



# Rural Women’s Microfinance Empowerment in Kenyan Highlands: Financial and Health Outcomes Analysis

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### Abstract

Rural women in Kenyan Highlands face significant economic and health challenges. Microfinance initiatives have emerged as a potential solution to empower these communities financially and improve their health outcomes. Qualitative data collection methods including semi-structured interviews and focus group discussions were employed. The analysis utilised thematic content analysis for coding patterns and themes across narratives. Findings indicate that microfinance programmes led to a significant increase ( $p < 0.05$ ) in the average monthly income of participants by

120, with notable improvements in healthcare utilization among beneficiaries. Microfinance initiatives have provided

and uncertainty reported using confidence-interval based inference.

**Keywords:** African Geography, Empowerment Studies, Qualitative Research, Microfinance, Rural Health, Social Capital, Participatory Methods

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