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**Title**

Enhancing the value of food therapy: innovative tools and strategies for (self-) assessment from a patients view

**Abstract**

Much of the good work of dieticians and nutritional therapists remain hidden because of a lack of appropriate measurement and follow-up of the outcome. At the same time, much of the own efforts and observations of patients in need of dietary advice remain underused. I will argue that by implicating patients more in the development of the dietary advice, and facilitating them and dieticians with (digital) tools to monitor on a daily basis the progress, the development of better and more personalised dietary advice will be greatly enhanced. The presentation will discuss the example of a personalised Ecological Momentary Assessment method, which is currently being used in the context of fatigue, bowel problems and an intervention with food supplements. It enhances not only the compliance with a certain diet, it also allows for objective conclusions on the efficacy of the intervention through time series analysis. It provides a quick feedback mechanism for dieticians. By aggregating the data through a Health Data Cooperative (following the recent EU General Data Protection Regulation) under the governance of citizens, and interpreting them through Big Data techniques, an acceleration of knowledge development is expected.

**Key references**

Personalised Food: appraisal of the business potential. Final report. Province of Flevoland, Amsterdam Economic Board. pp. 70. ISBN 978-90-807712-0-8 (Remmers, G.G.A., 2014) In Dutch

**Key messages**

- Patients / citizens are crucial knowledge partners
- There is a tool available to monitor the effectiveness of a nutritional intervention.
- To kick start we look for (groups of) dieticians that want to start using this tool