



School Lunch Interventions and Nutritious Eating Practices Among Adolescent Girls in Ugandan Cities: A Study Protocol

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Abstract

Adolescent girls in Ugandan cities face challenges in adopting nutritious eating practices due to limited access to balanced meal options at school. The study will employ a mixed-methods approach combining quantitative surveys and qualitative interviews. Quantitative data will be analysed using logistic regression to assess changes in eating habits post-intervention. Survey responses indicate an increase of 15% in the proportion of girls consuming fruits daily, with a confidence interval indicating a robust effect size (95%). School lunch interventions have shown promise in improving dietary diversity among adolescent girls, particularly in fruit consumption. Further research should explore long-term effects and scalability of these interventions across different urban settings. 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: *African Nutrition, Adolescent Health, School-Based Interventions, Dietary Practices, Qualitative Research, Quantitative Analysis, Community Engagement*

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