



Nutrition and Food Security Interventions in Rural Uganda: Effect on Childhood Malnutrition Levels

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Abstract

Childhood malnutrition is a significant public health issue in rural Uganda, affecting approximately 40% of children under five years. A mixed-method approach involving baseline surveys, programme implementation monitoring, and follow-up assessments was employed. Data collected included socio-economic status, dietary intake, and nutritional health indicators. Nutrition education sessions were found to improve dietary diversity by an average of 25% among participating children compared to the control group, with a confidence interval for this change being $\pm 4\%$. The interventions significantly reduced malnutrition prevalence from 40% to 30%, indicating their effectiveness in improving nutritional health outcomes. Continued support and sustained engagement of community leaders are recommended to maintain the positive impact of these nutrition programmes. Uganda, childhood malnutrition, food security, intervention programmes. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African nutrition, food insecurity, malnutrition epidemiology, cross-sectional studies, community-based interventions, agricultural production systems, anthropometrics

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