



Social Mobilization Strategies to Enhance Contraceptive Use Among Married Women in Nairobi, Kenya: A Pilot Intervention Study

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Abstract

Contraceptive use among married women in Nairobi, Kenya is below national averages despite high demand for family planning services. A mixed-methods approach including surveys, focus groups, and qualitative assessments were conducted among married women in Nairobi's informal settlements. Social mobilization workshops led to significant increases in knowledge about contraception (85% improved understanding) and willingness to use family planning methods (60% reported increased interest). Initial evidence supports the effectiveness of social mobilization strategies in enhancing contraceptive uptake among married women. Further research is needed to assess sustainability and impact over longer periods, with a focus on replicating findings in diverse settings.

Keywords: *African geography, social mobilization, qualitative methods, contraceptive acceptance, community engagement, demographic data analysis, participatory research*

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