



# Digital Nutrition Interventions for Adolescent Boys in Nairobi Slums: A Review of Development and Implementation Studies

Chirchir Mutai<sup>1</sup>

<sup>1</sup> Maseno University

**Published:** 27 December 2011 | **Received:** 09 October 2011 | **Accepted:** 07 December 2011

**Correspondence:** [cmutai@aol.com](mailto:cmutai@aol.com)

**DOI:** [10.5281/zenodo.18923095](https://doi.org/10.5281/zenodo.18923095)

## Author notes

*Chirchir Mutai is affiliated with Maseno University and focuses on Medicine research in Africa.*

## Abstract

Adolescent boys in Nairobi slums face significant dietary challenges due to limited access to nutritious food sources and insufficient nutrition education. A systematic review approach was employed to evaluate existing literature, including randomized controlled trials (RCTs) and observational studies. Findings indicate a direction towards positive changes in dietary habits with digital platforms, particularly when combined with face-to-face coaching. However, specific proportions or themes regarding efficacy were not quantified due to the nature of qualitative data. Digital interventions show promise for improving nutritional knowledge and behaviors among adolescent boys but require further robust implementation studies. Future research should focus on replicating successful digital programmes in diverse settings and measure long-term impact using standardised tools. digital nutrition, adolescent boys, Nairobi slums, behavioural change, Kenya Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Nigerian, Adolescence, DigitalHealth, InterventionEvaluation, BehaviorChange, MobileTechnology, DataAnalytics*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge