

NEWSLETTER OF THE MONTH

SEPTEMBER 2023 EDITION

WELCOME MESSAGE



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Welcome to the 21th issue of the Nutrition Informatics newsletter SHINE (September 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.

BLOGS

"NUTRITION INFORMATICS AND DATA VISUALIZATION"

In order to study the handling, storage, retrieval, and application of information, the multidisciplinary area of informatics incorporates computer science, information science, and other related fields. It entails using technology and tools for data analysis to gather, organize, analyze, and disseminate information across various industries, including healthcare, business, science, and education. The field of informatics is significant since it deals with various information-related

Key Highlights from the Blog:

Highlight 1 - Data visualization involves presenting data and information using visual elements like charts, graphs, maps, and infographics.

Highlight 2 - The healthcare industry now considers data visualization an essential rather than an optional tool. Modern medical organisations must utilize data visualization to stay competitive. The COVID-19 crisis accelerated health technology adoption, significantly increasing the amount of data available in digital formats.

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"THE IMPORTANCE OF NUTRITION INFORMATICS IN THE FOOD AND BEVERAGE INDUSTRY"

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Key Highlights from the Blog:

Highlight 1 - Food Informatics is the collection, preparation, analysis, and smart use of data from agriculture, the food supply chain, food processing, retail, and smart (consumer) health for knowledge extraction to conduct an intelligent analysis and reveal optimizations to be applied to food production, food consumption, for food security, and the end of life of food products.

Highlight 2 - Employment opportunities for nutrition informatics graduates with a focus on the food and beverage industry are on the rise. With the increasing use of technology and data in the food sector, there is a growing demand for professionals who can combine their knowledge of nutrition science with informatics expertise.

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WHAT IS SHINE INITIATIVE ?

SMS based DIGITAL HEALTH INTERVENTION

SHINE (SMAART Hub for Informatics enabled Nutrition Education) Initiative aims to enhance self-management of chronic non-communicable diseases using multilingual digital HEALTH intervention tailored to enhance their knowledge regarding self- management of disease condition(s).

SHINE originated after a pilot study conducted on police personnel at Police Sanchar Training Centre, Dehradun, Uttarakhand. The title of the study - A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management (Joshi et al.,2021). The aim of the study was to examine the usefulness of Swasthya Pahal, a community-based Health for all program, aimed to enhance screening and self-management of diabetes, hypertension, and obesity among police personnel. Using the SMAART informatics framework, a useful tool to enhance screening and self-management of non-communicable diseases (NCDs) among police personnel. Messages related to diet, physical activity, sleep, and smoking and alcohol consumption were perceived as important.

<https://pubmed.ncbi.nlm.nih.gov/34805386/>

EVENTS

National Nutrition Week is celebrated throughout the country during the month of September with the objective of spreading awareness among the masses about health and nutrition-related topics. In India, the first National Nutrition Week was observed from September 1st to 7th in 1982. The theme of this year is 'AFFORDABLE NUTRITION FOR ALL' In honor of National Nutrition Week, and in line with the government's declaration of this year as the international year of millets.

NUTRITION WEEK CELEBRATION IN ANDHRA EDUCATION SOCIETY SCHOOL



It was held for the students of class VI to VIII at Andhra Education Society, R.K. Puram, Delhi on 6th September 2023 from 8 am to 1 pm.

To analyze the knowledge enhancement with students of Class 6th, 7th, and 8th about the millets. We provided them with an assessment before and after teaching them about millets through presentations, storytelling, and pictures. (Question Taken: Q2 for reference from Pre and Post Assessment). With our activities we were able to enhance the knowledge of 97% of students. For class 6th only 28% of student's knowledge was enhanced whereas in class 8th it was 30%. For class 7th, 42% of student's knowledge about millets was improved.

The principal provided us with a feedback form expressing their appreciation for our efforts and for conducting a successful session during National Nutrition Week 2023.

WEBINAR



A webinar organized on 22 September 2023 on the topic of Importance of Holistic Nutrition for overall well-being and introduce our innovative initiative, SHINE (SMAART Hub for Informatics-enabled Nutrition Education). Over 100 registrations were made for the event and 70 attended. Engagement was seen over all the communication platforms of the organization. Attendees were professionals, academicians, students, doctors and others from various healthcare and allied sectors.

HEALTH FOR ALL SWASTHYA PAHAL CAMP



Under our Swasthya Pahal Health for All initiative, we reached out to nearly 50 beneficiaries. Along with counseling we guided them about millets - our secret ingredient, how to incorporate these small power packed grains into their diets for improving their health in a sustainable way.

📍 Location: RWA Office Shastri Nagar, New Delhi

RESEARCH

Nutrition Research in a Global Setting

Opportunities to advance implementation science and nutrition research: a commentary on the Strategic Plan for NIH Nutrition Research

A systematic scoping review conducted in October 2022 examined the impact of nutrition and dietetics (ND) training on behaviors related to eating disorders (EDs) and disordered eating. The review encompassed 19 studies retrieved from prominent databases, including PubMed, ERIC, PsychINFO, OVID Medline, and Scopus, and unveiled concerning statistics among ND students.

The findings indicated that a significant portion of ND students, ranging from 4% to 32% across six studies, were identified as being at high risk for developing EDs. Additionally, a substantial number of students, up to 89% based on seven studies, exhibited behaviors indicative of orthorexia nervosa, characterized by an obsessive focus on healthy eating.

Body image and fat dissatisfaction were prevalent issues, with percentages ranging from 37% to 86% in ten studies. Most alarmingly, one study reported that 100% of students experienced weight dissatisfaction. Such pervasive dissatisfaction with weight can be a major precursor to disordered eating behaviors and EDs.

In summary, this comprehensive review highlights several concerning trends among ND students.

We will be back soon next month.

Thank You

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