



الجامعة الأهلية
AHLIA UNIVERSITY
BAHRAIN

Tackling Obesity by Diet Quality, Technology and Social Networks

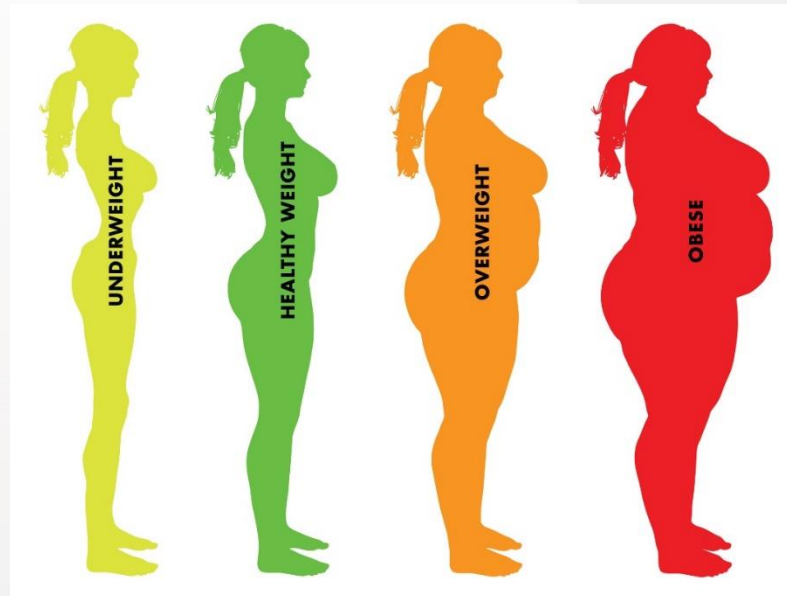
Your
global
future
begins
here

College of
Business &
Finance

Anjum Razzaque, Ph.D.

Agenda

- Introduction
- Literary Review
- Research Gap from holistic perspective
- Proposed Solution
- Conclusion & Implications



- Introduction & Literature Review
- Obesity prevails in adults & children – research scope: children
- Obese children suffer from diseases, e.g. diabetes, cancer, heart attack, etc.
- Research assessed obesity from various perspectives
 - Social & environmental factors based on socio-economic status
 - Technological being advantageous & disadvantageous
 - Cross sectional and longitudinal empirical assessments
 - Social Network platforms using SNS
 - Food consumption & BMI

- Research gap from the perspective of Information Technology

According to Breton, Guemmelier and Adonis (2011) smartphone apps are technologies that should

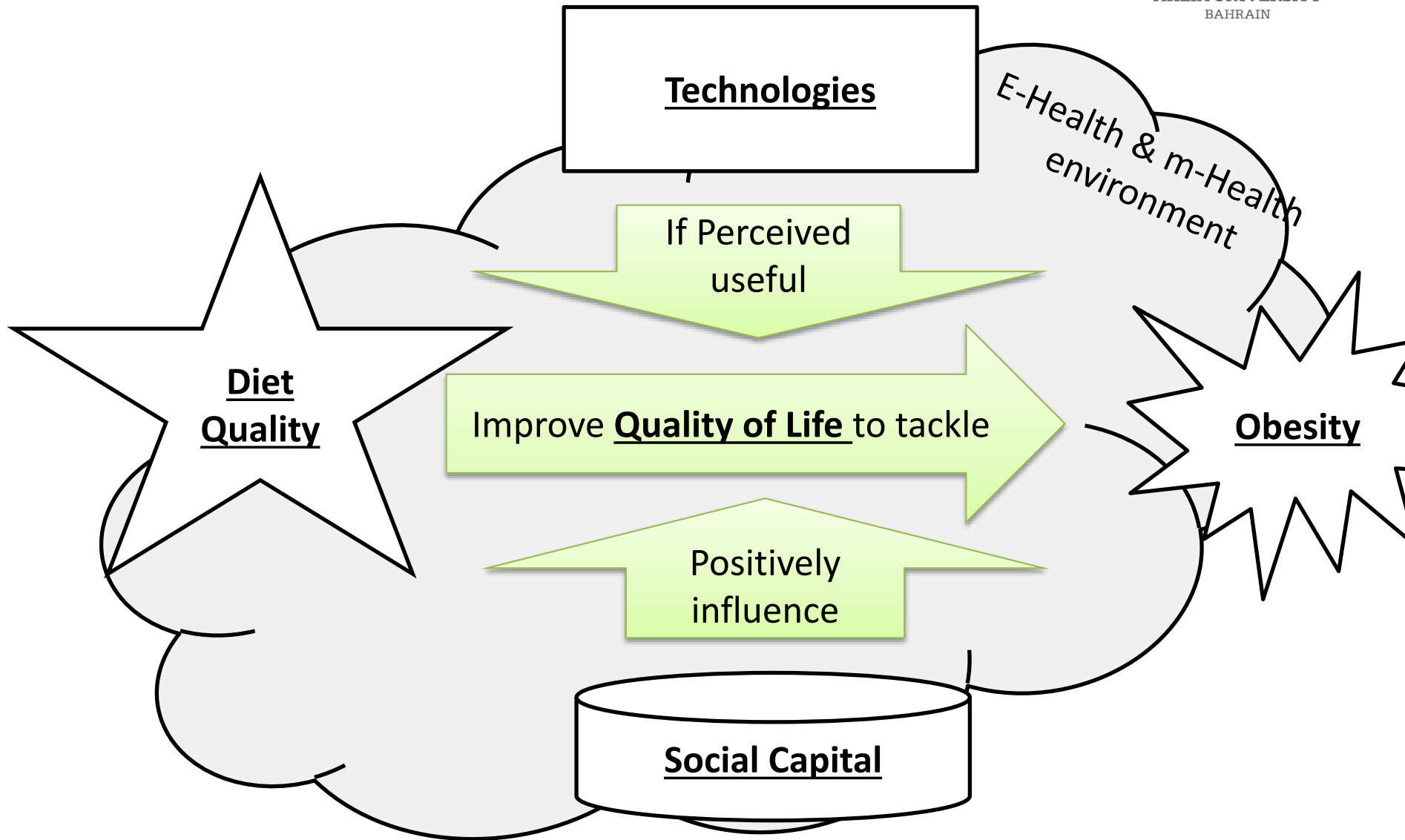
- adhere to 13 evidence based indicators or standards: (1) weight assessment - BMI, (2 and 3) daily scored and tracking of fruits and vegetables intake, (4) scored daily/weekly physical activities, (5) daily water

Scarce research assessed diet quality on weight change. Past studies applied weight loss tools based on foods and nutrition or those based on diet guides, etc.: defeating weight loss as successful tools need to correctly represent diet change. Such was based on food choices score (FCS)'s, a "clinical research tool" designed for assessing diets through 17 food categories linked with their health outcomes upon consumption and process of preparation. This was made possible by designing FCS based on scoring food categories by aligning their associating energy, nutrition and set targets for food categories. This tool promotes higher diet quality by not consuming high energy intakes but instead specific foods that are based on lower energy intakes leading to weight loss. Validity and reliability tests on FCS, tested on 189 overweight and obese

participants, indicated that better food quality advised by FCS led to weight loss (Graefener, Tansell, Beck, Johnson, et al. 1999). The research has understood the efficacy of smart phone apps?

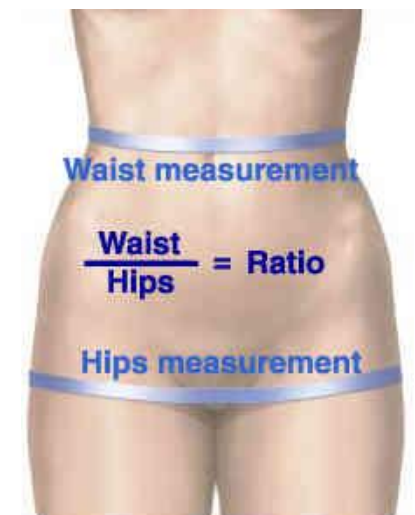
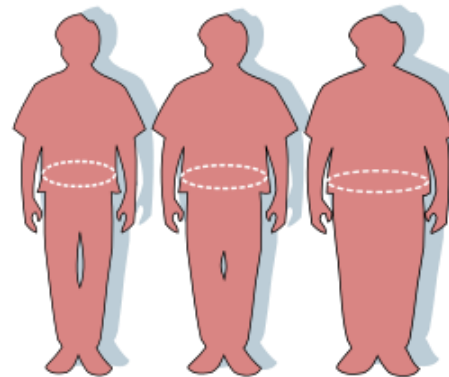
– Tackled & thus assessed from the point of view of quality of life
scenarios (15) recommended diet menu based and (13) social support seeks – promotion services
interactions \ research (10) weight based – with over time menu changes (11) quality of life of health
comprehensiveness (8) health components – recommended food choices (6) nutrition targets
as: research services for recommended diet menu (1) recommended diet menu

Proposed Solution



Conclusion & Implication

- Holistic approach integrated 5 perspectives
- Future research to assess reliability & validity of model & its instrument
- Implications: theoretical & practical



Thank you

- The presentation was published in:



ISSN : 2301-3664



International Journal
of Food Engineering