

## **Workshop on Nutrition monitoring and public health – e-Nutrition 2007**

Nutrition is a key aspect of a healthy lifestyle. Dietary behaviour is known to have a major impact on health risks, that are related to overweight, obesity and cardiovascular diseases. Particular problems are calorie-rich diets and lack of awareness, often associated with lack of physical activity. The global prevalence of these conditions stipulate the promotion of weight reduction and healthy eating habits in the European public health policies.

The development of assistive solutions to support healthy lifestyle, including nutrition, has emerged as an important research topic in Ambient Intelligence and Ubiquitous Computing. Various systems have been proposed to aid users in controlling their diet and balance calorie input. The approaches range from simple smart phone based diaries to fully automated dietary monitoring systems. Within the European Union FP7 research program, nutrition and lifestyle monitoring has been emphasized within the broader framework including electronic health record management and the impact on the patient/doctor relationship.

The aim of the workshop is to evaluate nutrition monitoring as part of a holistic public health strategy, that involves all **technical, medical, psychological, political and economic aspects**.

**Specifically, the following topics will be considered during the workshop:**

- 1. Progress in monitoring technology, including sensors (on-body and environmental), sensor fusion, recognition methods and new experimental results.**
- 2. Strategies to use the monitoring information in the context of the patients overall health situation, including combination and integration with electronic health records and the use by nutrition professionals.**
- 3. Use of monitoring data for/in epidemiological studies.**
- 4. Coaching concepts for sustained behavioral changes related to dietary intake and weight management.**
- 5. Economic models for broad use of nutrition monitoring, including issues such as financing models for systems and programs, ways to motivate the use of and compliance with the systems (e.g. through insurance premiums).**
- 6. Ways to involve the food industry in public health initiatives aiming at improving overall nutrition habits of the population, including ways to use nutrition monitoring and Ambient Intelligence to quantify public health benefits/costs related to different foods and food industry sectors.**

**A key aim of the workshop is to prepare concepts for future FP 7 integrated project proposals in the e-health area.**

The workshop will be formed by a series of invited talks and presentations of current research and works in progress. Abstracts in the length of **250 to 500 words** are solicited. Please send it to [amft@ife.ee.ethz.ch](mailto:amft@ife.ee.ethz.ch) **no later than August 31**. Upon acceptance the abstracts will be published by ICST. Please visit the website of the workshop for updates at: <http://www.e-nutrition.org>.