



Digital Health Platforms in Diabetes Management: Adoption by Accra Slum Residents

Esi Gyamfi^{1,2}, Kofi Agyeiwoe³

¹ Department of Internal Medicine, Noguchi Memorial Institute for Medical Research

² Ghana Institute of Management and Public Administration (GIMPA)

³ Noguchi Memorial Institute for Medical Research

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Correspondence: egyamfi@aol.com

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Author notes

Esi Gyamfi is affiliated with Department of Internal Medicine, Noguchi Memorial Institute for Medical Research and focuses on Medicine research in Africa.

Kofi Agyeiwoe is affiliated with Noguchi Memorial Institute for Medical Research and focuses on Medicine research in Africa.

Abstract

Diabetes management in low-income settings often faces challenges such as insufficient healthcare resources and lack of patient engagement. A mixed-methods approach including structured interviews and web analytics data was employed to explore both quantitative and qualitative aspects of platform usage. Amongst participants ($n=120$), 45% reported using digital health platforms for diabetes management, with younger individuals more likely to use them compared to older adults ($p<0.05$). Digital health platforms show promise in improving diabetes management among Accra slum residents but require tailored interventions to enhance adoption and effectiveness. Public health initiatives should prioritise education on digital health benefits, address technological barriers, and integrate these tools into existing healthcare structures. digital health, diabetes management, Accra slums, patient engagement

Keywords: Sub-Saharan, Africa, MobileHealth, Mixed-Methods, Socioeconomic, Futurology

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