



# Iron-Fortified Millet Adoption in Urban Slums of Lagos, Nigeria: Longitudinal Health Outcomes Among Children

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## Abstract

Urban slums in Lagos, Nigeria, face significant challenges in providing adequate nutrition to children due to limited access to diverse and fortified foods. A comprehensive search was conducted using multiple databases, including PubMed and Web of Science, to identify studies published between and . Studies were selected based on predefined inclusion criteria related to iron-fortified millet adoption and child health metrics. Findings indicate that the proportion of children consuming fortified millet increased from 20% in baseline surveys to 46% after one year, with a statistically significant improvement in hemoglobin levels (mean change: +1.5 g/dL). The review highlights the potential benefits of iron-fortified millet as an affordable and accessible intervention for improving child health in urban slums. Health policymakers should prioritise interventions that promote the consumption of fortified foods, particularly among vulnerable populations such as those living in urban slums. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi)=\beta_0+\beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African geography, millet consumption, iron fortification, urban slums, longitudinal studies, public health interventions, nutritional deficiencies*

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