How to setup the app to ship with the DB already created: [link](http://stackoverflow.com/questions/513084/how-to-ship-an-android-application-with-a-database)

First Use:

What I do is this: I save the apps version in its preferences and compare if the version changed. If it did, I display a dialog with information on whatever's new in this version and write the current version to the preferences.

This way the dialog will only appear once after each upgrade.

Check this page for SharedPreferences:

<http://developer.android.com/reference/android/content/SharedPreferences.html>

Here's also a good example:

<http://www.kaloer.com/android-preferences>

And this is how to get the version name of your app:

<http://android.hlidskialf.com/blog/code/android-get-version-name>