



# Nutrition Interventions and School Performance among Urban Children in Accra: An Analytical Survey Study

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## Abstract

Urban children in Accra, Ghana face nutritional deficiencies that can impact their school performance. A cross-sectional survey was conducted with a sample of 150 children from various schools. Data were collected through self-report questionnaires and standardised assessments of academic achievement. Nutrition interventions showed a statistically significant positive correlation ( $p < 0.05$ ) with better school performance, particularly in mathematics scores among the participants. The study supports the need for targeted nutrition programmes to enhance educational outcomes among urban children in Accra. Schools and community organizations should collaborate to implement sustainable nutrition interventions that include dietary education and provision of nutrient-rich foods.

**Keywords:** *Sub-Saharan, urbanization, malnutrition, cognitive development, intervention studies, socioeconomic status, cross-sectional study*

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