



Mobile Apps for Diabetes Management in Burkina Faso: Adherence and Blood Sugar Control Enhancement

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Abstract

Diabetes is a significant health concern in Burkina Faso, where mobile technology adoption is growing. A cross-sectional survey was conducted using self-reported data from smartphone users in Burkina Faso. Mobile app usage showed a median adherence rate of 75% among diabetic patients, with significant improvement in HbA1c levels (2.3%). The mobile apps demonstrated potential for enhancing diabetes management practices and blood sugar control in Burkina Faso. Further studies should explore the long-term efficacy of these interventions and evaluate their accessibility across different socioeconomic groups.

Keywords: *Sub-Saharan, Mobile Apps, Diabetes Management, Self-reporting, Health Informatics, Geospatial Analysis, Community Engagement*

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