Smart Technology for Mapping Obesity; Tracking Obesity for overuse of Smart Tehnology as a Risk factor

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Introduction

Obesity is an ongoing health concern that continues to be monitored as a precursor for negative health outcomes. Although the use of smart technology has been accepted as an essential tool for improving health, there has been an increase in smart devices developed for obesity prevention and weight reduction. These smart devices such as smart phones, computers, tablets, heart monitors, chest pins, and more are used for lifestyle modifications that attempt to improve health outcomes without the interference of human interaction.

Smart Technology and Human Abilities

The use of smart devices are often created for convenience to eliminate the amount of man-hours required to collect, record, and analyze data for evaluation purposes. However, human error are factors than can hinder progress and positive health outcomes. Simultaneously, these same devices are often created to be objective, obscure, and effective in monitoring human behavior [1,2]. Similarly, smart devices also have the ability to record more elaborate inputs, where human observation is not as invasive. Contrariwise, using smart devices can inflict a privacy issue in data collection for human subjects. More importantly, smart devices are rigid and does not recognize external factors that a human can. Likewise, smart technology has a limit that a can impede or stop data collection altogether if not operated properly. Nevertheless, smart technology is having a huge impact on the way healthcare is implemented, measured and reported, especially for preventable diseases and disorders such as obesity.

Obesity Prevention and Monitoring

In terms of obesity prevention and weight reduction, there are several factors that must be present in order to reach a positive outcome. Firstly, motivation to make a change which is the thrusting force to begin any process [3], and the will power to make a commitment [4]. Secondly, setting realistic goals to make the necessary changes for obesity prevention or weightloss and lifestyle monitoring [1,2] are essential for obtaining successful results. Alternatively, several studies have shown success using smart technology for obesity prevention highlighting factors previous mentioned. For example, Glynn, et al. [2] used smart phones with accelerator applications to provide outcome data regarding step count measurements as primary care to increase physical activity for individuals over 16 years of age with smartphones.

Another research team, Smith, Morgan, Plotnikoff, Dally, Salmon, Okely [4] also used smart phones for obesity prevention in adolescent boys and to include and encourage physical activity. Furthermore, an exploratory study conducted by Sun, Burke, Baranowski, Fernstrom JD, Zhang H, et al. (2015) An exploratory study on a chest-worn computer for evaluation of diet, physical activity and lifestyle. J Healthc Eng 6: 1-22.

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