



Mobile Nutrition Apps in Schools: One-Year Outcomes Among School-Age Children in Northern Ghana 2004

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Abstract

The prevalence of malnutrition among school-age children in northern Ghana is a significant public health concern. A mixed-methods approach involving pre- and post-intervention surveys and qualitative interviews was employed to assess changes in KAP related to nutrition and dietary habits among 300 randomly selected children from 20 schools. There was a statistically significant increase ($p < 0.05$) of 15% in food diversity scores post-intervention, indicating improved dietary variety. The mobile nutrition apps significantly enhanced the knowledge and practices related to healthy eating among school-age children in northern Ghana. Further studies should be conducted to explore long-term effects and sustainability of such interventions. Mobile Nutrition Apps, School-Age Children, Northern Ghana, Dietary Habits, Knowledge and Practice

Keywords: *Sub-Saharan, Mobile Health Apps, Nutrition Education, Qualitative Research, Quantitative Analysis, Public Health Surveillance, School-Based Interventions*

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