

Smartphone Technology and Apps: Rapidly Changing Health Promotion

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Abstract

Despite the increased availability of smartphones and health applications (apps), little is known about smartphone technology and apps for implementation in health promotion practice. Smartphones are mobile devices with capabilities for e-mail, text messaging, video viewing, and wireless Internet access. It is essential for health promotion professionals to understand how to use smartphones and apps in health interventions. More people globally are using smartphones and health apps. Additionally, health promotion professionals will be able to reach minority populations who are early adopters of smartphone technology. The purpose of this article was to provide an overview of smartphone technology and health apps for health promotion interventions in 1) healthcare, 2) consumer health/health behavior change, and 3) education as well as considerations for choosing apps. It is recommended that development of new health promotion programs using smartphones and apps include evidence-based guidelines for chronic disease management, improved physician-patient interaction, and improved access to services from a distance.

Key words: Internet, mobile devices, health promotion, technology, smartphones
