Assessing School-Based Nutrition Interventions Against Childhood Stunting in Kenya: A National Survey Study

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Abstract

Childhood stunting remains a significant public health concern in Kenya, affecting millions of children under five years old. A national survey study was conducted using stratified random sampling to assess the impact of school-based nutrition programmes on reducing stunting among primary school-aged children in Kenya. Data collection included anthropometric measurements, dietary surveys, and socio-economic status assessments. The analysis revealed that school-based nutrition interventions were associated with a reduction in stunting rates by 15% (95% CI: -20 to -10) compared to control groups. School-based nutrition programmes showed promise in mitigating childhood stunting, particularly when combined with community engagement and improved food security initiatives. Further research should focus on scaling up successful interventions, incorporating gender-specific approaches, and integrating complementary health services. Childhood Stunting, School-Based Nutrition Interventions, Kenya, Stratified Random Sampling Treatment effect was estimated with $text\{logit\}(\pi)=beta\,0+\beta^{\rightarrow}\,p\,X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Stunting, Nutrition Interventions, School Health Programmes, Public Health, Anthropometrics, Random Sampling*

ABSTRACT-ONLY PUBLICATION

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