



# Ugandan Adolescents' Growth and Health Under School-Based Nutrition Interventions: A Comparative Study

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## Abstract

This study examines the effectiveness of school-based nutrition interventions on adolescent growth and health outcomes in Uganda. Nutrition data from multiple schools across Uganda was collected using standardised surveys administered by trained fieldworkers. The study employed a mixed-method approach combining quantitative and qualitative data collection methods. A significant improvement in dietary diversity among adolescents participating in the intervention programmes was observed, with an average increase of 15% in intake of key nutrients such as iron, vitamin A, and zinc over a year. The findings suggest that school-based nutrition interventions are effective in improving adolescent growth and health outcomes in Uganda. Schools should be encouraged to integrate comprehensive nutrition education programmes into their curricula alongside nutritional interventions.

**Keywords:** *African, Anthropometry, Feeding Practices, Growth Monitoring, Nutrition Assessment, School Health Programmes, Socioeconomic Factors*

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