



# Investigation into School-Based Nutrition Programmes and Adolescent Health in South Africa

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## Abstract

In South Africa, adolescent health is a critical public health concern, with obesity rates increasing over time. The study employed surveys administered to adolescents (n=500) and schools' records for data collection. Statistical analysis was conducted using linear regression models. A significant positive correlation ( $r=0.42$ ,  $p<0.001$ ) between participation in school nutrition programmes and improved body mass index (BMI). School-based nutrition programmes appear effective in promoting healthier weight among adolescents, warranting wider implementation. Further research should explore long-term outcomes and cost-effectiveness of such interventions.

**Keywords:** *African, obesity, intervention, nutritional, adolescent, epidemiology, health disparities*

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