



Behaviour Change Strategies Evaluation for Child Nutrition Programmes in Mozambique Rural Communities: A Quantitative Analysis of Dietary Habits Alteration Rates

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Abstract

This study examines the effectiveness of behaviour change strategies in child nutrition programmes within rural Mozambique communities. A mixed-methods approach was employed, combining quantitative data analysis from surveys (n=500) and qualitative interviews (n=50). The survey used a validated dietary habits questionnaire to measure changes in eating behaviors. Statistical models included logistic regression for predicting programme success based on demographic factors. A statistically significant increase ($p < .05$, logistic regression model) of 20% was observed in the proportion of children adopting healthier meal choices after participating in nutrition programmes, with a confidence interval (95%) around this estimate. The analysis confirms that behaviour change strategies are effective in altering dietary habits among Mozambican children. The findings suggest that tailored interventions can significantly improve nutritional outcomes in rural communities. Future research should investigate the long-term sustainability of these programmes and explore potential synergies with other health initiatives to maximise impact on child nutrition. Child Nutrition, Behaviour Change Strategies, Rural Mozambique, Dietary Habits Alteration Rates

Keywords: *African Development, Behaviour Change Theory, Quantitative Analysis, Rural Communities, Nutrition Programmes, Dietary Habits, Qualitative Research*

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