

# Smart Health: An Android Application For Self Care

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## Abstract

*There are many people who ignore health concerns especially in their eating habits. This has made the number of diseases found in society, especially non communicable dis-eases (NCDs) such as diabetes, hypertension, and cancer drastically increase every year. Rapid developments in technology have encouraged the use of smartphones in health promotion research and practice. The researchers would like to propose Smart Health, an Android application for self-care. The main purpose is to help users have better eating habits and a healthier lifestyle.*

**Keywords:-** Android application, healthy food, NCDs(Non Communicable Diseases), Nutrition, Self-care

## 1. Introduction

Smart Health is developed to support users, especially patients with NCDs dis-eases, to record their eating habits. Also, analyze nutrition and calories each day for users to be able to maintain their food intake and heal their ill health condition. The list of food in the application was got from various books such as healthy food, food for di-abetic patients, and food that use to prevent from diseases. Lastly, the researchers would like to encourage people to pay more attention to the food that they eat. According to the statement "We are what we eat" refers to people having a healthy well-being with the food that they eat everyday.

## 2. Importance of Research

1. To help users have better eating habits.
2. To provides users healthier lifestyle.
3. To keep their daily personal health and food records of food intake.
4. To manage users total nutrition and calories taken for a healthier lifestyle.

## 3. Review of Existing Methods

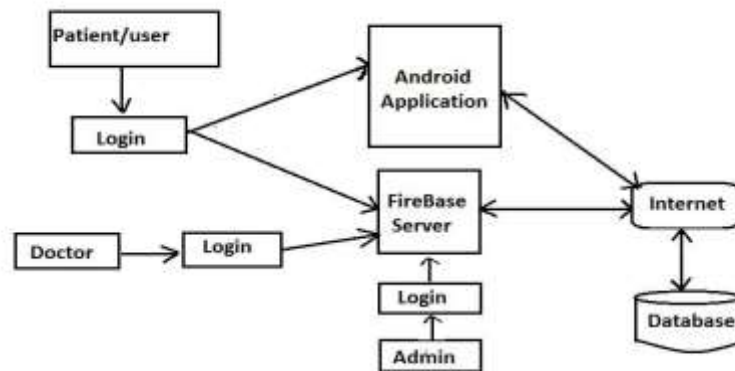
There Are various method of Health Care System.out of which some are listed over here:

Natnicha Suthumchai, Sirin Thongsukh, Pacharamai Yusuksataporn, Songsri Tangsripairoj(2016) FoodForCare: An Android Application for Self-Care with Healthy Food.

Mohamad Alloghani, Abir Hussain, Dhiya AL-Jumeily, Paul Fergus, Omar Abuel-maathi, Hani Hamden(2016) A Mobile Health Monitoring Application For Obesity Management And Control Using The Internet Of Things.

## 4. Proposed System

This application can give an overview on food calories and nutrition so that they can eat wisely. This application provides the health tips for the users for better healthy lifestyle recommended by the doctor. This application also provides monthly report to the user through doctor on basis of users record.



**Fig. System Architecture**

Finally, the development of this application hopes to help all people in order to manage their total nutrition and calories taken for a healthier lifestyle and will directly decrease the number of people who are getting diseases caused from a disorder of food and nutrition

**User/Patient:**The user can access android application. To do this the user have to login rst. User can access various features on the application like to view the noti cation, and read the various tips provided by the doctor. The application is to make the interaction between the User and Patients.

**Doctor:**The Doctor can login into the application and can access the various features. Doctor provides the various health related tips to the user. Also the provides the monthly report to User on the basis of user pro le.

**Admin:**The admin can add or remove the various users i.e. User/Patients and Doctor. All the privileges are with admin. Admin provides the authentication to each an every user to increase the security level.

**Firebase:**Most applications need to know the identity of a user. Knowing a user's identity allows an app to provide a customized experience and grant them permissions to access their data. The process of proving a user's identity is called authentication. Firebase provides a full set of authentication op-tions out-of-the-box.

**Database:**The database is stored on the rebase. All the data of application stored in the database.

## 5. Conclusion

Our project aims to introduce the idea of self care with healthy food by having an android application that help improved eating habit of people to be better. Smart Health plays a role as an application that provides user with features such as record food intake, analysis of calo-ries consumed, body measurement based on calculation of user's BMR, etc.That means, user could know his body measurement status, calories consumed in each day, and learned to aware or maintain with the con-quence. Smart Health also provides health tips and monthly report to user, which suggested by the doctor. All in all, the application could help reduce the number of patients who get the diseases from eating disorder and change behavior of people to have a healthier eating habit.

## References

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