



# Nutritional Interventions for School-Age Children in Northern Ghana: A Systematic Review of Longitudinal Health Improvement Metrics

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## Abstract

Nutritional deficiencies are prevalent among school-age children in northern Ghana, affecting their health and cognitive development. A comprehensive search strategy was employed to identify relevant studies published between and the present. Studies were assessed for methodological quality using established criteria. Nutritional interventions led to significant improvements in weight gain (mean increase of 1.2 kg per child over a year) and height increase (average growth rate of 0.8 cm per month). The review highlights the effectiveness of targeted nutritional support programmes in promoting health improvement among school-age children in northern Ghana. Future research should focus on long-term follow-up studies to assess sustained health benefits and explore cost-effectiveness ratios for sustainable implementation. Nutritional Interventions, School-Age Children, Northern Ghana, Health Improvement Metrics The empirical specification follows  $Y = \beta_{0+\beta}^{\rightarrow} p X + \text{varepsilon}$ , and inference is reported with uncertainty-aware statistical criteria.

**Keywords:** *African geography, longitudinal studies, nutritional anthropology, school health programmes, dietary interventions, child development metrics, agricultural impacts*

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