



Analysing School-Based Interventions to Mitigate Malnutrition Among Rural Children in Sierra Leone

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Abstract

Malnutrition remains a significant public health issue in rural Sierra Leone, particularly affecting children under five years of age. A mixed-methods approach was employed, involving a quantitative survey of 500 randomly selected primary school students and their parents/guardians, supplemented by qualitative interviews with nutritionists and educators. The findings indicate that while there is no significant change in overall malnutrition rates, the intervention did lead to a noticeable improvement in children's dietary diversity (from 40% to 52%). While initial interventions showed promise, sustained efforts are required to sustain and amplify these benefits. Further research should focus on evaluating community-level changes and exploring the long-term effects of school-based nutrition education.

Keywords: *Sub-Saharan, Ruralization, Participatory, Anthropometry, Interventions, Ecosystems, Equity*

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