

A Desk Review of 377 child nutrition smartphone applications available on Google playstore

There are many smartphone-based apps available that provide information on parenting, child nutrition, and child health. Here, we have made an effort to examine some of the Google Play Store's child nutrition apps, with a particular emphasis on those geared for kids under the age of five. "Child nutrition," "evaluation of child nutrition status," and "parenting" were the search terms utilised. A total of 377 apps were found in the Play Store, and 33 of those were eligible for review. Thirty-three apps total; 19 apps failed to cite the source of their material, and three apps had not been updated in the previous three months. Four of the apps did not require the child's name, birthdate, or gender to log in. There were 23 apps that were exclusively available in English. Food, growth, development, and immunisation trackers, data export, reminders, meal planner, feeding advice, list of foods, recipe details, information on nutrients, and question-and-answer sessions with experts were among the output features of the apps that were chosen. Only eight applications offered access to expert assistance, and only three offered suggestions for the child's nutritional needs. Despite the fact that the feature type varies, three apps received comparable feature scores. Findings from this analysis imply that the apps don't adhere to any standard procedures for giving carers information on infant nutrition. The lack of uniform guidelines or policy documents for child nutrition app development is indicated by the fact that about 50% of apps failed to specify the source that was considered during their creation. It is advised to conduct app-based intervention studies to evaluate the efficacy of child nutrition/health smartphone apps.

The output features of the selected apps were food, growth, development and vaccine trackers, data export, reminders, meal planner, feeding tips, list of food, recipes details, about nutrients and question/answer with the expert. Only eight apps gave access to consultation with experts and three suggested nutrient requirements of the child. Three apps have scored similar based on features, although the feature type differs. Findings from this review suggest that the apps don't follow any uniform guidelines for delivering the child nutrition information to the caregivers. About 50% of apps didn't mention the consulted source for its development, indicating the unavailability of uniform guidelines or policy documents for child nutrition app development. App-based intervention studies are recommended to assess the effectiveness of child nutrition/health smartphone applications.