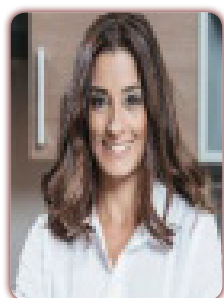


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## ***Tina Choueiri Chagoury***

*Tina Nutrition and Wellness Consultancy, UAE*

### **Online nutrition information in the era of social media: Uses, benefits and limitations**

Logging, vlogging and posting about health in general and nutrition in specific has become a trend; the amount of information being uploaded on platforms such as YouTube, Instagram, Facebook and on blogging sites has spiraled in the past 10 years. This study presents a systematic review of the available literature on the uses, benefits and limitations of online nutrition related information promoted through influencers among the general public. A systematic search of the literature was conducted using electronic databases to locate peer-reviewed studies published between 2014 and 2018 on the themes of nutrition in social media, digital health information and online nutrition information. Based on the findings, the paper will also provide recommendations for health practitioners on ways to utilize the rising power of digital health information to positively impact the public's health.

### **Biography**

Tina Choueiri Chagoury is an independent Clinical Dietician, Health and Nutrition Consultant and Media Spokesperson. She has Bachelors with a BS in Nutrition and Dietetics and a Master's in Public Health with an emphasis in Health Behavior Education from the American University of Beirut. She acted as Cofounder and Chief Clinical Officer at Live'ly L.L.C, an SME specializing in clinical and catering services for weight management that started in Dubai, UAE in 2005. In 2018 she launched her own practice: Tina Nutrition and Wellness Consultancy providing scientific based health and nutrition awareness services through organized campaigns, media outreach and corporate wellness activations in educational and business institutions as well as sports youth clubs and one on one coaching. She hosts regular nutrition segments on local TV channels targeting the general Arab speaking public and mothers and children specifically. Her long experience in the UAE's multicultural setting and in the media has given her special interest in nutrition communication and its effect on behavioral change.

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### **Notes:**