



Urban Food Security Initiatives in Kampala, Uganda: Two-Year Impact on Nutritional Status

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Abstract

Urban food security initiatives in Kampala, Uganda have been implemented to address malnutrition among vulnerable populations. A mixed-methods approach was employed, including quantitative data from surveys and qualitative insights from focus group discussions. Nutritional status improved significantly in the intervention areas compared to control sites; specific improvements noted include a 20% increase in vitamin A intake among children under five. The initiatives have had positive effects on nutritional outcomes, particularly for vulnerable groups such as young children and pregnant women. Further research should explore the sustainability of these interventions over longer periods and evaluate their broader impacts beyond nutrition. Urban food security, malnutrition, nutritional status, Kampala, Uganda

Keywords: *Uganda, Urbanization, Food Security, Nutrition Impact, Mixed-Methods Analysis, Vulnerability Studies, Community Engagement*

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