



School-Based Nutrition Interventions and Adolescent Health Indicators in Somali Regions, Rwanda

Kizito Mukabi¹

¹ University of Rwanda

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Correspondence: kmukabi@outlook.com

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Author notes

Kizito Mukabi is affiliated with University of Rwanda and focuses on Medicine research in Africa.

Abstract

Somali regions in Rwanda have been identified as having high rates of adolescent malnutrition. A mixed-methods approach including baseline and follow-up surveys was employed to assess changes in dietary habits, anthropometric measurements (height, weight), and knowledge scores related to nutrition education. Data analysis showed a significant improvement in height-for-age Z-score by 10% among students who received intervention compared to controls. School-based nutrition interventions were effective in enhancing adolescent health indicators, particularly improvements in dietary habits and nutritional status. Continuous monitoring and further research should be conducted to sustain the positive outcomes observed. nutrition education, adolescent health, school intervention, Rwandan Somali regions Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Somali, Rwanda, Nutrition, Intervention, Adolescence, Anthropometry, Qualitative*

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