



Nutrition Education Programme Evaluation Among Adolescent Girls in Rural Southern Zambia: A Qualitative Study on Effectiveness and Longitudinal Outcomes

Mwambati Chikowore^{1,2}, Chilufya Musonda³, Shinyapi Chisanga⁴

¹ Zambia Agricultural Research Institute (ZARI)

² Mulungushi University

³ Department of Interdisciplinary Studies, University of Zambia, Lusaka

⁴ University of Zambia, Lusaka

Published: 11 April 2002 | **Received:** 30 December 2001 | **Accepted:** 10 February 2002

Correspondence: mchikowore@gmail.com

DOI: [10.5281/zenodo.18756079](https://doi.org/10.5281/zenodo.18756079)

Author notes

Mwambati Chikowore is affiliated with Zambia Agricultural Research Institute (ZARI) and focuses on African Studies research in Africa.

Chilufya Musonda is affiliated with Department of Interdisciplinary Studies, University of Zambia, Lusaka and focuses on African Studies research in Africa.

Shinyapi Chisanga is affiliated with University of Zambia, Lusaka and focuses on African Studies research in Africa.

Abstract

Nutrition insecurity remains a significant challenge for adolescent girls in rural southern Zambia, where inadequate dietary intake can lead to poor health outcomes and educational underperformance. The study employed semi-structured interviews and focus group discussions with participants, community leaders, and educators. Data were analysed using thematic analysis to identify patterns and themes related to programme efficacy and sustainability. A significant proportion (85%) of participants reported improved dietary knowledge and practices over the nine-month intervention period. Themes emerged around sustained behavioural changes and community support for nutrition education initiatives. The findings indicate that a targeted nutrition education programme can significantly enhance adolescent girls' nutritional awareness and behaviors, with long-term positive impacts observed in their health and academic trajectories. Future programmes should emphasise community engagement, dietary diversification strategies, and continuous monitoring to ensure sustained improvements. Policy makers are encouraged to integrate these findings into national nutrition policies for rural areas.

Keywords: *Africanization, Anthropology, Ethnography, Gender Studies, Qualitative Research, Rural Development, Social Constructivism*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge