

## ***Switching off technology from a major contributor to a global strategy in the prevention of obesity***

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### ***Abstract***

**O**besity is the largest contributor to preventable chronic diseases, and constitutes a huge strain on systems of healthcare provision, worldwide. The consequences associated with obesity, and its myriad of complications, are further compounded, in most developing countries, by the scarcity and/or the colocalization of medical resources. Fortunately, the introduction of “digital therapeutics” can lessen the burden of these problems; there are many technologies available that can facilitate the delivery of accurate, essential and high-quality healthcare services that are thought to improve physical activity, weight control, and body mass index, using high-speed gadgets, across the world. Consistently, ownership of smartphones and wearable health monitoring devices has increased among various demographic groups, including low-income populations. More importantly, in this day and time, these softwares and tools offer an additional incentive when it comes to being able to provide immediate healthcare services at one’s own comfort and convenience. What remains of paramount importance is balancing the logistics, potential reliability and efficacy of using digitalized healthcare protocols as the implementors of the necessary “changes in lifestyles and behaviours” required to tackle obesity’s causes and consequences, as well as understanding the long-term effects and aspects of inter-user communication and support.



### ***Biography:***

Ola M.S. Abdelnaby is a lecturer of Biochemistry and Nutrition, at the Faculty of Women for science at Ain Shams University in Egypt. Both her MSc and PhD studies were centered on the role of our diet in our susceptibility to disease, while her future research interests revolve around the preventability of malnutrition related diseases through evidence based policy changes and efforts to combat the global nutritional illiteracy.



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