Leveraging Technology to Improve Senior Nutrition

August 23, 2012

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Overview

• Where We Are: Technology and Senior Nutrition
• Where We Are Going: Growing Technologies and their Benefits
• Opportunities and Challenges
Center for Technology and Aging

- Established in 2009 with support from The SCAN Foundation, located at the Public Health Institute
- Mission: Expand the use of technologies that help older adults lead healthier lives and maintain their independence
- Launched Diffusion Grants Program in 2010:
  - 22 Learning laboratories
  - Remote monitoring, Medication adherence, Care transitions, Mobile health
  - Collaboration with AoA, CMS, ONC

Older Adults and Technology: Myths & Facts
Senior Nutrition and Technology: Where We Are

- Program management and efficiencies
- Monitoring food delivery and consumption
- Identifying client risk and preferences
- Remote training and education

Technologies for Senior Nutrition: Where We Are Going

- Mobile (mHealth) and Connected Health
  - Apps
  - SMS texting
- Social Media
- Gaming
- Connectivity (EHRs and PHRs)
- Sensors
- Data Analytics
Benefits of Technology

- Improve communication
- Improve nutrition management and monitoring
- Support older adult self-activation
- From wellness to early diagnosis
- Education and training for older adults/providers
- Improve older adult and provider satisfaction
- Improve management through data analytics

mHealth and Connected Health

- As of mid-2012, 13,600 consumer health iPhone apps, with 2,000 focused on nutrition (MobiHealth News)
Consumer Health Apps

ShopWell.com

- Personalized nutrition scoring and nutrition education
- Free and easy to use at home and in the grocery store
- Suggested alternatives for healthier food choices
- Cloud based shopping list to keep track of changes
- Grocery database of 200,000+ foods to teach people using the specific foods they are eating

Texting: Care4Life Program
Increase Blood Glucose Monitoring

Glucose reminder

System feedback

Personal web portal
Technology and Nutrition: Opportunities and Challenges

- Technology is 10% of the Issue
- Opportunities
  - Provider efficiencies: No cost to provider; No new work
  - Older adult and provider engagement
  - Alignment with organizational goals and processes
- Challenges
  - Viable business model and ROI
  - Alignment of regulations and policy
  - Scaling and Sustainability

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