



School-Based Nutrition Education Programme Among Secondary School Teachers in South Africa: Performance Outcomes and Adoption Rates

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Abstract

This study examines a school-based nutrition education programme aimed at improving secondary school teachers' knowledge about healthy eating habits and their subsequent adoption of these practices. A mixed-methods approach was employed, including pre- and post-programme assessments through surveys and focus group discussions with participants. Teachers showed a statistically significant improvement in knowledge scores (mean *increase* = +15%, *CI* [1.2, 20.8]), indicating effective learning from the programme. Adoption rates were notably high at 78% for implementing nutrition education in classrooms. The programme demonstrated promising performance outcomes and adoption rates among secondary school teachers, suggesting its potential to positively impact educational environments. Further research should explore long-term effects and scalability of the programme across different regions. Implementation strategies could benefit from leveraging existing school infrastructure for seamless integration. nutrition education, secondary schools, teacher training, South Africa

Keywords: *African Nutrition, School-Based Intervention, Teacher Training, Dietary Behaviour Change, Public Health Education, Qualitative Research, Randomized Controlled Trials*

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