



Nutritional Interventions in Preventing Stunting Among Low-Income Pregnant Women in Kenyan Urban Areas: A Three-Year Evaluation

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Abstract

Stunting among low-income pregnant women in Kenyan urban areas is a significant public health issue. A randomized controlled trial was conducted with participants randomly allocated to receive either standard prenatal care or enhanced nutrition support. Data collection included pre- and post-intervention assessments for stunting prevalence. The intervention group showed a statistically significant reduction in stunting incidence by 25% compared to the control group ($p < 0.01$). Nutritional interventions, particularly those involving dietary counseling and supplementation, effectively reduce stunting among low-income pregnant women. Public health initiatives should prioritise nutritional support programmes for urban populations to mitigate stunting rates.

Keywords: Kenya, Urbanization, Stunting, Maternal Nutrition, Public Health, Randomized Controlled Trial, Anthropometry

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