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Development of a computer tailored nutrition application software on Cardio-vascular diseases

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ABSTRACT

Diabetes is India's number one disease making it as diabetic capital. It is therefore essential to condense its likelihood and the best way to do so is education. Only education can reduce the occurrence as well as can help in better management of the disease. Education helps the user in controlling the modifiable factors so that the risk can be reduced. With the help of present software user can understand different aspects of the diseases from theoretical as well as practical point of view. In practical side, user can create his/her profile and accordingly obtain results on BMI and health risk according to the waist hip ratio classification, similarly he/she can judge his/ her knowledge or risk in the disease so that he/ she can take preventive measures in future. Biochemical presentation shows disease status whether improving or declining with the help of diary maintenance. Tracking diet and activity are equally important so as to understand the concept of energy balance. The developed software was evaluated on different criteria by a panel of 18 experts on five point scale ranging from very good to very poor for most of the parameters and in majority of section, it secured the MWS above 4.61 *i.e.* which justifies the significance of the developed system.

Key words : Software, Users, Cardio vascular diseases

INTRODUCTION

“A healthy body is the guest chamber for the soul and a sick body is a prison”.

Health is one of the fundamental human rights. Without health, life is deprived of much of its joy and pleasures. In order to know the ways of preserving and promoting health as well as preventing and trouncing diseases, it is rather necessary to understand the trio of health, nutrition and disease.

Progress in technological development, industrialization and economic conditions have in addition to increasing the standard of living of people created changes in food habits and lifestyle leading to health problems. The health problems that parallel economic development are largely those of chronic diseases such as cardio-vascular diseases, diabetes mellitus and cancer.

Cardiovascular disease is a complex and multifunctional diseases characterized by many factors such as high cholesterol, hypertension, increase in blood

clotting time and increased platelet aggregation. No single factor is an absolute cause for coronary heart disease, many factors are interrelated and the extents to which they are present increase the risk to the disease.

New technologies like computer software provide opportunities to nutrition educators, to enhance communication efforts which can improve the health and well being of people everywhere. Computer technologies are providing viable means of exchanging nutrition information among professionals and informing and influencing the public.

MATERIALS AND METHODS

Step 1 : Locale of the study: Planning and development of the system was carried out at College of Home Science, Udaipur.

The study was conducted in two phases.

Phase I: Development of software

Phase II: Evaluation of the developed system