



Performance Outcomes of Community-Based Nutrition Interventions on Adolescent Girls in Southern Mozambique,

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Abstract

This Data Descriptor focuses on a set of performance outcomes data from community-based nutrition interventions aimed at adolescent girls in Southern Mozambique. Nutrition assessments were conducted among adolescent girls, and data on dietary intake and nutritional status were collected using standardised tools. A significant proportion (35%) of participants reported improvements in dietary diversity compared to baseline measurements. The findings suggest positive changes in dietary practices but highlight the need for sustained support and tailored interventions. Further research should focus on identifying factors that sustain these improvements over time and exploring cost-effective strategies for scaling up successful programmes. Community-based nutrition, adolescent girls, Mozambique, dietary diversity, intervention effectiveness The empirical specification follows $Y = \beta_{0+\beta} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: African nutrition, adolescent girls, community-based interventions, dietary assessment, anthropometry, growth monitoring, impact evaluation

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