



Analysing School-based Nutrition Education Interventions on Adolescent Growth in Rural South African Communities,

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Abstract

Nutrition education interventions have been implemented in schools to address malnutrition among adolescents in rural South African communities. The study will employ a mixed-methods approach, combining quantitative data from school health surveys with qualitative insights from interviews and focus group discussions to analyse the impact of nutrition education programmes over two years in diverse rural communities. Analysis revealed that schools where interventions were more participatory saw an average growth rate increase of 10% compared to schools with less engagement, indicating a positive correlation between active participation and improved outcomes. While the study found promising results suggesting enhanced adolescent growth through targeted nutrition education, there is room for further research into the sustainability and scalability of these interventions in different contexts. Future studies should focus on replicating successful models in other regions with similar demographics and implement long-term monitoring to ensure sustained benefits and address emerging challenges. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Anthropometry, Qualitative Research, Quantitative Research, School Health Programme, Nutrition Education, Adolescent Growth Outcomes*

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