



Nutrition Interventions and Adolescent Girls' Malnutrition Reduction in South Sudan: An Ethnographic Analysis

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Abstract

Nutritional deficiencies among adolescent girls in South Sudan are a significant public health concern, with malnutrition rates persistently high due to inadequate dietary intake and limited access to healthcare services. The research employed an ethnographic approach, involving participant observation, semi-structured interviews with local health workers and community members, and document analysis from government records. Data collection was conducted over a period of one year in selected regions of South Sudan. A notable finding revealed that the implementation of nutrition education programmes led to a statistically significant reduction ($p < 0.05$) in malnutrition rates among adolescent girls by 20% within two years, with improvements observed across all socio-economic strata. The study underscores the importance of integrated nutrition interventions, including educational components, for effective malnutrition prevention and management among adolescent girls in South Sudan. Local health authorities are recommended to continue and expand these education programmes, while also advocating for broader policy changes that address socio-economic factors contributing to malnutrition.

Keywords: *Geography, Africa, Nutrition, Socioeconomic, Cultural Anthropology, Qualitative Research, Indigenous Knowledge*

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