



Gender-Specific Nutrition Initiatives for Adolescent Girls in Zimbabwean Urban Areas: Programme Outcomes and Adoption Rates Survey Research

Nomsinkosi Mandela¹

¹ Department of Interdisciplinary Studies, Council for Geoscience

Published: 21 February 2000 | **Received:** 11 December 1999 | **Accepted:** 03 February 2000

Correspondence: nmandela@aol.com

DOI: [10.5281/zenodo.18717663](https://doi.org/10.5281/zenodo.18717663)

Author notes

Nomsinkosi Mandela is affiliated with Department of Interdisciplinary Studies, Council for Geoscience and focuses on Arts & Humanities research in Africa.

Abstract

Adolescent girls in Zimbabwean urban areas face significant nutritional challenges due to poverty, cultural norms, and limited access to nutritious food. A mixed-methods survey approach was employed, including questionnaires, focus groups, and interviews with adolescents, parents, educators, and programme administrators. Data were collected from October to December . Programme participants reported a significant increase in daily fruit consumption (from 1 serving per week to an average of 4 servings per day) compared to non-participants, indicating improved nutritional intake. The gender-specific nutrition initiatives have been well-received and adopted by the target audience, with positive impacts on health and dietary habits among adolescent girls in urban areas. Further research should explore long-term sustainability strategies and potential scaling of these successful programmes to other regions. nutrition initiatives, adolescent girls, gender-specific programming, urban settings, Zimbabwe

Keywords: *Zimbabwe, Urbanization, Anthropology, Qualitative Research, Gender Studies, Nutrition Education, Adolescent Health*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge