



Mobile Apps in Nairobi: Tracking Diabetes Progress Through Mobile Technology

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Abstract

Diabetes is a prevalent chronic condition in Nairobi, Kenya, where effective management programmes are essential for patient health outcomes. A mixed-methods approach was employed, including surveys and interviews with participants to evaluate user engagement and application performance. Users reported a significant improvement ($p < 0.05$) in self-reported glycemic control, while achieving an average daily use rate of 90% for the diabetes management app. Mobile applications have demonstrated potential as a valuable tool in diabetes care management within Nairobi's diabetic patient population. Further research should be conducted to explore long-term efficacy and identify areas for application improvement. Diabetes, Mobile Apps, Care Management, Nairobi 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: Kenya, Diabetes Mellitus, Mobile Health (mHealth), Telemedicine, Electronic Medical Records, Geographic Information Systems (GIS), Data Analytics

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