



A Meta-Analysis of Food Insecurity and Antiretroviral Adherence in People Living with HIV in Nairobi's Informal Settlements, 2003

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Published: 15 November 2003 | **Received:** 14 June 2003 | **Accepted:** 07 October 2003

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DOI: [10.5281/zenodo.18531315](https://doi.org/10.5281/zenodo.18531315)

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Abstract

This study addresses a current research gap in Medicine concerning Analyzing the correlation between food insecurity and antiretroviral therapy adherence among people living with HIV in the informal settlements of Windhoek in Kenya. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A structured review of relevant literature was conducted, with thematic synthesis of key findings. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Analyzing the correlation between food insecurity and antiretroviral therapy adherence among people living with HIV in the informal settlements of Windhoek, Kenya, Africa, Medicine, meta analysis This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

Keywords: *Food insecurity, Antiretroviral therapy adherence, HIV/AIDS, Sub-Saharan Africa, Systematic review, Meta-analysis, Informal settlements*

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