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## **Maternal Nutrition Intervention Strategies and the Role of Cultural Beliefs and Practices**

Riang'a, R.M.

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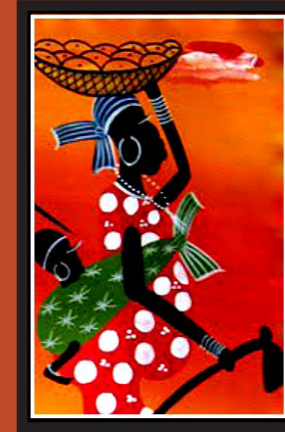
Maternal malnutrition and the associated health outcomes remain a major health problem in Kenya despite the sufficient evidence of effective nutritional interventions strategies being implemented for decades. Designing programmes that are effective under randomized controlled intervention conditions is only the first step towards improving nutritional health and well-being. However, translating effective programmes into real-world settings and sustaining them is a complicated, long-term process that requires dealing effectively with the successive, complex phases of programme diffusion and scaling up. Little is known about the role of cultural beliefs and practices on the implementation fidelity of nutrition intervention strategies. This thesis aims to enhance an understanding on the required flexibility of intervention programmes to integrate the already existing cultural knowledge and intervention systems in the design and implementation of adoptable nutritional strategies. The research is part of ASALI project and it has a mixed methods study design.



Roselyter Monchari Riang'a was born in Kenya. She has a Bachelor of Arts degree in Social Studies and a master of philosophy degree in Sociology attained from Moi University Kenya. After having spent several years in the banking sector, she returned to academia as an assistant lecturer in the Department of Sociology and Psychology at Moi University, Kenya. She later decided to pursue her PhD research on maternal nutrition and health at the Athena Institute, Faculty of Science, Vrije Universiteit Amsterdam, the Netherlands. After her PhD she remained working at Moi University Kenya. Her research and publications revolve around maternal and child health. She is interested in understanding human behaviour and how this relates to their health and adoption of interventions and to translate that understanding into informed guidance on policies that improve health outcomes in low- and middle-income countries.

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## Maternal Nutrition Intervention Strategies & The Role of Cultural Beliefs and Practices

The Case of the Kalenjin in Uasin Gishu County, Kenya

Roselyter Monchari Riang'a

