African Pharmacognosy Research (Core Science)

Nutritional Interventions for Pregnant Women in Kigali Slums: A Systematic Review of Strategies and Outcomes

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Abstract

Pregnant women in Kigali slums often face nutritional deficiencies, impacting maternal and fetal health. A comprehensive search was conducted using electronic databases, including PubMed and Scopus, from January to December . Studies were screened based on predefined inclusion criteria, and data extraction and synthesis followed PRISMA guidelines. Among the included studies, six interventions targeting dietary education showed significant improvements in micronutrient intake ($p < 0.05$), with an average increase of 15% in iron levels compared to baseline. Effective nutritional interventions for pregnant women in Kigali slums include comprehensive dietary education programmes, which have been shown to improve their nutritional status and health outcomes. Healthcare providers should consider implementing these evidence-based educational strategies as part of routine care for pregnant women in Kigali slums. Policy makers could also promote such interventions through public health initiatives. Treatment effect was estimated with $text\{logit\}(\pi) = beta 0 + \vec{\beta} p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Rwanda, Geographic Epidemiology, Nutritional Anemia, Iron Supplementation, Micronutrient Fortification, Dietary Counseling, Maternal Health Impacts*

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