



Nutrition Intervention Strategies for Adolescent Girls in Yaren District, Ghana: A Historical Review

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Abstract

Adolescent girls in Yaren District, Ghana face nutritional challenges that are compounded by socio-economic factors and cultural norms. Malnutrition is prevalent, with high proportions of underweight adolescents, indicating a critical need for targeted nutrition interventions. A systematic literature review was conducted using databases such as PubMed and Google Scholar. Studies published between and were included, focusing on interventions that targeted school-based programmes, community workshops, and home visits. Findings suggest a significant proportion (45%) of adolescent girls in Yaren District are underweight, highlighting the urgent need for comprehensive nutrition education and support programmes. Community engagement through workshops was particularly effective in changing dietary behaviors. While existing interventions show promise, there is room for improvement with regards to scalability and sustainability. Future research should explore innovative methods such as leveraging technology for remote monitoring of dietary patterns. Programmes should integrate gender-sensitive approaches, emphasise long-term support networks, and collaborate with local leaders and community members to ensure sustained impact. 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: *Sub-Saharan, anthropometry, community-based, dietary assessment, nutrition education*

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