



**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 tenth issue of the Nutrition Informatics newsletter SHINE (October 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: Content and features analysis of smartphone apps on Google Play Store to assist in self-management of Anaemia

The objective of the study was to assess the features and content of Anemia apps available on the google play store to help manage anemia. The search was conducted for apps related to different types of anemia apps on the Google play store and Apple App Store in June 2021. A total of 350 apps were retrieved on Google Play Store for a different type of anemia while no app was retrieved in Apple App Store accessed through the desktop. A total of 51 apps were included in the analysis after screening based on inclusion and exclusion criteria.



[To read more - Click Here](#)



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## **Blog**

### **Eating Disorders & Mental Health**

Eating disorders are psychological conditions marked by significant and ongoing disturbances in eating patterns and the uncomfortable thoughts and emotions that go along with them. They can be extremely severe conditions that have an impact on social, psychological, and physical function.

Although many people may occasionally worry about their health, weight, or looks, some people develop a fixation or obsession with food restriction, weight loss, and body image. These could indicate an eating disorder.

You cannot choose to have an eating disorder. The physical and emotional health of a person may be impacted by these illnesses. Sometimes they can even pose a threat to life.

However, eating problems are fully reversible with treatment. Given the current obesity epidemic, avoiding overeating is a topic that is frequently discussed. You probably don't hear about individuals who have access to food but struggle with undereating nearly as frequently.

#### ***Types of Eating Disorders***

Avoidant/Restrictive Food Intake Disorder – An eating disorder called ARFID (Avoidant/Restrictive Food Intake Disorder) is characterised by extremely picky eating habits, irregular meal patterns, or both. For youngsters, it frequently causes major nutrient and energy shortages as well as failure to gain weight.

**[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.

<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
<b>Learning objectives</b> <ul style="list-style-type: none"><li>• Organize and manage health information data.</li><li>• Maintain quality, accuracy and accessibility of data.</li><li>• Ensure the security of electronic and paper filing systems.</li><li>• Use data collected to help create dietary plans for patients.</li><li>• Apply human centered approach to design culturally and contextually relevant nutrition apps supporting improvement of population health outcomes.</li><li>• Evaluate nutrition informatics interventions across diverse disease topics, diverse populations across various settings.</li></ul>			



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## Spotlight



**Name: Ms Mansi Shukla**  
**Masters in Food and Nutrition**  
**Public Health Fellow**  
**Joined: June 2022**

Mansi Shukla is a Public Health Nutrition enthusiast who works as a Public Health Trainee at the Foundation of Healthcare Technologies Society. She received her postgraduate degree in Food and Nutrition with specialization in Public Health Nutrition from Lady Irwin College, University of Delhi. She has also completed a virtual internship with us as a public health intern in the year 2020.

During the internship, she developed a keen interest in strong interest in nutrition epidemiology and informatics. Currently, she is engaged in various community outreach activities, report writing, data collection for ICMR-funded research, organizing Career and Mentorship Programs (CAMPS), preparing Information Education Communication materials for public health events, blog writing and nutritional counselling of beneficiaries attending Swasthya Pahal (an initiative of FHTS) for self-management of their health condition(s).





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## Past Events



### CAMP SERIES – GATEWAY TO PUBLIC HEALTH

**Date:** 31-10-2022

**Topic:** Importance of Research in the field of Public Health

**Speaker:** Dr. Harpreet Kaur – Public Health Researcher & Faculty at FHTS

Harpreet Kaur discussed the topic in brief about “Importance of Research in Public Health” in which she covered essential topics like What is Public Health, What is Research, the Importance of Research in Public Health, the Role of Public Health Researchers, Public health core areas, Essential Public Health Services, Partners in Public Health Research, to more effectively use their knowledge and skills through the support of technology in brief.

The following questions asked by the participants were discussed during the event:

1. How SDG's are incorporated in FHTS?
2. How to choose an area of interest?
3. How can I join the FHTS internship?
4. Whether I should do MPH?





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## Future Events



### CAMP SERIES - GATEWAY TO PUBLIC HEALTH

Date	Time (IST)	Topic
30-11-2022	6pm-7pm	Importance of data in public health
30-12-2022	6pm-7pm	Ethics in public health research
28-01-2023	6pm-7pm	Role of informatics in public health
25-02-2023	6pm-7pm	Public health, an interdisciplinary profession

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

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



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## **FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY**

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