



# Nutrition Education Programmes and Infant Health in Nairobi Slums: A Survey Study

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## Abstract

Nairobi slums face significant challenges in maternal and child health outcomes, with inadequate nutrition education programmes being a critical factor. A mixed-methods survey approach was employed to collect data from 300 pregnant women, using structured questionnaires and focus group discussions. Pregnant women reported a significant improvement (65%) in feeding practices after participating in nutrition education programmes, leading to better infant health outcomes such as reduced incidences of malnutrition (42%). The findings suggest that targeted nutrition education can substantially improve feeding habits and health conditions among pregnant women in Nairobi slums. Implementing regular nutrition education workshops within healthcare facilities is recommended to further enhance maternal and infant health outcomes.

**Keywords:** *African Geography, Nutrition Education, Mixed-Methods Research, Feeding Practices, Infant Mortality, Maternal Health, Public Health Initiatives*

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