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**Construction and content validation of mobile devices' application messages about food and nutrition for DM2 older adults****Rafaella Dusi***University of Brasília, Faculty of Health Sciences, Department of Nutrition, Campus Universitario Darcy Ribeiro, Brasília*

Older adults face a decline in the quality of their diet, which affects their health. The prevalence of DM2 is increasing, as are the associated complications. Effective nutrition education and mobile health (mHealth) interventions offer a viable solution in the scenario of the widespread use of mobile devices. This study aimed to develop and validate messages for a mobile application aimed at older adult Brazilians with DM2 who receive care at the Brazilian Unified Health System (SUS). The educational messages on healthy eating for older adults with DM2 were created from 189 excerpts selected from Brazilian official documents. A total of 37 messages were created, categorized into 20 educational, 12 motivational, and 5 congratulatory, all up to 120 characters. Twenty-one experts validated the messages for clarity and relevance, and 11 messages had to be revised to meet the criteria. Subsequently, the 36 messages approved by the experts were tested on a sample of 57 older adults, guaranteeing clarity rates of over 80%. This study developed and validated 36 messages for a mobile health app aimed at older adults with type 2 diabetes mellitus in Brazil. Expert evaluation ensured clarity and relevance, confirmed by older adult participants who evaluated clarity. This research highlights the potential of mHealth to overcome barriers to accessing healthcare in the SUS, emphasizing personalized interventions for the effective management of older adults' health.

**Biography**

Rafaella Dusi is a researcher at the University of Brasília, Faculty of Health Sciences, Department of Nutrition. Her work focuses on innovative approaches to nutrition education, particularly for older adults with type 2 diabetes mellitus (DM2). Her recent research involves the construction and validation of mobile health (mHealth) application messages designed to promote healthy eating and effective disease management among older Brazilian adults receiving care in the Brazilian Unified Health System (SUS). This study developed 36 validated messages tailored to the needs of this population, emphasizing clarity, relevance, and accessibility. Rafaella's contributions underscore the potential of mHealth to enhance healthcare delivery and support for vulnerable populations.