

NEWSLETTER OF THE MONTH

NOVEMBER 2023 EDITION

WELCOME MESSAGE



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Welcome to the 23rd issue of the Nutrition Informatics newsletter SHINE (November 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.

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).

DURATION OF SHINE

SHINE is a three-month pilot study.

THEMES OF THE MESSAGES

Awareness about the condition(s)

- Diet
- Physical Activity
- Healthy Lifestyle
- Home-remedies
- Medication Adherence
- Stress Management

REFERENCE

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



BLOGS

How Nutrition Informatics is changing the way we approach chronic disease management?

Nutrition informatics is revolutionizing chronic disease management by leveraging technology, data analysis, and communication systems in healthcare. The global burden of chronic diseases necessitates innovative approaches, and nutrition informatics addresses traditional challenges such as fragmented care and limited patient engagement. Personalized dietary assessments, facilitated by electronic health records, mobile apps, and wearables, enhance patient compliance, optimize treatment outcomes, and prevent complications associated with chronic diseases. Big data analytics provide valuable insights into nutritional trends, improving global nutrition outcomes. Mobile apps and wearables support self-management, offering early detection and affordable interventions. Telehealth and virtual coaching, especially relevant during the COVID-19 pandemic, provide convenient and personalized care, overcoming distance barriers. Integrating electronic health records ensures seamless communication. Despite the promise of AI and machine learning in precision nutrition, challenges include data privacy and addressing biases in algorithms. The evolving landscape of nutrition informatics presents vast opportunities to enhance public health and empower individuals toward healthier lifestyles.

Key Highlights from the Blog:

Highlight 1- The advent of big data, propelled by advancing technologies, is revolutionizing public health and nutrition. Analyzing vast datasets helps identify trends, address specific issues, and monitor the success of policies, enhancing global nutrition outcomes. Innovative data-driven techniques contribute to improved food availability and nutritional outcomes, benefiting individuals and communities worldwide.

Highlight 2- Biomedical science's integration with AI and machine learning in nutrition informatics promises precision nutrition. While challenges like data privacy and algorithmic biases must be addressed, the evolving landscape provides significant opportunities to enhance public health, drive evidence-based nutrition interventions, and empower individuals to adopt healthier lifestyles.



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EVENTS

FHTS believes in continuous learning through every innovative method imaginable!

CAMP EVENT

A **CAREER AND MENTORSHIP PROGRAMME (CAMP)** Event was organised by the FHTS on Opportunities and Challenges in mHealth: The case of SMART Hub for Informatics enabled Nutrition Education (SHINE) Initiative by our Nutrition Researcher Ms. Sakshi.

CAMP is a unique, first of its kind, public health Career and Mentorship Program that aims to provide students an opportunity to explore career pathways in the field of public health.

The event covered a very unique side of Nutrition Education as according to the recent digitisation in the Nutrition field. Digital technologies are becoming an important resource for health services delivery and public health. Example: Mobile wireless technologies are particularly relevant, due to their ease of use, broad reach and wide acceptance.

FHTS's SHINE initiative is also a prominent example of mHealth.



Certificate in Health and Nutrition Informatics

ADMISSION OPEN - III BATCH

Highlights:

Intersect of Nutrition, Information, and Technology
 Skills for Problem Solving and Data Utilization
 Joining a Research Team and Developing Interventions
 Experiential Learning with a Research Advisor

Duration: 16 Weeks
 Credits : 08 Credits

TO KNOW MORE ABOUT THE COURSE:



RESEARCH

Nutrition Research in a Global Setting

Digital Transformation in Healthcare: Technology Acceptance and Its Applications

The incorporation of technological advancements, including wearables, information technology, virtual reality, and the Internet of Things, has significantly transformed healthcare practices. This shift towards digital innovation has empowered patients with a broader spectrum of healthcare choices, fostering a patient-centric culture. This paper undertakes a systematic bibliographic review, leveraging databases like Scopus, Science Direct, and PubMed spanning 2008 to 2021. Following the methodology of Wester and Watson, 5847 papers were initially identified, with 321 meeting inclusion criteria. After a meticulous curation process, 287 articles were categorized into five themes: information technology in health, the educational impact of e-health, the acceptance of e-health, telemedicine, and security concerns, revealing the multifaceted impact of digital transformation on healthcare.

Source : Digital Transformation in Healthcare: Technology Acceptance and Its Applications. Stoumpos, A. I., Kitsios, F., & Talias, M. A. (2023). Digital Transformation in Healthcare: Technology Acceptance and Its Applications. International journal of environmental research and public health, 20(4), 3407. <https://doi.org/10.3390/ijerph20043407>

We will be back soon next month.

Thank You

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