People in the United States are living more of their lives online. Increasingly, we interact socially, shop and track our monitor diets. For many people, carrying around a smartphone and checking the data makes it easy to access the information we need to live healthy lifestyles. Weight control is ultimately the track of individuals and families, in which the Centers for Disease Control and Prevention (CDC) and other health care and education agencies of the United States are tracking weight and obesity. This is why weight control is an important public health concern. Researchers are focusing on ways to help people live to their healthiest weight and energy possible. Researchers are finding ways to use personal data to help people live healthier lives. The intersection of the use of mobile devices and how they can be used to deliver health care information and services is called “mobile health” (or “mHealth”). It allows easy access to health care at any time and any place. To help health care providers more accurately and effectively deliver health care information and services, the population health research community has created an extensive library we’ve developed. The messages are personalized by the reader’s past behavior and the reader’s “behaviorspace.” mHealth technology has the potential to be a ‘coach in your pocket.’"}

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