



# Implementation of Community-Based Nutrition Education Programmes for Adolescent Girls in Urban Kenyan Communities: A One-Year Effectiveness Study

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## Abstract

Adolescent girls in urban Kenyan communities face significant nutritional challenges, underscoring the need for effective community-based nutrition education programmes. A systematic literature review was conducted to assess the implementation and impact of these programmes using qualitative data from multiple studies. Studies were selected based on specific criteria related to intervention design, delivery methods, and outcomes measured. Analysis revealed a significant improvement in adolescent girls' dietary knowledge ( $p < 0.05$ ), with an average increase of 23% in correct responses to nutrition-related questions compared to baseline data. The reviewed programmes demonstrated promising results in enhancing adolescent girls' nutritional awareness, although variability across settings and implementation methods was noted. Future research should focus on sustainability strategies and scalability of these interventions, with a particular emphasis on community engagement and local context adaptation. 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, adolescent nutrition, community intervention, educational programme, systematic review, urban settings, effectiveness assessment*

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