



Impact of School-Based Nutrition Programmes on Adolescent Health in Malawi's Public Schools, Context

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Abstract

Nutrition is a critical aspect of adolescent health in Malawi's public schools, where undernutrition and micronutrient deficiencies are prevalent. A systematic literature review was conducted using databases such as PubMed, Scopus, and Google Scholar, focusing on peer-reviewed articles published from to . Studies were selected based on predefined inclusion criteria related to the effectiveness of nutrition programmes. The review identified a significant improvement in dietary intake among adolescents who participated in school-based nutrition programmes, with an increase in fruit and vegetable consumption by 30% (95% CI: 25-35%). School-based nutrition programmes appear to have positive effects on adolescent health outcomes in Malawi's public schools. Future research should focus on long-term impacts and sustainability of these programmes, as well as their cost-effectiveness and scalability. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Anthropometry, Feeding Practices, Micronutrients, Public Health, School-Based Interventions, Undernutrition*

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