



# Effectiveness of Community Health Worker Programmes in Reducing HIV Transmission Rates Among Youth in Nairobi, Kenya: An Intervention Study

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## Abstract

The prevalence of HIV among youth in Nairobi, Kenya remains high despite previous interventions. A mixed-methods approach was employed, including baseline surveys, longitudinal follow-ups, and qualitative interviews with CHWs and participants. Data were analysed using descriptive statistics and thematic analysis. CHW programmes significantly reduced HIV transmission rates by 25% (95% CI: -10 to -40) among youth aged 15-24 years compared to a control group, with higher efficacy in areas with better access to CHWs. Community health worker programmes effectively mitigate HIV transmission among young people in Nairobi, particularly where they are more accessible and engaged. Further implementation of these programmes should prioritise high-risk neighborhoods and ensure sustained CHW presence for long-term impact. HIV prevention, youth, community health workers, longitudinal studies, qualitative research 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 worker, HIV prevention, intervention study, longitudinal analysis, qualitative methods, youth health*

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