



# Mobile Health Monitoring Apps in Diabetes Management Among Rural Ethiopian Farmers: Adoption and Impact Analysis

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## Abstract

Mobile health monitoring apps have gained prominence in diabetes management globally, but their adoption and impact among rural populations, particularly those with limited digital literacy, remain underexplored. A mixed-methods approach combining surveys and qualitative interviews was employed to gather data from a sample of rural Ethiopian farmers with diabetes. Users reported high satisfaction (85%) with the app's ability to track glucose levels and receive feedback on dietary choices, though initial usage rates were low (20%). Mobile health monitoring apps show promise for improving diabetes management among rural Ethiopian farmers but require tailored training programmes. Healthcare providers should develop user-friendly mobile apps specifically designed for the literacy levels of rural populations and integrate them into existing community support systems.

**Keywords:** *African geography, rural communities, qualitative methods, health literacy, user engagement*

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