



The Impact of Fortified Blended Food Supplementation on Nutritional Status and Tuberculosis Treatment Outcomes in Adults: A Systematic Review of the Kenyan Context, 2003

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Abstract

Malnutrition is a significant comorbidity in adults with tuberculosis (TB), particularly in high-burden settings. Fortified blended foods (FBFs) are a common nutritional intervention, but their specific impact on TB treatment outcomes within localised contexts requires systematic assessment. This systematic review aimed to synthesise evidence on the impact of FBF supplementation on nutritional status and TB treatment outcomes among adults in a defined Kenyan setting. A systematic search of multiple electronic databases was conducted. Peer-reviewed studies and relevant grey literature were included. Studies were screened against pre-defined eligibility criteria focusing on adult populations, FBF supplementation, and measured outcomes related to nutrition or TB treatment. Data were extracted and the quality of included studies was appraised. The search yielded a limited number of studies meeting the inclusion criteria. Available evidence, though not robust, suggested a positive association between FBF supplementation and weight gain during TB treatment. One study indicated that supplemented patients were more likely to achieve a 5% weight gain by the end of the intensive treatment phase. Current evidence on the impact of FBFs on TB outcomes in this specific context is sparse and of variable quality. While indications of a beneficial effect on nutritional status exist, definitive conclusions on treatment success, mortality, or relapse rates cannot be drawn. Further high-quality, longitudinal research with appropriate control groups is needed. Programme reporting should be standardised to capture consistent nutritional and clinical outcome measures to inform policy and practice. Nutritional support, food fortification, tuberculosis, treatment outcome, Kenya, systematic review This review consolidates the existing evidence base for a specific geographical and clinical context, highlighting critical evidence gaps and informing the design of future research and monitoring frameworks for nutrition-TB interventions.

Keywords: *tuberculosis, nutritional status, food fortification, Sub-Saharan Africa, treatment outcomes, systematic review*

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