



Assessing School-Based Nutrition Programmes' Impact on Adolescent Eating Habits and BMI in Kenyan Urban Centers: A Six-Month Follow-Up Study

Miriam Muriuki Gitonga^{1,2}, Oscar Kibet Ngunjiri^{1,3}, Chester Wafula Okoth³

¹ Pwani University

² Department of Interdisciplinary Studies, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

³ Technical University of Kenya

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Correspondence: mgitonga@hotmail.com

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Author notes

*Miriam Muriuki Gitonga is affiliated with Pwani University and focuses on Psychology research in Africa.
Oscar Kibet Ngunjiri is affiliated with Technical University of Kenya and focuses on Psychology research in Africa.
Chester Wafula Okoth is affiliated with Technical University of Kenya and focuses on Psychology research in Africa.*

Abstract

School-based nutrition programmes are increasingly implemented in urban centers to address malnutrition among adolescents. However, there is a need for more detailed qualitative assessments of their impact on eating habits and Body Mass Index (BMI). This study aims to explore these aspects in Kenyan urban settings. Qualitative data were collected through semi-structured interviews with adolescents ($n=50$) \wedge *focus group discussions with parents* ($n=12$). Data analysis involved thematic coding to identify recurring themes related to nutrition programmes' impact. Ethical approval was obtained from the institutional review board. Adolescents reported significant dietary changes, particularly in reducing sugary drink consumption and increasing fruit intake. Parents noted improved meal preparation at home aligned with programme guidelines. Cultural factors such as social pressure influenced adherence and eating habits. This study provides nuanced insights into the impact of school-based nutrition programmes on adolescent health outcomes in urban Kenya. Qualitative data reveal complex dynamics between programme implementation and cultural context. Future research should incorporate more quantitative measures alongside qualitative methods to enhance generalizability. Policy recommendations should consider cultural adaptations for effective nutrition education and behaviour change interventions. school-based nutrition, adolescent eating habits, BMI, urban Kenya, qualitative study

Keywords: *African, Anthropology, Qualitative, Nutrition, Development, FocusGroup, Ethnography*

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