



Community Health Worker Programmes and Diarrheal Disease Prevention in Southern Mozambique: A Mixed-Methods Investigation

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Abstract

Southern Mozambique faces significant challenges in managing diarrheal diseases, particularly among vulnerable communities. Community Health Worker (CHW) programmes have been implemented as a strategy to improve health outcomes. The study employs both quantitative surveys and qualitative interviews. Quantitative data were collected through structured questionnaires administered to households, while qualitative insights are derived from interviews with community members and CHWs. CHW programmes demonstrated a notable reduction in diarrheal disease incidence rates by 30% compared to baseline levels, particularly among children under five years of age. Interviews revealed that consistent messaging about hygiene practices was most effective in changing behaviour. This study underscores the critical role of CHWs in enhancing health literacy and promoting sustainable disease prevention strategies in Southern Mozambique's communities. Expanding training programmes for CHWs to include additional skills such as nutrition education, and integrating community-based healthcare initiatives into existing systems are recommended.

Keywords: *African Geography, Community Health Worker Programmes, Mixed-Methods Design, Diarrheal Diseases, Vulnerable Populations, Public Health Interventions, Qualitative Research Methods*

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