



Mobile Health Apps and Hypertension Management Among Elderly in Central Kenya: A Six-Month Analysis

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Abstract

Hypertension is a prevalent condition among elderly populations in Central Kenya, with significant implications for public health and healthcare resource allocation. Participants were recruited from urban and rural communities. Data collection included self-reported blood pressure measurements, app usage frequency, and demographic information. App usage adherence was assessed using survival analysis models with robust standard errors. Over the study period, participants who used the mobile health apps had a significant reduction in systolic blood pressure by an average of 10 mmHg compared to those not using the app (95% confidence interval: -12.5 to -7.5 mmHg). Mobile health monitoring apps demonstrated efficacy in improving hypertension management among elderly people in central Kenya. Further research should explore long-term impacts and cost-effectiveness of these interventions. hypertension, mobile health apps, elderly, Central Kenya, survival analysis Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Geographic, MobileHealth, Telemedicine, Hypertension, Geriatrics, QualityImprovement

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