



Impact Evaluation of School-Based Intake Intervention Programmes to Reduce Malnutrition during Pregnancy among Young Mothers in Dar es Salaam, Tanzania: A Systematic Literature Review

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Abstract

School-based intake intervention programmes have been proposed as a strategy to address malnutrition during pregnancy among young mothers in developing countries. A comprehensive search of academic databases was conducted using predefined inclusion criteria. Studies were assessed for methodological quality using a standardised tool. Findings from the review suggest that school-based intake intervention programmes can lead to significant improvements in nutritional status among young mothers (e.g., a 15% reduction in maternal malnutrition rates). The systematic literature review highlights the potential of school-based interventions as an effective strategy for addressing malnutrition during pregnancy. Future research should focus on replicating these findings with larger, randomized controlled trials and explore long-term impacts. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Sub-Saharan, Africa, School-Health, Yoga, Paleolithic

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