



# Mobile Health Clinics' Role in Chronic Disease Outcomes Among Urban Youth in Cape Town: A Longitudinal Evaluation

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## Abstract

Mobile health clinics have been increasingly utilised in underserved communities to address chronic diseases among urban youth. A longitudinal study design was employed with a sample size of 500 participants randomly selected from three urban areas. Data were collected through self-reported surveys and medical check-ups over two years. During the follow-up period, there was a statistically significant decrease in reported high blood pressure ( $p < .05$ ) among clinic users compared to non-users. Mobile health clinics significantly improved chronic disease management outcomes among urban youth in Cape Town. Further research should explore long-term effects and scalability of mobile health services. chronic diseases, urban youth, mobile health clinics, longitudinal study Treatment effect was estimated with  $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta^T X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** African, Geographic, Mobile, Clinic, Intervention, Youth, Epidemiology

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