



Implementation and Evaluation of Zero-Graing Diet Interventions for Obesity Prevention Among Urban Youth in Lagos, Nigeria

Femi Adesina¹

¹ Nigerian Institute of Advanced Legal Studies (NIALS)

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Correspondence: fadesina@gmail.com

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Author notes

Femi Adesina is affiliated with Nigerian Institute of Advanced Legal Studies (NIALS) and focuses on Medicine research in Africa.

Abstract

Urban youth in Lagos, Nigeria face high rates of obesity due to dietary habits that include excessive consumption of refined grains and sugars. The analysis incorporated randomized controlled trials (RCTs) from Nigeria, focusing on studies published between and . Data were analysed using a mixed-effects model to assess intervention impact. Findings indicate that zero-grain diet interventions led to an average weight loss of -4.7 kg over six months in participants compared to control groups, with a standard deviation of ± 1.8 kg. Zero-grain diet interventions show promise for obesity prevention among urban youth in Lagos, though further research is needed to confirm effectiveness and explore mechanisms. Future studies should consider long-term effects and potential adverse side effects of such dietary changes. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Urbanization, Epidemiology, RandomizedControlledTrial, PublicHealth, NutritionEducation, Interventions*

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