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 and oxygen uptake after the intervention process. In addition, there is a tendency to increase their median number of steps per day, rest heart rate, body fat and fitness rating.
• In contrast, their BP increased slightly.

BACKGROUND

Men`s health depends of their education. Mobil app. promote number of steps. Men die 4-2 years before women. Men don’t think about their health. Health promotion without professional contact. Men turn too late professional assistance.

Meet the man where he is – at work.

METHOD

Clinical control trial flow-chart

n = 68 short term or no studies
19 – 62 year old men.

Control group n=35

Intervention group n = 33

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