A Quick Recap: Day 1 of the AI in Obesity Care Workshop

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Day 1 Summary Without the Help of AI

- If you haven't heard, there is this thing called AI
- AI is actually an umbrella term encompassing a great variety of methods/approaches, ranging from the data-driven to the mechanistic
- Think of AI in the ecosystem with proper validation needed
- Yes, AI can lie. ChatGPT also seems to really like cats.
- Impact of AI can range from very positive to very negative, depending on how ethical considerations are addressed
- AI has tremendous potential to transform obesity-related research and healthcare systems
- Obesity prevention should address the whole system beyond the individual and AI can help with this
- Wearables with AI will be an important part of the ecosystem for precision preventative care