Welcome Message

Dr. Ashish Joshi
Ph.D. MBBS MPH

Welcome to the eighth issue of the Nutrition Informatics newsletter SHINE (August 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 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.

Research Highlight

Title: Evaluation of quality and readability of diabetes-related online health information using DISCERN and Flesch-Kincaid Tools

The study aimed to evaluate the quality and readability of diabetes-related online health information. Webpages were gathered by using the keywords "Diabetes mellitus", "Diabetes mellitus causes", "Diabetes mellitus diagnosis", "Diabetes mellitus prevention", and "Diabetes mellitus management" on Google. Previously validated DISCERN and Flesch-Kincaid Tools were used by the four raters to assess 37 unique websites. Overall DISCERN score (out of 80) for 37 included websites was 49.40 ± 5.83 denoting 'fair' quality of information. The .org websites were of good quality (52.2 ± 5.82). Sixteen websites had a good quality of information. Out of the 37 selected websites, only 14 (37.84%) of the websites had HONcode labels. The mean FRES was 44.80 ± 11.53. The mean FKGL was 10.48 ± 2.37. The information available on the internet regarding diabetes was difficult to read and could be comprehended by individuals who achieved approximately US Grade 10th. There is a need for simplified and good quality online information which can help individuals, patients, and their caregivers make an informed decision.

To read more - Click Here

Blog

Food & Mood

Eating is more than just eating; it influences our social interactions, emotional states, and even brain function. If you've ever found yourself mindlessly eating snacks in front of the TV after a bad day, or you instantly felt better on having a fresh bowl of fruit, it is because our food choices can mentally and emotionally impact on our moods, and vice versa. This bidirectional relationship between food and our mood is mind boggling.

The connection between nutrition and mental health has received a lot of attention in recent years. Improving one's diet may help protect not only one's physical health but also their mental health. Poor nutrition may be a contributing factor in the consistent experience of low mood.

Mood's Impact on Food Choice
Moods are long-lasting emotional states that we experience. Changes in food preferences or choices in response to our temporary psychological state, such as "comfort foods" in times of depression or changes in appetite due to stress, are common human experiences. Our moods can influence our food choices in a variety of ways. As a result, when we are stressed or in a generally bad mood, we tend to seek out foods that give us pleasure. Personal preferences will vary, but many people enjoy processed foods with lower nutrient density.

Food's Impact on Mood
At the same time, the foods that we choose to put into our bodies can have significant impacts on our mood. Thankfully, we can use this to naturally combat certain moods and help treat mental health concerns. Let us look at how nutrients affect the mood.

To Read More - Click Here

Launch of Second Batch Soon

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

Spotlight

Priyamvada Patancheru

I heard about this course from my lecturer. After attending the orientation webinar I have decided to enrol on this course. This Health and Nutrition Informatics Course have helped me to gain additional knowledge.

I have learned many things like how to design and develop nutrition informatics interventions, m health and nutritional apps, formulating a research question, research methodology, scientific writing and many more. This course has helped me a lot to gain knowledge and will be useful in my future research work. I would thank every lecturer and mentors who helped me to gain knowledge in this course.

To know more about the program - 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

Upcoming Events

SMAART IMPACT HACKATHON – TECHNOVATION CHALLENGE

FHTS is organising a SMAART IMPACT Hackathon event on 17th September 2022 from 8:30-10:00 AM (IST). It is a platform for participants to highlight the most prominent and recent trends, data and digital solutions on **"Nutrition Confusion, tackling the Infodemic"**.

Everyone is welcome to participate, be it students or professionals as an ATTENDEE or PRESENTER from all walks of life!

Get your thinking caps on and be part of this enduring experience!!!

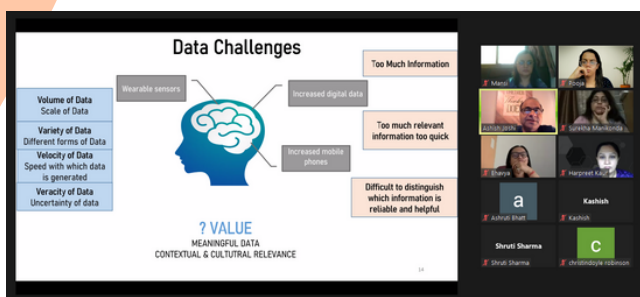**REGISTER HERE**

To know more about the events - Click Here
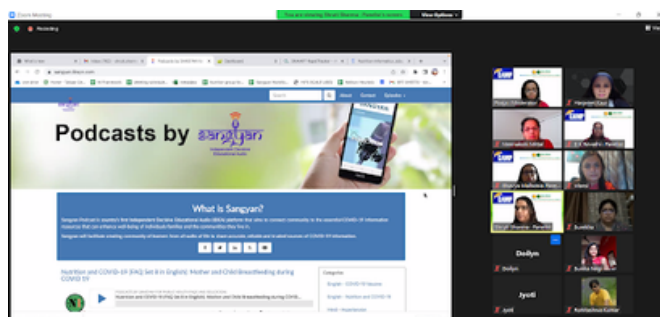
Past Events

15.08.2022

Webinar: Need and Importance of Nutrition Informatics in India
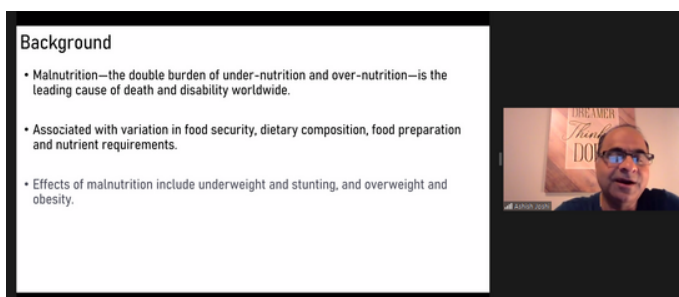
20.08.2022

Panel Discussion: Scope of Nutrition Informatics in India

To know more about the events - Click Here

APPLY HERE

EXPLORE INTERNSHIP
OPPORTUNITIES
AT FHTS

CLICK HERE

EXPLORE TRAINING
PROGRAMS
AT FHTS

CLICK HERE

TO JOIN THE
DISCUSSION BOARD

CLICK HERE

TO BECOME 'SHINE'
MEMBER

FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

DELHI OFFICE ADDRESS-
321, 322 & 323 THIRD FLOOR
SOMDATT CHAMBER – 2
9 BHIKAJI CAMA PLACE, NEW DELHI
DELHI – 110066
PHONE: (011) 41621004
PHONE:+91-8527897771
EMAIL: CONTACT@FHTS.AC.IN

HTTPS://FHTS.AC.IN/

CLICK ON LOGOS TO FOLLOW US ON SOCIAL MEDIA