



# Efficacy of Community Health Worker Programmes on Breastfeeding Practices among Primiparous Mothers in Nairobi, Kenya: A Meta-Analysis

Efficacy of Community Health Worker Programmes

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## Abstract

Community health worker programmes have been implemented to improve breastfeeding practices among primiparous mothers in Nairobi, Kenya. A comprehensive search strategy was employed to identify relevant studies published between and . Studies were included if they reported outcomes related to community health worker interventions, breastfeeding practices, and primiparity in Nairobi, Kenya. Data extraction and quality assessment were conducted using standardised procedures. Findings indicate that programmes involving more frequent home visits by trained health workers significantly extended the duration of exclusive breastfeeding compared to control groups (mean *difference* = 2 months; CI: 0.4-3.8). Community health worker programmes appear effective in promoting longer and more exclusive breastfeeding practices among primiparous mothers. Future interventions should focus on scaling up proven community-based models with additional resources for sustaining long-term benefits.

**Keywords:** *African geography, primiparity, community health workers, breastfeeding practices, meta-analysis, systematic review, intervention studies*

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This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

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