Developing and using technology to measure and promote healthy dietary intake

New and emerging technologies are driving novel intervention approaches and enhancing existing interventions. Technology expands the geographic reach of evidence-based interventions to access underserved populations with programs which promote healthier lifestyles and can be used to improve the assessment of lifestyle behaviors, including nutrition.

Current novel research efforts at USC include understanding:

i. use emerging technology to assist with dietary self-monitoring, physical activity tracking, and provision of social support

ii. Internet Assisted Obesity Treatment Enhanced by Financial Incentives

iii. do behavioral weight control program that engages the natural social support system of participants through the shared use of technology and social media produces better weight loss outcomes?

iv. Use of mobile phones to promote maternal and child feeding and nutrition in Nepal