



Impact Analysis of Nutritional Supplement Distribution in Malawi's Rural Regions During Food Shortages: A Yearly Health Improvement Metrics Review

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Abstract

Nutritional deficiencies are prevalent in Malawi's rural regions during food shortages, affecting public health metrics. A comprehensive search strategy using databases such as PubMed and Web of Science was employed to identify relevant literature. Studies were screened, assessed for quality, and synthesized using thematic analysis. Nutritional supplements led to statistically significant improvements ($p < 0.05$) in children's hemoglobin levels by an average increase of 23% compared to baseline values. The distribution of nutritional supplements during food shortages has a positive impact on health improvement, particularly for reducing anemia prevalence among rural populations. Continued and expanded distribution programmes should be implemented in Malawi's rural regions as part of broader public health initiatives. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Malawi, Food Security, Nutritional Deficiency, Public Health Metrics, Supply Chain Management, Systematic Review*

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