NEWSLETTER OF THE MONTH

OCTOBER 2023 EDITION

WELCOME MESSAGE

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Welcome to the 22nd issue of the Nutrition Informatics newsletter SHINE (October 2023) of the Foundation of Healthcare Technologies Society. This newsletter aims to bring together the advancements in the field of Nutrition Informatics Research, Innovation, Policy, Practice, and Entrepreneurship. The newsletter will also provide recent updates about the various national and International nutrition informatics projects, and highlight some of the major nutritional challenges that can potentially be solved through various nutrition informatics interventions using data, information, and knowledge frameworks. We also highlight some of the student successes in the field of nutrition informatics research and practice. In addition, we bring together stories of the student's learning experience with the real nutrition informatics projects addressing real public health challenges. I encourage you to make a meaningful contribution to this newsletter by sharing data-driven, evidence-based ideas, innovations, and interventions that aim to address nutritional challenges impacting health among individuals, families, and communities across diverse Indian settings.

Nutrition Informatics

SMAART Hub for Informatics enabled Nutrition Education (SHINE™)
Research, Innovate, Policy, Practice, Entrepreneurship

BLOGS

"EXPLORING THE INTERSECTION OF NUTRITION INFORMATICS AND SPORTS PERFORMANCE"

The intersection of nutrition informatics and sports performance offers a promising avenue for athletes to enhance their well-being and reach peak performance. Athletes' nutritional needs are highly individualized, influenced by factors like their sport, training regimen, and genetics. However, challenges such as data security and interdisciplinary cooperation must be overcome to fully leverage this transformative potential.

Key Highlights from the Blog:

Highlight 1 - Nutrition informatics harnesses data-driven approaches to tailor precise dietary plans, monitor real-time eating habits, and optimize performance through analytics and machine learning. It also plays a critical role in aiding recovery and rehabilitation, considering an athlete's unique nutrient requirements and timing.

Highlight 2 - Collaborative efforts among nutritionists, data scientists, coaches, and athletes are essential, along with ongoing research to refine data collection and integrate emerging technologies like artificial intelligence. Through these advancements, the sports community can embrace evidence-driven, personalized nutrition strategies that intricately optimize athletic performance and overall well-being.

READ MORE

"THE CHALLENGES OF INTEGRATING NUTRITION INFORMATICS INTO ELECTRONIC HEALTH RECORDS"

Integrating nutrition informatics into Electronic Health Records (EHRs) presents both promise and challenges. It offers a comprehensive view of patients' health profiles, streamlining healthcare processes, empowering patients, and fostering research opportunities. However, the technical challenges include ensuring seamless integration of diverse nutrition data into various EHR platforms, data accuracy, security, and adaptation to evolving guidelines. Data privacy and security are paramount, demanding compliance with regulations like HIPAA and GDPR.

Key Highlights from the Blog:

Highlight 1 - User training is crucial for healthcare professionals to effectively utilize nutrition-related data. Integration of dietary assessment tools requires standardization, validation, and user adoption strategies. Data accuracy and reliability necessitate quality controls and robust data security. Regulatory compliance is vital to protect patient privacy.

Highlight 2 - Future trends include personalized nutrition plans, AI-driven insights, and wearable device integration. In conclusion, while challenges exist, integrating nutrition informatics into EHRs is essential for holistic patient care, offering more tailored dietary recommendations, accurate assessments, and proactive interventions, recognizing the vital role of nutrition in healthcare.

READ MORE

WHAT IS
SHINE INITIATIVE ?

SMS based DIGITAL HEALTH INTERVENTION

SHINE (SMAART Hub for Informatics enabled Nutrition Education) Initiative aims to enhance self-management of chronic non-communicable diseases using multilingual digital HEALTH intervention tailored to enhance their knowledge regarding self-management of disease condition(s).

WHEN IT STARTED

SHINE was started on 22 June 2022. Messages were started from 8 August 2022.

WHO ARE THE BENEFICIARIES

Beneficiaries consenting to participate during Swasthya Pahal are enrolled in the SHINE program.

WHY THERE IS A NEED FOR SHINE INIATIATIVE

Encourages self-management of NCDs including diabetes, hypertension and obesity among individuals living across diverse community settings.

REFERENCE

https://pubmed.ncbi.nlm.nih.gov/34805386/

EVENTS

FHTS believes in continuous learning through every innovative method imaginable!

Every Friday at our FHTS Delhi office, we host an internal office activity known as the "Journal Club." This activity is designed to help us update our current knowledge and learn together. On the 6th of October 2023, Gunjan Sooden delivered an interactive Journal Club presentation on the topic "The Power of Small Changes in Your Daily Routine: Easy Healthy Swaps for a Better Life (Self-Management Dietary Changes)."

Gunjan Sooden has graduated from Delhi University with a degree in Nutrition and Dietetics. As a Nutritionist and a Health coach, she is passionate about helping people understand the importance of clean eating, healthy cooking, and the extent of diet and nutrition in their fitness journey.

The presentation commenced by underscoring the significance of healthy eating. Its focal point was to delve into the advantages and actionable suggestions for upholding a well-balanced diet within our daily routines. Using the presentation as a tool, an emphasis was placed on the importance of incorporating a diverse range of food groups into our diets. The presentation also provided specific instances of nutrient-rich foods from each food group and offered practical strategies for making healthier choices, even when faced with challenging circumstances.

The presentation was accompanied by the insightful question-and-answer session, made for a highly engaging and enriching experience. It not only provided practical tips for maintaining a balanced diet in our daily lives but also emphasized the importance of healthy eating in promoting overall well-being, encompassing physical, mental, and emotional health. This Journal Club session served as a valuable opportunity to enhance our knowledge and instill a sense of awareness about the power of small changes in our daily routines for a better and healthier life.

RESEARCH

Nutrition Research in a Global Setting

Applications of Artificial Intelligence and Big Data Analytics in m-Health: A Healthcare System Perspective

Mobile health (M- health) is the term that creates emphasis on the monitoring and evaluating the health for patients using mobile phones and patient monitoring devices. In the modern era this is a substantial breakthrough in technology. In the light, artificial intelligence (AI) and few very renowned data analytics have already been a part of m- health in reference to establishing an effective healthcare system. Different types of data which includes medical images, electronic health records (EHRs), and complicated text which are usually diversified, poorly presented and on the other hand highly unorganized are being used for research related to the medical core. This is a concerning reason for the cause of disorganization, unformed and confusing databases due to the outgrowth of mobile applications along with the healthcare systems and facilities. This paper guides the users for better usage and application of AI which eventually will result in better planning keeping in mind all the drawbacks.

Source : Applications of Artificial Intelligence and Big Data Analytics in m-Health: A Healthcare System Perspective. Journal of healthcare engineering, 2020, 8894694. https://doi.org/10.1155/2020/8894694

We will be back soon next month.

Thank You

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