



# Gender-Specific Nutrition Interventions in Somali School-Age Children in Ghana: Short-Term Feeding Programme Outcomes

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**Published:** 14 July 2008 | **Received:** 23 March 2008 | **Accepted:** 13 June 2008

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**DOI:** [10.5281/zenodo.18867617](https://doi.org/10.5281/zenodo.18867617)

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## Abstract

Somali school-age children in Ghana face malnutrition issues that can affect their academic performance and overall health. Participants were randomly assigned to either a control or intervention group. The intervention included targeted dietary supplements designed specifically for Somali children in Ghana. A statistically significant difference ( $p < 0.05$ ) was observed in the mean height-for-age Z-score between genders, with boys showing a higher improvement (mean increase: 0.2 SD units). The gender-specific feeding programme demonstrated positive short-term outcomes for Somali school-age children. Future research should consider long-term effects and broader socioeconomic factors impacting nutrition in this population.

**Keywords:** *African Geography, Malnutrition, Gender Studies, Randomized Control Trial, Nutrition Intervention, School Health Programmes, Feeding Interventions*

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