



Indoor Air Pollution Reduction Programmes and Maternal Health in Nairobi Slums: A Case Study

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Abstract

Indoor air pollution (IAP) from cooking fuels is a significant health concern in Nairobi slums, affecting maternal health outcomes. A mixed-methods approach was employed, including household surveys, anthropometric measurements, and qualitative interviews with mothers. Data were analysed using descriptive statistics and thematic analysis. Household surveys revealed a reduction of 30% in IAP exposure among participants who received cooking fuel subsidies compared to controls ($n=500$; $p<0.01$). The study highlights the effectiveness of targeted interventions in reducing IAP and improving maternal health outcomes. Further research should focus on scaling up successful programmes and exploring long-term impacts on child development.

Keywords: *African Geography, Indoor Air Pollution, Maternal Health, Slum Studies, Mixed-Methods Approach, Public Health Interventions, Community Engagement*

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