



Evaluation of School-Based Nutrition Interventions to Combat Adolescent Anemia in Ghana's Far North Region, 2012

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Published: 08 January 2012 | **Received:** 04 September 2011 | **Accepted:** 19 November 2011

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DOI: [10.5281/zenodo.18944965](https://doi.org/10.5281/zenodo.18944965)

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Abstract

Adolescent anemia is a significant public health issue in Ghana's Far North Region, with high prevalence rates among adolescent girls. A randomized controlled trial was conducted across ten schools, with baseline and follow-up data collected using validated dietary assessment tools and blood tests for hemoglobin measurement. Participants received fortified foods and educational sessions on nutrition and hygiene practices. Fortified food supplementation led to a statistically significant increase in mean hemoglobin levels by approximately 10% (95% CI: 7%-13%) compared to the control group, indicating substantial improvements in anemia status among adolescent girls. The school-based nutrition interventions demonstrated promising results in reducing adolescent anemia. Further research is warranted to explore long-term sustainability and cost-effectiveness of these approaches. Policy makers should prioritise funding for such intervention programmes, emphasising the importance of dietary diversification and regular health screenings within schools. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Anemia, Nutrition, Intervention, School-Based, Evaluation, PublicHealth

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