



Mobile Health Clinics Accessibility and Utilization Among Youth in Nairobi City Centre: A One-Year Impact Analysis

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Abstract

Mobile health clinics (MHCs) offer essential healthcare services to underserved communities in Nairobi City Centre, particularly among youth aged 18-25. A systematic literature review was employed to analyse peer-reviewed articles, grey literature, and reports from January 1, , to December 31, . Studies were included if they reported on MHC accessibility, youth utilization patterns, or both in Nairobi City Centre. MHCs in Nairobi City Centre saw a 45% increase in youth visits over the year, with significant disparities noted between urban and peri-urban areas. Despite these positive trends, MHCs face challenges such as limited appointment availability and inadequate transportation options, which hinder equitable service utilization among youth. Enhancing MHC scheduling flexibility and improving transport infrastructure are recommended to ensure better access and use of services by young Nairobi residents. Treatment effect was estimated with $text\{logit\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African geography, Youth population, Mobile health clinics, Accessibility studies, Utilization patterns, Epidemiology, Health services delivery*

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