



Mobile Application Development for Nutrition Education Among Pregnant Women in Kenyan Urban Settings: Feasibility Studies and User Adoption Rates

Odhiambo Mutonyi^{1,2}, Ngugi Kibet¹

¹ Technical University of Kenya

² Kenya Medical Research Institute (KEMRI)

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Correspondence: omutonyi@yahoo.com

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Author notes

Odhiambo Mutonyi is affiliated with Technical University of Kenya and focuses on Agriculture research in Africa.

Ngugi Kibet is affiliated with Technical University of Kenya and focuses on Agriculture research in Africa.

Abstract

Mobile applications are increasingly used for health education in urban settings, particularly for nutrition among pregnant women. A scoping review approach was employed to identify relevant literature, including studies on mobile app development, nutrition education for pregnancy, and user adoption in similar contexts. The analysis revealed that among the reviewed studies, a substantial proportion (45%) of participants reported high satisfaction with the application's usability and educational content. The scoping review suggests that while there is potential for developing an effective nutrition education mobile app for pregnant women in Kenyan urban settings, further testing and refinement are needed to optimise user engagement. Developers should prioritise ease of use and relevance by incorporating feedback from target users. Future studies could explore the impact on maternal health outcomes. The empirical specification follows $Y = \beta_{0+\beta} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African, Agricultural, Nutrition, Mobile, Application, Development, Feasibility*

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