



# Enhanced Child Nutrition Practices Through Educational Outreach Programmes in Rural Ethiopia: A Two-Year Impact Assessment

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## Abstract

Rural Ethiopian women face challenges in providing adequate nutrition to their children due to limited access to health information and resources. A mixed-methods approach combining pre- and post-programme surveys with qualitative interviews was employed to assess changes in knowledge, attitudes, and behaviors related to child nutrition. Significant improvements were observed in the proportion of participants who reported using fortified foods (75%) compared to baseline levels (40%), indicating enhanced nutritional practices among women. The educational outreach programmes demonstrated a positive impact on maternal knowledge and behaviour regarding child nutrition, contributing to improved dietary habits for their children. Future interventions should integrate ongoing support services and community engagement strategies to sustain these improvements in long-term practice. Ethiopia, rural women, child nutrition, educational outreach, mixed-methods The empirical specification follows  $Y = \beta_{0+\beta} X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** *African Geography, Anthropology of Nutrition, Qualitative Research Methods, Mixed-Methods Evaluation, Community Health Education, Dietary Interventions, Participatory Action Research*

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