Mens mobile health

Effect of health mobile apps to men with short-term or no studies during a 6 months intervention study
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CONCLUSION
- We present evidence that Health mobile apps affect the physical activity trends of men with short-term or no studies. This effect is increased when the individuals undergo preliminary and final physical condition measurements.
- The apps tend to modify the men’s way of thinking more than their doing.
- Health-promotion sms sent to these men every two weeks seem to increase the frequency on which they both think and do something about their health.
- Reporting the number of steps every fourth week makes these men think more about their own health.
- These men had a significant increase in muscle mass after the intervention process.
- In contrast, their BP increased slightly.

BACKGROUND
- Men’s health depends of their education
- Men die on average 4.2 years before women
- Mobil app. promote number of steps
- Men don’t think about their health
- Health promotion without professional contact
- Meet the man where he is – at work
- Fat and cardiovascular risk
- In addition, there is a tendency to increase their physical condition measurements
- No studies. This effect is increased when the individuals receive professional assistance
- Both think and do something about their health.

METHOD
- Clinical control trial flow-chart

RESULTS
- We present evidence that Health mobile apps affect men’s way of thinking and doing.
- Reporting the number of steps every fourth week makes these men think more about their health.
- In contrast, their BP increased slightly.

Table 1: Measurement of cardiovascular parameters at baseline and effect points

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control group n=35</th>
<th>Intervention group n=33</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP systolic (mm Hg)</td>
<td>142.90*</td>
<td>139.00*</td>
</tr>
<tr>
<td>BP distolic (mm Hg)</td>
<td>90.00*</td>
<td>88.00*</td>
</tr>
<tr>
<td>RHR (bpm)</td>
<td>64.00*</td>
<td>67.00*</td>
</tr>
</tbody>
</table>

Table 2: Measurement of physical parameters at baseline and effect points

<table>
<thead>
<tr>
<th>Variable</th>
<th>Control group n=35</th>
<th>Intervention group n=33</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness rating</td>
<td>33.00</td>
<td>33.66</td>
</tr>
<tr>
<td>Oxigen uptake (Vo2) (l/min)</td>
<td>2.85</td>
<td>2.93</td>
</tr>
<tr>
<td>Body fat (%)</td>
<td>14.90*</td>
<td>19.10*</td>
</tr>
<tr>
<td>Muscle mass (Kg)</td>
<td>67.80</td>
<td>67.30</td>
</tr>
</tbody>
</table>