

# Mobile Health: mHealth

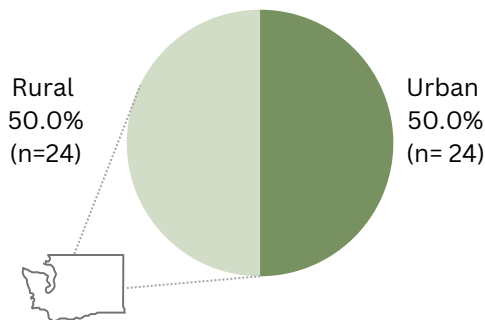
## Introduction:

The mobile health or mHealth project interviewed Hispanic/Latinx people to learn more about their opinions using technology to monitor health.

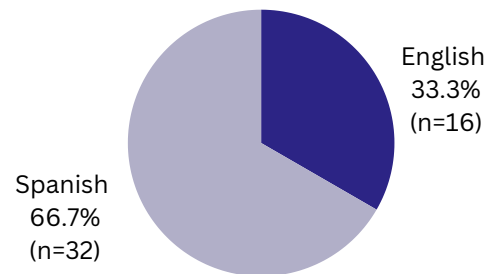
## Who participated:

We heard from 48 people in Washington state who participated in 8 Focus groups.

### Participant Location



### Participant Language



## What we learned:

Most people said they were somewhat or very comfortable using a mobile device and smartphone (86%), some people use or have used mobile devices to monitor health (60%).

- ✦ **Mobile Health is seen as beneficial for promoting health and peace of mind** including preventing serious health events, allowing continuation of regular activities, and feelings of safety.

“That’s good, because that way the mother is calmer and so is the child, and it saves them a lot of trips to the hospital and maybe a lot of-- it saves them everything, I think, money, time, effort, reduction of accidents, because when a child gets sick you don’t know what to do.”



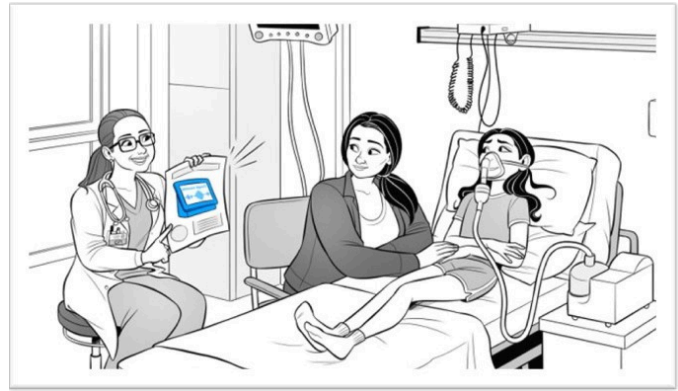
**Figure 1** - Mother and son using mobile technology to monitor the son’s asthma.

- ✦ **Barriers to using mobile health in daily life** include costs/insurance coverage and technology resources (e.g., wifi access, phone capacity, and not having a supportive environment (e.g., school buy-in)).

“Will the insurance cover ...it?...For those who have more than one person in the family, it will cost a lot of money.”

✦ **Some people need support because they may be unaware of, unfamiliar with, or uncomfortable with technology**, especially many elders, who may be uncomfortable with technology, and having personalized tutorials may help for people who needs more support.

“I think, especially for Latino families, I think we need more person-to-person support...having than person who can guide you, help you and get you out of doubt when using new things.”



**Figure 2-** Mother and daughter being guided on how to use a cough monitor.

✦ **Reliance on technology must be balanced with human judgement.** Over dependence on technology may undermine self-reliance and impact family relationships. While mHealth allows automatic data collection, manual input may be more trustworthy.

“My opinion is that people should not become dependent on electronic devices or technology to either rescue or make them feel safe. I think it’s taken over our humanness or our ability to care for oneself.”

✦ **Data sharing is seen as valuable for improving predictions and emergency treatment, but raises privacy/hacking concerns**, especially for sensitive information (location, stigmatized conditions).

“I think the disadvantage of using these technologies for more private things, as a mental health issue, is that there are times that they do like hacking...and grab information that, obviously, you don’t want other people to know.”

We appreciate the support of the ITHS Community Health Network with recruitment and feedback during the data analysis.

This project is funded by the National Center for Advancing Translational Sciences (NCATS) under grant number 3UL1TR002319-06S1, the National Institutes of Health (NIH) agreement number R01LM012810, and the National Science Foundation (NSF) IIS-1813675. The views and conclusions contained in this document are those of the authors and should not be interpreted as representing the official policies, either expressed or implied, of NCATS, NIH, or NSF.

