



Women Empowerment Programmes and Maternal Health in Rural Kenya: A Randomized Control Trial

Wambui Wanjiku^{1,2}, Muthoni Koinange³, Chiragah Karanja⁴, Gitonga Gitau^{4,5}

¹ International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

² Department of Research, African Population and Health Research Center (APHRC)

³ Department of Research, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

⁴ African Population and Health Research Center (APHRC)

⁵ Department of Interdisciplinary Studies, Jomo Kenyatta University of Agriculture and Technology (JKUAT)

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Correspondence: wwanjiku@aol.com

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Author notes

Wambui Wanjiku is affiliated with International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Law research in Africa.

Muthoni Koinange is affiliated with Department of Research, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Law research in Africa.

Chiragah Karanja is affiliated with African Population and Health Research Center (APHRC) and focuses on Law research in Africa.

Gitonga Gitau is affiliated with Department of Interdisciplinary Studies, Jomo Kenyatta University of Agriculture and Technology (JKUAT) and focuses on Law research in Africa.

Abstract

Women empowerment programmes have been implemented in rural Kenya to address maternal health challenges. A Randomized Control Trial (RCT) was conducted with a sample population from selected villages in Kenya, ensuring both control and intervention groups were comparable in terms of baseline characteristics. The analysis revealed that the women's empowerment programmes significantly improved maternal health knowledge by an average of 25% in the intervention group compared to the control group. Despite initial positive outcomes, there is a need for tailored interventions addressing specific barriers such as socio-cultural resistance and limited access to healthcare facilities. Programmes should incorporate culturally sensitive approaches and enhance community engagement to sustain long-term impacts.

Keywords: Kenya, Empowerment Programmes, Maternal Health, Randomized Control Trial, Gender Inequality, Community Development, Public Policy

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