



Nutritional Supplementation and Its Longitudinal Impact on HIV-Positive Mothers in Western Cape, South Africa: A Review

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Abstract

Nutritional supplementation programmes are crucial for improving health outcomes among HIV-positive mothers in resource-limited settings. A systematic review approach was employed to synthesize existing literature on nutritional supplementation interventions targeting HIV-positive mothers in the region. Data from longitudinal studies indicated a significant improvement in maternal nutrition status and infant growth parameters (e.g., weight gain, head circumference) among supplemented groups compared to controls. Nutritional supplementation programmes have shown positive effects on both maternal and child health outcomes in the Western Cape region of South Africa. Further research should focus on long-term sustainability and cost-effectiveness of such interventions. HIV-positive mothers, nutritional supplementation, longitudinal impact, maternal health, infant nutrition Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Geographic, Longitudinal, Nutritional, Supplementation, HIV/AIDS, Epidemiology

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