

Title: Use Of A Mobile Application In Weight Management Among Filipino Adults In The University Of The Philippines Los Baños, Laguna

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In the Philippines, although nutrition mobile applications from other countries are made available, almost none of which was exactly intended for the Filipino population. The study focused on the use of a nutrition mobile application that was developed using Filipino standards and nutritional requirements.

A quasi-experimental study was administered to a total of 50 participants recruited through purposive sampling. Participants of the study were asked to use the mobile application developed for this study for 28 days. Pre and post study measures were taken to assess the use of mobile application in weight management among the chosen age group. Aside from anthropometric measurements such as height, weight and waist circumference, the study measured physical activity, nutrition knowledge, acceptability towards the use of mobile application, and compliance of the participants to the study intervention.

Result of the study shows that there was insignificant weight change of -0.9kg and waist circumference reduction of -2.85cm. Most of the participants remained overweight/obese from baseline to end-line. Also, participants of the study agreed the mobile application generally acceptable, although most of the participants were found to be low compliant to the protocol.

Biography

Cara Micah R. Sumabat has completed her MS degree at the age of 28 years from the University of the Philippines-Los Baños. The author earned her Bachelor of Science Degree in Nutrition and Dietetics from the University of Santo Tomas in 2011. She is a Registered Nutritionist-Dietitian with clinical experience as a Hospital Dietitian in a private tertiary hospital, and research experience as a Science Research Analyst at the Food and Nutrition Research Institute (FNRI). She was involved in the benchmarking study of FNRI and Department of Health (DOH) entitiled "Evaluation of Dietary Services in Selected Hospitals in the Philippines". She also gained experienced as a Personal Dietitian and Project Manager for a private company.

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