



Mobile Health Intervention Development for Diarrhea Prevention among Urban Youth in Nairobi Slums: A Mixed-Methods Study

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Abstract

Urban youth in Nairobi slums face high rates of diarrhea due to poor sanitation and hygiene practices. Mixed-methods study combining surveys, focus groups, and qualitative interviews with key stakeholders to inform the development of an app-based intervention targeting sanitation and hygiene behaviors. Findings from surveys showed that 45% of urban youth reported poor access to clean water and sanitation facilities. Focus group discussions revealed a strong preference for interactive educational content on the app, particularly videos and quizzes focused on handwashing techniques. The mixed-methods approach successfully identified key areas for intervention and preferences among target users, providing robust data for developing an effective mobile health tool. Further development of the app should prioritise interactive features that align with user feedback to enhance engagement and impact.

Keywords: *Sub-Saharan, African, Socioeconomic, CulturalAnthropology, QualitativeResearch, HealthPromotion, CommunityEngagement*

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