



# Nutritional Interventions for Adolescent Growth in Nigerian Lagos Slums: A Study in Urban Poverty Contexts

Obioma Nkengasimbo<sup>1</sup>, Chinedu Ezeani<sup>2,3</sup>, Femi Oluduro<sup>2</sup>

<sup>1</sup> University of Nigeria, Nsukka

<sup>2</sup> Nigerian Institute of Social and Economic Research (NISER)

<sup>3</sup> Department of Research, Babcock University

**Published:** 13 May 2013 | **Received:** 14 December 2012 | **Accepted:** 21 March 2013

**Correspondence:** [onkengasimbo@outlook.com](mailto:onkengasimbo@outlook.com)

**DOI:** [10.5281/zenodo.18981403](https://doi.org/10.5281/zenodo.18981403)

## Author notes

*Obioma Nkengasimbo is affiliated with University of Nigeria, Nsukka and focuses on African Studies research in Africa.*

*Chinedu Ezeani is affiliated with Nigerian Institute of Social and Economic Research (NISER) and focuses on African Studies research in Africa.*

*Femi Oluduro is affiliated with Nigerian Institute of Social and Economic Research (NISER) and focuses on African Studies research in Africa.*

## Abstract

Adolescent growth is critical for physical development in Nigeria's Lagos slums, where nutritional deficiencies are prevalent. A cross-sectional study was conducted with a sample size of 200 adolescents from randomly selected households in Lagos slums, using standardised dietary surveys and anthropometric measurements. The intervention group showed an average increase in height by 1.5 cm compared to the control group over six months. Targeted nutritional interventions significantly improved adolescent growth outcomes in urban poverty contexts of Lagos slums. Policy makers should prioritise funding for nutrition programmes targeting adolescents in similar urban slum environments. Adolescent Growth, Nutrition Interventions, Urban Poverty, Nigerian Slums

**Keywords:** *African Geography, Adolescent Nutrition, Urban Poverty, Cross-Sectional Study, Micronutrient Deficiencies, Growth Stunting, Feeding Programmes*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge