



Nutrition Intervention Programme's Impact on Adolescent Girls in Northern Ghana: A One-Year Feeding Study

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Abstract

Nutrition interventions targeting adolescent girls are crucial for improving health outcomes in many developing countries, including Northern Ghana where malnutrition rates among this demographic remain high. A mixed-methods approach, including baseline surveys, quarterly monitoring visits, and qualitative interviews, was employed to gather comprehensive data from adolescent girls enrolled in the programme. There was a significant improvement ($p < 0.05$) in dietary diversity scores among participants compared to baseline, indicating an enhanced nutritional intake over the year of intervention. The nutrition intervention successfully promoted healthier eating habits and improved nutritional status among adolescent girls in Northern Ghana. Based on these findings, it is recommended that similar programmes be scaled up with additional support for sustainable food sources within local communities. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographic, Anthropometric Measurement, Feeding Study, Nutrition Interventions, Adolescent Health, Developmental Milestones, Malnutrition Rates*

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