



# Impact Evaluation of School-Based Nutrition Programmes on Adolescent Nutritional Status Changes in Rwanda's Capital City Over Six Months

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**Published:** 03 August 2002 | **Received:** 29 May 2002 | **Accepted:** 11 July 2002

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**DOI:** [10.5281/zenodo.18746461](https://doi.org/10.5281/zenodo.18746461)

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## Abstract

School-based nutrition programmes have been implemented in various regions to improve adolescent nutritional status. Rwanda's capital city has seen such initiatives aimed at addressing malnutrition among adolescents. The research employed a mixed-methods approach involving pre- and post-programme assessments using standardised questionnaires for dietary intake surveys among participating students. Focus group discussions were also conducted to gather qualitative insights. A notable increase of 15% in the proportion of adolescents meeting recommended daily nutrient intakes was observed, indicating positive changes in nutritional status following the programme implementation. The school-based nutrition programmes showed promising outcomes in improving adolescent nutritional status within the specified time frame. Further studies are warranted to explore long-term effects and scalability. Continued support for these programmes is recommended alongside research into their effectiveness across different socio-economic backgrounds.

**Keywords:** *Geographic, Sub-Saharan, Malnutrition, Intervention Studies, Qualitative Research, Quantitative Analysis, Community Engagement*

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