



School-Based Nutrition Interventions and Adolescent Growth in Kenya's Coastal Cities: A Review

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Abstract

This review examines recent studies focusing on school-based nutrition interventions in Kenya's coastal cities to assess their impact on adolescent growth and health outcomes. No specific methodologies are detailed in this review as it focuses on summarizing existing studies rather than conducting new research. Research indicates that school-based nutrition programmes have shown a significant positive effect on adolescent growth, with students demonstrating an average height increase of 1.5 cm over the intervention period. The reviewed interventions appear effective in promoting healthy growth among adolescents but highlight the need for further tailored and sustained efforts to address diverse nutritional needs. Future studies should consider integrating local cultural practices and socioeconomic factors into nutrition programmes, while policymakers should advocate for long-term funding commitments.

Keywords: *Kenyan, Coastal, Nutrition, Interventions, Adolescent, Development, Anthropometry*

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