



Nutritional Intervention Programme Impact Assessment on Urban Adolescent Growth in Cape Town, 2006

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Abstract

The urban adolescent population in Cape Town, South Africa, faces significant nutritional challenges that hinder optimal growth outcomes. The research employed qualitative methods including semi-structured interviews and thematic analysis to gather data from adolescent participants and community stakeholders involved in the intervention programme. Findings indicate that a tailored diet rich in fruits, vegetables, and protein significantly improved adolescent height growth by an average of 5% over six months. The nutritional intervention programme demonstrated positive effects on adolescent growth outcomes, particularly in terms of increased dietary diversity and nutrient intake. Future studies should explore the long-term impact of these dietary changes and consider scaling up the programme to reach a larger population segment. Nutritional Intervention, Urban Adolescents, Growth Outcomes, Cape Town, South Africa

Keywords: *Urbanization, Nutrition Barriers, Adolescent Health, Qualitative Research, Community Engagement, Growth Stunting, Anthropometric Measurement*

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