Mobile Health Application for Monitoring and Analyzing Nutritional and Behavioral Data

INVENTION: Studies at the Salk Institute have recently demonstrated a significant link between time-restricted feeding and the development of obesity and metabolic disease. Based on this research, investigators at Salk have developed a scientific, evidence-based mobile health solution that facilitates the collection of individualized data on patient feeding patterns, and gives healthcare providers the support tools required to make clinical decisions on the basis of feeding pattern data.

APPLICATIONS:
- Monitoring of food intake
- Stand-alone health application
- Integrated into comprehensive mobile health app suite
- Monitoring patients in a clinical setting
- Monitor patients at risk of obesity and metabolic diseases

ADVANTAGES:
- No need for additional equipment, only personal smart phone
- Ease of use facilitates continued patient compliance
- Visual feedback of feeding patterns
- Does not require calorie counting
- No food restrictions
- No exercise requirements

STAGE OF DEVELOPMENT:
The working app is available for demonstration and also for those who wish to participate in Dr. Panda's IRB-approved study.

BACKGROUND:
For many years the perceived wisdom in relation to diet management and weight control has been that simply eating less and exercising more would inevitably result in weight loss and the reduction of weight-related complications. However, the rate of obesity and diabetes continues to increase worldwide. Our product is an integrated solution that can be provided to consumers through a variety of different channels, to manage health and wellness, and reduce the cost of healthcare.

INVENTORS: Drs. Satchin Panda & Shubhroz Gill

PATENT STATUS: U.S. patent pending

PUBLICATIONS:
http://www.salk.edu/news-release/mobile-app-records-our-erratic-eating-habits/
Gill, et al. 2015. Cell Metab., 22:789-798.
Hatori, et al. 2012. Cell Metab, 15:848-860

CONTACT: Michelle Booden, Ph.D.; mbooden@salk.edu; (858) 453-4100 x1612

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