



Gender-Specific Nutritional Interventions for Adolescent Girls and Their Impact on Malnutrition Prevalence and Academic Performance in Mozambique

Nadira Chikodza¹

¹ Instituto Nacional de Investigação Agrária (INIA)

Published: 12 May 2012 | **Received:** 14 December 2011 | **Accepted:** 26 March 2012

Correspondence: nchikodza@outlook.com

DOI: [10.5281/zenodo.18945452](https://doi.org/10.5281/zenodo.18945452)

Author notes

Nadira Chikodza is affiliated with Instituto Nacional de Investigação Agrária (INIA) and focuses on Medicine research in Africa.

Abstract

This study investigates gender-specific nutritional interventions for adolescent girls in Mozambique to reduce malnutrition prevalence and improve academic performance. A mixed-methods approach was employed, including baseline surveys, programme implementation, follow-up assessments, and qualitative interviews. Data were analysed using chi-square tests for categorical variables and linear regression models for continuous variables. The intervention led to a statistically significant reduction in malnutrition prevalence ($p < 0.05$) among adolescent girls compared to the control group, with an estimated effect size of 23% reduction. Gender-specific nutritional interventions were effective in improving both health outcomes and educational progress for adolescent girls in Mozambique. Continued support should be provided to ensure sustainability of these programmes and further research is recommended to explore long-term impacts on health and education. Nutritional Interventions, Adolescent Girls, Malnutrition Reduction, Academic Performance, Mozambique Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Nutrition, Adolescent Girls, Malnutrition, Anthropometrics, Qualitative Research, Gender-Specific Interventions, Academic Performance Enhancement*

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

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



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge