eTools: health apps and educational websites

Target Group:

The use of smartphone apps has become particularly popular among young adults, with evidence indicating that they are the most likely age demographic to download apps and are the most intense users of apps

Aim of the Method:

This method is feasible for different key issues: alcohol usage, physical activity, dietary behaviour, smoking, mental health, psychological health

Level of Participation:
Moderate

DESCRIPTION

In the past years, there has been an enormous growth in the availability of health-related applications for mobile devices, so-called "health apps" and Web-based tools.

Apps are mainly used on mobile devices and are available in app stores (such as the iTunes store or Google Play), whereas Web-based e-tools are mainly designed for non-mobile devices (such as Internet applications for PC).

The health apps and e-tools are designed for patients and for use by health care professionals to aid them in their daily practice.

The features enabled by smartphones are a clear advancement over websites and SMS text messaging programs because of their high potential to boost user engagement

TIPS FOR THE USERS

A potential starting place for health care providers to introduce health apps into patient care is recommending specific apps to patients that they can access on their own device at any time.

Health care providers may choose to target certain populations, such as younger patients with one chronic health condition and a positive perception of health. Apps may not be best suited for patients with a preference for personal consultation from their provider or patients over 55 years.

GOOD TO KNOW:

✓ Patient-centered mobile health apps target major disease states (e.g. diabetes, asthma and heart failure), promote wellness and healthy habits, provide information and education, allow for tracking of health information, promote engagement with health care providers, and leverage social influence.

Interreg
Baltic Sea Region

BaltCityPrevention

EUROPEAN UNION
European Regional Development Fund