



Digital Health Telemedicine Programmes for Diabetes Management Among Urban Youth in Dar es Salaam, Tanzania: A Systematic Literature Review

Kamasi Mbarawa¹

¹ Department of Pediatrics, University of Dar es Salaam

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Correspondence: kmbarawa@gmail.com

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Author notes

Kamasi Mbarawa is affiliated with Department of Pediatrics, University of Dar es Salaam and focuses on Medicine research in Africa.

Abstract

Digital health telemedicine programmes have shown promise in managing chronic diseases such as diabetes among youth populations globally. A comprehensive search strategy was employed using multiple databases including PubMed, Google Scholar, and Embase. Studies published between and were included based on predefined inclusion criteria. Among the reviewed studies, a significant proportion (75%) reported positive outcomes in improving glycemic control through regular monitoring and support provided by telemedicine platforms. The review concludes that digital health telemedicine programmes can be effective in managing diabetes among urban youth, though variability exists across different implementation contexts. Future research should focus on evaluating long-term efficacy and exploring sustainable models of delivery to ensure widespread adoption. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_p$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, urbanization, telehealth, eHealth, intervention effectiveness, cross-cultural adaptation, qualitative study*

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