



# Integration of Nutrition Counseling into Primary Healthcare Services in Rural Ghana: Acceptability and Adoption Study

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## Abstract

Rural populations in Ghana often face challenges accessing adequate nutrition due to limited healthcare resources. A mixed-methods approach was employed, including a pre-post intervention design with qualitative interviews ( $n=30$ ) *to gauge acceptance*  $\wedge$  *quantitative surveys* ( $n=150$ ) *to measure adoption rates*. Nutrition counseling sessions were well-received by participants, with an acceptability score of 87% on a 10-point Likert scale. Adoption was higher among women aged 25-45 years, constituting 60% of respondents. The integration strategy showed promising results in enhancing nutritional knowledge and practices among rural populations. Further studies should explore the sustainability of this intervention model across different regions in Ghana.

**Keywords:** *African Nutrition, Acceptability Study, Community Health Workers, Dietary Interventions, Mixed-Methods Approach*

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