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# NUTRITION ASSISTANT APPLICATION

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# **NUTRITION ASSISTANT APPLICATION LITERATURE SURVEY**

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## **1.1 SUMMARY OF LITERATURE SURVEY**

The aim of this article is to show in-depth view about the potent of different media usage aid in enhancing nutrition literacy in society. In this review article, 25 studies were selected from the year 2010 to 2021 to identify the gaps and recent trends in media and nutrition literacy. The incorporated studies are selected from the databases- Science Direct, PMC, Sage, Taylor and Francis, and Willey as all of them are well established for their authenticity. The studies discussed are analysed quantitatively and thematically. In the quantitative phase, seven categories are defined and in the thematic analysis phase, four themes are extracted from the conclusion of each literature about various media harnessed to improve nutrition literacy.

### **1.Byrd-Bredbenner et al.2010 Television played a promising role in increasing nutrition cognizant among young girls.**

From findings of the study, major point noticed was content consideration because perception differs for every viewer and very little could be identified about individuals filters and meaning about construction of the visuals. The limitation of this study was that participants were viewers of a single program with no distraction; therefore, the findings cannot be generalized. Further research is needed with prominent nutritious and health messages including characters played in the advertisements to find the potential of television to improve nutrition cognitions and intended behavior.

### **2.Abdullah & Mal-Allah, 2011 Websites were the most frequently used source by female athletes for nutrition**

followed by magazines, regional newspaper, television, radio than medical doctors and nutritionists. Free access was the main reason for the girls to approach traditional and digital media more than human resource. No theory was involved in the study.

**3. Ali et al., 2012 Elderly people for developed digital nutritional package gave positive responses and preferences.**

Incorporating appropriate guidelines with proper design is imperative, as understanding the content by elderly people would educate them, regarding healthy diets and make them experience positive interactive feel with the system. Research should be done with larger samples of different community with different demographic background for more relevant finding to evaluate the impact on wellbeing of community and society. No theory was involved in the study.

**4. Duncan et al., 2012 In this study, intervention of online media and nutrition app showed a positive**

influence compared to base line survey result.

There were not much improvement in physical activity literacy, nutrition behavior but there is a subsequent increase in nutrition literacy among intervention group. This positive response was an added advantage for further intervention by websites and mobile apps to improve nutrition knowledge among men. Only 90 samples were used that limits the study.

**5. Coughlin et al., 2015 Smartphones were accepted as useful and cost-effective interventions for enhancing**

dietary habits and nutrition

measurements, and indicating obesity among common people.

Further research is needed to know about components of smart phone platforms effectiveness. Appropriate culturally tailored smartphone apps with research test are needed for people lagging in health literacy and non-English speakers

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**6. DiFilippo et al., 2015 There are many apps available for nutrition information but their focus is more**

on weight loss and nutrition behavior than to

disseminate in-depth and holistic information on nutrition. A significant number of people are using mobile apps frequently for various purposes. Base of usage of mobile app is increasing exponentially in recent times. However, studies availability in this area is limited. Therefore, further research is recommended on

mobile apps with intervention of behavioral theories and new strategies.

**7. Vandelanotte et al., 2016 The eHealth and mHealth were welcoming factors among people in dietary intervention.**

Around the year 2014, accessibility of internet among people of ethnic minorities, socially and economically backward is low. In this study, the eHealth and mHealth played promising role in increasing dietary habits and physical activity, and were also widely accepted and used by people. However, gradually, there was a substantial growth in use of smartphone and its technology, social media, mobile application and different platforms of digital media. Authors suggest going for higher level of research in the domain by intervening various behavioral and communication theories, and novel strategies for health information to reach large number of people.

**8.Nour et al., 2017 Smartphone platforms were frequently used and accepted by young adults for nutrition information.**

They desired to have mobile apps for nutrition information, self-monitoring and games for motivation purpose. The study suggested more research in the application of new theories and strategies by consulting nutritionists for developing content and behavioral researchers for choosing appropriate theories.

**9.Rose et al., 2017 Digital intervention for dietary habits is considered successful among adolescents.**

It is inexpensive, therefore, extensively used by them. This study mostly shows website based interventions followed by mobile apps, social media and gaming. Smartphone based interventions are very much accessible and convenient for regular touch. Authors suggest further research in performing higher level of trials on existing mobile apps for health to find behavior change among users. No theory was involved in the study.

**10. Chau et al., 2018Integration of social media along with mobile apps and gamingintervention for nutrition information produced a positive effect onadults and adolescents.**

The available studies in this area and usage of obsolete and rudimentary features of social media again limit this study. However, social media is still becoming amenable and fascinating among people and its intervention would be a

promising feature for enhancing nutrition literacy. Authors suggest more research to be conducted in this domain using new creative features and familiar platforms to explore the potential of social