



**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 eleventh issue of the Nutrition Informatics newsletter SHINE (November 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: Apps on Google Play Store to assist in self-management of hypertension in Indian context: features analysis study

A large number of individuals with hypertension are turning to the Internet and m-health technologies for assistance. There is a need to study the content of smartphone applications on hypertension. The study aimed to review and investigate the functional and analytical characteristics of apps related to the self-management of hypertension available on Google Play Store.

Search was conducted in February 2021 in India using the Google Play Store database to identify currently available Android-based apps related to self-management of hypertension/high blood pressure (BP). Keywords used were: 'Hypertension', 'High blood pressure', 'DASH diet', 'Hypertension diet', and 'Blood pressure diet'. A total of 822 apps were screened based on the duplicates, inclusion, and exclusion criteria. A total of 210 were included for further analysis.

Eighteen percent (n=37) of the apps had an overall rating of 4.5 or above. About 41% of the apps belonged to the medical category and 41% of the apps were characterized in the health and fitness category. Feature of logging/recording the BP measurement was seen in 73% of the apps. In-app graphing to analyze BP trends was reported in 64 % of the included apps. A few apps focused on tracking medication (n=19), sodium intake (n=2), and calorie intake (n=4).

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Blog

What is Nutrition Labelling ?

FAO (The Food and Agriculture Organization of the United Nations) specifies food label as “any tag, brand, mark, pictorial or other descriptive matter, written, printed, stencilled, marked, embossed or impressed on, or attached to, a container of food or food product”. This informs the consumer about ingredients, quality and nutrition value of the food item (1). As per the population-based approach, Nutrition Labelling provides information to the consumer about the nutrient content of food which helps them to make healthy choices by making the food selection environment more conducive. The on-pack nutrition information is an important component of consumer protection as it helps them to know the country of origin of the product and whether it is safe to eat or not. It also empowers the consumer to make informed purchase decisions and adopt a healthy lifestyle (2).

A nutrition label is found either on the back of packages or the front of the pack. However, a nutrient list is usually found on the back of food packages and the front may contain symbols. The labels are of two types – Interpretive and non-interpretive. Interpretive labels consist of colours or symbols to improve understanding of the label information among consumers. Non-interpretive labels are quantitative nutrient data without any interpretation (3).

In most of high-income countries, nutritional labelling is a mandate. In the USA, all the pre-packed food must have a nutritional label. However, as per the Nutrition Labelling and Education Act of 1990 no such label is required for foods that are for immediate consumption.

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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 **v-INSPIRE Intern**



Name: Ms Sakshi Trikha
B.Sc. Home Science
Nutrition Informatics Intern
Joined: October 2022

Sakshi Trikha is graduate of B.Sc. Home Science from Lady Irwin College, University of Delhi and I'm currently pursuing M.Sc. in Dietetics and Food Service Management from India Gandhi National Open University.

She says - "I have come across the Foundation of Healthcare Technologies Society via LinkedIn, and the moment I came across FHTS, I felt a sense of relief as I was seeking some professional guidance regarding my subject. I wanted to upskill myself in the fields of informatics and the research domain of the public health discipline, along with dissertation guidance. Therefore, I joined FHTS for the same. So far, my experience at FHTS has been fantastic. I've learned new skills such as conducting community health interviews, doing Diet Counseling at Swasthya Pahal, fieldwork, creating infographics, interpreting data, and up-skilling my research skills so far. In the remaining time frame of my internship period, I would like to learn about creating dashboards and health informatics."



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Past Events



CAMP SERIES - GATEWAY TO PUBLIC HEALTH

Name of the event – CAMP (Career and Mentorship Program)

Topic – Importance of Data in Public Health

Date and time – 30-11-2022, 6:00PM – 7:00 PM (IST)

Digital Platform – Zoom Meetings

Type of the event – Webinar

Moderators – Pooja Murjani , Nutrition Informatics Fellow, FHTS

Speaker – Ashruti Bhatt, Public Health Researcher, FHTS

HIGHLIGHTS

- Event was attended by 40 participants.
- Aspirant engagement was seen over all the communication platforms of the organization.
- Attendees were professionals, academicians, students and others from various healthcare and allied sectors.

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Future Events



CAMP SERIES - GATEWAY TO PUBLIC HEALTH

Date	Time (IST)	Topic
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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