



# Gender-Specific Nutrition Interventions and Adolescent Growth in Ugandan Villages

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## Abstract

This study examines gender-specific nutrition interventions aimed at promoting adolescent growth in Ugandan villages. Data was collected through structured interviews, anthropometric measurements, and socio-economic surveys conducted among adolescents in selected Ugandan villages over two years. Nutrition supplementation programmes targeting girls showed significant improvements in height-for-age Z-scores by 10% compared to boys' groups who did not receive interventions. The gender-specific approach was effective, highlighting the need for targeted nutrition support for adolescent females in rural Ugandan settings. Public health initiatives should prioritise girls and implement tailored nutrition programmes that consider socio-cultural factors affecting dietary habits.

**Keywords:** *African, Anthropometry, Gender Equity, Nutrition Interventions, Adolescent Growth, Methodology, Impact Evaluation*

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