



Nutrition Education Initiatives in Indian Ocean Island Nations: A Community-Based Approach Over Two Years

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Abstract

Nutrition education is crucial for improving dietary habits among teenagers in Indian Ocean Island Nations. A mixed-methods approach combining quantitative surveys and qualitative interviews was employed to assess changes in knowledge, attitudes, and behaviors related to nutrition among teenagers. The survey data revealed a statistically significant increase in the proportion of participants who reported consuming more fruits and vegetables ($p < 0.05$), indicating positive behavioural changes towards healthier eating habits. Community-based interventions significantly improved knowledge and attitudes regarding nutrition, leading to observable changes in dietary practices among teenagers. Further research should explore the sustainability of these interventions and their scalability across other Indian Ocean Island Nations. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Adolescent Nutrition, Qualitative Research, Quantitative Analysis, Community Health Education, Cross-Cultural Studies, Participatory Development Methods*

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