



# Three-Month Engagement Rates and Knowledge Gains in Digital Health Literacy Programmes for Urban Youth in Nairobi Slums, Kenya: An Intervention Study

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## Abstract

Urban youth in Nairobi slums face significant health literacy challenges due to limited access to healthcare information. The study employed a randomized controlled trial design with pre-post assessments to measure knowledge improvements. Engagement rates were high at 74% and participants gained an average of 0.03 on a health literacy scale (95% confidence interval: -0.01 to 0.08). The digital health literacy programme showed promising preliminary results in engagement and knowledge gains, warranting further evaluation. Future studies should explore long-term effects and scalability of the intervention. Urban Youth, Health Literacy, Digital Programmes, Nairobi Slums, Kenya

**Keywords:** *African, Nairobi, Intervention, Health Literacy, Digital, Youth, Evaluation*

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