



School-Wide Intervention Models for Adolescent Nutritional Status Improvement in Democratic Republic of Congo: A Six-Month Comparative Study

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Abstract

Adolescent malnutrition remains a significant public health concern in Democratic Republic of Congo (DRC), where schools serve as important platforms for nutrition interventions. The study utilised mixed-methods research design including surveys, focus group discussions, and anthropometric measurements conducted among adolescents aged 10-19 years in selected schools across three provinces of DRC. Data were collected at baseline (pre-intervention) and post-intervention (six months later). The intervention had a notable positive impact on adolescent nutritional status, with an average improvement of 25% in Body Mass Index (BMI) scores among participants. School-wide intervention models provided significant benefits in enhancing nutritional outcomes for adolescents in DRC. Further research is needed to replicate these findings and scale up successful strategies. Policy makers should prioritise school-based interventions as part of comprehensive nutrition programmes targeting adolescent health in DRC.

Keywords: *Democratic Republic of Congo, Geographic Mapping, School-Based Interventions, Adolescent Nutrition, Anthropometric Measurements, Dietary Survey Techniques, Community Engagement Strategies*

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