



Community-led Nutrition Outreach Programmes and Adolescent Eating Habits in East African Cities: Short-term Dynamics

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Published: 22 January 2001 | **Received:** 10 November 2000 | **Accepted:** 18 December 2000

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DOI: [10.5281/zenodo.18727244](https://doi.org/10.5281/zenodo.18727244)

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Abstract

Adolescents in East African cities face challenges related to nutrition and eating habits, influenced by socio-economic factors such as poverty and urbanization. A mixed methods study combining quantitative surveys with qualitative focus groups to assess programme effectiveness over a six-month period. Initial data shows a significant increase (35%) in adolescents' fruit consumption after the programme intervention compared to baseline levels. The community-led nutrition outreach programmes demonstrated promising short-term effects on adolescent eating habits, warranting further evaluation and scaling-up. Continue monitoring and enhancing these programmes with tailored interventions based on participant feedback and dietary needs. Adolescent Eating Habits, Nutrition Outreach Programmes, East Africa, Mixed Methods Study

Keywords: *East Africa, Community Intervention, Qualitative Research, Quantitative Analysis, Health Behaviour Change, Nutrition Education, Adolescent Development*

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