



Evaluation of Nutrition Counseling Sessions for Pregnant Women in Zimbabwean Cities Using Mobile Health Clinics: A Pilot Study in Morocco

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Abstract

Pregnant women in Zimbabwean cities often face nutritional challenges that can affect maternal health outcomes. Nutrition counselors conducted one-on-one counseling sessions via mobile health clinics targeting pregnant women. Data collection included pre- and post-session assessments to measure changes in nutritional knowledge and practices. Findings indicated an average increase of 25% in the proportion of participants who reported improved dietary habits, with a 95% confidence interval for this change being (18%, 32%). The mobile health clinic model showed promise as a delivery method for nutrition counseling to pregnant women. Further research should explore the long-term effects of these sessions and consider scaling up implementation based on findings from this pilot study. Nutrition Counseling, Pregnant Women, Mobile Health Clinics, Zimbabwean Cities
Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographic, Nutrition, Counseling, Mobile, Health, Clinic, Evaluation, Pregnancy*

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