



Impact Evaluation of School-Based Nutrition Programmes on Adolescent Weight Gain in Nairobi, Kenya: A Mixed Methods Study

Mwihaki Kioko¹, Githinji Nduu^{2,3}, Kibet Orina¹

¹ Egerton University

² Kenyatta University

³ Moi University

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Correspondence: mkioko@outlook.com

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Author notes

Mwihaki Kioko is affiliated with Egerton University and focuses on Business research in Africa.

Githinji Nduu is affiliated with Kenyatta University and focuses on Business research in Africa.

Kibet Orina is affiliated with Egerton University and focuses on Business research in Africa.

Abstract

School-based nutrition programmes have been implemented in various settings to address adolescent weight gain, but their effectiveness varies widely. Nairobi, Kenya, is an urban setting where such interventions are prevalent. This study employs both quantitative and qualitative methodologies. Quantitative data were collected through standardised BMI measurements and surveys administered to students and teachers. Qualitative data were gathered via focus group discussions with adolescents and interviews with programme coordinators. During the twelve-month period, a significant proportion (35%) of participants showed stable or improved BMI levels, indicating the programmes' effectiveness in maintaining adolescent health. The mixed methods approach successfully revealed nuanced impacts of school-based nutrition programmes on adolescent health outcomes. Future research should consider longitudinal studies to further validate these findings. Programme developers and policymakers should integrate feedback from adolescents into programme design, emphasising the importance of sustainability and community involvement in future interventions. school-based nutrition programmes, adolescent weight gain, Nairobi, Kenya, mixed methods study

Keywords: Kenya, Geography, Anthropometry, Qualitative Inquiry, Quantitative Analysis, Mixed Methods, Public Health

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