data within local systems, cloud storage, and endpoint devices, ensuring compliance with regulatory requirements. The study also revealed that the key stages of implementing DLP systems include data prioritization, classification, and constant monitoring and control.

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AUTOMATED INFORMATION SYSTEM «DAILY CALORIE CALCULATION OF THE HUMAN DIET»

Автоматизированная информационная система «Ежедневный расчет калорийности питания человека»

In today's society, achieving and maintaining a healthy body weight is a common goal for many individuals. Issues related to unhealthy eating habits, lack of awareness about proper nutrition, and challenges in estimating daily calorie needs a reprevalent. The aim of this work is to address these problems by providing a user-friendly application that calculates daily calorie intake based on a completed user profile. The software offers personalized dietary recommendations, assisting users in achieving their weight goals effectively and supporting a healthier lifestyle.

Program Description

The 'calories+' software is an easy-to-use application designed to help users track their daily diet and calculate the necessary caloric intake. It features a comprehensive database of common food and dishes, with options for users to add custom entries. The program calculates not only the total calorie content but also the nutritional breakdown (proteins, fats, carbohydrates) for each meal. Additionally, it offers dietary tips and suggestions to support users in making healthier food choices. The software is designed to be accessible to a broad audience, including those without specialized dietary knowledge.

Relevance and Objective

The development of this program is particularly relevant given the widespread prevalence of conditions such as obesity and anorexia, as well as the growing interest in fitness and weight management among athletes. The 'calories+' program helps users quickly assess the nutritional content of their meals, providing valuable information that can be used to adjust their diet for optimal health and fitness.

Goal and Tasks

The main goal of the project is to create an automated information system that simplifies the process of diet control and calorie calculation. The key tasks for achieving this goal include:

1. Conducting a thorough review of scientific literature related to diet regulation and weight control.

2. Identifying the most effective methods for achieving desired body weight through dietary adjustments.

3. Developing and testing the 'calories+' program, ensuring it meets user needs and provides accurate results.

Research Methods

The research methods employed in this project include:

- analysis of scientific literature on diet and nutrition.
- classification of dietary approaches and methods for weight control.
- comparative analysis of existing software tools for diet management.
- descriptive analysis to outline user needs and software functionality.

Development Tools

- Microsoft Visual Studio 2012 for the integrated development environment.
- C# programming language (.NET Framework 3.5) for robust application logic.
- Microsoft Access 2013 as the database management system for storing user data and food information.

To sum up, the 'calories+' application offers an innovative and accessible solution for individuals seeking to improve their dietary habits and control their calorie intake. With its user-friendly interface and comprehensive features, the program is a valuable tool for anyone looking to make informed dietary decisions, whether they are aiming to lose weight, gain weight, or maintain a healthy lifestyle.

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SOCIAL DIGITALISATION IN THE YEARS 2014–2024 AND ITS PROSPECTS

Цифровизация общества в 2014–2024 гг. и ее перспективы

In the 21st century, we are witnessing unprecedented changes driven by digital technologies. Digital transformation, impacting all areas of life, has a profound influence on society, economics, and culture. The purpose of our research is to examine key achievements of digital transformation and its potential implications for the future, comparing the data obtained over the past 10 years. The main points to be covered are the achievements of digital transformation, its prospects, challenges and risks.

One of the numerous benefits of the digital world is the increased information accessibility. The internet and mobile devices have provided access to a vast amount of information. According to statistics, the number of internet users worldwide has grown