



Gender-Specific Nutrition Interventions and Their Impact on Breastfeeding Practices in Kenyan Communities

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Abstract

Research indicates that breastfeeding is crucial for infant health in Kenya but faces challenges related to gender dynamics. The study employed a mixed-methods approach involving surveys ($n = 300$) \wedge *focus group discussions* ($n = 25$). Data were analysed using descriptive statistics for quantitative data and thematic analysis for qualitative data. Findings suggest that gender-specific interventions significantly increased breastfeeding duration by 18% among participants compared to controls, with a 95% confidence interval of [10%, 26%]. The study supports the efficacy of tailored nutrition interventions in enhancing breastfeeding practices. Healthcare providers should incorporate gender-specific education into prenatal and postnatal care programmes.

Keywords: *African context, gender dynamics, mixed-methods, nutrition interventions, breastfeeding practices, community studies, qualitative analysis*

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