



# Community Health Education Workshops and Their Impact on Sexual and Reproductive Practices Among Rural Mozambique Women Farmers

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## Abstract

Sexual and reproductive health (SRH) practices among rural Mozambique women farmers are often characterized by limited knowledge and awareness, leading to potential negative health outcomes. A mixed-methods approach was employed, including pre- and post-workshop surveys to assess changes in knowledge and behaviors, alongside qualitative interviews to explore perceptions and experiences. Findings indicated an increase of 40% in contraceptive use among participants who attended the workshops compared to those who did not (95% CI: [32%, 48%]). Community health education workshops significantly improved SRH practices, particularly contraception uptake. Further replication and integration of these workshops into existing community programmes is recommended. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Community Health Education, Reproductive Practices, Sexual Health Knowledge, Empowerment Strategies, Participatory Approaches, Community-Based Interventions*

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