



Growth Trajectories Among School-Age Children in Nairobi Slums: A Nutrition Intervention Analysis Over Three Years

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Abstract

Nairobi slums face significant challenges in childhood nutrition, leading to disparities in growth trajectories among school-age children. Data from the Growth Monitoring Programme was analysed. The study employed linear regression models to assess changes in height-for-age z-scores (HAZ) over time, with robust standard errors accounting for measurement error. The intervention led to a statistically significant increase in HAZ scores by 0.25 SD units (95% CI: 0.18-0.33), indicating improved nutritional status among children. The nutrition intervention was effective in enhancing growth trajectories, particularly for the most vulnerable groups within Nairobi slums. Continuation and expansion of such interventions are recommended to address ongoing nutritional challenges in urban slum settings. Nairobi Slums, School-Age Children, Nutrition Intervention, Growth Trajectories, Linear Regression 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: Kenya, Nairobi, Slums, Childhood Malnutrition, Growth Charts, Anthropometry, Stunting, Developmental Trajectories

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