



**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 sixth issue of the nutrition informatics newsletter SHINE (June 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 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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## Launch of Second Batch

### Certificate Program in Health And Nutrition Informatics

[For information - Click Here](#)

**Joint collaborative certificate program of Foundation of Healthcare Technologies Society and St Ann’s College for Women. There is a growing opportunity to facilitate technology-enabled behavioral change interventions to support NI research and practice. The program adheres to UGC-approved guidelines and combines theoretical aspects with the presentation of practical solutions in real-world settings.**

<b>16weeks</b> Program Duration	<b>240hours</b> Total teaching hours	<b>16hours</b> Online live lectures	<b>32hours</b> Discussion forum / mentoring
<b>40hours</b> E-tutorial	<b>40hours</b> E-content	<b>40hours</b> Self-study hours	<b>8credits</b> Total number of credits

**Learning objectives**

- Organize and manage health information data.
- Maintain quality, accuracy and accessibility of data.
- Ensure the security of electronic and paper filing systems.
- Use data collected to help create dietary plans for patients.
- Apply human centered approach to design culturally and contextually relevant nutrition apps supporting improvement of population health outcomes.
- Evaluate nutrition informatics interventions across diverse disease topics, diverse populations across various settings.



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## **Nutrition Informatics Projects**

**Title : Tools to evaluate the mhealth apps – Scoping review**

**Evaluating mobile health applications requires specific criteria. Research suggests evaluation grids and online web sites are available to provide a quick sense of ease to use a mobile application without worrying about the quality, efficacy, and safety of the mobile application. The project aims to do a scoping review of the tools to evaluate the mhealth apps.**

**[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

# Importance of Nutrition in Women's Health



By - *Ashish Joshi, Bhavya Malhotra, Kamalpreet Kaur, Mansi Shukla*

**India is facing a burden of malnutrition, nearly a quarter of women of reproductive age are undernourished, with a body mass index (BMI) of less than 18.5 kg/m. It is estimated nearly one-third of women of reproductive age and nearly half of the pregnant women are anaemic all across the world. The WHO has classified India as a country with severe anaemia among pregnant women. Men and women have different nutritional needs due to their biological differences in the body. Hormonal changes associated with menstruation, childbearing, and menopause make women at higher risk of anaemia, osteoporosis, and various nutritional deficiencies. Moreover, in developing nations women are more likely to experience nutritional inadequacies due to socioeconomic factors such as low social status, poverty, and illiteracy. Additionally, inequalities in household work can also put a woman at risk of malnutrition. According to UNICEF, Indian women's diets are frequently insufficient to meet their nutritional demands.**

**[To read more - Click here](#)**

## Spotlight

### Swetha Puri

**Swetha Puri has completed B.Sc. in Clinical Nutrition and Dietetics and currently pursuing a Master's from St. Ann's college – Mehdipatnam.**



**Swetha says- “I am an enthusiastic person who wants to explore more on my subject. As heard about an opportunity to learn more about Nutrition Informatics, hence I enrolled in this course to gain knowledge other than my curriculum which is important for my future learnings. My expectations from this course were to make my hands free on the usability of the tech knowledge and to sharpen my skills in information technology.**

**I have had a very good experience being a student in the CHNI program. FHTS is the best learning platform I’ve ever explored, it’s a very different platform from others. This course offers a full-fledged curriculum which offers the best experiences of learning. I’ve learned so much from my mentor and teachers who patiently guided me and corrected me. After completing this course I want to pursue PhD in Nutrition.”**

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