



School Environment Interventions for Obesity Prevention Among Senegalese Teenagers: A Community-Based Approach in Dakar

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Abstract

Obesity rates among Senegalese teenagers are increasing, highlighting a need for effective prevention strategies. A community-based approach was employed to assess the impact of environmental changes within schools on adolescent health behaviors and outcomes. Schools that implemented nutrition education programmes saw a significant reduction in students' sugar-sweetened beverage consumption by 25% compared to control schools. Interventions focusing on school environments can be effective in promoting healthier dietary habits among Senegalese teenagers. Expanding and sustaining these interventions requires community engagement, policy support, and regular monitoring of student health metrics. Obesity prevention, School environment, Adolescent health, Nutrition education, Dakar, Senegal

Keywords: *African, community-based, ecological, intervention, obesity, prevention, sociocultural*

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