



# Community-Based Nutrition Education Workshops and Postnatal Health Outcomes Among Pregnant Women in Southern Zambia: A 2013 Intervention Study

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## Abstract

Southern Zambia has high rates of maternal and neonatal mortality, highlighting the need for effective interventions to improve nutrition among pregnant women. A quasi-experimental design was employed with pre- and post-intervention assessments. A total of 200 pregnant women were recruited from randomly selected villages, stratified by socio-economic status (SES). Participants attended four bi-weekly workshops focusing on nutrition education. Data collection included demographic information, dietary intake, and health outcomes. Workshop attendance was 85% complete; post-intervention dietary diversity scores increased significantly from baseline ( $p < 0.01$ ), with a mean increase of 23%. The proportion of women achieving adequate iron stores improved from 40% to 70% (OR = 2.5, CI: 1.2-5.1). The workshops had a positive impact on dietary diversity and iron status among pregnant women. Continuation of these education programmes should be prioritised to further improve health outcomes in Southern Zambia. Nutrition Education, Postnatal Health, Pregnant Women, Southern Zambia

**Keywords:** *Geographic, Africa, Southern, Zambia, Cross-Cultural, Nutrition, Educational, Intervention, Outcomes*

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