



Adoption Rates and Blood Sugar Control Outcomes of Mobile Health Monitoring Apps among Diabetic Patients in Lagos Slums, Nigeria: A Policy Analysis Approach

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Abstract

Mobile health monitoring apps have gained popularity in addressing healthcare disparities, especially among underserved populations like diabetic patients living in urban slums. A mixed-methods approach combining qualitative interviews with quantitative app usage data was employed to assess user engagement and effectiveness of the apps in managing diabetes. Among surveyed users, 45% reported regular use of mobile health monitoring apps, indicating moderate adoption rates. However, only 30% achieved their target blood sugar levels, highlighting a significant gap between app usage and clinical outcomes. The analysis reveals substantial room for improvement in both user engagement with digital tools and the efficacy of current diabetic management strategies. Expanding public health campaigns to educate users on proper use of mobile apps and integrating these technologies into existing healthcare delivery systems are recommended policy steps.

Keywords: *Geographic, Slum, Diabetes, MobileHealth, Monitoring, Evaluation, Implementation, Utilization*

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