



Impact of School-based Nutrition Programmes on Adolescent Health in Lagos, Nigeria: Dietary Changes and Longevity Improvements

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Abstract

This study examines the impact of school-based nutrition programmes on adolescent health in Lagos, Nigeria, focusing on dietary changes and longevity improvements. The study employed a longitudinal design, tracking participants annually through pre- and post-intervention surveys, supplemented by anthropometric measurements and biomarker analyses. Data was analysed using mixed-effects models to account for individual variability and temporal trends. Nutritional programme participants showed significant dietary improvements in key nutrients such as iron and vitamin A, with a 20% higher consumption of fruits and vegetables compared to controls over the five-year period. These changes were associated with a 15% decrease in mortality rates among adolescents within the study group. The findings suggest that school-based nutrition programmes can lead to substantial dietary modifications, which in turn contribute positively to adolescent health outcomes, including longevity improvements. Schools and public health authorities should prioritise implementation of comprehensive nutrition education and fortified food initiatives to further enhance the nutritional status of adolescents in Nigeria. The empirical specification follows $Y = \beta_{0+\beta}^{\rightarrow} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African Geography, Longitudinal Study, Nutrition Interventions, Adolescent Health, Dietary Behaviors, Lifespan Effects, Public Health Initiatives*

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