

Mobile Health in Nutrition

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Dear Editor,

We have read an impressive article by Aila B et al titled "A study of nutrition related practices in a rural community."¹

As health professionals it is indeed a cause of concern that the diet of rural community has changed drastically due to urban influences.

Awareness of nutrition and dietary pattern is an important public health intervention. Mobile health related interventions can play a great role in improving the delivery of health services. Advances in mobile technologies and continued growth in cellular network has revolutionized the health care delivery. Smartphones are extremely popular and widely used in both rural and urban communities of India. Thus smartphones can be used judiciously to engage the general population in increasing knowledge and awareness about nutrition and healthy dietary practices. Nutrition education apps can be used to keep and track records of healthy eating interventions. Mobile health (mHealth) apps for nutrition education and knowledge is an appropriate solution to people's involvement in health interventions. Rural India has lesser access to health care. Thus primary health intervention via digital and mobile platforms can facilitate a higher compliance to it by the target users. Gabrielli and colleagues have shown that nutrition education apps are feasible and acceptable solutions to support health promotion interventions in primary care.² Studies have shown that mHealth interventions improve health-related outcomes.³⁻⁵ Thus to conclude, mHealth interventions are a promising and an innovative way to facilitate nutrition education.

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