Myglooco, A User-Centered Diabetes Management Application Draft

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1 Problem statement

Diabetes is a chronic disease affecting millions of people worldwide, estimated to be around the 830 million range, as of 2022. Currently, individuals living with diabetes are facing a myriad of challenges, most of which are related to their current help systems. Some rely on manual record keeping for their blood sugar level which has proven to be cumbersome, and others have little to no information on dietary planning, as well as exercise planning, which hinders their overall quality of life.

2 Motivation

Current systems targeted at helping individuals affected by diabetes live a healthy and normal life are mostly cumbersome/inefficient, which poses a great challenge to their overall quality of life. Addressing these pain points through a user-centered system should improve their overall quality of life, easing the overall burden of living with diabetes.

3 Expectations

A user-centered design approach is to be employed to ensure ease of use, and the system is to be evaluated through usability testing and preliminary clinical trials. Additionally, the study will explore data security measures, and potential AI-driven predictive analytics to improve personalized diabetes management.

Current findings suggest that a holistic, technology-driven approach can significantly enhance diabetes self-management, promoting better adherence and improved health outcomes.