

# 8 KEY TERMS TO KNOW IN DIGITAL HEALTH

## DIGITAL HEALTH:

The use of technology to help improve individuals' health and wellness, such as wearable gadgets, mobile health apps, even robotic carers



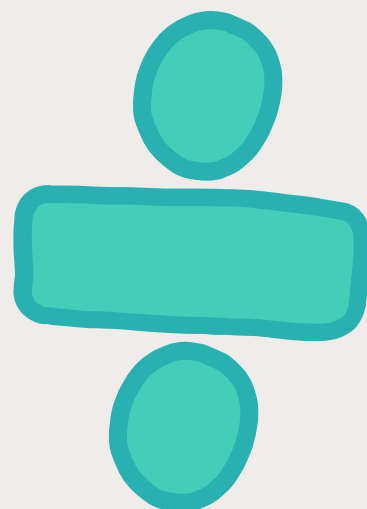
## DIGITAL RIGHTS:

The universal human rights that protect everyone, regardless of background, in digital spaces. For example, the rights to health, privacy, dignity and freedom from stigma and discrimination.



## DIGITAL DIVIDE:

The gap that exists between individuals who have access to modern information and communication technology and those who lack access.



## DATA:

Facts and statistics used to analyze patterns, for calculations and decisions. Examples of data include your age, date of birth, name, ID number, phone number.

## BIG DATA:

Data set too large to be captured, managed and processed by traditional software, and too large to store on a single computer server. E.g. Censuses and national health surveys





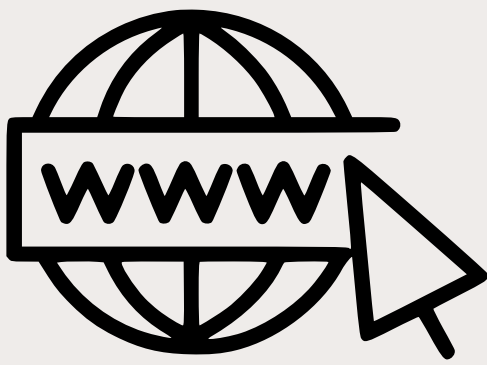
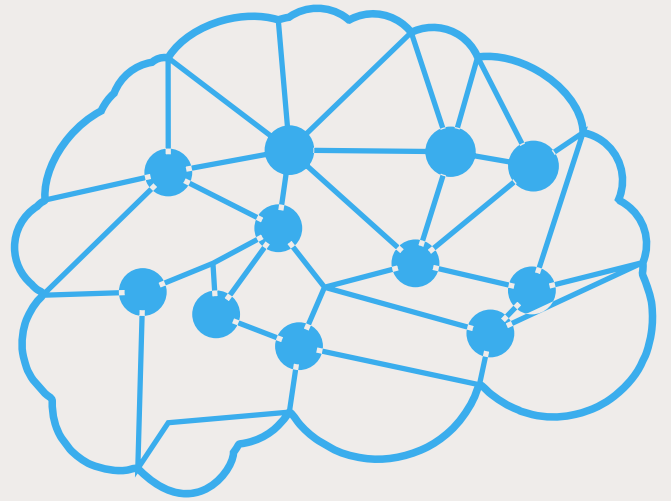
## METADATA:

Data that describes other data. Examples of metadata include time and location of a photo. Using metadata, it can be possible to predict a user's future behavior.

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## ARTIFICIAL INTELLIGENCE (AI):

Computer systems that perform tasks normally requiring human intelligence, making predictions or recommending decisions based on analysis of data.



## COOKIES:

Small files (or blocks of data) that a website sends to your device to enable them to monitor (or “track”) you, what you do, and what other sites you visit.

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### TO LEARN MORE ABOUT THESE TOPICS:

- What is digital health? Everything you need to know about the future of healthcare: <https://www.zdnet.com/article/what-is-digital-health/>
- A Beginner's Guide to Digital Health: <https://medium.com/that-medic-network/a-beginners-guide-to-digital-health-f7fa6b9ecf08>
- Digital Health For Dummies: <https://www.forbes.com/sites/johnnosta/2013/05/19/digital-health-for-dummies/?sh=d63f2ca7a1cd>
- The Data Detox Kit, Tactical Tech: <https://tacticaltech.org/projects/data-detox-kit>
- Why every website wants you to accept its cookies, Vox: <https://www.vox.com/recode/2019/12/10/18656519/what-are-cookies-website-tracking-gdpr-privacy>
- Digital Health and Rights: A Participatory Action Research Project: <https://www.graduateinstitute.ch/DigitalHealth-Rights>
- What is digital divide?: <http://www.digitaldividecouncil.com/what-is-the-digital-divide/>