

Designing> Assignment_1d> ChatGPT and Imaginative Reasoning in the Classroom Space

Unthinkable Ideas, Data

K Moses

2/9/23

Introduction

What would be your design for a campaign to persuade people to adopt a plant-based diet? ... This is relevant after analysis of the <http://bit.ly/Ornishtal2013>

The title I am working with is *ChatGPT and Imaginative Reasoning in the Classroom Space* and you are welcome to make suggestions on every aspect of this document.

The Url for the live page hosting this document is <https://bit.ly/PlantBasedDietCampaign>

Dear All

I hope you are very well,

Here is my progress on a design for Assignment_1d, I mentioned it in CANVAS > Announcements> Note_4 on Assignment_1a. Feel free to make suggestions, all are welcome ... just testing out a question for an #IdeasLab and https://bit.ly/Assignment_1_,

- What would be your design for a campaign to persuade people to adopt a plant-based diet? ... This is relevant after analysis of the <http://bit.ly/Ornishetal2013> results.

– I hope you have come across ChatGPT, by openai (<- Google It) ... I pitch it as an ally, a thing to use and learn about, and a peek into the future. I used ChatGPT with the above question. The results suggested to me that I redefine the question, to add more precise significance. I am considering geospatial science, epidemiology, and environmental health science; my question now has **locality**, I am working on giving it **positionality** after Kovach (2009) (Note. 1.) ... I will place the question/request just North of East 96th, https://bit.ly/Borders_96th, and ask for “imaginative reasoning” from you, nuance and attention to evidence and since concerning these three it is **positionality** that will likely be a co-traveler I would ask you to let your thoughts be open to **positionality** on such questions. And please consider the role of this potential collaborator for reasoning, causal reasoning: https://www.evernote.com/l/AAd625eP1xBCT7Iwl1IQcIZ_weDttUQzK3JY. (Note. 2.) I am not going South of East 96th Street because there are staggering socio-economic transitions that according to <http://bitly.com/ChettyEtAl2016> play a significant role in health, one of the authors in the Chetty et al study said, - I(KM) am paraphrasing - it is something like the richest Americans winning the war on Cancer.

* Another thing about using ChatGPT: luckily it appears it can't hypothesize/theorize I would therefore plan on distinguishing your work from a ChatGPT result by hypothesizing, theorizing on the issue presented ... distinguishing your thinking from a ChatGPT / a chatbot. My take is that AI cannot do a best estimate using a totality of the circumstances you assess and the **positionality** you bring. Kovach (2009)

· I checked out the status of discussions on Reddit - a very limited check by me, I went to [r/MachineLearning](https://www.reddit.com/r/MachineLearning) ... The conversations are changing rapidly, at 20230131084106NYC I liked the reporting of @mk-zoucha who argues that the models will be constantly newer with more parameters and better text generation so detection is likely wasting my/your time. I liked the messaging identifying attempts to humanize ChatGPT

output by asking for “perplexity” with an identified score of over 9000. See my attempt below.

Health Disparity Gradients and Borders

- **Back To The Assignment:** I would like you to consider the Health Disparity Gradients and Borders at this East 96th Street intersection and design an intervention to motivate and guide people in this locale to adopting a Plant-based Diet, **we can also think about can diet choices mitigate detrimental health encounters.**¹ The **locality** I want you to focus on has a high incidence of Child Asthma Hospitalizations. I thought the streets were hotspots for air pollutants; I cycled to work through the **locality**, and the transitions in air quality are noticeable. Making this **locality** the focus was driven by a coincidence of the Asthma gradients and borders with the COVID-19 Disease Death gradients and borders. **What’s going on?**² ³ There is undoubtedly a range of modifiable and non-modifiable risk factors; these considerations appear later in the course. See Moses (2020) *Here I am just asking you about the above campaign in an identified locality, we are in the midst of the transitions crossing the East 96th Street intersection. (Note. 3.)*

– I am continuing to design this page (document), the page you are currently reading, so please expect changes to Assignment_1d. We will be considering just as different foods can have differing impacts on human health, they have different impacts on the environment, and the health of fauna, and flora. We can think about human health, the environment, clean air, and climate protection as interlinked. We can think about the biological, social, cultural, and political impacts of promoting a plant-based diet. Will promoting a plant-based diet lead us to greater care and self-care as a collective? Will promoting a plant-based diet, lowering meat and processed meat consumption, lead us to more awareness of lowering methane production from Cattle, and lowering to zero #GreenHouseGases, #AirPollution?⁴

Communal, Community

- If we are going for a public wide campaign a factor to be aware of is **No Universal Healthcare, USA.** I have not explored this yet nor how it plays in the USA for communal feelings toward individual health,

¹ Zhu et al. (2022)

² **What’s going on?** E.g., Why these gradients and borders? Why are these gradients and borders reproducible across different disease states? How do we go about identifying and investigating the root causes of these Health Disparities? One of the guides to my investigatory approach is the EU Precautionary Principle (PP) and my review of the reflections on the PP. Commission (2000) I liked the guidance of Martuzzi and Tickner (2004) for the investigatory steps to bring to this **locality**. Contributors Stirling and Tickner write: ‘[] evidence of risk and uncertainty is examined to determine the possibility (and plausibility) of a significant health threat and the need for precautionary action.’ See this excerpt <https://bit.ly/PrecautionaryAssessment>.

³ See an excerpt from the 1973 film, “Save The Children” where Marvin Gaye makes this question the center, <https://www.youtube.com/watch?v=Y9KC7uhMY9s>

⁴ Will promoting a plant-based diet lead us to greater care and self-care as a collective? Will promoting a plant-based diet lead us to more awareness and action on reducing pollution?

Public Health, Environmental Health, and Health Messaging. We will have to check on data for accessing healthcare. In response to our changing times I trademarked “Climate Protection Fund” and registered the domains: CPFund.info, ClimateProtectionFund.eu and EnvironmentalJusticeMatters.org ... This semester I will try to build content at these locations, nothing is posted yet,

- On that word ‘communal’, will it take a village to get some folks to adopt a plant-based diet, will it take individual marketing, how do we customize the approach for the nature of the communities?
- The latest diet paper citing back to <http://bit.ly/Ornishetal2013> that I thought relevant to Assignment_1d is ‘*Building Health Equity: Action Steps From the American College of Lifestyle Medicine’s Health Disparities Solutions Summit (HDSS) 2020.*’ Cassoobhoy et al. (2021) I thought this excerpt relevant to the work we are trying to engage: ‘With the Standard American Diet being comprised of an estimated 56% processed foods, 33% animal products, and 11% plant foods (upwards of 50% of these plant foods consisting of less healthy choices like French fries and fruit preserves), (Ref. 17) it is to be expected that a significant percentage of the population, magnified in our underserved communities, is overfed, (Ref. 18) fiber-deficient and nutrient-starved (Ref. 18 - 20) - leading to a pandemic of chronic disease.’



OBESE CHILDREN ARE MORE LIKELY TO BE OBESE ADULTS.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

- How do we avoid those processed foods, I argue this is a pathway to have people's eating desires be the driver of what the food industry provides, rather than the food industry telling us what we want.

Here is my initial ChatGPT result:

Here is a potential design for a campaign to move people to a plant-based diet:

1. Develop a clear message: Develop a clear and compelling message that communicates the benefits of a plant-based diet, such as its potential to improve health, reduce environmental impact, and support animal welfare.

2. Use social media: Utilize social media platforms to reach a wide audience. Create engaging content that promotes plant-based eating and shares success stories of people who have switched to a plant-based diet.
3. Partner with influencers: Partner with influencers in the health, wellness, and environmental communities to spread the message and reach new audiences.
4. Create a community: Build a community of plant-based eaters that can support and inspire one another. This can be done through social media groups, in-person meetups, or online forums.
5. Offer resources: Provide resources such as recipes, meal plans, and tips for making the transition to a plant-based diet.
6. Host events: Host events such as cooking classes, taste tests, and panel discussions to help people learn more about plant-based eating and connect with others who are interested in the topic.
7. Address concerns and misconceptions: Address concerns and misconceptions about plant-based diets, and provide accurate information to help people make informed decisions.

I(KM) provided Feedback to ChatGPT: I liked your listing because it covered both a micro and macro approach, ...

I then used "Regenerate" ChatGPT: ... By the way I ran Grammarly on this page to tighten up the language,

Several key elements could be included in a campaign to encourage people to adopt a plant-based diet. Some possible strategies include:

1. Education: Provide clear and accurate information about the health benefits of plant-based diets, as well as the environmental and ethical reasons for reducing the consumption of animal products.
2. Accessibility: Make plant-based options readily available and affordable in a variety of settings, including grocery stores, restaurants, and schools.
3. Marketing: Use appealing and positive messaging to promote plant-based foods and dispel common misconceptions about them.
4. Community-building: Create and support a community of people who are interested in plant-based diets and provide opportunities for them to connect and support each other.

5. Celebrity endorsements: Using celebrities or influencers who promote plant-based diets.
6. Making it tasty: Highlighting the deliciousness of plant-based food and providing recipe ideas and cooking tips.

It would be important to tailor the campaign to the specific audience, taking into account cultural and socio-economic factors that may influence their food choices.

**I then did a redo with a declaration for a Perplexity of 6000, like so:
What would be your design for a campaign to move people to a
plant-based diet? Perplexity 6000 ... here is the result:**

As a language model, I am trained to generate coherent and informative responses at various perplexity levels. However, a high perplexity setting of 6000 would likely result in a less concise and more detailed response, while still maintaining coherence.

A campaign to encourage people to adopt a plant-based diet could involve the following components:

1. Education: Provide comprehensive information on the health benefits of a plant-based diet, such as the lower risk of chronic diseases and improved heart health, as well as its positive impact on the environment, including reducing greenhouse gas emissions and preserving natural resources.
2. Accessibility: Ensure that plant-based food options are widely available, both in grocery stores and in restaurants. Consider offering cooking classes, workshops, and other resources to help people prepare plant-based meals.
3. Social Support: Create a supportive community around plant-based diets through social media, meet-ups, and other online forums. Encourage people to share their experiences, recipes, and tips.
4. Marketing: Utilize appealing and positive messaging to promote plant-based diets, emphasizing the delicious taste and variety of plant-based foods. Utilize influencers and celebrities who follow a plant-based diet to reach a wider audience.

5. Personalization: Cater the campaign to different audiences, taking into account cultural and socioeconomic factors that may influence their food choices. For example, targeting college students with messages about the environmental benefits of plant-based diets, or targeting families with messages about the health benefits for children.
6. Collaboration: Work with schools, employers, and other organizations to provide plant-based food options and support for those who are interested in adopting a plant-based diet.
7. Debunking Myths: Address common misconceptions about plant-based diets, such as the notion that they are lacking in essential nutrients or that they are more expensive than diets that include animal products.

Overall, a comprehensive and well-designed campaign could effectively encourage people to adopt a plant-based diet and support them in maintaining this lifestyle change.

Does ChatGPT sound, feel Human,

Does it sound feel more human to you, less machine-like to you with Perplexity? To me this sounded machine: “Cater the campaign to different audiences, taking into account cultural and socioeconomic factors that may influence their food choices.” Try reading it aloud, it sounds machine, and that choice of the word: “Cater” feels synthetic to me. Plus in the Assignment_1d that I am designing, your response would have to be **locality**-specific and **positionality** specific to the communities.

If you are thinking about the many reasons why am I directing you to this question, the front runner for me is I am arguing we have an emergency for the consumption of ultra-processed foods, and here is my argument:

Ultra-processed foods are processed foods that are more modified, moved further away from their occurring in nature state by the addition of preservatives and artificial ingredients such as stabilisers and sweeteners. The additives can include added sugars: fructoses are often used, salts, and saturated fats / fatty acids; the actual nutritional value of these types of additives is either low or non-existent. A common stabiliser is xanthan gum which provides insights

on the Gut Microbiome as a bacterial Eden that can become dysfunctional by exposing it to what is on the end of your fork.

I am no longer sure that the term processed foods sufficiently alert us to pay attention; when I examine labels I always seem to spot an additive that is not a supplement like added vitamins, I often spot stabilisers and preservatives. See C. A. Monteiro et al. (2019) and see this [excerpt](#) from their paper. Monteiro et al also identify: '[u]ltra-processed foods already make up more than half of the total dietary energy [consumption in the high-income USA] [] and between one-fifth and one-third of total dietary energy in middle-income countries such as Brazil, Mexico, and Chile.' This is disastrous because these foods have been and are being linked to several pressing health situations, including greater risks of obesity and chronic disease situations, e.g., dementia and cardiovascular disease (CVD).

- Research is revealing that it is not just the low nutritional value⁵ that is harming us but also #active agents in ultra-processed foods that impact our biological functioning. An Italian study by Bonaccio et al. (2022) found that #InflammatoryMarkers, e.g., a higher white blood cell count, were higher in groups that ate the most ultra-processed foods. It is well known that our bodies trigger an inflammatory response for invading cancer cells and pathogens (bacteria or viruses) signalling our Immune System (including said white blood cells, e.g., Naïve CD8 T-Cells) to attack the invaders. Mantovani and Garlanda (2023) Is the situation ultra-processed foods contain #active agents that engage a response from our Immune System? Inflammation? The Conclusion in the Abstract of Bonaccio (B) et al ends with: '[] the relation between a high ultra-processed food intake and mortality was not explained by the poor quality of these foods.' B et al show that increased ultra-processed food consumption is associated with higher cardiovascular and all-cause mortality and the authors state that: 'Ultra-processed food intake ... remained associated with mortality even after the poor nutritional quality of the diet was accounted for.' A danger that appears to be independent of the poor nutritional quality of the diet meaning we need further investigation to identify the root causes of the dangers presented by ultra-processed foods; what #active agents are in those foods? A USA based study reporting on a very large prospective investigation showed that high consumption of "total ultra-processed foods in men and certain subgroups of ultra-processed foods in men and women was associated with an increased risk of colorectal cancer." "These associations remained significant after further adjustment for body mass index or

⁵ The industrial processes producing the ultra-processed foods destroy the natural structure of the food ingredients and reduce or completely erode fibre, vitamins, minerals, and phytochemicals.

indicators of nutritional quality of the diet.” Wang et al. (2022) This is a presentation of a danger independent of the body mass index or indicators of nutritional quality of the diet, again prompting me to ask what #active agents are in those foods, the root causes of the dangers.

- The above text block is the outcome of a collaborative review of Bonaccio et al. (2022), Wang et al. (2022), C. Monteiro and Cannon (2022),
- The above text block raised this question for me are we exposing ourselves to #active agents presenting a significant danger to us if we consume ultra-processed foods?

Using The EU Precautionary Principle

- Can these dangers be part of the messaging guiding people, and populations toward plant-based diets? One of my hopes for this course is to assist us in becoming knowledgeable questioners, and cross-examiners, e.g., with knowledge of the EU’s Precautionary Principle call for preventive action in the face of uncertain but suggestive evidence of danger. Commission (2000) We will place the EU Precautionary Principle as a foundation for informing ourselves that we can bring skepticism to a situation. Here I am arguing that the EU Precautionary Principle can be inspirational for allowing us to position ourselves as knowledgeable questioners, and cross-examiners addressing uncertain dangers.
 - Dietary interventions may also present opportunities to mitigate dangerous outcomes due to exposure to air pollutants. See Zhu et al. “Interaction between plant-based dietary pattern and air pollution on cognitive function: a prospective cohort analysis of Chinese older adults.” *Lancet Regional Health - Western Pacific*, vol. 20, 1 Mar. 2022, p. 100372, doi:10.1016/j.lanwpc.2021.100372. [https://www.thelancet.com/journals/lanwpc/article/PIIS2666-6065\(21\)00281-9/fulltext](https://www.thelancet.com/journals/lanwpc/article/PIIS2666-6065(21)00281-9/fulltext) Interpretation published by authors: “Plant-based dietary pattern may attenuate detrimental impacts of PM2.5 on cognitive function among older adults. Adherence to the plant-based dietary pattern could be used to prevent adverse neurological effects caused by air pollution, especially in developing regions.” I would be aware of this work but be cautious, so far no one is citing back to it, and the role of plant-based diets remains incompletely

understood, it is undoubtedly a work in progress. Consider this, they do not have a Figure 2 of <http://bit.ly/Ornishetal2013>: <https://www.evernote.com/l/AAfXvT7y0Q9CYK7XcMBJlkZYRlwS2Lejmws>. Or do you consider looking at it as an idea for a final paper suggestion.

- The promotion of an *IdeasLab* as a teaching strategy in this course is attempting to raise awareness of Prevention Research, Environmental Health Science, Public Health, the EU Precautionary Principle, Pollution Gradients, Racial Gradients and the Health Disparities. One of the objectives of the objectives is to assist the course members becoming *knowledgeable questioners/cross examiners*, e.g., with knowledge of the *EU's Precautionary Principle* call for preventive action in the face of uncertain but suggestive evidence of danger. Commission (2000) We are placing the *EU Precautionary Principle* as a foundation for informing ourselves ⁶ we are the analysts who can be the interpreters of Public Health anomalies. My teaching experience suggests that casting the members as analysts of *uncertain dangers* assists the flow of their narrative generation, increasing the possibilities of learning for and forming *Prevention* collectives.

Any feedback from you on this would be great, this document is just a draft I(KM) am working on.

Best to you,

KM

K Moses JD PhD

K.Moses@Outlook.com

Notes:

Note. 1. Kovach, Margaret. *Indigenous Methodologies: Characteristics, Conversations, and Contexts*. 2009. Again published 2021: <https://www.google.com/books/edition/Indigenous_Methodologies/jI9DEAAAQBAJ?hl=en> Margaret Kovach (2009) brought forward a skepticism from me(KM) to ask about methods, what is being measured, who is the measurer, who is measuring the measurer, and what is the role of my / your *positionality* on choices I/you make on all of this.

⁶ Here I am arguing that the *EU Precautionary Principle* can be inspirational for allowing members of the course to position themselves as *analysts* who can be the rescuers. Can these dangers be part of the messaging guiding people, populations towards, e.g., plant based diets? One of our hopes for our teaching is to be an assistant to becoming knowledgeable questioners/cross examiners, e.g., with knowledge of the EU's Precautionary Principle call for preventive action in the face of uncertain but suggestive evidence of danger. Commission (2000) See this call for a cross examiner's approach, <https://bit.ly/PrecautionaryAssessment>. Martuzzi and Tickner (2004) We are placing the EU Precautionary Principle as a foundation for informing ourselves that we can bring skepticism to a situation. Here I am arguing that the EU Precautionary Principle can be inspirational for allowing us to position ourselves as knowledgeable questioners/cross examiners addressing uncertain dangers assisting the flow of narrative generation, increasing the possibilities of learning for and forming Prevention collectives.

Note. 2. “imaginative reasoning” is derived from “imaginative reason” as used in “The School of Giorgione” by Walter Pater, published in No. XXII n.s. (October 1877) of *The Fortnightly Review*. <https://fortnightlyreview.co.uk/2020/10/school-giorgione/> For the excerpt see <https://www.evernote.com/l/AAfHQiHZWoBAXKBPQOdwl3LfT8w1cdllnw>. Pater (2020) I(KM) am proposing that we adopt “imaginative reasoning” for our analysis of a totality of the circumstances (Note. 3.) at https://bit.ly/Borders_96th.

Note. 3. A totality of the circumstances at https://bit.ly/Borders_96th, for starters please consider: Air Pollution, Other Pollutions, Food Desert, Stress of All Sorts, SocioEconomic Stress, Exercise, Trees on the Streets ... I often wonder how many lives would be saved by cleaning the air,

References

- Bonaccio, Marialaura, Augusto Di Castelnuovo, Emilia Ruggiero, Simona Costanzo, Giuseppe Grosso, Amalia De Curtis, Chiara Cerletti, Maria Benedetta Donati, Giovanni de Gaetano, and Licia Iacoviello. 2022. “Joint Association of Food Nutritional Profile by Nutri-Score Front-of-Pack Label and Ultra-Processed Food Intake with Mortality: Moli-Sani Prospective Cohort Study.” *BMJ* 378 (August): e070688. <https://doi.org/10.1136/bmj-2022-070688>.
- Cassoobhoy, Arefa, Jasmol J. Sardana, Susan Benigas, Jean Tips, and Alexandra Kees. 2021. “Building Health Equity: Action Steps from the American College of Lifestyle Medicine’s Health Disparities Solutions Summit (HDSS) 2020.” *American Journal of Lifestyle Medicine*, November, 61–75. <https://doi.org/10.1177/15598276211052248>.
- Commission, European. 2000. “Communication from the Commission on the Precautionary Principle,” no. 154698 (February). <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex:52000DC0001>.
- Kovach, Margaret. 2009. *Indigenous Methodologies: Characteristics, Conversations, and Contexts*. https://www.google.com/books/edition/Indigenous_Methodologies/jI9DEAAAQBAJ?hl=en.
- Mantovani, Alberto, and Cecilia Garlanda. 2023. “Humoral Innate Immunity and Acute-Phase Proteins.” Edited by Dan L. Longo. *New England Journal of Medicine* 388 (5): 439–52. <https://doi.org/10.1056/NEJMr2206346>.
- Martuzzi, Marco, and Joel A. Tickner, eds. 2004. *The Precautionary Principle: Protecting Public Health, the Environment and the Future of Our Children; [This Publication Was Conceived and Assembled During the Preparation of the*

- Fourth Ministerial Conference on Environment and Health, Budapest, Hungary, 23 - 25 June 2004*]. Copenhagen: WHO Regional Office for Europe. <https://apps.who.int/iris/handle/10665/346211>.
- Monteiro, Carlos A., Geoffrey Cannon, Renata B. Levy, Jean-Claude Moubarac, Maria Lc Louzada, Fernanda Rauber, Neha Khandpur, et al. 2019. "Ultra-Processed Foods: What They Are and How to Identify Them." *Public Health Nutrition* 22 (5): 936–41. <https://doi.org/10.1017/S1368980018003762>.
- Monteiro, Carlos, and Geoffrey Cannon. 2022. "The Trouble with Ultra-Processed Foods." *BMJ* 378 (August): 1–2. <https://doi.org/10.1136/bmj.o1972>.
- Moses, K. 2020. "Saving Lives, Speculative Design on #theCoIncidence of #Asthma Hospitalizations and #COVID-19 Disease, ... Ongoing Reflections on Sars-CoV-2, a Compromised Immune System and Risk Assessment," November. <https://doi.org/10.5281/ZENODO.4107131>.
- Pater, Walter. 2020. "The School of Giorgione." *The Fortnightly Review* No. XXII n.s. (October). <https://fortnightlyreview.co.uk/2020/10/school-giorgione/>.
- Wang, Lu, Mengxi Du, Kai Wang, Neha Khandpur, Sinara Laurini Rossato, Jean-Philippe Drouin-Chartier, Euridice Martínez Steele, Edward Giovannucci, Mingyang Song, and Fang Fang Zhang. 2022. "Association of Ultra-Processed Food Consumption with Colorectal Cancer Risk Among Men and Women: Results from Three Prospective US Cohort Studies." *BMJ* 378 (August): e068921. <https://doi.org/10.1136/bmj-2021-068921>.
- Zhu, Anna, Hui Chen, Jie Shen, Xiaoxi Wang, Zhihui Li, Ai Zhao, Xiaoming Shi, et al. 2022. "Interaction Between Plant-Based Dietary Pattern and Air Pollution on Cognitive Function: A Prospective Cohort Analysis of Chinese Older Adults." *The Lancet Regional Health - Western Pacific* 20 (March). <https://doi.org/10.1016/j.lanwpc.2021.100372>.