



**Nutrition
Informatics**

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

Inaugural Message

Dr. Ashish Joshi
Ph.D. MBBS MPH



Welcome to the fifth issue of the nutrition informatics newsletter SHINE (May 2022) 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 students' learning experience with the real nutrition informatics projects addressing the 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.



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Nutrition Informatics Projects

Title : Behaviour change informatics intervention to enhance and support lifestyle intervention among individuals with chronic NCDS in developing countries.

Digital interventions have tremendous potential to enhance and support lifestyle among individuals with chronic NCDS in developing countries. They have gained acknowledgment in interventions for the management of a healthy lifestyle. This study aims to assess the behaviour change digital health interventions implemented on maintaining a healthy lifestyle (eg, regular physical activity, healthy habits, and proper dietary patterns) among individuals with chronic NCDS in developing countries.

[To know more about Projects - Click Here](#)

Become a SHINE Member

SHINE (SMAART Hub for Informatics enabled Nutrition Education) Membership aims to build a community of learners and practitioners who are keen to understand the intersection of information and technology and Nutrition and facilitate the technology enabled behaviour change interventions into Nutrition research and practice.

[To know more about Membership - Click Here](#)



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Blog

Nutrition and technology-based Interventions to improve the health status



By - Dr. Ashish Joshi, Shruti Sharma,, Ashruti Bhatt

Healthy living is considered a lifestyle choice that allows an individual to enjoy more elements in a way of life one leads. Though masses understand health as a one-dimensional term, the components of health and what governs its well-being varies from nutrition, economic status, education, childhood experiences and so many more. One can understand their health by stratifying their habits and patterns across all the different dimensions of health. Nutrition as one governing dimension has been long researched and worked on through different strata of a society which varies from organizational mediums, at a micro level, a corporate, cloud kitchens and largely healthcare. All this is done to ensure best health outcomes for individuals. In order to enjoy better health, one should also employ habits that are beneficial to them and the environment, diets that are stable and sustainable, building societal and close relationships with oneself that helps in their cerebral enhancements, learning through their life course and being mindful. This enables maximum efficiency and helps one to attain their full capabilities.

[To read more - Click here](#)



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Spotlight

Greeshma Choragudi

Greeshma is currently pursuing a Master's in Clinical Nutrition and Dietetics from St. Ann's College for Women, Hyderabad.



Greeshma says - "I was interested in the public health sector, the main reason to enroll in this course is to obtain knowledge in nutrition and technology and to implement my skills in a Clinical career. But after attending the sessions I found the subject super exciting and would love to plan my career in Nutrition informatics. I would like to extend a warm thank you for organizing such an amazing course. Not only the sessions are informative but the teaching was also very interesting. I'm glad to be a part of this course"

[To know more about the program - Click Here](#)