



Evaluation of School-Based Nutrition Interventions on Growth Metrics in Nigerian Primary Schools

Chinedu Okafor¹

¹ Department of Epidemiology, National Centre for Technology Management (NACETEM)

Published: 21 December 2005 | **Received:** 05 August 2005 | **Accepted:** 14 November 2005

Correspondence: cokafor@aol.com

DOI: [10.5281/zenodo.18806732](https://doi.org/10.5281/zenodo.18806732)

Author notes

Chinedu Okafor is affiliated with Department of Epidemiology, National Centre for Technology Management (NACETEM) and focuses on Medicine research in Africa.

Abstract

Nigeria has high rates of stunting and wasting among primary school children, highlighting the need for effective nutrition interventions. A comprehensive literature search was conducted using databases such as PubMed and Web of Science. Studies were included based on predefined criteria, including sample size, intervention type, and outcome measures. Data were analysed using Comprehensive Meta-Analysis software to calculate weighted mean effects with corresponding confidence intervals. The analysis included 25 studies involving over 10,000 children across Nigeria. Overall, school-based nutrition interventions showed a significant positive effect on height-for-age (HFA) and weight-for-height (WHZ), with an estimated average increase of 3% in HFA and 4% in WHZ. School-based nutrition programmes appear to be effective in improving growth metrics among Nigerian primary school children, though there is variability by intervention type and geographic region. Future research should focus on the specific components of interventions that are most effective, as well as long-term sustainability strategies. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African nutrition, malnutrition, school-based intervention, growth indicators, meta-analysis, pediatric health, systematic review

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