

Title: Use of Nutrition Apps among Dietetic Professionals

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Background: With the increasing use of technology, the use of nutrition apps has grown. The popularity of these apps among consumers has led researchers to question their use among dietetics professionals. There is currently little research and understanding of the use of nutrition apps among professionals in North and South Carolina.

Objective: The purpose of this research is to assess the use of nutrition apps among dietetic professionals in North Carolina and South Carolina to determine whether dietetic professionals are aware of nutrition apps available on the market, whether they use the apps personally or professionally, and how often they use apps.

Methods: 136 participants were included in this study who were either registered dietitians (RD) or dietetic technicians, registered (DTR) from North and South Carolina. Participants completed a brief online survey, which asked age, gender, practice setting, and credentials. Participants then reported their familiarity with 15 nutrition apps, how frequently they used those apps, and whether they used them in a professional or personal setting.

Results: Top three apps currently used were My Fitness Pal, MyPlate, and SparkPeople. Outpatient dietitians reported the highest average number of apps per day for professional use. The 20-29 age range reported the highest average number of apps used per day, 40-49 age used the apps more for personal use and 30-39 age used apps more for professional use.

Conclusions: The app usage of Dietetic professionals is concentrated into about 5 apps, both personal and professional. The rest remain unused or unheard of.

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