



Vitamin A Supplementation and Child Malnutrition in Nairobi Slums: Two-Year Impact Evaluation

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Abstract

Child malnutrition remains a significant public health issue in Nairobi slums, where vitamin A supplementation (VAS) is often considered as part of an integrated nutrition strategy. A mixed-methods approach including baseline surveys, follow-up assessments, and qualitative interviews were employed. Data was collected from a sample of 300 randomly selected households across the study area. Initial results indicate that vitamin A supplementation led to a 25% reduction in malnutrition rates among children aged 6-36 months compared to those who did not receive VAS. The findings suggest that regular vitamin A supplementation can be an effective strategy for reducing child malnutrition, particularly when combined with other nutritional interventions and health education programmes. Further research is recommended to explore the long-term effects of VAS on child growth and development. Policy makers should consider integrating VAS into existing nutrition programmes in Nairobi slums. Vitamin A Supplementation, Child Malnutrition, Nairobi Slums, Two-Year Impact Evaluation

Keywords: *Nairobi, Malnutrition, Vitamin A Supplementation, Epidemiology, Public Health, Anthropometry, Qualitative Methods*

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