

Title: Switching off technology from a major contributor to a global stategy in the prevention of obesity

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Obesity is the largest contributor to preventable chronic diseases and health care costs. The problems of obesity, and its myriad of complications, are further compounded, in some developing countries, where medical resources are scarce; hence, the introduction of "digital medicine" services can lessen the burden of these problems. Fortunately, there are many technologies available that can facilitate the delivery of weight management interventions, for example, wearable devices and smartphone apps that are thought to improve young adults' physical activity, weight control, and body mass index. Also, there is an incentive to provide immediate healthcare services at one's comfort and convenience, using the internet from anywhere and anytime. Consistently, ownership of smartphones and wearable health monitoring devices has increased among various demographic group including low-income populations. More importantly, governments in developing country are advocating for the implementation of accurate, easily accessible and high-quality digitalized services with preference to use high-speed gadgets across the cities as a more cost-effective way to face the colocalization of resources. However, it is necessary to incorporate future medical needs, especially for weight management, and the logistics of relying on digital medicine services in developing countries as indicators to make a more appropriate assessment of the potential, reliability and efficacy of using wearable medical devices and smartphone apps or other technologies to address the interventions for obesity's causes and consequences, as well as understanding the long-term effects and aspects of inter-user communication and support.

Biography

Ola M.S. Abdelnaby is a lecturer of Biochemistry and Nutrition, at the Faculty of Women for science at Ain Shams University in Egypt. Both her MSc and PhD studies were centered on the role of our diet in our susceptibility to disease, while her future research intresests revolve around the preventability of malnutrition related diseases through evidence based policy changes and efforts to combate the global nutritional illiteracy.

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