



A Scoping Review of Fortified Blended Food Supplementation for Nutritional Status and Tuberculosis Treatment Outcomes in Adults in Homa Bay County, Kenya

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Abstract

Malnutrition is a significant comorbidity in tuberculosis management, particularly in high-burden regions. Fortified blended foods are a common nutritional intervention, but their specific impact on adult tuberculosis patients in localised settings like Homa Bay County, Kenya, requires synthesis of existing evidence to inform policy and practice. This scoping review aimed to map and synthesise the available literature on the impact of fortified blended food supplementation on nutritional status and tuberculosis treatment outcomes among adults in Homa Bay County, Kenya. A scoping review methodology was employed following established frameworks. A systematic search was conducted across multiple electronic databases and grey literature sources. Studies were screened and selected based on pre-defined inclusion criteria focusing on adult populations, fortified blended food interventions, and outcomes related to tuberculosis and nutrition in the specified geographical context. Data were charted and analysed thematically. The search yielded a limited number of relevant studies. The available evidence, while not extensive, suggested a positive association between fortified blended food supplementation and improved weight gain during tuberculosis treatment. One key theme identified was the logistical challenge of consistent supplement distribution, which was reported as a barrier to optimal programme effectiveness. Fortified blended food supplementation shows potential for improving nutritional parameters in adults undergoing tuberculosis treatment in Homa Bay County. However, the evidence base is sparse, highlighting a significant gap in locally focused research. Further primary research, including robust clinical trials, is needed to establish efficacy. Programme evaluations should focus on delivery models to overcome logistical barriers. Integration of nutritional counselling with fortified blended food distribution is also recommended. tuberculosis, nutrition therapy, food, fortified, treatment outcome, nutritional status, Kenya, scoping review This review consolidates the fragmented evidence on a specific public health nutrition intervention for a defined population and geography, clarifying the current state of knowledge and identifying critical evidence gaps.

Keywords: *fortified blended foods, nutritional status, tuberculosis treatment outcomes, Sub-Saharan Africa, food supplementation, comorbidity, scoping review*

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