Table 1

Types of Technologies Used in the Management of Obesity

<table>
<thead>
<tr>
<th>Technology Type</th>
<th>Description</th>
<th>Studies Reviewed (N = 23)</th>
<th>Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telehealth/telemedicine</td>
<td>Use of video and telephone-based technologies to provide health education, provide health coaching, and encourage behavior modification</td>
<td>5 (21.7%)</td>
<td>Sherwood et al. 2010, Kim et al. 2010, Gerber et al. 2013, Ahrendt et al. 2014, Pronk et al. 2011</td>
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<tr>
<td>Wearable technology</td>
<td>A wearable device that provides information and feedback on daily physical activity and energy expenditure and is typically used in conjunction with a web-based platform for easy recording of data</td>
<td>1 (4.3%)</td>
<td>Archer et al. 2012</td>
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<tr>
<td>Mobile health</td>
<td>Use of smartphones, cellphones, and other handheld mobile devices and applications used to track and monitor diet and physical activity; may also include the use of text messages and SMS to provide reminders or encourage certain behaviors</td>
<td>11 (47.8%)</td>
<td>Burke et al. 2012, Shapiro et al. 2012, Allen et al. 2013, Bouhaidar et al. 2013, Spring et al. 2013, Steinberg et al. 2013, Thomas and Wing 2013, Turner-McGrievy et al. 2013, Svetkey et al. 2015, Kim et al. 2017, Stephens et al. 2017</td>
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</tbody>
</table>

Sources:


