



**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 ninth issue of the Nutrition Informatics newsletter SHINE (September 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: A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management

The study described the usefulness of an interactive, touch screen computer-enabled SMAART informatics platform to screen individuals at risk of NCDs including diabetes, hypertension, and obesity. Sixty-Four police personnel were screened during this pilot initiative at the Police Sanchar Training Centre, Sahasthradara road, Dehradun on 6th January and 7th January 2020. Individuals were assessed for overweight/obesity, hypertension, and diabetes and made aware of how to self-manage their condition. Based on the individual risk findings, a tailored lifestyle health card was generated. Hypertension (31%) was found to be the most common family history. 36% of individuals were presently smokers or consumed alcohol. Sixty-two per cent was of them self-reported doing some form of exercise. About 87% of them were not receiving any treatment to self-manage hypertension. Using JNC 8 criteria, 37% of the individuals were hypertensive. Fifty of the 64 individuals expressed interest to receive an SMS message. 64% of them expressed keenness to receive weekly SMS messages. The Swasthya Pahal program using the SMAART informatics framework can be a useful tool to enhance the screening and self-management of non-communicable diseases (NCDs) among police personnel.

[To read more - Click Here](#)



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## **Blog**

### **Sustainable Agriculture and Community Nutrition**

It is of important to achieve a better and more sustainable future, in line with the SDG 2 goal which aims to end hunger by achieving food security and improved nutrition through promoting sustainable agriculture.

SDG-2 utilizes the four pillars (availability, access, utilisation, and stability) to achieve food security. i.e availability, access, utilisation, and stability. It involves supporting sustainable agriculture to empower small farmers, promote gender equality, end rural poverty, ensure healthy lifestyles and address climate change.

Sustainable Agriculture is defined as “an integrated system of plant and animal production practices having a site-specific application, that come through over the long term- with focusing on Satisfy human food and fibre needs, improve environmental conditions, the natural resources that support the agricultural economy, utilize non-renewable resources, Maintain the profitability of agricultural activities as well as to improve the standard of living for farmers and society at large” according to U.S. Farm Bill [FACTA, Public Law 101 – 624].

Sustainable agriculture can be a key to community nutrition, where community nutrition is a group of initiatives linked to applied nutrition in the context of public health, whereby the main objective is to modify the dietary habits of individuals and the wider population in a given area in accordance with the most recent scientific findings with the ultimate goal of promoting health.

**[To Read More - Click Here](#)**



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## 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**

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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## Spotlight



### **Pooja Murjani** **Nutrition Informatics Fellow**

Pooja Murjani is a Nutrition Research Enthusiast, Clinical Nutritionist & Academician. She joined FHTS in 2020 as a v-INSPIRE Intern & since then she has never looked back.

She says - "My journey as Nutrition Informatics Fellow has been an extremely rewarding experience. The combination of information, nutrition, and technology is known as nutrition informatics. However, employing technology for work is not all that informatics entails. The goal of nutrition informatics is to manage nutrition data in a way that enhances knowledge and practice, which will ultimately result in better health outcomes and increased productivity. Spending time on discussions & activities with people who want to share their knowledge of the environment with you and help you become better is invaluable. While working on all the projects and activities under the Nutrition Informatics umbrella - I have acquired skills like time & data management. Along with that, I have learnt how to increase work output with transparent teamwork. The tasks gave me exposure to different work environments. I am happy & glad to be part of FHTS.





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## Past Events

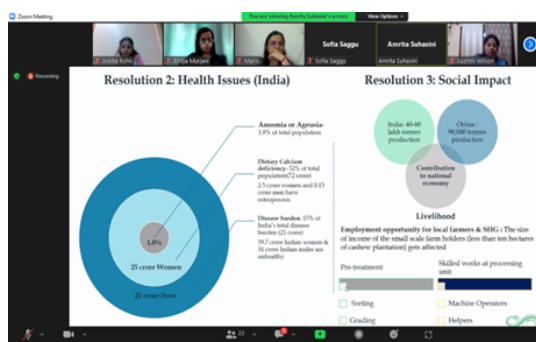


### SMAART IMPACT HACKATHON - TECHNOVATION CHALLENGE

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

**About the Previous SMAART IMPACT HACKATHONS**

1. The first IMPACT Award was organised on 29 January 2021 with the theme "Develop innovative behaviour change strategies using population health informatics approach to increase the uptake of COVID-19 Vaccine".
2. The second IMPACT Award was organised on 10 July 2021 with the theme "The most prominent and recent trends and data on COVID-19 infection, management and vaccination related scientific information".



**MEET OUR WINNER OF THE THIRD SMAART IMPACT HACKATHON**

It was such a pleasure attending this year's SMAART IMPACT Hackathon. Thank you for giving me the opportunity or platform to present my idea and for providing several comments to enhance it. It was an experience that broadened my horizons.

**Viola Dsouza**

★★★★★

**Viola Dsouza**  
Pursuing PhD in Health Policy,  
Prasanna School of Public Health, MAHE

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

## Past Events

13.09.2022

### POSHAN MAAH CELEBRATION

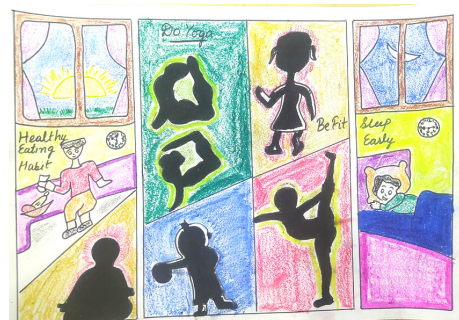
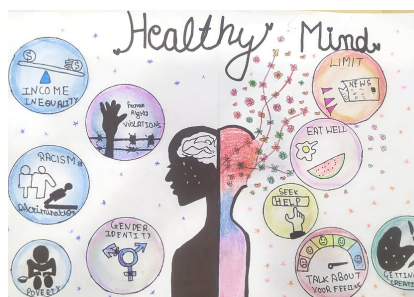
**Venue:** St. Michell School, Janakpuri, Delhi

**Date:** 13th September 2022

**Components:** Poster Making Competition, Educational Awareness about Importance of Nutrition, Quiz on Food & Nutrition

#### Event Highlights :

- Students were curious to learn about healthy eating and healthy snack options.
- Children were also sharing their thoughts and experiences during the session.
- All the students were very happy to know all the information and they were very eager to share them with their relatives/neighbours/friends.
- Students expressed concerns regarding healthy snack options and exam fear and peer pressure.
- Most of the queries stemmed from a lack of awareness, guidance and mentorship in the areas of the educational sector in India.
- The event had positive feedback from all the students. For the forthcoming event, there is a need to focus on awareness of mental health and look for the reasons that are causing it.



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



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## ***Future Events***



### **CAMP SERIES – GATEWAY TO PUBLIC HEALTH**



FHTS is organizing a CAMP – Career and Mentorship Program Series on  
**“Gateway to Public Health”**.

# **STAY TUNED**

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





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## **FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY**

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