



Nutrient-Fortified Foods in Reducing Malnutrition among Primary School Children in North African Cities: A Comparative Study

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Abstract

Malnutrition remains a significant public health issue among primary school children in North African cities, particularly in Morocco. The study employed a quasi-experimental design with pre- and post-intervention data collection, utilising standardised food fortification programmes and control groups for comparison. Fortified foods resulted in a statistically significant reduction of 15% in malnutrition indicators among participating children compared to the control group. Nutrient-fortified foods effectively mitigate malnutrition among primary school children, influenced by socio-economic factors and dietary habits. Integrate fortified food programmes into national nutrition policies and encourage community participation for sustained impact.

Keywords: *North African, Malnutrition, Fortification, Public Health, Quasi-experimental, Primary Schools, Micronutrients*

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