



# Nutrition Education Programmes and Adolescent Health Among Smallholder Women Farmers in Cameroon: A Meta-Analysis

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## Abstract

Adolescent health outcomes among smallholder women farmers in Cameroon are often compromised by nutritional deficiencies. A meta-analysis was conducted using six-month retrospective data from multiple studies across Cameroon. The analysis included educational interventions aimed at improving nutritional knowledge and practices among female farmers. Nutrition education significantly improved dietary diversity among adolescent participants, with a  $RR = 1.25$  (95% CI: [1.08, 1.45]) for those who received the intervention compared to controls. The meta-analysis suggests that nutrition education programmes can positively impact adolescent health outcomes in smallholder women farmers in Cameroon. Further longitudinal studies should be conducted to explore sustained effects and potential barriers to implementation.

**Keywords:** *Sub-Saharan, African, Nutrition, Educational, interventions, review, meta-analysis*

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