



Effectiveness of Community Health Worker Programmes in Reducing Child Malnutrition Rates in Western Kenya: A Systematic Literature Review

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Abstract

Child malnutrition remains a significant public health issue in Western Kenya, where community-based interventions can play a crucial role in reducing these rates. The review employed a comprehensive search strategy using databases such as PubMed, Scopus, and Google Scholar. Studies were included if they reported quantitative data on child malnutrition rates before and after implementing CHW programmes. A narrative synthesis was conducted to summarize findings and identify patterns in programme effectiveness. CHW programmes have demonstrated mixed but generally positive effects on reducing child malnutrition rates. While some studies showed reductions of up to 20% in stunting prevalence, others reported no significant changes, indicating the need for tailored interventions based on specific community needs. CHW programmes show promise in addressing child malnutrition in Western Kenya but require further evaluation and refinement depending on local contexts. Future research should focus on evaluating more robustly designed CHW programmes with longer follow-up periods to better understand their long-term efficacy. Additionally, studies should explore the role of community engagement and support systems in enhancing programme outcomes. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African geography, community health workers, child malnutrition, intervention studies, public health strategies, randomized controlled trials, nutritional epidemiology*

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