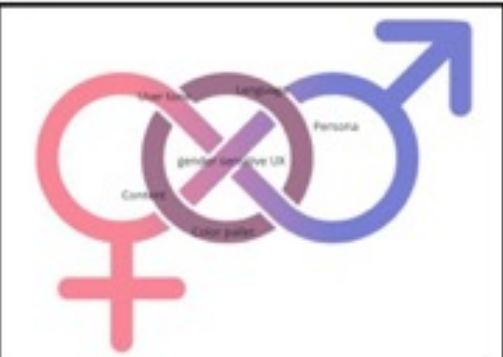
Analyze

SDG 5 - Gender Equality

Gender sensitiv spectrum Framework



Sum up your result



[Gender-Sensitive Spectrum Framework]

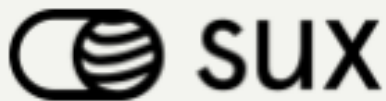
DESCRIPTION	HOW TO USE	VISUALISATION
<p>Describe your result in a few sentences.</p> <p>First step is to find out where in the ethical design spectrum the current product would be located and then find out where you ideal position would be. The framework can help the team to relocate to the center which is absolutely gender equal.</p>	<p>Describe the steps to use the result</p> <ol style="list-style-type: none"><li>1. Questionaire in the Design phases to locate the current state in the gender equal design spectrum (shown left)...</li><li>2. Point our current postion in the spectrum...</li><li>3. get the framework for your team to implement the changes and test them...</li><li>4. relocate the product in the gender equal design spectrum in the center</li></ol>	<p>Add your visualisation.</p> <div>all 3 ideas combined</div>

Gender Sensitive Spectrum Framework

- The idea of this framework is to create a way to determine the current state of a product in a gender equal design spectrum and
- with the result to try to move the product into the center of it.



# Examples of outcome



Plan

Research

Design

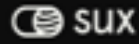
Test

Analyze

SDG 7 - Affordable and clean Energy

User Journey Map Extension

7 AFFORDABLE AND CLEAN ENERGY



Treating energy like money (with a budget and transparency)

Solution: User Journey Map Extension

DESCRIPTION

As most digital products at some point develop a user journey map, it would be great to also consider the energy consumption of each phase to be able to spot opportunities there.

VALUE IT WILL CREATE

Being able to spot steps in the user journey that take a lot of energy to be able to improve them.

HOW TO USE

Describe the steps to use the result.

1. extend your User Journey Map to have rows for energy consumption
2. try to get numbers for the status quo & your new digital product
3. compare the numbers
4. highlight areas of high (extra) energy consumption
5. brainstorm ideas for opportunities to cut the energy consumption & add them to the user journey map to consider for the ideation phase

VISUALISATION

Screen and goal

Phases

User tasks and activities

Participants

Energy Consumption with the digital solution

Energy Consumption before their making a meal (not already home)

Energy Consumption before their going to the supermarket

Opportunities

A user journey map for users who are looking for cooking recipes online to prepare some quick meals

Phases	Search	Read the recipe	Buy / get the ingredients (optional)	Cook!	Eat	After eating
User tasks and activities	<ul style="list-style-type: none"><li>1. search</li><li>2. select an ingredient</li><li>3. add to cart</li><li>4. search for other content</li><li>5. read a recipe</li><li>6. select a recipe</li><li>7. add ingredients to shopping list</li><li>8. add recipe to favourites</li><li>9. share recipe</li></ul>	<ul style="list-style-type: none"><li>1. select the recipe of the recipe</li><li>2. read the recipe of ingredients and steps</li><li>3. evaluate the recipe and user needs</li><li>4. add recipe to favourites</li><li>5. add recipe to shopping list</li></ul>	<ul style="list-style-type: none"><li>1. go to a store</li><li>2. check the list of ingredients</li><li>3. buy the ingredients in the store</li><li>4. add them to the basket</li><li>5. go to the checkout</li><li>6. pay for the ingredients</li></ul>	<ul style="list-style-type: none"><li>1. prepare ingredients</li><li>2. cook the recipe</li><li>3. get back and forth between the recipe and your kitchen supplies</li></ul>	<ul style="list-style-type: none"><li>1. serve the meal</li><li>2. get it on the table</li><li>3. eat</li></ul>	<ul style="list-style-type: none"><li>1. wash the dishes</li><li>2. clean the recipe</li><li>3. share photos, the recipe</li><li>4. save the recipe to cook it again later</li></ul>
Participants	...	...	...	...	...	...
Energy Consumption with the digital solution	10 kWh / search	10 kWh / read	10 kWh / cooking	10 kWh / eating	10 kWh / eating	10 kWh / eating
Energy Consumption before their making a meal (not already home)	10 kWh	10 kWh	10 kWh / cooking	10 kWh / eating	10 kWh / eating	10 kWh / eating
Energy Consumption before their going to the supermarket	10 kWh	10 kWh	10 kWh / shopping (not already home)	10 kWh / eating	10 kWh / eating	10 kWh / eating
Opportunities			How about asking the user first about what they already have at home, so they don't have to go shopping at all?			

Treating energy like money

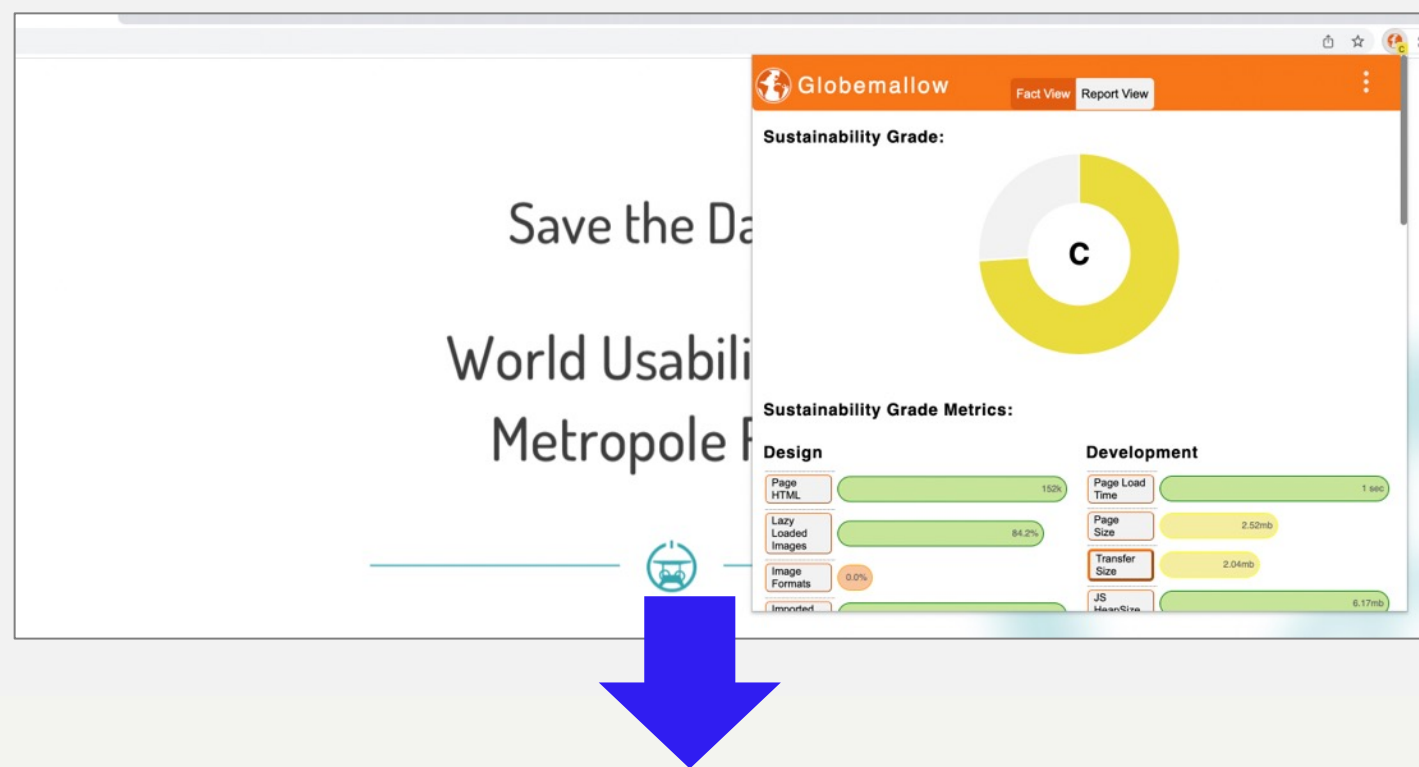
- Extension of user journey maps, so that the energy consumption of the digital product is visible in any phase of the user journey
- Identify opportunities for improvement (reduce energy consumption)

# Sustainable UX Assessment: diagnostics of applications to indicate energy-related CO2 emissions

Question: “What is our share on this and what can we do to reduce our greenhouse gas emissions based on IT?”

## Browser Plugin Globemallow

- Open Source Chrome Browser Plug in
- Measurement of kWh and CO2 Emissions for using webpage
- Rating of sustainability grade

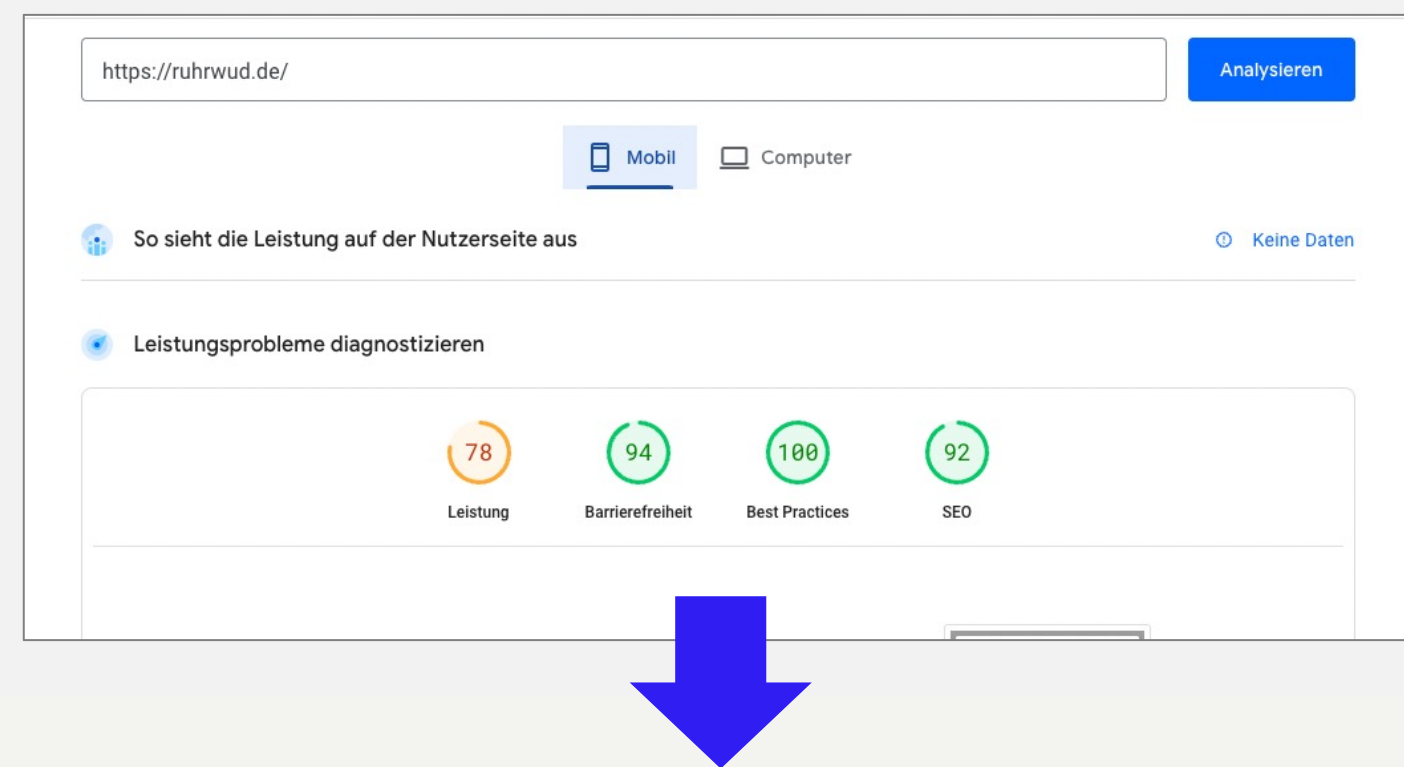


### Outcome of audit:

- Data of current energy and greenhouse gas emissions
- Data on Design & Development related features with room for improvement

## Pagespeed Insights

- Set of specific factors, measurement of overall user experience
- Most factors are measured in time spend = energy used to render webpage

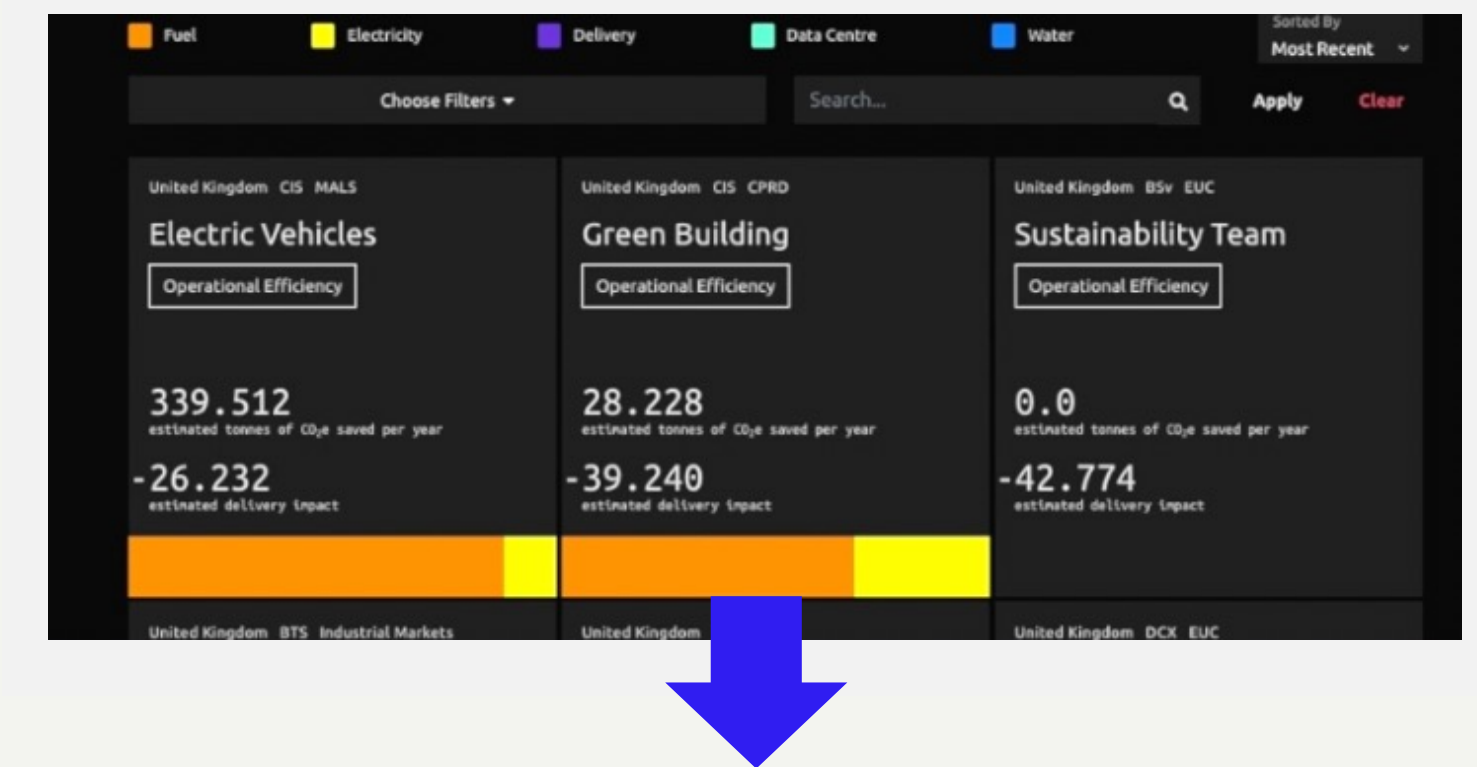


### Outcome of audit:

- Detailed recommendations to reduce time spend to render webpage = reduce energy used to render webpage

## Carbon Calculator

- Tool developed by Group Sustainability Team to calculate the carbon impact of team working on a project
- Enables to calculate the potential carbon savings of a project



### Outcome of audit:

- Estimations of measures like electricity, fuel or water as baseline calculation to find potential for savings during and after the project



Currently 21 SUX Teams are working on 9 SGDs,  
but not on SDG 3 „good health and well being“



Touch the topic:  
What are your thoughts when you think  
about „good health and well being“?



3 min.



Please complete the sentence:  
The goals of good health and well being  
are related to UX Design because ...



3 min.






# Next step would be: Build a Knowledge-Base

## BUILD A KNOWLEDGE-BASE EXAMPLE







3 min. 

3 min. 

### COLLECT EXAMPLES OF DIGITAL PRODUCTS OR RESOURCES WHERE YOU CAN SEE THAT GENDER EQUALITY PLAYS A ROLE.

#### DIGITAL PRODUCTS AND SERVICES

E.g websites, mobile/voice/ tv apps, IoT, AI, AR, VR, MR,  
other software, ...

CATEGORY	NAME / TITLE	PICTURE	POSTIVE / NEGATIVE	WHY IS IT A POSITIVE/NEGATIVE EXAMPLE?	DATE / SOURCE / LINK
Social media	Facebooks Gender settings			Facebook included the option to choose different types of gender and the preferred pronoun	22.04.2021 facebook.de
Education	PinkProgramming -Learnin Circles			Pink Programming is a non-profit organization that organizes code events for the female, transgender, and non-binary communities.	22.04.2021 <a href="https://www.pinkprogramming.org/">https://www.pinkprogramming.org/</a>
Education	Pronouns			Learn how to use right pronouns, a lot of them I never heard before	22.04.2021 <a href="#">Wikipedia - Wikipedia</a>
E-commerce Fashion	E.g Zalando			Online shops are often divided between men and women, but some would like to buy clothing that is not stereotypical	22.04.2021 <a href="#">Zalando - Zalando</a>
Game	Tell Me Why			One of the main character is Trans, really gender sensitive game	22.04.2021 <a href="#">Tell Me Why - Tell Me Why</a>
Travel	Airbnb			Airbnb does not assign a gender identity to their users. They consider the gender of individuals to be what they identify and/or designate on their user profiles, and they expect the Airbnb community to do the same.	29.04.2021 <a href="#">Airbnb - Airbnb</a>

#### PUBLICATIONS

E.g Books, articles, research,...

TITLE	AUTHOR	WHAT IT IS ABOUT?	WHY DO YOU RECOMMEND IT?	WHERE CAN I FIND IT? LINK, DATE
Ruined by Design	by Mike Monterio	Shows how design can have a negative impact	"They are not edge cases. They are human beings, and we owe them our best work." good example how not to design	22.04.2021 facebook.de

#### COLLECT IMPORTANT TERMS OF THIS TOPIC

Add the term, a short definition and the link of your source.

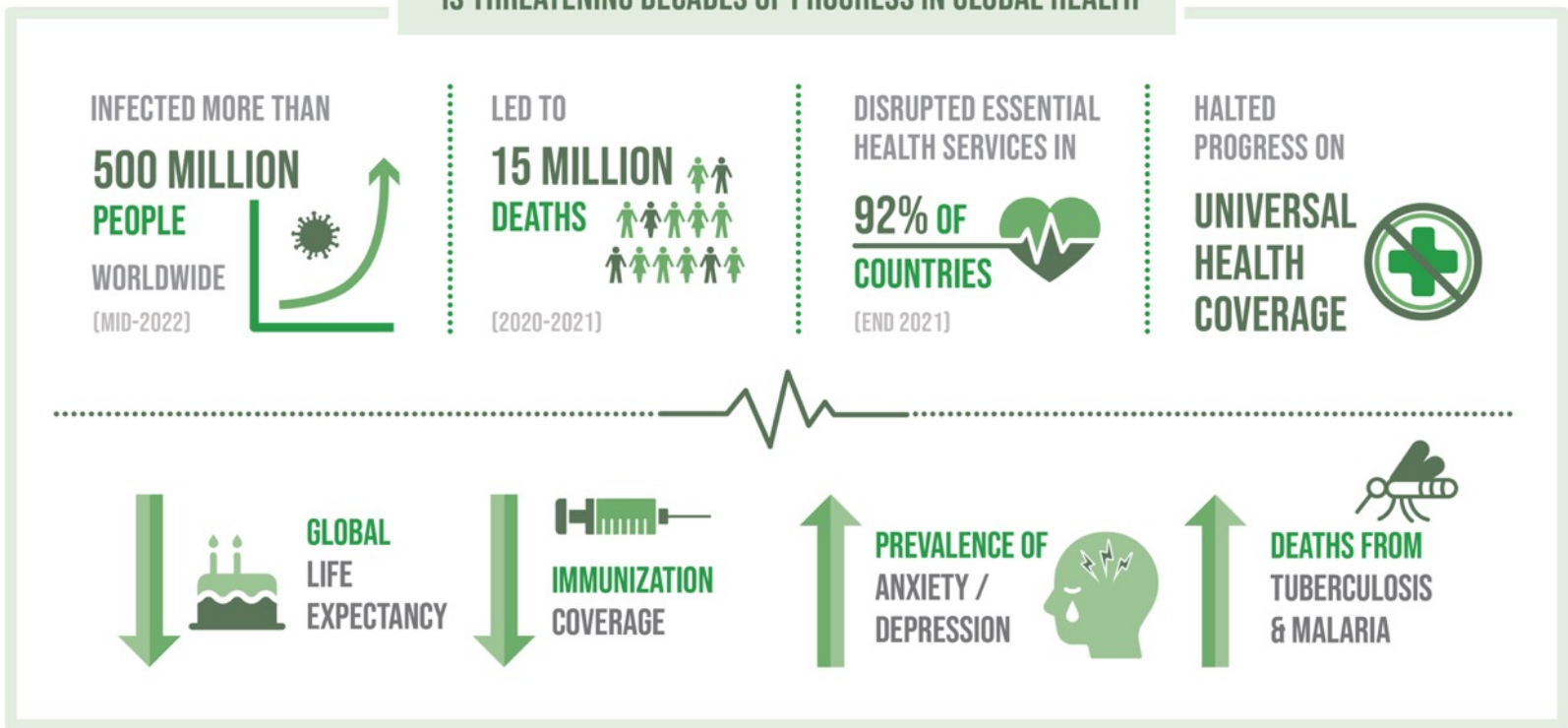
<b>Gender</b> The socially constructed characteristics that a person has by society, such as norms, behaviours and relationships. Most societies define gender as binary, where a person is either a man or woman. However, our gender is irrespective of whether a person is born male or female.	<b>Gender Bias</b> Actions or thoughts that are pre- judicially or unconsciously based on of preconceived ideas of what women and men's attributes, characteristics and roles should be based on their gender.	<b>Gender Stereotype</b> Preconceived ideas of what women and men's attributes, characteristics and roles should be based on their gender.	<b>Gender non-conforming</b> Describes a gender expression that differs from a given society's norms for males and females.
<b>Gender Balanced Language</b> Language that is not gender and which considers people general, with no reference to women and men or at least equitable representation of women and men. Related terms: gender fair language, gender neutral language	<b>Gender Norms</b> The established gender binary societies that defines the gen- der person as a man if he is born male or a woman if she is born male. Persons who do not fit the gender norms are often discriminated against and stigmatized.	<b>Gender Roles</b> The established gender binary societies that defines the gen- der person as a man if he is born male or a woman if she is born male. Persons who do not fit the gender norms are often discriminated against and stigmatized.	<b>They/Them (pronoun set)</b> Grammatically accepted gender- neutral pronoun set according to many style guides including Merriam Webster and Associated Press.
<b>Gender Identity</b> Gender identity is each person's internal and individual sense of gender. It is their sense of being a woman, a man, both, neither, or anywhere along the gender spectrum. A person's gender identity may be the same as or different from their sex at birth.	<b>Gender Aware</b> Ability to view how society assigns gender roles and relationships and the ability to understand the effects this has. Related terms: gender sensitive	<b>Sexual orientation</b> Sexual orientation is interpersonal we are physically, emotionally and/or romantically attracted to.	<b>Heteronormativity</b> The assumption that everyone is heterosexual, and that heterosexuality is superior to all other sexualities.
<b>Transgender</b> Describes a person whose gen- der identity and assigned sex at birth do not correspond. Also used as an umbrella term to include gender identities outside of male and female. Sometimes abbreviated as trans.	<b>Sex assign at birth</b> The sex (male or female) assigned to a child at birth, most often based on the child's external anatomy. Also referred to as birth sex, natal sex, biological sex, or sex.	<b>Non-binary</b> Most people - including most transgender people - are bi- sexual or female. But some people don't neatly fit into the categories of "man" or "woman," or "male" or "female." For example, some people have a gender that blends elements of being a man or a woman, or a gender that is different than either male or female. Some people don't identify with any gender. Some people's gender changes over time. Related terms: trans, transgender	<b>Cisgender</b> Cisgender is the term used for people whose gender identity matches sex at birth. For example, a person who identifies as a woman and was born female. This term is used as an opposite to transgender.
			<b>Trans woman/ transgender woman/male-to-female (MTF)</b> A transgender person whose gen- der identity is female may use these terms to describe themselves. Some will just use the term woman.



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

COVID-19

IS THREATENING DECADES OF PROGRESS IN GLOBAL HEALTH

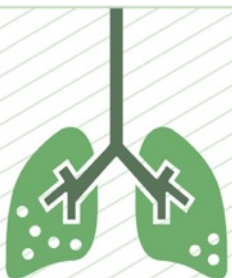


22.7 MILLION CHILDREN MISSED BASIC VACCINES IN 2020

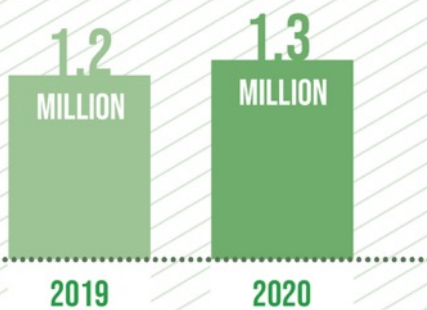
3.7 MILLION MORE THAN IN 2019



PANDEMIC CLAIMED THE LIVES OF 115,500 FRONT-LINE HEALTH-CARE WORKERS



TUBERCULOSIS DEATHS RISE FOR THE FIRST TIME SINCE 2005



Target 3.1

By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births

Target 3.2

By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births

Target 3.3

By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases

Target 3.4

By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being

Target 3.5

Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol

Target 3.6

By 2020, halve the number of global deaths and injuries from road traffic accidents

Target 3.7

By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes

Target 3.8

Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all

Target 3.9

By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination

Plan

Research

Design

Test

Analyze



3 GESUNDHEIT UND WOHLERGEHEN



Ein gesundes Leben für alle Menschen jeden Alters gewährleisten und ihr Wohlergehen fördern

Start › Ziel 3

◀ Vorheriges Ziel

Nationale Indikatoren zu Ziel 3

Nächstes Ziel ▶

## Unterziele

### 3.1

Bis 2030 die weltweite Müttersterblichkeit auf unter 70 je 100 000 Lebendgeburten senken

## Indikatoren

### 3.1.1

Verfügbar

[Müttersterblichkeitsrate](#)

### 3.1.2

Verfügbar

[Anteil der von qualifiziertem Gesundheitspersonal betreuten Geburten](#)

### 3.2.1

Verfügbar

[Sterblichkeitsrate von Kindern unter 5 Jahren](#)

### 3.2.2

Verfügbar

[Neugeborenensterblichkeit](#)

### 3.2

Bis 2030 den vermeidbaren Todesfällen bei Neugeborenen und Kindern unter 5 Jahren ein Ende setzen, mit dem von allen Ländern zu verfolgenden Ziel, die Sterblichkeit bei Neugeborenen mindestens auf 12 je 1 000 Lebendgeburten und bei Kindern unter 5 Jahren mindestens auf 25 je 1 000 Lebendgeburten zu senken

### 3.3

Bis 2030 die Aids-, Tuberkulose- und Malariaepidemien und die vernachlässigten Tropenkrankheiten beseitigen und Hepatitis, durch Wasser übertragene Krankheiten und andere übertragbare Krankheiten bekämpfen

### 3.3.1

Verfügbar

[Anzahl der HIV-Neuinfektionen je 1 000 nicht infizierter Einwohner/ -innen, nach Geschlecht, Alter und Risikogruppe](#)

### 3.3.2

Verfügbar

[Tuberkulose-Inzidenz je 100 000 Einwohner/ -innen](#)

### 3.3.3

Verfügbar

[Malaria-Inzidenz je 1 000 Einwohner/ -innen](#)

## Digitalisierung: Ein Gesundheitsrisiko?

NEWS 14.06.2018 Neue Studie



Haufe Online Redaktion



Bild: mauritius images / Westend61 / Rainer Berg

Eine neue Studie untersucht die gesundheitlichen Risiken der Digitalisierung.

Die Digitalisierung betrifft rund 60 % der Beschäftigten in Deutschland sehr stark. Untersuchungen zu gesundheitlichen Risiken gibt es nur vereinzelt, die jetzt in einer Literaturstudie zusammengeführt wurden. Sie verdeutlicht, warum die Problematik weiter erforscht werden muss.



Wie hängen digitale Arbeitsformen, psychosoziale Arbeitsbelastungen und gesundheitliche Konsequenzen zusammen? Das war eine der Fragestellungen der Wissenschaftler der Universität Düsseldorf. Grundlage für ihre Studie waren 41 Beiträge zu den Auswirkungen von digitalen Technologien in unterschiedlichen Arbeitswelten.

### Digitalisierung in der Kommunikation am weitesten verbreitet

90 % der Befragten gaben an, digitale Geräte wie Computer, Tablet oder Smartphone für die Kommunikation zu nutzen. In der Industrie 4.0 kommen vor allem digitale Geräte zum Einsatz, die die Arbeit unterstützen (72 %) oder die mit spezieller Software die Arbeitsabläufe bestimmen (71 %). 30 % der Befragten arbeiten mit computergesteuerten Maschinen, so genannten Robotern, zusammen.

## DAS FACHDEBATTENPORTAL

Für Entscheider aus Politik, Wirtschaft, Medien & Gesellschaft

DIGITALISIERUNG



LAUFENDE FACHDEBATTEN

Vielzählig, tiefgründig, richtungsweisend

AKTUELLE DOKUMENTATIONEN

Alle Ergebnisse abgeschlossener Fachdebatten



BEST FOR BUSINESS



AFTER WORK LUXURY

08.11.2022

13.10.2021 | INTERVIEW ZUR DEBATTE:

GESUND BLEIBEN IN DER DIGITALEN ARBEITSWELT

Resilienz durch Kompetenz

ZUM DEBATTEVERLAUF →

### GESUNDHEITLICHE GEFÄHRDUNG DURCH DIGITALE SYSTEME IN DER ARBEITSWELT

Wie Management und Technik für Entlastung sorgen können



Prof. Dr. Jessica Lang, Leiterin des Lehr- und Forschungsgebiets Betriebliche Gesundheitspsychologie an der RWTH Aachen University und Mitglied im Vorstand der Deutschen Gesellschaft für Arbeitsmedizin und Umweltmedizin e.V. (DGAMU) [Quelle: Uniklinik RWTH Aachen]

Die mit der Digitalisierung einhergehende Reizüberflutung kann dauerhaft zu gesundheitlichen Problemen führen; Prof. Dr. Jessica Lang, von der RWTH Aachen beschreibt mögliche Symptome. Sie weiß auch, was Besserung und Abhilfe schaffen kann.

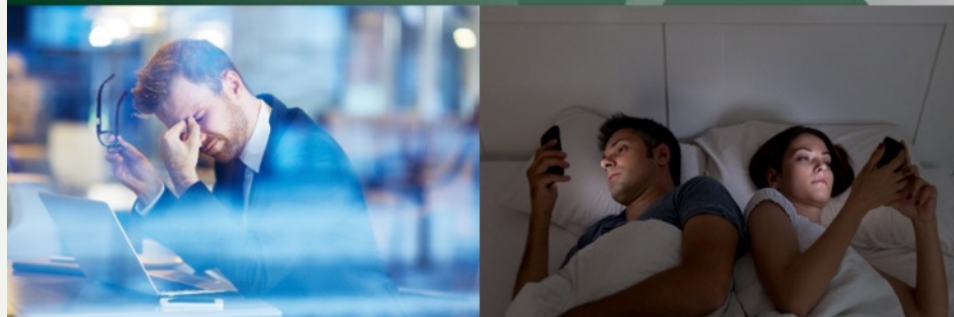
#### Welche gesundheitlichen Gefahren birgt ein Übermaß an Digitalarbeit?

Die gesundheitliche Gefährdung, die durch den üblich gewordenen Einsatz digitaler Systeme in der Arbeitswelt entsteht, ist ein Mangel an mentaler und damit auch physiologischer Erholung. Die mit der Digitalisierung einhergehende Reizüberflutung kann dauerhaft zu erhöhter Reizbarkeit, innerer Unruhe, Erschöpfung



### Auswirkungen der Digitalisierung auf die Gesundheit von Berufstätigen:

Eine bevölkerungsrepräsentative Studie in der Bundesrepublik Deutschland



Arbeitsmedizin | Sozialmedizin | Umweltmedizin

ASU von Gentner

Zeitschrift für medizinische Prävention



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Schwerpunkt-Themen:

Coronavirus

ASU Protect

BGM

Psychische Gesundheit

Arbeitsrecht



➤ Gesundheitliche Konsequenzen bei digitaler Arbeit

Short Report

Bibliogr. Info (RIS)

Offener Zugang

### Arbeit mit digitalen Technologien, psychosoziale Belastungen und potenzielle gesundheitliche Konsequenzen

04.06.2018 08:30 | Veröffentlicht in Ausgabe 06-2018 | Druckvorschau

Abstract Deutsch

Abstract English


Neue digitale Arbeitsformen, psychosoziale Arbeitsbelastungen und gesundheitliche Konsequenzen: Wo gibt es Zusammenhänge?

Hintergrund: Die Nutzung digitaler Technologien ist sowohl im Dienstleistungs- als auch Industriesektor Alltag geworden und die Mehrzahl der Beschäftigten arbeitet mittlerweile in irgendeiner Form digital. Vor diesem Hintergrund ist es wichtig abzuschätzen, ob die Arbeit mit digitalen Kommunikationsmedien, Software oder Geräten Folgen für die Gesundheit hat. Ziel des Beitrags ist es, einen Überblick über mögliche Einflüsse digitaler Technologien auf psychosoziale Arbeitsbedingungen und deren gesundheitliche Konsequenzen zu geben.



# Next step would be: Create a UX Vision for „good health and well being“

## LET'S CREATE A VISION

5 min. 

### THE UX VISION OF GENDER EQUALITY

#### PLEASE COMPLETE THE SENTENCE..

It is important to design gender-equal /-sensitive digital products because ...

- ...technology is currently shaping the younger generations and we have the responsibility to educate them within every field, including design
- ...I want to live in a world in which all people are treated equally
- ... we don't want to exclude anyone
- ... we can no longer tolerate discrimination
- ... we care for equality in our society
- ...nobody should feel forgotten
- we need to dis-establish old mindsets
- ... because we have to discard old stigmas and we shouldn't offer a place for them in digital products

To reach gender-equality in digital products, we have to ... (think / consider / understand / ...

- ... consider imagery, language, colors, forms, etc
- ... implement new workflows, create new guidelines, create space for discussion
- ... understand where there is gender-inequality and we should drive into the direction of gender-equality to the new "normal".
- ... understand that our society is following still wrong assumptions, and that these are no longer allowed to have a place in new technologies

In order to design gender-equal /-sensitive digital products, we have to ... (do / make / implement / create / ...).

- ... implement new workflows, create new guidelines, create space for discussion
- ...update our design process towards including all genders
- ... to work in diverse teams
- ... create safe digital places, where everybody is equal by design.
- ... include a diverse user group in our research & testing

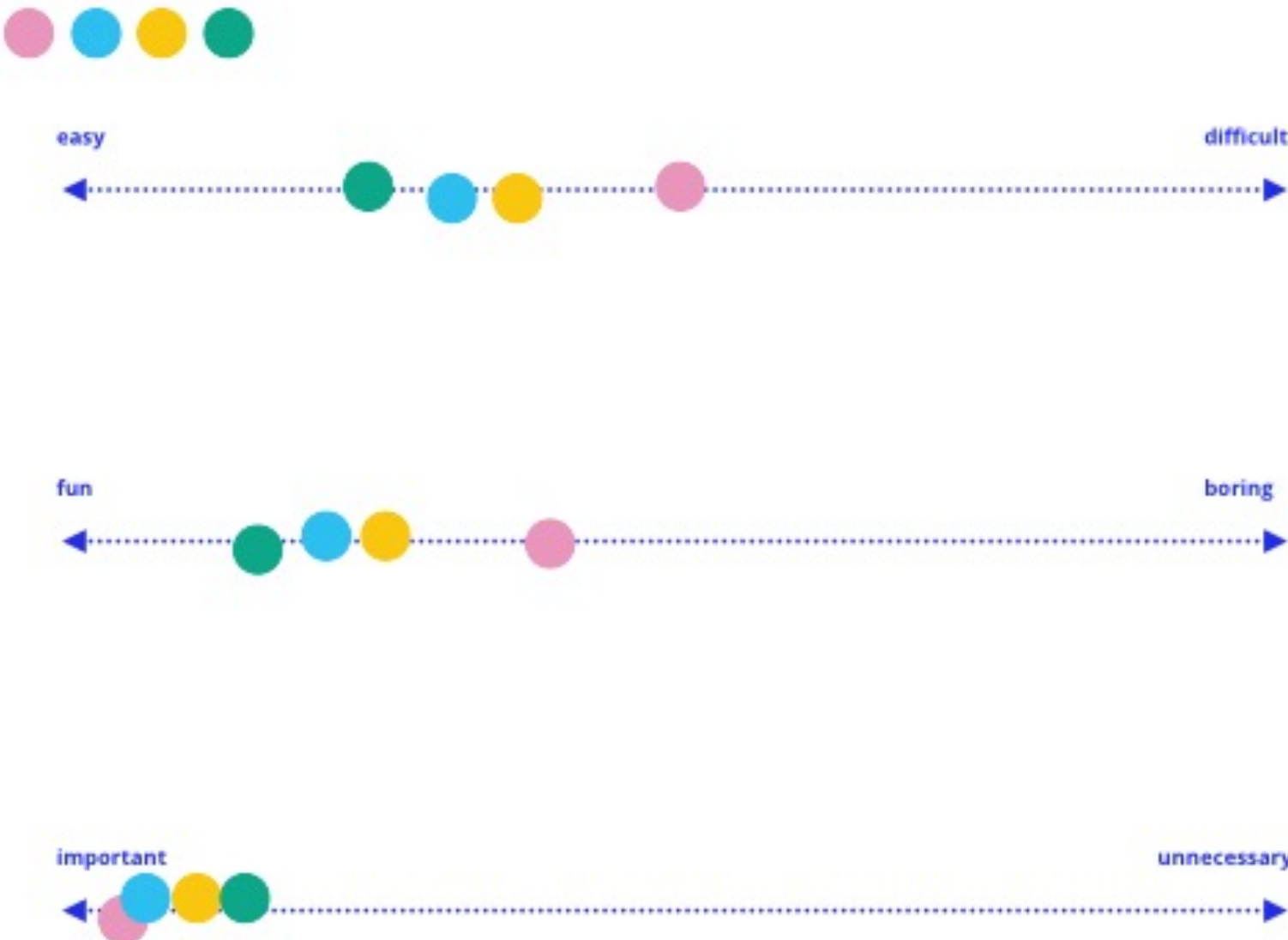


# Last step would be: Feedback round

## FEEDBACK ROUND

### TASK 1: TOUCH THE TOPIC

Please take your color and slide it onto the scalars.



Please complete the sentences for further feedback of this task.

I like...

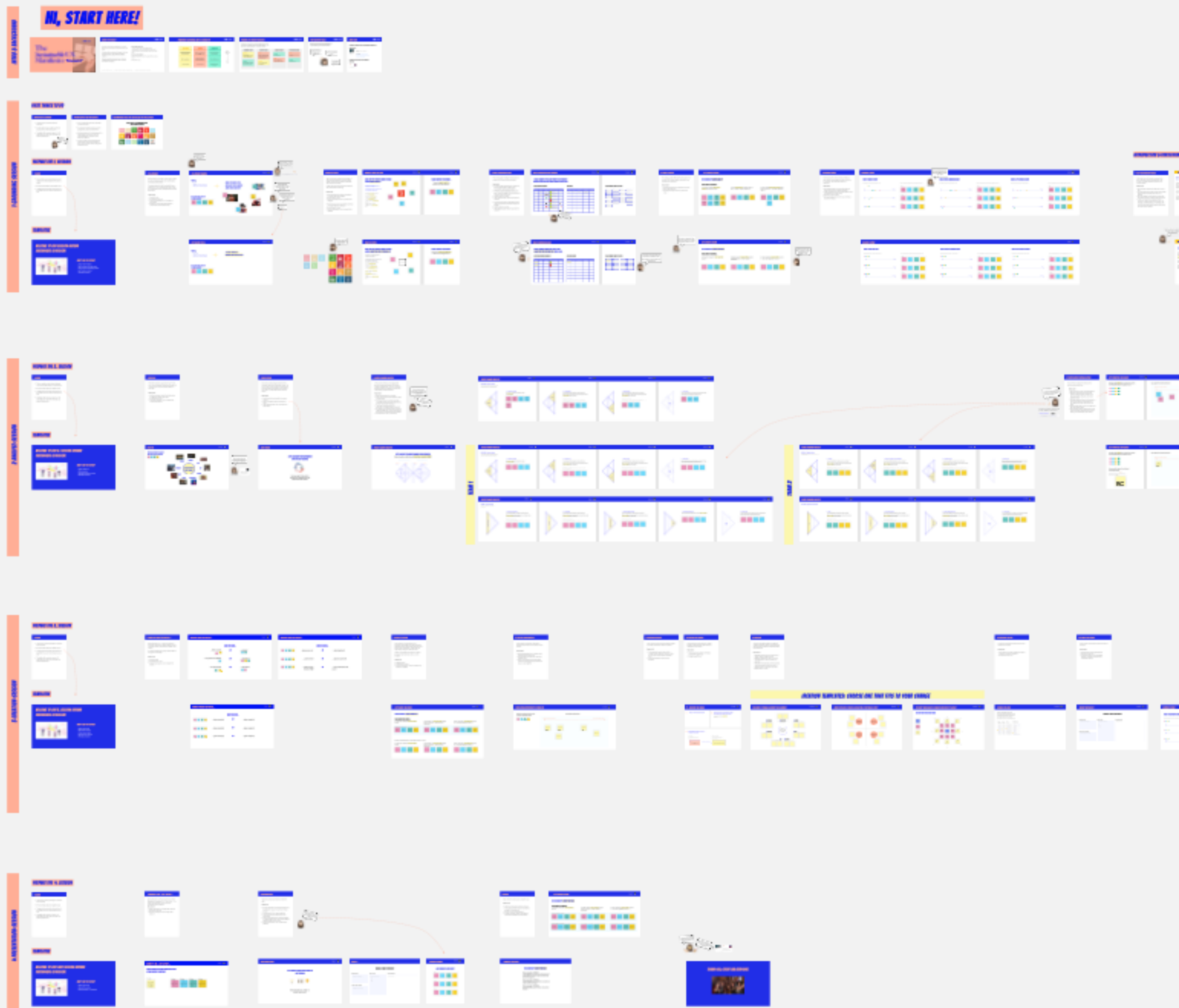
...the connection from the SDG to UX			
--------------------------------------	--	--	--

I wish...

	... we could talk longer about the relation to UX		
--	---	--	--

What if...

--	--	--	--



# SUX WORKSHOP TEMPLATE

- Grounding Session
  - Analyse Session
  - Creation Session
  - Presentation Session
- 
- Beispielhaft befüllte Templates für Design Thinking Prozess





We would love to  
welcome you to join  
our way and the **SUX**  
community!

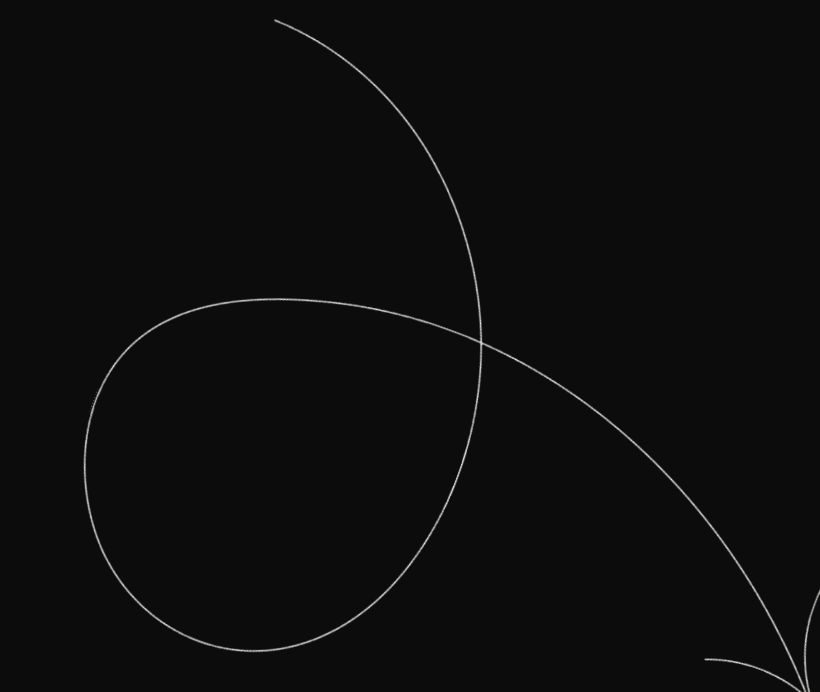
# Thank you.

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