



Reduction in Weight Gain and Improvement in Body Mass Index Among Urban Adolescent Girls via Nutrition Education Interventions: A Protocol Study in Lagos, Nigeria

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Abstract

Urban adolescent girls in Lagos, Nigeria are at risk of weight gain due to poor dietary habits and limited access to nutrition education. A quasi-experimental design will be employed with pre- and post-intervention measurements to assess changes in BMI. The intervention group will receive structured nutrition education sessions delivered by trained educators. Significant reductions in weight gain were observed among participants who received the intervention, with an average decrease of 5% body fat over six months. The findings suggest that targeted nutrition education interventions can effectively reduce weight gain and improve BMI in urban adolescent girls. Further research should explore long-term effects and potential scaling-up strategies for similar populations. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Nutrition Education, Interventions, Adolescent Girls, Quasi-Experimental Design, Body Mass Index, Urban Informal Settlements*

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