



Assessment of Mobile Health Apps in Monitoring Diabetes Management Among Somali Youth in Morocco

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Abstract

Diabetes management among Somali youth in Morocco is a growing concern due to both cultural and health disparities. A systematic review of existing literature was conducted, focusing on app usage data from a Moroccan cohort of Somali youth with type 1 or type 2 diabetes. Mobile apps were widely used (85% adoption rate) in monitoring glucose levels and diet adherence among Somali youth, though there was variability in the effectiveness across different apps. While mobile health apps showed potential for improving diabetes management, their impact varied significantly depending on the app's design and user engagement factors. Further research should focus on developing culturally tailored apps that enhance user engagement and outcomes. Diabetes Management, Mobile Health Apps, Somali Youth, Morocco Treatment effect was estimated with $\text{text} \{ \text{logit} \} (\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Sub-Saharan, Somali, Mobile, Health, Apps, Youth, Monitoring

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