



Urban Youth Nutrition Education in Lagos: A Longitudinal Study on Growth and Developmental Outcomes

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Abstract

Urban youth in Lagos face unique challenges related to nutrition, education, and health outcomes. A longitudinal study design was employed with qualitative data collection methods including interviews and focus groups to evaluate changes in dietary habits and nutritional knowledge. Urban youth participating in the nutrition education programme showed notable improvements in their dietary intake and nutritional knowledge, contributing positively to overall health outcomes. Further research should explore scalability of successful interventions and potential integration into broader public health strategies.

Keywords: *African geography, longitudinal study, qualitative methods, nutrition education, urban youth development, developmental outcomes, socio-economic factors*

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