



Dietary Transformations in Nairobi Slums: A School-Based Intervention's Effect on Child Nutrition Practices

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Abstract

Nairobi slums face significant nutritional challenges among children, with dietary habits often influenced by socio-economic factors. The study employed a mixed-methods approach combining quantitative surveys with qualitative interviews among children, parents, and teachers in participating schools. The intervention was effective in promoting healthy dietary habits among school-aged children but faced challenges in sustaining these changes outside the schools. Sustainability strategies should be developed to ensure long-term nutritional benefits for slum communities, including community engagement and policy advocacy. The empirical specification follows $Y = \beta_{0+\beta} X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: African, Nairobi, Slums, Anthropometry, Qualitative, Quantitative, Nutrition Education

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