



Implementing Telehealth Solutions for Chronic Disease Management in Urban Youth Aged 18-25 in Lagos, Nigeria: An African Perspective

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Published: 17 March 2005 | **Received:** 25 November 2004 | **Accepted:** 20 February 2005

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DOI: [10.5281/zenodo.18809611](https://doi.org/10.5281/zenodo.18809611)

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Abstract

Urban youth aged 18-25 in Lagos, Nigeria are disproportionately affected by chronic diseases such as diabetes and hypertension. A mixed-methods approach was employed, including surveys ($N = 100$) \wedge qualitative interviews ($n = 20$). Telehealth consultations led to a significant improvement in self-reported health status by an average of 34% among participants. Telehealth solutions showed promise for chronic disease management, particularly for urban youth with limited access to healthcare facilities. Further research should explore the sustainability and scalability of these telehealth interventions. chronic diseases, urban youth, Lagos, Nigeria, telehealth

Keywords: *African Geography, Chronic Disease Management, Telehealth, Urban Youth, Remote Monitoring, Mobile Health, Digital Healthcare*

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