



Nutritional Interventions' Programmatic Effectiveness and Longevity in Highland Uganda's Child Malnutrition Combat Strategies

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Abstract

Childhood malnutrition remains a significant public health challenge in highland Uganda, despite efforts to combat it through various nutritional interventions. A mixed methods study integrating quantitative data from nutrition surveys with qualitative insights from focus group discussions and interviews to evaluate the sustainability of nutritional programmes over time. Nutritional status improvements were evident within the first year post-intervention, with a reduction of malnutrition prevalence by 25% among children under five years old. However, after two years, this decline was less pronounced, highlighting potential programmatic challenges and the need for sustained support to maintain gains. The mixed methods approach revealed that while initial nutritional interventions were effective in improving child health outcomes, their long-term sustainability requires ongoing support and adjustments to address emerging issues. Sustainable nutrition programmes should incorporate community engagement strategies, ensure continuous monitoring and evaluation, and provide comprehensive care including education on good nutrition practices.

Keywords: *Geographic, Highlands, Quantitative, Qualitative, Intervention, Sustainability, Ecosystems*

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