



# School-Based Nutrition Interventions for Pregnant Women in Kampala's Slums: An Impact Analysis Over Nine Months

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## Abstract

Kampala's slums face significant challenges in accessing nutritious food, particularly for pregnant women who are at high risk of malnutrition and related health issues. The study employed qualitative research methods, including structured interviews with participants (n=50) and focus group discussions (n=12), to assess changes in knowledge, attitudes, and behaviors related to nutrition. Participants reported an increased awareness of nutrient-rich foods after the intervention, with a significant proportion showing improved dietary practices over nine months (68% showed positive changes). The school-based nutrition interventions demonstrated promise in enhancing nutritional knowledge and behaviour among pregnant women in Kampala's slums. Further research should explore long-term effects and scalability of these interventions, while policy makers could consider integrating such programmes into existing community health initiatives.

**Keywords:** *African Geography, Malnutrition, Qualitative Research, Community Nutrition Programmes, School-Based Interventions, Public Health Strategies, Dietary Assessment*

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