



**Nutrition
Informatics**

SMAART Hub for Informatics enabled Nutrition Education (SHINE™)

Research, Innovate, Policy, Practice, Entrepreneurship

Welcome Message

Welcome to the 13th issue of the Nutrition Informatics newsletter SHINE (January 2023) 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.



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A LANDSCAPE REVIEW OF FOOD INSECURITY AND MENTAL HEALTH

Food insecurity is a complex issue and as defined by the FAO (Food and Agriculture Organization), food insecurity is “when a person lacks regular access to enough safe and nutritious food for normal growth and development and an active and healthy life.

Worldwide more than 3 billion people are food insecure with the highest concentration in Asian countries (418 million). Although there is a lack of data in the Indian context, yet the Government of India is striving hard to reduce food insecurity among affected population groups. Additionally, the adverse effects of food insecurity go beyond nutrition and physical health to percolate down on mental health.

“Food Insecurity may be a key contributor to common mental disorders through several different mechanisms”.

Food Insecurity and Mental Health Issues Across Lifespan

A global analysis of 149 countries on food insecurity and mental health found that FI ranged from 18.3% in East Asia to 76.1% in Sub-Saharan Africa. It demonstrated that FI is associated with poorer mental health and specific psychosocial stressors. Food insecurity has been identified as a powerful stressor for families, with significant negative implications for child health and development; these include impacts on physical, social, cognitive, and behavioural development, independent of poverty.

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NUTRITION RESEARCH IN GLOBAL SETTINGS



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FACILITATING POSITIVE HEALTH BEHAVIORS AND WELL-BEING TO IMPROVE HEALTH OUTCOMES : STANDARDS OF CARE IN DIABETES—2023

Achieving diabetes treatment objectives and enhancing quality of life require establishing positive health behaviours and preserving psychological wellbeing. Diabetes self-management education and support (DSMES), medical nutrition treatment (MNT), regular physical activity, tobacco cessation counselling when necessary, health behaviour counselling, and psychosocial care are crucial to accomplishing these goals.

After a thorough initial medical evaluation, individuals with diabetes and healthcare professionals are urged to work together to provide person-centred collaborative care. This care is characterised by shared decision-making regarding the selection of the treatment plan, facilitation of the acquisition of medical, behavioural, psychosocial, and technological resources as necessary, and shared monitoring of the treatment plans and behavioural goals that have been agreed upon. Assessment of medical, behavioural, and mental health outcomes should be done as part of normal care, especially when health and well-being are changing.

Source : <https://diabetesjournals.org/>

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HOW AI-DRIVEN TECHNOLOGY IS INCREASING FOOD SECURITY, AND IMPROVING THE LIVES OF FARMERS WORLDWIDE

In 2020, 811 million people worldwide will be food insecure, according to a UN report on the state of food security and nutrition in the world. According to the same survey, 118 million people worldwide experience chronic hunger.

These facts are being addressed by certain inventors who are fully aware of them and are devising new technological strategies to do so. In reality, solutions to the world's food crisis are already in place and being implemented thanks to machine learning and other AI-driven technologies.

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Source : <https://www.forbes.com/>



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NEW PERSPECTIVES FOR HYPERTENSION MANAGEMENT: PROGRESS IN METHODOLOGICAL AND TECHNOLOGICAL DEVELOPMENTS

Source : European Journal of Preventive Cardiology

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The leading preventable risk factor for cardiovascular disease (CVD), which is responsible for 20% of fatalities worldwide, is hypertension. However, two thirds of hypertensive patients go undetected, receive inadequate care, or both. A multifaceted strategy is required to enhance hypertension control. Preclinical disease can now be detected thanks to advancements in imaging technology, which may assist identify people who are most at risk for cardiovascular events.

The use of existing BP management techniques, such as lifestyle changes, antihypertensive medications, and gadgets, must be maximised. Utilizing single-pill combinations to simplify pharmacological therapy might increase patient compliance, manage blood pressure, and possibly lessen physician inertia. The use of digital tools, patient participation in treatment choices, and education and reassurance to address misconceptions are other tactics that can increase patient adherence. Reminders, education, physician-peer visits, and task sharing are just a few strategies to reduce the therapeutic inertia of doctors that may help them better control their blood pressure.

Particularly those that have received regulatory approval, digital health technologies like telemonitoring, wearables, and other mobile health platforms are increasingly being used as tools in the management of hypertension. Finally, healthcare system approaches to cardiovascular risk factor management are required to combat the global effects of hypertension. Regular blood pressure checks, salt, sugar, and alcohol reduction programmes, encouragement of physical activity, and a focus on controlling obesity should all be supported by government policy.



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