New Technologies, Weight Management and Good Health:
Opportunities and Risks

Deborah Lupton
Centre for Social Research in Health/Social Policy Research Centre
Faculty of Arts & Social Sciences
UNSW Sydney
Facebook
Twitter

Healthcare Hashtag Project

Healthcare Hashtag Project, a free open platform for patients, caregivers, advocates, doctors and other providers that connects them to relevant conversations and communities.

The Community by the Numbers

1,500,000,000+ Tweets
16,365 Topics
18,049 Hashtags
6,070 Contributors

Tweet Chats

1. #BCSM
2. #HQCLOR
3. #LCSM
4. #MedEd
5. #BTSM
6. #HITsm
7. #NepJMC
8. #MACR
9. #MMSM

Conferences

1. #CMSSQualCol2019
2. #QIPC19
3. #MYRAS19
4. #33HICountry
5. #iCudata19
6. #IMSH2019
7. #Vision19
8. #Oncology2019
9. #HIMSS19
10. #HIMSS18

Diseases

1. #BCSM
2. #LCSM
3. #Cancer
4. #BreastCancer
5. #HeartHealth
6. #Type1Diabetes
7. #HeartDisease
8. #CancerAwareness
9. #ChildhoodCancer
10. #Diabetes

Other

1. #NNH
2. #hcsmeu
3. #WorldCancerDay
4. #Healthcare
5. #CNC
6. #DigitalHealth
7. #WHIS
8. #PlasticSurgery
9. #Pharma
The influencers of #Obesity

Top 10 by Mentions
1. @TheLancet 1,469
2. @WorldObesity 366
3. @aucklanduni 213
4. @GWpublichealth 188
5. @OrnateHealth 174
6. @shelleypetersen 168
7. @SBarquera 151
8. @BoydSwinburn 92
9. @coca cola 82
10. @CDCgov 76

Top 10 by Tweets
1. @info_obesity 66
2. @ZaherTouni 60
3. @WeightNoMoreDC 63
4. @obsmuk 45
5. @NeilFochMD 40
6. @DrPatriciaMD 35
7. @lose_weight14 25
8. @HLBSurgery 22
9. @pattynce 21
10. @Rynro 21

Latest Tweets

@AlhassanAinaamy
RT @AlhassanAinaamy

@Laurettamylove
RT @HolisticTips4U. Curious about #IntermittentFasting #lowcarb lifestyle? FREE 30 minute interview on how two #Boomer gals reversed... 

@indiepub1
Consider #Ketogenic Diets for HOLY GRAIL OF #WEIGHT loss #obesity #Fitness #honestyhour #fitnesshumor, #tobspalliance, #riddmvybykz24, #mybd, #anc107, #pentragon, #trueformore4u, https://t.co/Ovhzefvvcq https://t.co/R7WhI4zRzm ...

@pharmerfour
RT @KidneyHealth: Large study reveals the impact of #obesity on a person's kidneys with people with the most severe obesity being twice as...

@ladykatrina3
RT @DrNinaRadcliff. Some strategies to losing weight: Dr. Nina Radcliff | Columns | https://t.co/DqIModHflo #weight #weightloss #obesity th... ...

@KidneyHealth
Large study reveals the impact of #obesity on a person's kidneys with people with the most severe obesity being twice as likely to develop impaired #kidney function. Reduce your risk of #kidneydisease. learn the risk factors: https://t.co/sdcitgX0yt https://t.co/1y3zFt6Wrx
YouTube
Patient support platforms

patientslikeme

Live better, together!™
Making healthcare better for everyone through sharing, support, and research

Join now
(it's free)

Learn from others
Compare treatments, symptoms and experiences with people like you and take control of your health

Connect with people like you
Share your experience, give and get support to improve your life and the lives of others

Track your health
Chart your health over time and contribute to research that can advance medicine for all

Member stories

"Our brother Stephen was living with ALS and we thought, ‘there has to be a better way.’ There is. By sharing our experiences,

News
Cemntech and PatientsLikeMe Enter Patient-Centric Research Collaboration
Health and medical apps
Wearable devices
PROJECTS

1. Self-tracking cyclists (interviews and GoPro videos)
2. People who self-track for any purpose (interviews)
3. Women’s use of digital health (interviews and focus groups)
4. Young people’s use of digital health (interviews)
5. Sources of health information (story completion)
BENEFITS OF DIGITAL

• finding information instantly
• feeling more in control
• improving health and wellbeing
• fewer doctor visits
• feeling motivated
• social connections to others
• feeling less alone
RISKS/BARRIERS OF DIGITAL

- information overload
- digital inequalities
- poor design of devices/software
- personal data privacy and security
- loss of face-to-face support/expertise
- over-reliance on self-help and self-responsibility
- victim-blaming
- loss of focus on social determinants of health and social justice issues
Isabelle wants to improve her health and fitness but doesn't know how to go about this.

What happens next? (Please write four or more sentences in the box provided below to finish this story.)
Word cloud – Isabelle’s story
Sketchnoting Isabelle’s story

**Barriers**
- It all seems so hard.
- My body looks so fat.
- I feel self-conscious in gyms.

**Facilitators**
- I have enough time.
- Online information is confusing.
- I have a clear plan.
- I trust my friend's advice.
- I like exercising with my friend.
- I can make a small change.

Isabelle wants to improve her health & fitness but doesn't know how to go about this.

What happens next? ...