It is essential for people with disabilities and chronic conditions to optimize their quality of life through health promotion and self-management behavior.

**Research Interests**
- Develop health promotion interventions (e.g., healthy eating)
- Develop self-management capacity
- Applied technology (m-health, e-health, chatbot) to support an individual’s health behavior change and self-management
- Develop AI tools to support an individual’s health behavior change, self-management, and social participation

**Current Projects**
- Online intervention of a physically active lifestyle of people with multiple sclerosis
- A self-management app intervention
- Rural veteran wellness study

**Keywords**
Disability, health promotion, self-management, psycho-social adjustment, quality of life

**Interest Areas for Collaboration/Future Work**
Dr. Chiu is interested in working with nutrition scientists and AI scientists to empower people with disabilities and chronic conditions to manage their eating and diet.