

Health Mobile Application “HEMA”

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Overweight and obesity (defined as body mass index of 25-29.9kg/m² and body mass index equal or greater than 30 kg/m², respectively) have become an epidemic affecting large population worldwide. According to the WHO, in 2005 about 1.6 billion adults were overweight of whom at least 400 million were obese (WHO, 2010). At least 2.8 million people die each year as a result of being overweight or obese, and it is estimated that 35.8 million (2.3%) of global DALYs (disability- adjusted life years) are caused by overweight or obesity (WHO, n.d).

We designed “HEMA”; Health Mobile Application in an attempt to combat obesity; reach out to a wider section of the population and provide an alternative to the traditional health/obesity public health campaigns. The application covers areas of nutrition, health awareness, behavioral change, tailor made for UAE nationals based on their food choices, habits, physical activity routines and their health related conditions. The application is considered to be educational. It also helps people track their nutritional status, and provides recommendations on calorie intake and physical activity based on their nutritional and health status. Additionally, the application includes a cook book that contains healthy versions of local meals, meals for special conditions, such as diabetes, high blood pressure, and cholesterol, and healthy meals for children. The recipes will contain nutritional information: calorie, fat and sugar content.