



# Nutrition Education Programmes and Fetal Growth in Nairobi's Low-Income Areas: A Mixed Methods Study

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## Abstract

Low-income areas in Nairobi are characterized by high rates of maternal malnutrition and poor fetal growth outcomes. A mixed methods study combining quantitative data from prenatal care records and qualitative insights from semi-structured interviews to explore the impact of nutrition education on maternal health outcomes and fetal development. Pregnant women in low-income Nairobi showed a significant improvement in dietary intake after participating in nutrition education programmes, with an average increase in nutrient consumption by 30% compared to baseline levels. The study highlights the importance of integrating nutrition education into prenatal care services as a feasible strategy for improving maternal and fetal health outcomes in resource-limited settings. Policymakers should consider implementing comprehensive nutrition education programmes within existing healthcare infrastructures, with particular emphasis on community engagement and long-term follow-up to ensure sustained benefits. Nutrition Education, Fetal Growth, Low-Income Areas, Nairobi, Mixed Methods Study

**Keywords:** *African geography, prenatal care, mixed methods, nutritional interventions, fetal growth assessments, community engagement, outcome measurement*

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