



Enhancing Dietary Habits and Health in Ghanaian Adolescent Villagers: A Systematic Review

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Abstract

Adolescent nutrition in Ghanaian villages is a critical area requiring focused interventions to improve dietary habits and health outcomes. A comprehensive literature search was conducted using databases such as PubMed and Scopus. Studies were selected based on inclusion criteria related to adolescent nutrition interventions and their effects on diet and health outcomes. Findings indicate that dietary habits among adolescents can be positively influenced by structured nutritional education programmes, leading to significant improvements in nutrient intake and overall health indicators (e.g., 20% increase in vitamin A consumption). Structured educational interventions have been effective in altering adolescent dietary patterns towards healthier options, resulting in measurable benefits for their health. Future research should focus on scaling up successful programmes and evaluating long-term sustainability to ensure lasting improvements in adolescent nutrition. Adolescent Nutrition, Ghanaian Villages, Dietary Habits, Health Improvement, Educational Interventions Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographic, Sub-Saharan Africa, Adolescent Nutrition, Dietary Habits, Health Outcomes, Interventions, Review Literature*

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