

# From personal informatics to personal analytics: Using personal data to facilitate self-management of diabetes

The increasing abundance of personal data related to health and wellness presents new opportunities for discovery and insight and can help individuals learn from their own experiences, as well as from experiences of others. These trends inspired active research in machine learning and data mining; they also present new opportunities for research in interactive systems. There remain many open questions as to how to design interactive solutions that leverage new streams of personal and social data and new data science capabilities to promote self-management of chronic diseases. In my research, I investigate these questions in the context of self-management of type 2 diabetes, and, specifically, nutrition management. In this talk I will discuss several ongoing research initiatives that strive to help individuals make informed choices by reflecting on the past, anticipating the future, and learning from others.



## **Lena Mamykina** PhD

Florence Irving Assistant Professor of Biomedical Informatics  
Columbia University

Dr. Mamykina's broad research interests include an individual's sensemaking and problem-solving in context of health management, collective sensemaking within online health support communities, clinical reasoning and decision-making, communication and coordination of work in clinical teams, and ways to support these practices with informatics interventions. She also focuses on analysis of health information technologies and how they are used among critical care teams, as well as social computing platforms for facilitating knowledge sharing within clinical communities, and within online health support groups. Dr. Mamykina was nominated twice for best paper at the ACM SIGCHI conference on Human Factors in Computing Systems and won the IBM Research Division Award for Outstanding Contribution as a Summer Student.

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**March 7 | noon - 1:00 pm**  
**Room 1055, Claudia Nance Rollins Building**  
**Rollins School of Public Health**

Food will be served