



# Rural Women's Role in Enhancing Child Nutrition Through Dietary Diversity Growth Charting Interventions in Tanzania

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## Abstract

Rural women play a crucial role in enhancing child nutrition through dietary diversity interventions in Tanzania. A mixed-methods approach was employed, including qualitative interviews with 50 rural women, quantitative data collection from 1200 children aged 6-36 months, and analysis of pre-and post-intervention dietary diversity scores using a multivariate regression model. Rural women reported an average increase in their confidence levels by 18% (95% CI: 14%, 22%) after participating in the interventions, leading to a significant improvement in children's dietary diversity scores from pre- to post-intervention ( $p < 0.001$ ). Rural women's empowerment through dietary diversity growth charting interventions significantly improved child nutritional outcomes. Further research should explore the sustainability of these findings and potential scaling-up strategies. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** Tanzania, Rural Women, Empowerment, Dietary Diversity, Growth Charting, Mixed-Methods, Nutrition Intervention

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