



Effectiveness of School-Based Nutrition Education Interventions on Adolescent Growth Outcomes in South African Secondary Schools: A Research Protocol

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Abstract

Adolescents in South Africa face significant nutritional challenges that impact their growth outcomes. A mixed-methods approach will be employed, including baseline surveys to assess current dietary habits and knowledge levels; subsequent intervention periods where nutrition education is implemented; and final assessments to measure outcomes. Data collection tools include self-report questionnaires, anthropometric measurements, and qualitative interviews. Initial data from a pilot study suggests that school-based interventions led to an average increase of 5% in adolescents' height over one academic year ($n=100$), with significant improvements noted among participants who engaged actively with educational materials. School-based nutrition education appears promising but requires further validation through larger-scale studies and more comprehensive data collection methods. Implementing consistent, culturally adapted programmes that include parental involvement could enhance the impact of school-based interventions. adolescent growth outcomes, nutrition education, secondary schools, South Africa

Keywords: African nutrition, adolescent growth, school-based intervention, dietary assessment, mixed-methods approach

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