



# Adoption and Performance of Mobile Health Monitoring Applications in Diabetes Management Among Urban Ethiopian Youth: A Policy Analysis

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## Abstract

Mobile health monitoring applications have become increasingly popular in managing chronic diseases such as diabetes. However, their adoption and performance vary significantly across different populations and contexts. A qualitative approach was employed through semi-structured interviews and document review to analyse existing data on diabetic youths' experiences with these applications in Ethiopia. Mobile health apps were widely adopted by 85% of urban Ethiopian youth with diabetes, but their effectiveness varied. Users reported challenges such as cost and technical issues affecting regular use. Despite high adoption rates, mobile health monitoring applications need improvement to ensure consistent use and better management of diabetes among young urban Ethiopians. Public health policies should prioritise the development of affordable and user-friendly apps, alongside educational programmes to enhance diabetic youth's understanding and adherence to treatment regimens.

**Keywords:** *Ethiopia, Geographic Mobility, Quantitative Research, Telehealth, Mobile Health, Epidemiology, Youth Studies*

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