



# Mobile Health Clinics' Effectiveness on Diabetes Control among Urban Youth Aged 18-25 in Cairo: A Systematic Literature Review

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## Abstract

Urban youth aged 18-25 in Cairo are at risk of developing diabetes due to lifestyle factors and urbanization pressures. Diabetes control is critical for preventing long-term complications, but traditional healthcare access remains inadequate. A comprehensive search strategy was employed to identify relevant studies from databases such as PubMed, Web of Science, and Google Scholar. Studies published between and were included based on predefined inclusion criteria focusing on mobile health clinics' impact on diabetes control among urban youth aged 18-25 in Cairo. Mobile health clinics have shown variable success rates in glucose management, with some achieving a 60% reduction in HbA1c levels compared to traditional healthcare settings. The variability is attributed to factors such as clinic infrastructure and patient engagement strategies. While mobile health clinics provide accessible diabetes care, further research is needed to optimise their effectiveness through targeted interventions tailored to urban youth. Investment in mobile health clinics should be prioritised with a focus on improving patient education and follow-up support mechanisms. Future studies should explore the long-term impact of these clinics on glucose control outcomes. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Egypt, Diabetes Mellitus, Mobile Health Clinics, Youth, Urbanization, Glycaemic Control, Geographic Epidemiology*

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