



Nutritional Education Programmes for Pregnant Women in Nairobi Slums: Behavioural Changes and Health Outcomes Evaluations

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Abstract

Nutritional deficiencies during pregnancy are prevalent in Nairobi slums, affecting maternal and infant health outcomes. A mixed-methods approach was employed including surveys and focus group discussions to assess programme efficacy. Among participants, there was a significant increase ($p < 0.05$) in the proportion of women who practiced exclusive breastfeeding from 30% to 60% after participation in the education programmes. The findings suggest that nutritional education can lead to substantial behavioural changes and improved health outcomes among pregnant women in Nairobi slums. Further research should explore long-term impacts and scalability of these interventions. The empirical specification follows $Y = \beta_{0+\beta} X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African Nutrition, Maternal Health, Community Interventions, Nutritional Status, Feeding Practices, Behaviour Change Communication, Anthropometric Measurements*

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