



Impact of Community Health Worker Programmes on Breastfeeding Rates in Kenyan Slums: A Longitudinal Review

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Abstract

Breastfeeding rates in Kenyan slums are often low due to various socio-economic factors. A longitudinal study using data from 10 randomly selected slums in Nairobi with baseline and follow-up surveys conducted annually. The intervention involving regular home visits by CHWs significantly increased breastfeeding rates from 45% to 62% over the five-year period, particularly among mothers with lower education levels. Community health workers play a crucial role in improving breastfeeding practices in Kenyan slums and can be scaled up as an effective public health intervention. Implementing CHW programmes should focus on regular home visits targeting low-educated mothers to maximise the impact of breastfeeding promotion initiatives.

Keywords: *African Geography, Community Health Worker, Breastfeeding Practices, Longitudinal Study, Socioeconomic Factors, Public Health Interventions, Maternal Education*

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