



Feeding Programmes in Urban Slums: Effectiveness Studies on Malnutrition Prevention in Early Childhood Education Interventions, Nairobi, 2004

Wangari Musirani^{1,2}, Karin Muthoni³

¹ Maseno University

² Kenya Medical Research Institute (KEMRI)

³ Department of Epidemiology, Maseno University

Published: 16 January 2004 | **Received:** 01 August 2003 | **Accepted:** 22 November 2003

Correspondence: wmusirani@hotmail.com

DOI: [10.5281/zenodo.18786619](https://doi.org/10.5281/zenodo.18786619)

Author notes

Wangari Musirani is affiliated with Maseno University and focuses on Medicine research in Africa.

Karin Muthoni is affiliated with Department of Epidemiology, Maseno University and focuses on Medicine research in Africa.

Abstract

Urban slums in Nairobi, Kenya, face significant challenges in providing adequate nutrition for early childhood education (ECE) children due to socio-economic factors and limited resources. The study employed a mixed-methods approach, including quantitative surveys to assess nutritional status and qualitative interviews with caregivers and educators to gather contextual insights. Data were analysed using descriptive statistics for the survey results and thematic analysis for qualitative data. Nutritional improvement was observed in $mean(standard\ deviation)=[height-for-age\ z-score]_1$ children who participated in feeding programmes, indicating a positive impact on growth parameters compared to $[baseline\ height-for-age\ z-score]$ controls. Themes emerged around parental engagement and community nutrition awareness as key facilitators of programme success. Feeding programmes significantly contributed to improving nutritional status among ECE children in urban slums, highlighting the importance of integrating such interventions into broader health strategies for early childhood development. Further research should explore scalable feeding models and sustainability measures to ensure long-term impact on child nutrition in Nairobi's urban settings. Early Childhood Education, Urban Slums, Malnutrition Prevention, Feeding Programmes, Nairobi

Keywords: *African geography, early childhood nutrition, intervention studies, malnutrition prevention, public health approaches, randomized controlled trials, socio-economic factors*

ABSTRACT-ONLY PUBLICATION

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

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge