



António Palmeira <executivedirector@isbnpa.org>

ISBNPA e and mHealth March 2023 Newsletter

2 messages

International Society of Behavioral Nutrition and Physical Activity <socialmedia@isbnpa.org>

Thu, Mar 30, 2023 at 2:37 PM

Reply-To: socialmedia@isbnpa.org

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In the newsletter

- Welcome from SIG Co-Chairs
- Upcoming webinar
- Featured Article
- ISBNPA 2023 - Sneak Peek
- Recent e- & mHealth Publications



Your Co-Chair,
Mavra Ahmed, PhD
Research Associate
Department of Nutritional
Sciences
Joannah and Brian Lawson
Centre for Child Nutrition
University of Toronto, Canada

Welcome to Our March Newsletter

As the year 'marches' on and the days grow long, I am often reminded of how every March brings a hopeful expectation - the experiences we have yet to live.

And we, at e-&mHealth SIG, in anticipation of what is yet to come, in this newsletter, bring to you a timely webinar on the prospects of ChatGPT with Prof. Marcel Salathé. Even as the wind blows cold and the sun shines hot, Dr. Claire Gough, one of our own team members, engages in a lively discussion on social activities and interactions of older adults in Australia.

With the upcoming ISBNPA Annual Meeting in Uppsala, Sweden in June, we also showcase the highlights of the e-&mHealth sessions, give you a sneak peek into an exciting event during our SIG business meeting and provide you with news of our most recent e-&mhealth publications.

Below, dive into the unknown yet the familiar comfort of our technology driven lifestyles!

UPCOMING WEBINAR: APRIL 19, 2023

Healthcare and ChatGPT

April 19, 2023 14:00 UTC

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This timely webinar will discuss the opportunities and challenges associated with ChatGPT and AI's evolution to educate, deliver health information and/or automate tasks and its potential implications for researchers, providers, patients and consumers. **LINK TO REGISTER**

Let's meet our speaker:

Associate Professor Marcel Salathe
Ecole polytechnique fédérale de Lausanne (EPFL)
Switzerland
LINK TO BIO



Marcel Salathé is a digital epidemiologist working at the interface of health and computer science. He works at the forefront of artificial intelligence and its application in health and other domains. His lab spun off **Alcrowd.com**, an AI challenge platform whose goal is to accelerate research on AI across multiple domains, and which is used by organizations such as OpenAI, Microsoft, Google, SBB, Stanford University, and many others. He is the initiator and co-organiser of the **Applied Machine Learning Days**, now one of Europe's largest conferences on the application of machine learning across all domains. He also founded the **AlforNutrition.org project**, a suite of AI-based platforms, mobile apps, and datasets to advance personalized nutrition.

CLICK HERE TO REGISTER FOR THE WEBINAR

Featured Article

Older adults' community participation, physical activity, and social interactions during and following COVID-19 restrictions in Australia: a mixed methods approach

[Claire Gough](#), [Chris Barr](#), [Lucy K Lewis](#), [Claire Hutchinson](#), [Anthony Maeder](#) & [Stacey George](#) 



LINK TO FULL TEXT

Let's meet the first author of this article, recently published in *BMC Public Health*, and learn more about her interests:

Dr. Claire Gough, PhD, Physiotherapy BSc, [LINK](#)

Tell us a little about yourself.

I am a Physiotherapist from the UK with experience in musculoskeletal and neurological rehabilitation. I am currently working in a balanced position at Flinders University and am teaching Digital Health topics to Health Sciences undergraduates. In my research capacity, I am a Research Fellow with ARIIA (Aged Care Research & Industry Innovation Australia) where I am involved in developing evidence-based resources to support Australian Aged care. When I am not working, I am with my children or out on the hockey field!

How did the paper idea come up?

At the beginning of the COVID-19 pandemic we decided to return to a group of older adults who had monitored their activity levels and community participation for 7 days to determine how their behavior would change during and following times of social distancing restriction. The aim of this research was to determine how older people participated in the community and combined accelerometry and GPS to see if we could identify the locations in which older adults were most active. This research project formed the final chapter of my PhD, and although being a pivot (due to COVID-19) adds perspective to not only how behavior changed during this period for older adults but also why the changes were made.

What tips do you have for future researchers who would like to engage in this topic?

Community participation is an interesting topic, very subjective but also measurable using quantitative outcomes. For researchers interested in this area, I would recommend considering a mixed methodological approach as the data from quantitative measures such as accelerometers and GPS were supported and often explained by the perspectives of older adults during semi-structured interviews. I hope that researchers do continue to explore the concept of community participation especially for older adults as it will be important to support healthy ageing in the future.

What did you learn from this paper that will inform your future work?

From this research we learnt that the way in which older people dealt with social distancing restrictions depended on their levels of resilience, past experiences, and to a great extent their personality. To me, this is important to consider for the delivery of health interventions as we know that every person is different and should be treated with personalized care. In my future work, I am interested in how we can provide interventions that support older adults to actively participate

in the community, even those who are more introverted and perhaps enjoyed times of lockdown.

Besides this paper, what else have you been up to recently?

I am busy working on resource development with ARIIA, this week we will launch our technology topics which delve into the human factors that need to be considered when integrating technology into aged care. If you are interested in this work you can have a look at what we have developed and our processes using this link: (<https://www.ariia.org.au/knowledge-implementation-hub/technology-in-aged-care>).

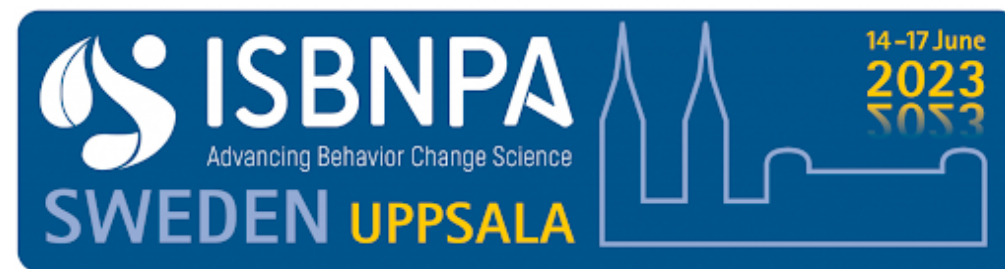
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e-&mHealth SIG Business Meeting

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Stay up to date: Follow us!

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Feel free to tag us and we will try to share your publication as well!!



Spread the Word!

Encourage your colleagues to sign up for our SIG newsletter!

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- Social Media: Claire Gough (Australia), Chen-Chia Pan (Germany)
- Newsletter: Zenong Yin (USA), Chelsea Kracht (USA), Jasmine Petersen (Australia)
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- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)

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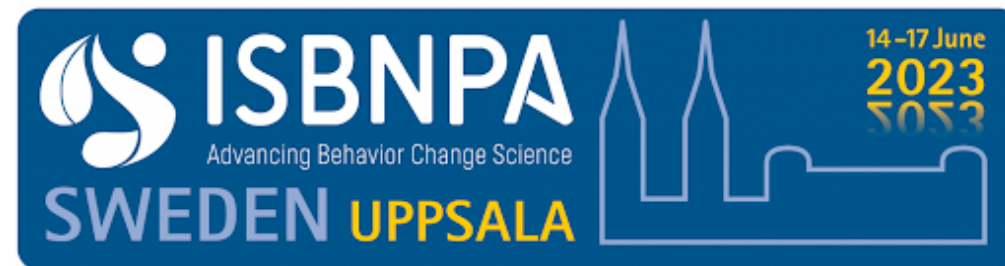
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