Men mobile health
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Background
Men mobile health contributes knowledge of how mobile health applications affect the physical activity levels by men with little or no education and the frequency of how often they think and do something to promote their health. Men with little or no education have both the lowest life expectancy and longest patient delay, and there are not conducted researches with mobile health applications as health-promoting interventions for this target group. The project results and knowledge can be used by workplaces, health professionals, politicians, and it is a health-promoting cost-effective intervention.

Methods
Clinical controlled trial (CCT) with an intervention and control group. N = 71, 20-62 years old men, little or no education, employed at industrial company. Intervention group N = 35, control group N = 36. There is performed a baseline, an 6 months intervention period, outcome measurement.

The intervention: Intervention group use mobile application, registration of steps, minutes of physical activity. Every two weeks they receive a male health promotion sms. Checking steps, minutes of physical activity and the measurement of VAS every fourth week.

Hypotheses – The intervention group will:
More often think of their own physical health
More often do something to promote their own physical health
Promote their physical activity levels and fitness more than the control group
Improve their blood pressure, heart rate, muscle mass, BMI and BodyAge more than the control group

Results
Outcome measurement is performed at the end of May 2016, the results are presented at the conference.

Conclusions
The final results can answer the following research questions by conference:
Which effect has mobile health applications on the thoughts and actions regarding their own health?
How a mobile health application affects physical activity?
The effect of mobile health applications in relation to fitness, heart rate, blood pressure, BMI, fat and muscle mass, BodyAge?

**Key message:**
- A CCT, that contributes with knowledge of how mobile health applications are impacting the physical activity and thoughts on health among men with little or no education