How digital welfare support technologies can remedy undernutrition – case insights from DIMS and NutriDia programs

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Abstract:
Providing nutritional services to the elderly that are frequently at nutritional risk is of high importance. Using digitally supported welfare support technologies have shown promising results. This paper reports on the insights from the development of the Aalborg Model for nutritional care. In the program Aalborg University, Aalborg University Hospital and Aalborg Municipality has been cooperating to create better interfaces between the different digital instruments used for mealordering and nutritional monitoring of food intake among elderly. The point of departure is that individuals from the target group is often in transit between private home, nursing home and hospital. The presentation reports on validation and feasibility studies carried out as part of the development of the two applications: Nutridia and DIMS. The paper discusses some of the insights from developing integration across different digital nutritional support technologies.

Digitization & food
Interdisciplinarity is the secret

Digitisation create new avenues for nutrition
- Devices such as smartphones touch pads, etc. are increasingly used by consumers for self-tracking of lifestyle.
- The number of research studies applying such devices is growing (see for example: Jia et al 2011; Moulos et al 2015).
- New wearable devices that can objectively assess behaviours (Jia et al 2012, Jia et al 2013, Sun et al 2014) have been developed.
- Signals such as biosignals, GPS, mobile positioning, Wi-Fi and Bluetooth are examples of signals and protocols that offer new potentials.

Nutritional challenges
borderline between disease & ageing
- Nutrition related disorders is a significant societal problem and are caused by unhealthy eating patterns.
- In settings such as hospitals under-nutrition is also a problem with 23 to 38% in DK, CN and the US(1,2).
- Between 30-40% are at nutritional risk at admission to hospital
- The nutritional challenges at hospitals are illustrated through the fact that up to 40% of the food served is wasted(3).

Nutritional monitoring – how
According to the NRS*2002

Nutrition & Ageing – but where?
Automatising food intake quantification (1)

While the company chalks it up to "magic," we’re assuming they’ve got a handful of people (be it through Amazon’s Mechanical Turk, or a room full of dudes promised free Internet in exchange for calorie counting) breaking down the meal in your picture item by item. Snap a shot of a chicken salad? They punch in some chicken, some lettuce, maybe some dressing—and bam, they’ve got a rough estimate.

Is it a precise science? Hardly. Even in the screenshot above, you can see that there are some pretty wild variations. A “Small handful of cashews,” for example, comes back as being anywhere from 150 to 614 calories. Still, having some idea of what you’re taking in is still far better than not having any idea at all.

You can find MealSnap on the App Store for $2.99 right here [iTunes link].

NANA: Novel Assessment of Nutrition and Ageing

Automatising food intake quantification (2)

Automatising food intake quantification (3)

Automatising food intake quantification (4)

commercial applications

From DIMS1.0 to 1.5

DIMS ver 2.0 on the go design

Can the DIMS approach be learnt?
Training course at Fudan, Shanghai, 2016

Is the DIMS robust in practice?
The Herlev stress test

Output mode

<table>
<thead>
<tr>
<th>Height</th>
<th>Energy</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>DKK</th>
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<tbody>
<tr>
<td>Pre-serve</td>
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<tr>
<td>Post-serve</td>
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<td>Intake</td>
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<td></td>
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<tr>
<td>Waste</td>
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</tbody>
</table>

Is the DIMS saving time?
The Aalborg feasibility study
• Reduces the time spent on NM from 15 to 4 minutes
• Patients at nutritional risk produced increased amounts of plate waste, with less energy & protein intake when compared to patients not at nutritional risk.
• It can be used in co-creation mode improving accuracy

Is the DIMS accurate?
Validation Study 1: Herlev Hospital

Intervention:
• Front End Nutrition & Meal support
• Meal hosting

Results:
• No significance pre- og post test
• DIMS functions well with a trained operator
• Meal hosting requires training

Acknowledgement: catering manager Michael Allerup Nielsen

Ofei, K.T², Andersen, T² and Mikkelsen, B.E³. Measuring effect of changes in Meal Service at Hospital using digital technology – case insights from the Dietary Intake Monitoring System study

Is the DIMS accurate?
Validation 2: Odense University Hospital

Hypothesis
• High correlation between DIMS data and standard weighed method

Results:
• Correlation: DIMS total energy/standard total energy ($r=0.990$ and $p$ value $=0.01$)
• Correlation: DIMS total protein/standard total protein ($r=0.974$ and $p$-value$=0.01$)

Acknowledgement: Dr. Rudolf Albert Scheller, Geriatric Dept. G, Odense

Ofei, K.T², Andersen, T² and Mikkelsen, B.E³. Validation of a novel image-weighted technique for monitoring food intake and estimation of portion size in hospital settings. Accepted for Public Health Nutrition, 2018
Agreement on value of shared decision making in the existing meetings. Some potentials for change were identified to optimize the prerequisites for shared decision making in the NutriDia project:

- Ensure a basic understanding of the interaction between the various modules of the NutriDia app
- Guidance and recommendations for data entry in the NutriDia app.
- Broader use of the data reported in the NutriDia app in the dialogue between health care professionals and patients.

Evaluation of NutriDia: Shared decision making on nutrition among cancer patients - Finn Andersen og Kian Loftager Haynes, Public Health Programme Aalborg University, 2017

Medical Research Council Model MRC for intervention development

Conclusions:

- "Everything is simple - once you know it"
- Hospital wards are busy
- Convenience & plug'n play is key
- Retrospective data insight rated high
- Seamless interfacing is a must
- Must run in the cloud

Next steps

- Work to be done: algorithms, machine learning and imaging
- Cross disciplinarity needed
- Device flexibility: big screen, table, phones
- Open standards/API’s is key
- Privacy issues needs to be dealt with
- eEnvironment and data security at hospital is a challenge
- Take2market is a challenge of its own

Thanks for your attention
Upcoming
stay updated on www.capfoods.aau.dk

Aalborg University, Copenhagen, June 19 - 22, 2018

Advanced Training course:
Food: Small devices & Big data
June 19 - 22, 2018

Aalborg University Copenhagen. Arranged in cooperation with the Richfield consortium and Digital Foodscope Lab studies