



# Faith-Based Delivery of Micronutrient Sprinkles: A Strategy for Reducing Childhood Anaemia in Mombasa, Kenya

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## Abstract

Childhood anaemia is a persistent public health issue in urban informal settlements in Kenya. Conventional health services often do not reach the most vulnerable groups. Faith-based organisations (FBOs), as trusted community structures with wide networks, offer a potential delivery channel for health interventions. This study assessed the effect of distributing micronutrient powders (Sprinkles) through FBOs on anaemia prevalence among children aged 6–59 months in Mombasa, Kenya. The primary objective was to compare haemoglobin levels before and after the intervention. A quasi-experimental design was used. Caregiver-child dyads were recruited through mosque and church networks in two sub-counties. Baseline haemoglobin concentration was measured with a portable haemoglobinometer. Caregivers received monthly Sprinkles sachets and usage education from FBO-linked community health volunteers. Follow-up haemoglobin testing occurred after six months. Data were analysed using paired t-tests. A total of 423 children completed the study. Anaemia prevalence (Hb < 110 g/L) decreased significantly from 47.3% at baseline to 28.1% at follow-up. Mean haemoglobin concentration increased by 8.7 g/L. Caregivers reported high acceptance and correct use of Sprinkles, aided by the trust embedded in the FBO delivery system. Distributing micronutrient Sprinkles through faith-based organisations is an effective and acceptable strategy for reducing childhood anaemia in this context. The existing trust and reach of FBOs can improve coverage of nutritional interventions. Public health programmes should consider formalising partnerships with faith-based organisations for micronutrient supplementation and nutrition education. Further research should explore the long-term sustainability and cost-effectiveness of this delivery model. anaemia, child nutrition, micronutrient powders, faith-based organisations, community health, Kenya. This study provides evidence for leveraging faith-based networks as a viable community platform for delivering effective nutritional interventions to reduce childhood anaemia in urban informal settlements.

**Keywords:** *Childhood anaemia, Micronutrient powders, Faith-based organisations, Urban informal settlements, Sub-Saharan Africa, Public health interventions*

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