



# Maternal Nutrition Interventions and Exclusive Breastfeeding in Rural Ugandan Communities: Impacts on Infant Mortality Reduction

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## Abstract

Maternal nutrition interventions have been widely implemented to improve child survival in developing countries, with exclusive breastfeeding (EBF) being a cornerstone of these programmes. The study utilised secondary data from recent health surveys in Uganda, focusing on quantitative analysis of programme effectiveness and participant feedback. Maternal nutrition interventions significantly increased the proportion of infants exclusively breastfed to over 50%, with a notable increase in survival rates among EBF infants by approximately 20% compared to non-EBF infants. The review supports the efficacy of maternal nutrition programmes in promoting EBF and reducing infant mortality, highlighting the need for sustained support and monitoring. Further research should explore long-term effects and potential barriers to sustaining EBF practices after programme cessation. 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:** *Sub-Saharan, Anthropometry, Intervention Studies, Feeding Practices, Mortality Reduction, Micronutrients, Nutritional Status*

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