



Mobile Health Services' Influence on Diabetes Management in Rural Zimbabweans: A 3-Year Evaluation

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Abstract

Diabetes prevalence is high in rural areas of Africa, underscoring the need for effective management strategies. A mixed-methods approach combining self-reported data and medical records analysis was employed to assess changes in diabetes management practices. Mobile health services significantly improved adherence to dietary guidelines ($p < 0.05$) compared to baseline, with an increase of 20% in participants reporting consistent compliance over the study period. The findings suggest that mobile health interventions can enhance diabetes management outcomes in rural settings. Further evaluation and integration of these services into existing healthcare systems are recommended for broader impact. Diabetes, Rural Zimbabwe, Mobile Health Services, Management Outcomes 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 geography, Mobile health services, Diabetes management, Rural healthcare, Quantitative methods, Qualitative methods, Outcome evaluation

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