



**Nutrition
Informatics**

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

Welcome Message

Dr. Ashish Joshi
Ph.D. MBBS MPH



Welcome to the seventh issue of the nutrition informatics newsletter SHINE (July 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.



Launch of Second Batch 16th September 2022

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.

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

Title : Need and Importance of Nutrition Informatics in India: A Perspective

Nutrition informatics (NI) is the effective retrieval, organization, storage, and optimum use of information, data, and knowledge for food-and-nutrition-related problem solving and decision-making. There is a growing opportunity to facilitate technology-enabled behavioral change interventions to support NI research and practice. This paper highlights the changing landscape of food and nutrition practices in India to prepare a NI workforce that could provide some valuable tools to address the double burden of nutrition.

[To read more - 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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Nutrition Informatics Focus Areas

Our focus is to design, develop, implement and evaluate innovative informatics interventions to promote positive changes in diets and physical activity, interventions to stimulate agro-food system innovation to increase their affordability, and social behavioral interventions to modify unhealthy lifestyle behavior. Scientific innovation, knowledge systems, community engagement, digital tools, and data-driven management can help tackle this issue.

Maternal & Child Health Nutrition

Maternal undernutrition is a critical public health problem. For e.g. in India one in four women in the reproductive age reported to be underweight. Maternal undernutrition leads to low birth weight (LBW) and LBW children grow as undernourished stunted children. The ongoing Covid-19 pandemic poses an increased threat to maternal and child undernutrition, and compels us to reflect on the causes of maternal and child nutrition, and reaffirm the focus to improve the status.





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Nutrition Informatics Focus Areas

Double Burden Malnutrition

The dual burden of underweight and overweight/obesity is alarming and urgent public health measures need to be considered along with data-driven evidence-based policy initiatives. It is necessary to understand the existence of the dual burden of undernutrition and overnutrition among populations living in diverse settings due to unequal patterns of economic development, and demographic and epidemiological transitions occurring differently across different regions.

Food Security

Food security entails ensuring adequate food supply to people, especially those who are deprived of basic nutrition. Food insecurity remains a global issue. It is a significant issue to both developed and developing countries. Achieving food security goal necessitates emphasizing nutrition in all four pillars of food security targeting policies, designs, and interventions fostering nutrition-sensitive agriculture, driving economic prosperity, and promoting food systems that prioritize access to safe, nutritious, sufficient, and high-quality food for all.



Spotlight



Summaiya Ali

The certificate program of 'Health and Nutrition Informatics' has not only introduced and made it easier to understand the concept of Nutrition Informatics but also made me familiar with the use of technology in the field of nutrition.

After completing this course, I have realised the importance of integrating informatics in the nutrition sector as it helps in making decisions faster which, in turn can aid the dietitians, public health researchers and policymakers deliver quality assistance towards better public health. The course was well structured and each module was very informative. The support from our mentors was always present. The assignments were practical and challenging but we were able to get hands-on experience on how to design nutrition informatics interventions, how to evaluate the quality of information in online health information websites and mHealth apps in playstore etc. Overall, I felt that this course has made me more knowledgeable about nutrition in a public health setting and helped me get confident in my online literacy skills which will help me a lot in my higher studies and career.

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



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CONGRATULATIONS!!!

**TO THE FIRST SEVEN GRADUATES OF
INDIA'S FIRST CERTIFICATE COURSE IN
HEALTH AND NUTRITION INFORMATICS**



Saravanavel Kalpana Revathi



Venkata Bhargavi Gongati



Summaiya Ali



Suhasini Lanka



Priyamvada Patancheru



Swetha Puri



Choragudi Greeshma





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Upcoming Events



Panel Discussion : Scope of Nutrition Informatics

Date : August 20, 2022

Time : 6:00 pm (IST) - 7:00 pm (IST) IST

Experts:

Bhavya Malhotra, Nutrition Informatics

Shruti Sharma, Nutrition Informatics

Alumni: S. K. Revathi

Moderator: Pooja Murjani

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