Session Co-Chairs

Emily Ho, PhD
Professor
Endowed Director of Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health
2015 Whole Grain Summit Co-Chair
Oregon State University

Siew Sun Wong, PhD
Associate Professor & Extension Nutrition Specialist
Oregon State University

Digital Nutrition Education and Dietary Assessments for Health and Fitness at Our Finger Tips

2:00
**Disclosure Information:** I have no financial relationship to disclose.

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<td>Carol Boushey, PhD, MPH, RD</td>
<td>[Nutr. Epi. &amp; Dietary Assessment]</td>
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<td>Kay Hongu, PhD, MEd, RD</td>
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Session 6 Question: What are innovative new tools for messaging and nutrition education?
Digital nutrition education and dietary assessments for health and fitness at our finger tips

Changes and challenges for educators and researchers

by Siew Sun Wong, PhD
Changes in Nutrition Education and Dietary Assessments

Physically present in-person

Fully automated
SO-LO-MO
(Social – Local – Mobile)

Stay connected 24/7

Instant presence with no traveling necessary

Your personalized data follows where you go
Digital Nutrition Education & Dietary Assessments

Augmentation

Augmented reality garden

Lifelogging (e.g., Fitbit)

External

Mirror world of whole grain food restaurants

Exercise fueling quest in the virtual world

Intimate

Simulation

Oregon State University
• Learn on-demand
• Interactive experiential learning including mixed reality (virtual cooking, gardening, shopping; use of robots for autistic children)

Challenges: How can we...
1. Engage users for an extended period?
2. Scale up field testing of technology-aided nutrition education programs?
3. Train more trainers (e.g., Extension educators, volunteers, caregivers, and communities) in cost-effective and sustainable ways?
• **Readily available** via text, WWW, including pushed info - the information finds us
• **Extension** provides creditable info from **cell to community**
• **Media rich** - Easier to understand interactive 3D, visual, sound, movement through AR, VW, VR, including simulations of consequences before/at point of choice
• **Scalable** quickly in the virtual space

**Challenges: How can we...**

1. Best simulate content in the virtual space?
2. Design productive screen time?
3. Better respond to emerging public health nutrition needs through Extension and partners in the virtual space?
Challenges: How can we...

1. Track and link user’s physical-world and virtual-world profiles?

2. Follow through long-term goals and changes in personal health, especially in food intake and physical activity?
• **Real-time or convenient monitoring** at individual and environmental levels
• **Wearables** - device, apparel (garment, shoes, +LED)
• **GPS, RFIDs, digital video camera**

Challenges: How can we...

1. Provide affordable real-time, effortless, safe and accurate tracking at personal level?
2. ... at the environmental level?
3. Provide seamless mixed-reality tracking?
• Real-time or quick personalized feedback, interpretations, and recommendations from experts or artificial intelligence --> quicker & ongoing behavior change
• **Stealth health** - Smart Plate, hidden scale
• Use **virtual world log server data** to support health and fitness behavior change

**Assessment**

**Challenge: How can we...**

1. Provide low-cost real-time, multi-platform, multi-channel, personalized feedback through artificial intelligence & robots?
In closing, the Internet of Things, combined with our enthusiasm to improve public health nutrition, will make behavioral changes feel more personalized and persuasive, less explicit and visible, yet more quickly and intelligently!

Big button for joint innovations
Invited Speakers

Paula Quatromoni, DSc, RD
Boston University, Department of Health Sciences
KidsCOOK Productions
Using Entertainment to Educate: KickinNutrition.TV

Jonathon Richter, PhD
University of Oregon
Director of The Center for Learning in Virtual Environments
Virtual Worlds and Technology in Health Education
Invited Speakers

Kay Nobuko Hongu, PhD, MEd, RD
Associate Professor & Extension Specialist
University of Arizona
Social Media and Mobile Devices in Nutrition Education
2:50

Carol Boushey, PhD, MPH, RD
Professor
University of Hawaii
Director of Nutrition Support Shared Resource at the U. of Hawaii Cancer Center
Innovative Tools for Dietary Assessment
3:10