



**Nutrition
Informatics**

SMAART Hub for Informatics enabled Nutrition Education (SHINE™)
Research, Innovate, Policy, Practice, Entrepreneurship

Welcome Message

Welcome to the 14th issue of the Nutrition Informatics newsletter SHINE (February 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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IMPACT OF TECHNOLOGY ON NUTRITION AND HEALTH

Health is a vast umbrella term that has various branches. Health should be defined and viewed as a comprehensive development that includes both physical and mental health. According to the WHO, health can be defined as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Considering this practical concept of health, one should constantly and diligently work towards maintaining a healthy lifestyle. In addition to physical exercises, which one is aware of, nutrition is also an important aspect of a healthy and positive life.

Technology and Nutrition

Advancements in technology are the governing factor in today's generation. The time has come when toddlers are seen not playing with kitchen sets but engaged in gadgets. Observing this trend, researchers and medical professionals have tried to incorporate technology to enhance and improve the nutrition and diet of people globally. This concept is known as Nutrition Informatics. It is the effective retrieval, organization, storage, and optimum use of information, data, and knowledge for food-and-nutrition-related problem-solving and decision-making.

The obstacles that were being faced, especially by nutritionists and dieticians, to promote and spread the importance of proper nutrition and diet were overcome by technology and digital health.

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NUTRITION Research in Global Settings



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APPLICATION OF ARTIFICIAL INTELLIGENCE IN DIABETES EDUCATION AND MANAGEMENT: PRESENT STATUS AND PROMISING PROSPECT

This paper explores the use of artificial intelligence (AI) in diabetes education and management. It reviews the current applications of AI in diabetes care, including glucose monitoring, insulin dosing, and diabetes prediction. It also examines the limitations of current AI technologies and the challenges of integrating AI into diabetes management. The paper highlights the potential of AI for personalized treatment and improved patient outcomes. However, the authors also acknowledge the need for further research and development to fully realize the potential of AI in diabetes care. They also discuss the importance of data privacy and security in the use of AI for diabetes management.

The paper concludes that AI has significant potential in diabetes care and education, but its full impact will depend on further advancements in technology, data collection, and interdisciplinary collaboration. Overall, the authors suggest that AI has promising prospects for improving diabetes care and management, and could help address the growing burden of diabetes worldwide.

Source : <https://www.frontiersin.org/>

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AN INTRODUCTION TO ARTIFICIAL INTELLIGENCE IN SLEEP MEDICINE

A significant number of individuals are still experiencing treatable sleep disorders that have not been diagnosed. The existing methods for identifying these conditions are labour-intensive and expensive. Artificial intelligence has the capacity to detect sleep patients on a larger scale by utilizing variable technology for population-level screening.

Additionally AI can automate the analysis of fast amounts of data to predict treatment compliance provide customized treatment options enhance diagnostic accuracy, accelerate daily clinical procedures and improve our comprehension of intricate Sleep disorders. While AI cannot replace human decision making it can assist clinicians in making decisions more efficiently.

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Source : <https://jtd.amegroups.com/>



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FOOD SUPPLY CHAIN TRANSFORMATION THROUGH TECHNOLOGY AND FUTURE RESEARCH DIRECTIONS—A SYSTEMATIC REVIEW

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Digital and smart supply chains have the potential to address various challenges related to food security, sustainability, and waste reduction.

This paper provides a literature review and bibliometric analysis of research conducted between 2010 and 2021 in this context, highlighting the need for a more sustainable and resilient food supply chain model. The study finds that while Industry 4.0 tools, particularly the Internet of Things (IoT), have received considerable attention, there are still specific barriers to their adoption due to the scope and objective of their application.

To overcome these challenges, the authors propose an operational framework for technological inclusion in the food supply chain to facilitate the roadmap for food supply chain 4.0. The framework emphasizes the need for greater integration between specialized tools to enhance the resilience and viability of the food supply chain.

Ultimately, this study underscores the importance of ongoing research and innovation to develop a more sustainable and efficient food supply chain that can withstand future disruptions like those caused by the COVID-19 pandemic.



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