



Evaluating School-Based Physical Activity Programmes' Impact on Adolescent Cardiovascular Health Indices in Rural Gambia Youth: A Protocol

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Abstract

Rural Gambian adolescents have limited access to physical activity (PA) programmes, which is critical for their cardiovascular health. A mixed-methods approach will be employed, including baseline and follow-up assessments with validated questionnaires and blood pressure measurements. Data analysis will use linear regression to assess programme effectiveness. Initial data suggests a moderate improvement in systolic blood pressure among participants following the PA interventions. This study aims to provide evidence on the efficacy of school-based PA programmes in promoting cardiovascular health in rural Gambian adolescents. The findings will inform policy makers and educators about the importance of integrating PA into school curricula for adolescent health. School-based physical activity, Adolescent cardiovascular health, Rural Gambia, Mixed-methods approach

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 geography, cardiovascular health, intervention study, adolescent health, rural development, physical activity, mixed methods*

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