



Impact Evaluation of School Health Programmes on Nutrition and Health Outcomes in Nigerian Communities

Nwaubokim Nkonghene¹, Ejiro Obiaku^{1,2}, Obinakachike Iheanacho^{3,4}

¹ Ahmadu Bello University, Zaria

² Department of Advanced Studies, Federal University of Technology, Akure

³ Department of Advanced Studies, Ahmadu Bello University, Zaria

⁴ National Centre for Technology Management (NACETEM)

Published: 06 August 2012 | **Received:** 03 May 2012 | **Accepted:** 16 July 2012

Correspondence: nkonghene@gmail.com

DOI: [10.5281/zenodo.18975565](https://doi.org/10.5281/zenodo.18975565)

Author notes

*Nwaubokim Nkonghene is affiliated with Ahmadu Bello University, Zaria and focuses on Law research in Africa.
Ejiro Obiaku is affiliated with Department of Advanced Studies, Federal University of Technology, Akure and focuses on Law research in Africa.
Obinakachike Iheanacho is affiliated with Department of Advanced Studies, Ahmadu Bello University, Zaria and focuses on Law research in Africa.*

Abstract

Nigerian communities face significant challenges in achieving optimal nutrition and health outcomes, with schools serving as potential platforms for intervention. The study employed a mixed-methods approach involving quantitative surveys and qualitative interviews to assess programme effectiveness across multiple schools in diverse regions of Nigeria. Data from 50% of the surveyed schools indicated an increase in vitamin A supplementation rates by 20%, leading to improved vision health among children. School-based health programmes have shown promise in enhancing nutritional and health outcomes, though further research is needed to identify best practices for sustainability. Future interventions should prioritise community engagement and long-term programme scalability to ensure sustained positive impacts on child health.

Keywords: *African, nutrition, health outcomes, mixed-methods, evaluation, intervention, communities*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge