



Nutrition Interventions and CLTS Adoption in Malnourished Children: A Longitudinal Evaluation in Nigerian Villages

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Abstract

This longitudinal study examines the impact of nutrition interventions combined with Community-Led Total Sanitation (CLTS) on malnourished children in Nigerian villages. Participants were recruited through random selection from targeted villages in Nigeria. Data collection involved periodic health check-ups and surveys conducted every six months for three years. Statistical models included linear regression to analyse dietary changes, while logistic regression was used to assess sanitation practices. Nutritional status showed a significant improvement with the intervention ($p < 0.05$), particularly in vitamin A levels. CLTS adoption rates increased by 40% within the study period, driven by community-led initiatives rather than external incentives. The combined nutrition and sanitation interventions were effective in improving child health outcomes in Nigerian villages, with a notable increase in CLTS uptake due to grassroots efforts. Further research should explore scaling-up these successful interventions across more communities. Policy recommendations suggest integrating nutrition education into community-led sanitation programmes to maximise benefits. 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, Malnutrition, Community-Led Total Sanitation (CLTS), Longitudinal Study, Anthropometric Measurement, Epi Info, Nutritional Intervention*

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