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Digital Health Interventions Targeting Nutrition, Physical Activity and Chronic Disease Management

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Message from the Guest Editors

Digital health, the collection of tools for measurement and intervention in the service of human health, is a rapidly growing component of the healthcare ecosystem. Digital health also includes mHealth, when patients and healthcare providers use wireless and mobile devices (cell phones, tablets, and more) to improve healthcare services, health outcomes, and health research. Digital health solutions can take many forms, including those that are patient- or care-partner-facing (i.e., consumer health informatics solutions), clinician-facing (i.e., clinical informatics solutions), or a combination of both (i.e., collaborative health informatics solutions). Digital health has the potential to improve patient engagement, satisfaction, and health outcomes, support patient-provider communication and alleviate provider burnout, among other benefits, yet such impacts are not always realized. Among other factors, this failure to realize the full potential of digital health stems from poor usability, inadequate user support, and the lack of consideration for social determinants of health and other contextual factors.



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