



Nutritional Therapy Programmes' Impact on Malnourished Children under Five in Addis Ababa, Ethiopia: A Two-Year Evaluation Study

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Abstract

Nutritional deficiencies are prevalent among under-five children in Addis Ababa, Ethiopia, leading to stunting and wasting. The study employed a mixed-methods approach combining quantitative surveys ($n=300$) and qualitative interviews ($n=50$). Children who received the comprehensive nutritional therapy programme had an average weight gain of 2.7 kg over two years, with significant reductions in stunting and wasting. The intervention significantly improved child nutrition outcomes, particularly in terms of weight gain and reduction in stunting and wasting. Further research should explore the sustainability of these programmes through community engagement and policy integration.

Keywords: Sub-Saharan, Anthropometry, Feeding Studies, Stunting, Wasting, Mixed-Methods, Public Health

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