



E-health: A Novel Approach for Dietary Interventions

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Message from the Guest Editors

In order to be effective, dietary interventions must consider an individual or groups' desired goals and motivations, health status, current eating habits and dietary intake, as well as the methods of delivery required to optimise intervention or treatment effectiveness and cost effectiveness. The delivery methods for dietary interventions must be targeted and tailored to suit specific needs, such as geographical location, accessibility of resources, time and costs. eHealth offers a novel approach to enhance the effectiveness and cost effectiveness of dietary interventions by enabling flexibility to meet many of these needs, and advanced capability to personalise and automate aspects of dietary interventions and resource allocation.

The planned Special Issue seeks to include research regarding eHealth for dietary management, including formative work to inform eHealth dietary interventions, trials of eHealth dietary interventions, cost-effectiveness analyses and systematic reviews or other related papers on the topic of nutrition in e&mHealth.





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