



How to cite this article:

Kamarudin, N. A., Abd Razak, R. & Dahari, R. (2025). Personalised Information System for Healthy Eating and Weight Loss. *Journal of Digital System Development*, 3(1), 45-56. <https://doi.org/10.32890/jdsd2025.3.1.4>

## **PERSONALISED INFORMATION SYSTEM FOR HEALTHY EATING AND WEIGHT LOSS**

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Received: 12/2/2025

Revised: 27/3/2025

Accepted: 6/4/2025

Published: 28/4/2025

### **ABSTRACT**

The rise in health awareness has driven the need for digital solutions to support personalised dietary management and weight loss. Existing digital health solutions lack personalised dietary and weight management strategies, which limits their effectiveness. This study develops and evaluates a Personalised Information System for Healthy Eating and Weight Loss, incorporating structured health assessments, AI-driven meal planning, and exercise recommendations tailored to user-specific data such as BMI, dietary preferences, and activity levels. Using the Waterfall model, the system was designed and tested through an online survey involving 30 respondents, which assessed five key factors: ease of Use, Usefulness, User Interface Design, User Satisfaction, and System Performance. Results indicate that 78.7% of users found the system highly useful, 86.7% praised its intuitive interface, and 90% expressed overall satisfaction. Correlation analysis reveals a strong positive relationship ( $r = 0.72$ ) between ease of use and perceived usefulness, underscoring the potential of this relationship to foster long-term engagement. While digital health tools often lack adaptive recommendations, this study addresses this gap by integrating real-time feedback and AI-driven customisation. Future enhancements include integrating wearable devices and expanded meal plan options to optimise the user experience.

**Keywords:** Personalised nutrition, weight management, healthy eating, user experience, digital health system

## INTRODUCTION

Maintaining a healthy lifestyle has become an essential priority in modern society as obesity and diet-related diseases continue to rise globally. According to the World Health Organisation (WHO, 2021), non-communicable diseases such as diabetes, cardiovascular conditions, and obesity-related complications account for a significant proportion of global mortality rates. This alarming trend underscores the urgent need for effective dietary interventions and personalised health solutions to help individuals achieve and maintain a balanced diet.

Traditional weight management methods often rely on generic recommendations that fail to consider individuals' unique physiological and lifestyle differences. However, digital health technology advancements have led to personalised nutrition systems leveraging user-specific data such as body mass index (BMI), dietary habits, and activity levels to generate customised health recommendations (Bray et al., 2020). These systems bridge the gap between general dietary guidelines and individualised health needs by offering tailored meal plans and exercise regimens.

With the increasing accessibility of smartphones and mobile applications, digital health solutions have gained widespread popularity. Research by Smith et al. (2022) suggests that mobile health applications significantly improve adherence to dietary and exercise plans by providing real-time feedback, tracking progress, and offering motivation through personalised insights. This shift towards technology-driven health management underscores the potential of digital tools in fostering long-term behavioural change among users. Industry adoption of AI-driven digital health applications has also accelerated in recent years. Companies like Noom and MyFitnessPal have demonstrated how behavioural insights combined with machine learning can enhance dietary adherence and long-term weight management (Dachis, 2021). Similarly, the Weight Watchers Digital Program has integrated real-time tracking and adaptive meal recommendations, significantly improving user engagement and retention rates (WW International, 2022).

Despite these advancements, challenges remain in ensuring user engagement and long-term adherence to personalised nutrition programs. Many existing applications fail to provide adaptive recommendations that evolve based on user progress and behavioural patterns. A study by Kim et al. (2021) emphasised that digital health systems must integrate machine learning and artificial intelligence (AI) to continuously refine dietary and exercise suggestions, enhancing user experience and effectiveness.

Another critical aspect of digital health solutions is data security and user privacy. As personalised nutrition systems collect sensitive health-related information, robust data protection measures must be in place to safeguard user privacy. Jones White (2023) states that implementing encryption and secure authentication mechanisms is crucial to maintaining user trust and ensuring compliance with global data protection regulations, such as the General Data Protection Regulation (GDPR).

The Personalised Information System for Healthy Eating and Weight Loss developed in this study aims to address these challenges by integrating AI-driven recommendations, real-time feedback, and strong security protocols. This system is designed to enhance user engagement through interactive features, including goal setting, progress tracking, and personalised health insights. By leveraging advanced computational models, the system provides a holistic nutrition and weight management approach, ensuring users receive the most relevant and practical guidance (Anderson & Peterson, 2021).

This study evaluates the usability, effectiveness, and user experience of the developed system. A survey was conducted among 30 respondents to assess key factors, including ease of use, perceived usefulness,

user satisfaction, and interface design. The findings contribute valuable insights into how personalised health systems can be optimised for better adoption and long-term engagement (Lee et al., 2023).

This paper is organised into six sections. Following this introduction, Section 2 reviews related studies, analysing existing research in digital health applications and personalised nutrition systems. Section 3 presents the methodology, detailing the design and implementation of the system. Section 4 discusses the development phase, including system modelling and functionality. Section 5 highlights the analysis and findings derived from user evaluations. Finally, Section 6 discusses the system's impact, limitations, and recommendations for future improvements.

## **RELATED STUDIES**

The emergence of digital health technologies has spurred extensive research on personalised nutrition and weight management applications. Prior studies have shown that digital interventions can significantly impact dietary adherence and physical health outcomes. For instance, a study by Wang et al. (2021) demonstrated that mobile applications with AI-driven meal recommendations improved users' adherence to a balanced diet by 30% compared to traditional dietary tracking methods. Similarly, Brown Miller (2020) highlighted that users of wearable-integrated health applications exhibited greater engagement in personalised dietary plans, reinforcing the role of real-time tracking in sustaining healthy habits.

Industry case studies further support these findings. Noom, a mobile health platform, has demonstrated that behavioural psychology combined with AI-driven coaching can enhance weight loss success rates (Dachis, 2021). Their study revealed that 78% of users sustained weight loss for over 12 months, indicating the potential of personalised digital health coaching. Meanwhile, Fitbit and Apple Health have successfully integrated wearable tracking and AI-powered recommendations, increasing users' physical activity levels (Apple Inc., 2023; Fitbit, 2022).

Despite these advancements, existing digital health solutions exhibit several limitations. A key issue is the lack of personalisation in dietary and exercise recommendations. Many applications fail to consider individual physiological differences, genetic predispositions, and behavioural psychology, limiting the effectiveness of their suggestions (Johnson et al., 2022). Personalised health management should incorporate these factors to deliver genuinely individualised guidance.

Another critical limitation is the current application's lack of adaptive and dynamic learning. Research by Kim et al. (2021) suggests that most digital health tools provide static recommendations that do not adapt to user progress, leading to disengagement over time. Users may abandon these applications prematurely without continuous refinement based on behavioural patterns, dietary preferences, and goal achievements.

Additionally, while mobile health applications have improved dietary adherence (Smith et al., 2022), many lack AI-driven insights and integration with wearable devices, which could significantly enhance user engagement and real-time feedback. Miller Roberts (2023) suggests incorporating machine learning algorithms and real-time biometric data from smart devices can enable more precise, context-aware health recommendations.

This study seeks to address these gaps by developing a more dynamic, AI-enhanced, and user-centric approach to personalised nutrition and weight management. By integrating adaptive learning, real-time feedback, and wearable device compatibility, the proposed system aims to offer a more effective and engaging solution for long-term health management.

## **METHODOLOGY**

This study employs a systematic approach to ensure the effective development and evaluation of the Personalised Information System for Healthy Eating and Weight Loss. The methodology follows the Waterfall Model, which consists of sequential phases, including requirement analysis, system design, implementation, testing, and maintenance. This structured approach ensures that each phase is completed before progressing to the next, reducing development risks and ensuring a well-documented process (Pressman & Maxim, 2020).

The requirement analysis phase involved a combination of literature reviews and user surveys to determine key functional and non-functional requirements. A survey of 30 participants was conducted to gather insights into user expectations, dietary challenges, and preferred features for a personalised health application. The findings were analysed to define the system's core functionalities, including user registration, BMI calculation, meal recommendations, and exercise tracking.

During the system design phase, the system architecture was structured into three primary layers: the presentation layer for user interaction, the application layer for processing logic, and the database layer for storing user data securely. The presentation layer was developed to provide an intuitive interface, enabling users to easily input and track their health information. The application layer utilises rule-based logic to generate personalised meal and exercise recommendations, ensuring tailored suggestions based on user profiles. The database layer stores user profiles, meal records, and exercise data, ensuring data integrity and security using encryption mechanisms (Pressman & Maxim, 2020).

The implementation phase involved developing the system using web technologies such as HTML, CSS, and JavaScript for the front end, while Python and Flask were used for back-end operations. The database was managed using Mysql to store and retrieve user information efficiently. The system was integrated with an AI-driven recommendation engine that dynamically adjusts meal and exercise plans based on user feedback and progress. A feedback mechanism also allowed users to rate meal recommendations, helping refine system-generated suggestions over time.

The testing phase comprised multiple levels, including unit testing, integration testing, and user acceptance testing (UAT). Unit testing was conducted to validate individual components of the system, ensuring each function operates as expected. Integration testing was performed to verify seamless interactions between system modules, preventing data inconsistencies. Finally, UAT was conducted with a selected user group to evaluate usability, performance, and overall satisfaction.

The system was evaluated through a structured survey measuring five key factors: Ease of Use, Usefulness, User Interface Design, User Satisfaction, and System Performance. A Likert-scale questionnaire was used to assess user experience, while correlation analysis was conducted to identify relationships between usability factors and user adoption intent. While 30 respondents were included in the survey, studies by Nielsen & Landauer (1993) and Faulkner (2003) indicate that a sample size of 30 is adequate for usability testing, as it identifies at least 85% of significant usability problems in an application. Furthermore, Virzi (1992) suggests that smaller usability studies can yield reliable insights if responses show consistent patterns. Therefore, while this study acknowledges the limitations of a smaller sample size, the findings remain valuable in assessing the system's usability and user experience.

The final phase focused on maintenance and future improvements. User feedback collected from the evaluation stage guided the refinement of system functionalities, with planned updates to integrate wearable device support and enhance AI-driven personalisation. Future iterations aim to expand the food

database to include diverse dietary preferences and cultural meal variations. As Bass et al. (2015) suggest, continuous refinement and iterative updates are essential for ensuring long-term user engagement and system effectiveness.

## **DEVELOPMENT**

Developing the Personalised Information System for Healthy Eating and Weight Loss was guided by user-centric design principles to ensure accessibility, functionality, and efficiency. The process began with a thorough requirements analysis, ensuring that the system's functionalities aligned with users' needs, followed by selecting tools and technologies to use. Table 1 below summarises the key requirements of the system.

The correct modelling methodology and tools are essential for visualising and modelling the application's requirements. In this study, the requirements were visualised and modelled using UML. Figure 1 illustrates the use case diagram, showing the interactions between actors and the primary use cases. Users can register, log in, set goals, calculate BMI, and receive health recommendations. Each function is interconnected to ensure a seamless user experience. The diagram highlights the critical interactions, ensuring system development aligns with user needs.

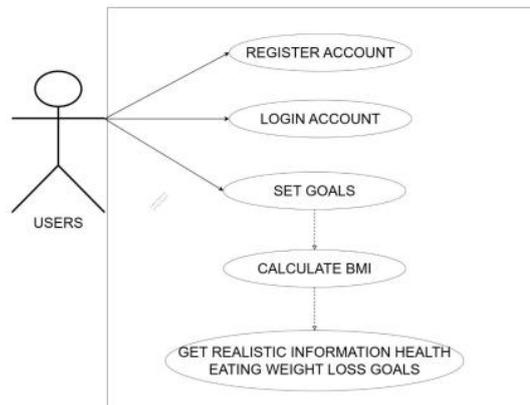
**Table 1**

*Key Requirements of Personalised Information Systems for Healthy Eating and Weight Loss*

Requirement ID	Requirement Description
RQ01	Users must be able to register and log in securely.
RQ02	The system should allow users to set personalised health goals.
RQ03	BMI calculation must be accurate based on user inputs.
RQ04	The system should provide meal and exercise recommendations.
RQ05	Users should be able to track their progress over time.
RQ06	The interface should be user-friendly and intuitive.
RQ07	Secure data storage and encryption must be implemented.
RQ08	The system should provide educational health content.

**Figure 1**

*A Use Case Diagram of Personalised Information System for Healthy Eating and Weight Loss*



Sequence diagrams show how events or activities in a use case are mapped into operations of object classes in the class diagram. As shown in Figure 2, the user registration process begins with navigating to the registration page by clicking the "Register" button, where the system requests the user to enter a username and password and confirm the password. After completing all mandatory fields, the user clicks the "Register" button. The user will then sign in to confirm their identity and verify that they are the authorised user of the account. If the provided username and password are already registered, the user is prompted to use different credentials or recover their existing account. Once registration is successful, a new user account is created, and the user can log in using the registered username and password. The rules stipulate that each username is unique to one person, and passwords must contain special characters, capital letters, numbers, and lowercase letters.

**Figure 2**

*Sequence diagram of Register Account for Personalised Information System for Healthy Eating and Weight Loss*

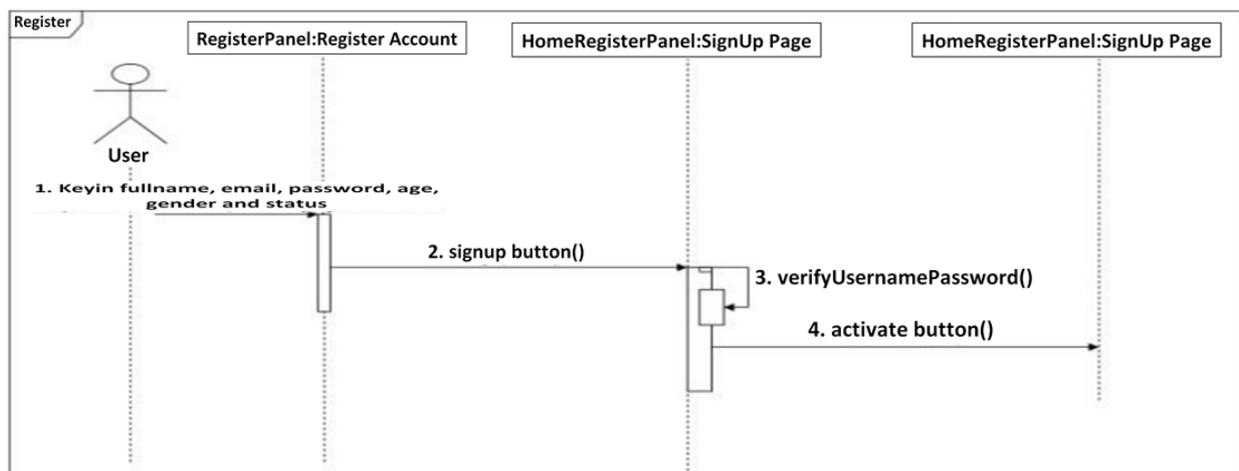
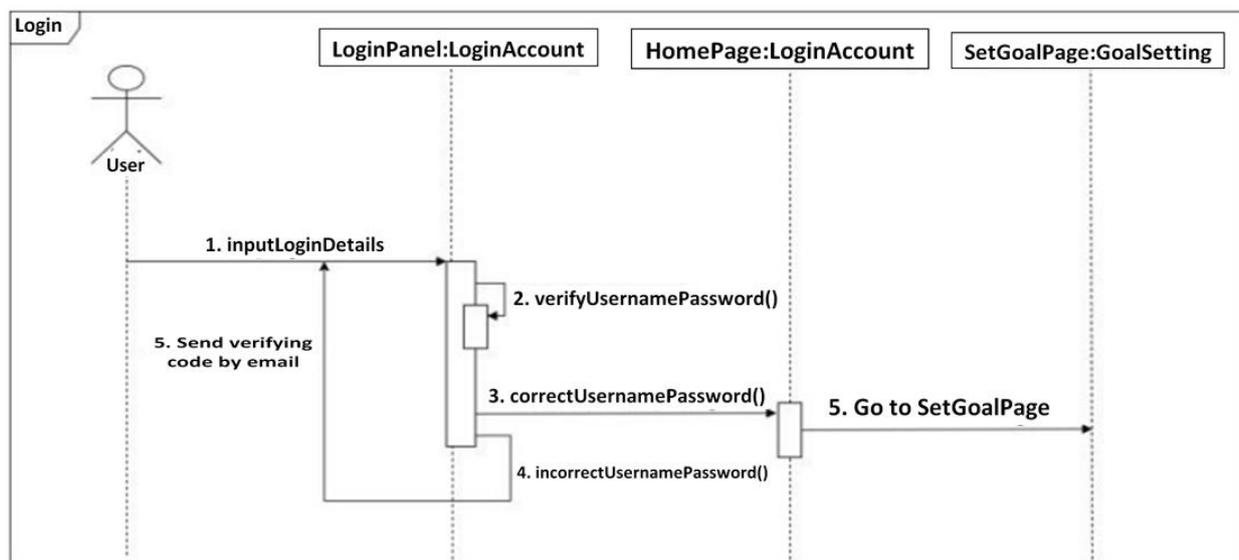


Figure 3 shows that the user navigates to the login page or screen, enters the username and password correctly, and clicks the 'Sign in' button to log into the system. The system then checks the credentials for accuracy. If verified, the user is directed to the homepage. Otherwise, the user receives an error message due to invalid credentials and is prompted to re-enter the correct username/email and password, possibly setting a new password. In case of technical issues, the system displays 'The password or username is incorrect' if the credentials are wrong. If successful, the user is logged into their account and gains access to the system's functionalities; if unsuccessful, the user remains on the login page with an error message.

Figure 4 illustrates that users must accurately enter their weight (in kilograms) and height (in meters). The application will display the user's current BMI, categorising it as underweight, normal weight, overweight, or obese. Users can choose to click a button for healthy eating or exercise guidelines. If the user clicks the "Healthy Eating" button, it will provide a balanced diet plan for breakfast, lunch, and dinner tailored to the user's BMI category. If the user clicks the exercise button, it will recommend regular physical activities and exercises suited to the user's BMI category. The system validates the entered goals for feasibility and healthiness, and the validated goals are saved in the user's profile within the system.

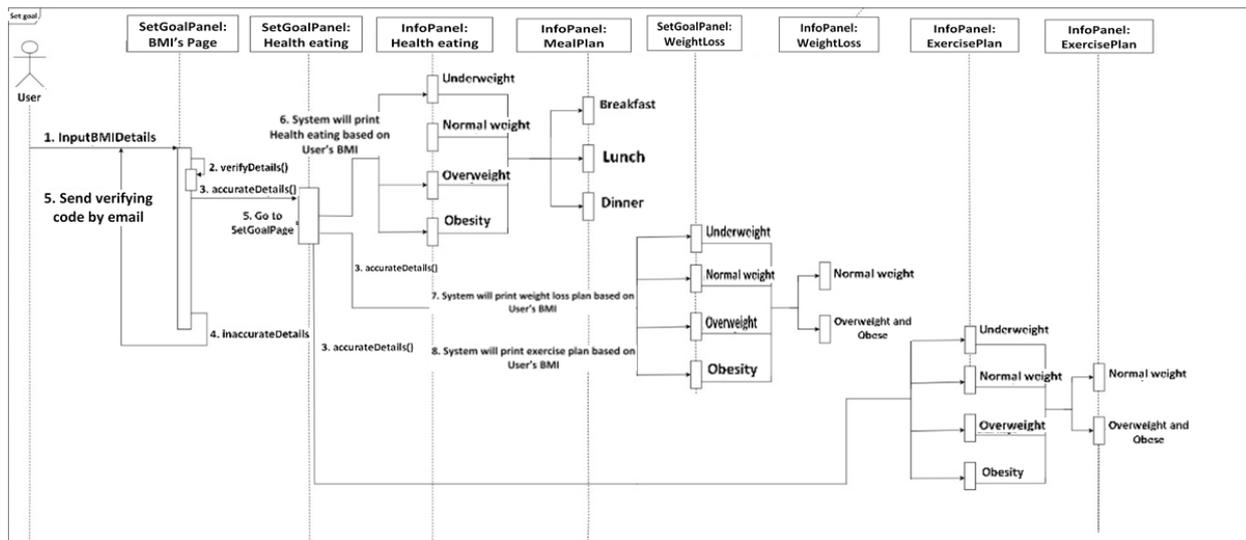
**Figure 3**

*Sequence diagram of Login Account for Personalised Information System for Healthy Eating and Weight Loss*



**Figure 4**

*Sequence diagram of Set Goal for Personalised Information System for Healthy Eating and Weight Loss*



The system was implemented as a mobile application with a user-friendly interface designed using Figma. The application comprises several core modules to support users in achieving their health objectives.

The **User Registration and Login** module enables users to create an account and securely log in to the system. This ensures that personal data is protected while allowing for personalised recommendations. Users must register before they can proceed with other functionalities.

The **Goal Setting and Progress Tracking** module provides users with an interactive way to define their weight loss or health improvement goals. The system tracks their progress and visualises their achievements in a graphical dashboard, offering motivation and clear indicators of their journey.

The **BMI Calculation and Health Assessment** module enables users to enter their height and weight, which the system uses to calculate their BMI. Based on BMI categories, users receive customised feedback and recommendations to help them maintain or achieve a healthy weight.

The **Personalised Recommendations** module generates tailored meal plans and exercise routines based on BMI and user preferences. The system continually adapts its recommendations based on user progress and feedback, ensuring a dynamic and evolving approach to weight management.

The **Information and Education Module** offers scientifically backed articles and guidance on healthy eating, weight management, and exercise. This module ensures that users can access credible information to support their health journey.

The main page is a centralised dashboard, providing quick access to all core functionalities. Users can navigate easily between BMI calculation, goal tracking, and meal recommendations. The interface is designed clearly, ensuring a smooth and intuitive user experience. The system architecture is built to be scalable, allowing future enhancements such as AI-driven meal planning and integration with wearable health devices. Figure 5 shows the homepage where users can enter their age, weight, and height to

calculate their BMI. Once the information is submitted, the system will display the user's BMI, providing immediate feedback on their health status.

**Figure 5**

*A Main Page of Personalised Information System for Healthy Eating and Weight Loss*



## **FINDINGS OF SYSTEM EVALUATION AND DISCUSSION**

The Personalised Information System for Healthy Eating and Weight Loss was evaluated through a structured survey involving 30 respondents. The study examined five key factors: ease of use, usefulness, user interface design, user satisfaction, and system performance. Respondents provided insights based on their experiences interacting with the system, allowing for a comprehensive assessment of its effectiveness.

A Likert scale was used to measure responses, ranging from "Strongly Agree" to "Strongly Disagree." Table 2 below summarises the respondents' feedback based on the five key evaluation factors. For ease of use, 17 respondents (56.67%) strongly agreed that navigating the app was simple, while 23 respondents (78.7%) found it quick to complete tasks independently. Additionally, 19 respondents (63.3%) indicated that labels and instructions were clear, and another 19 respondents (63.3%) strongly disagreed that tracking meals and workouts was burdensome.

In the usefulness section, 78.7% of respondents strongly agreed that the app effectively met their needs. Similarly, 86.7% found the system reliable, with minimal downtime. Additionally, 73.3% stated that the system operated smoothly without delays. However, 70% of respondents strongly disagreed with the statement that they found it challenging to navigate and use the system daily, further reinforcing its usability.

For user interface design, 86.7% of respondents strongly agreed that the buttons and icons were appropriately positioned and easy to use. Additionally, 73.3% found the font clear and readable. A notable 76.7% strongly disagreed that the layout was confusing, indicating high satisfaction with the design and accessibility.

**Table 2**

*Summarise the Respondents' Feedback*

Evaluation Factor	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Ease of Use	56.67% (17)	26.7% (8)	10% (3)	6.7% (2)	0% (0)
Usefulness	78.7% (23)	10% (3)	6.7% (2)	4.6% (2)	0% (0)
User Interface Design	86.7% (26)	10% (3)	3.3% (1)	0% (0)	0% (0)
User Satisfaction	66.7% (20)	20% (6)	10% (3)	3.3% (1)	0% (0)
System Performance	90% (27)	6.7% (2)	3.3% (1)	0% (0)	0% (0)

User satisfaction revealed that 66.7% of respondents were delighted with the system's personalised recommendations, and an equal percentage stated they would recommend the app to others. Additionally, 66.7% intended to use the system frequently to maintain healthy eating and exercise habits. Furthermore, 90% of respondents strongly disagreed with the notion of disappointment regarding the system's performance, indicating overall intense satisfaction.

Correlation analysis showed a strong positive relationship ( $r = 0.72$ ) between ease of use and perceived usefulness, suggesting that a well-designed interface enhances the system's overall value. Additionally, adoption intent demonstrated a significant correlation ( $r = 0.68$ ) with user satisfaction, implying that higher satisfaction levels contribute to long-term engagement with the system.

While the findings indicate high user satisfaction, respondents suggested further personalisation features, including AI-driven meal recommendations and wearable device integration. Addressing these suggestions in future iterations could improve long-term engagement and usability. The next development phase will expand the meal plan database and refine exercise routines based on diverse user needs. A follow-up usability test will be conducted to assess the impact of these enhancements on overall system adoption.

## CONCLUSION

The findings of this study highlight the effectiveness of the Personalised Information System for Healthy Eating and Weight Loss in supporting individuals in their health and wellness journeys. The system demonstrated high usability, reliability, and user satisfaction, with strong positive correlations between ease of use, usefulness, and adoption intent. The results indicate that personalised recommendations and an intuitive interface significantly contribute to a positive user experience, encouraging continued engagement with the system.

Despite its success, there is still room for further improvement. User feedback suggests integrating AI-driven recommendations and wearable health-tracking features could enhance the system's effectiveness.

Future research should incorporate real-time data analysis and machine learning techniques to provide even more tailored health recommendations.

Moreover, expanding the database of meal plans and exercise routines to accommodate diverse dietary preferences and fitness levels would make the system more inclusive. Ensuring cultural and nutritional diversity in dietary recommendations can enhance accessibility and effectiveness for a broader range of users.

In the long term, the system can serve as a comprehensive digital health assistant, helping users make sustainable lifestyle changes. Continuous enhancements and iterative usability testing will be key to maintaining high user engagement and maximising the system's impact. Future studies should further explore the integration of social features, such as community support and expert consultations, to motivate users in their health and wellness journeys.

Overall, the Personalised Information System for Healthy Eating and Weight Loss has demonstrated promising results in helping users manage their health effectively. With continuous improvements and technological advancements, it has the potential to become an indispensable tool in promoting long-term well-being.

#### **ACKNOWLEDGMENT**

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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