



Promoting Maternal Health Through Comprehensive Nutrition Programmes in Nairobi Slums, 2004

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Abstract

This case study examines the implementation of comprehensive nutrition programmes for young mothers in Nairobi slums to improve maternal health outcomes. Nutrition interventions were delivered through community-based workshops and home visits by trained health workers. Data collection involved pre- and post-programme surveys and anthropometric measurements of mothers and children. There was a significant reduction in the prevalence of stunting among infants ($p < 0.05$, 95% CI: -12%; -7%), indicating improved nutritional status following programme participation. The comprehensive nutrition programmes demonstrated success in enhancing maternal and child health outcomes within Nairobi slums. Future initiatives should expand coverage to reach more families and integrate complementary services such as microfinance for sustainable improvements. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_p$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Maternal Nutrition, Public Health Interventions, Community Health Workers, Micronutrient Deficiencies, Dietary Counseling, Feeding Practices, Breastfeeding Promotion*

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