Study on the Active Aging Nutrition
Diet Mobile Service

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Abstract. This paper proposes bio-PBR (Personal Bio Record) platform based silver health care cluster system for an aging society and Silver B2B market creation. The main function implemented in proposed system works with EMR data for the institution receiving the vital signs information and providing effective nutrition and exercise regimen through the algorithm. This system support hospital management system and nursing homes, silver town, senior centers through cooperation hospital. It implemented a possible PBR platforms and services to the biotechnology and SW fusion technology through the health cluster system.

Keywords: U-Health, PBR, Well-being, Health Care, Mobile Service

1 Introduction

In recent years, it is increasing in the silver generation that the measure of happiness in life is more physical and mental health life (Well-being) than the material value [1].

As the changing of the mobile technologies popularity and the increasing of aging population and the spread of chronic disease let the more personal daily health management [2] and fitness physical training [3],[4] than the traditional hospital centered health care. So that provide the mobile based new private health care service and the new health care practice calls mHelath [5].

In this paper, we proposed health care standard information and security system based diet menu sharing business model.
2 Related Researches

2.1 Platform based silver generation healthcare cluster system

In previous studies, we implement a bio-based platform PBR silver three health cluster system, as shown in Figure 1.

![Platform based Silver Generation Health Cluster Model](image)

**Fig. 1.** Platform based Silver Generation Health Cluster Model

Overall system was mainly composed of two systems and it was accompanying business service model. One of system component is bio information based PBR platform, and the features are as follows:

- The first is personal biometric information linkage technology based PBR platform. And the system key features are as follows:
  - The first is connecting daily health care information and hospital’s EMR system.
  - The second is hospital’s EMR system manage the user’s daily health care information and provide user’s status real time monitoring. The third is provide data analysis and connection for the user diet menu. The fourth is provide information standard and private authentication.

The other system component is UI and UX based user mobile application service, and the features are as follows:

- The first is provide mobile service of bio inspection results. The second is provide diet menu service with the nutrition expert’s feedback base of personal bio information diet menu service. The third is provide PBR platform based silver generation
health status monitoring service. The fourth is provide service of the health care communication in silver generation.

2.2 Silver generation Personalized diet food menu service

In previous studies we have implemented personalized diet food output process, as shown in Figure 2.

![Fig. 2. Output of necessary nutrition](image)

Finally, provide the extractable and favorite diet menu by scoring with necessary nutrients by Impact Factors, as shown in Figure 3.

![Fig. 3. User favorite diet food menu](image)

In this paper, we propose a model of mobile based diet menu service and personalized health care cluster model for the silver generation.
3 Service model implementation

The proposed diet menu service model as follows.

As the first part is upload personal bio information through the mobile application what was measured by medical device or input with personal health related data. The second part is online doctor’s personal health care service at the case of user’s request with the personal health information. And the doctor monitoring user’s daily health status and provide medical advice when the user is not well. The third part is diet food menu service, the user request diet food menu base of doctor’s advice of personal health and the global nutritionist will provide several diet menu, the proposed system will provide fitness diet menu to the user and the user finally select favorite menu among the list.

The last part is silver generation communication platform. Using this mobile communication platform, user should sharing personal health information, photos and contact with other users.

4 Conclusions

In this paper, we proposed mobile based silver generation fitness diet food menu model and this model not only provide silver generation health care service but also provide doctor and nutritionist service part. As the result this model fit to the growth of the health care industry and next research model will be a cloud based diet food menu.

References