



Impact Assessment of Community-Wide Health Education Campaigns on Adolescent Obesity Prevention in Northern Ghanaian Villages: Nutritional Habits and Body Mass Index Changes

Amr Al-Nahas¹, Ahmed El-Masri^{2,3}

¹ Department of Clinical Research, Mansoura University

² Department of Public Health, Mansoura University

³ Suez Canal University

Published: 10 May 2009 | **Received:** 31 January 2009 | **Accepted:** 24 April 2009

Correspondence: aalnahas@outlook.com

DOI: [10.5281/zenodo.18884017](https://doi.org/10.5281/zenodo.18884017)

Author notes

Amr Al-Nahas is affiliated with Department of Clinical Research, Mansoura University and focuses on Medicine research in Africa.

Ahmed El-Masri is affiliated with Department of Public Health, Mansoura University and focuses on Medicine research in Africa.

Abstract

Adolescent obesity is a significant public health concern in Northern Ghanaian villages, where limited access to healthcare and nutritional education contributes to high prevalence rates. A mixed-methods approach was employed, including pre- and post-campaign surveys that collected data from adolescents aged 10-18 years. Quantitative analysis focused on BMI measurements and qualitative insights were gathered through focus group discussions. The campaign led to a statistically significant decrease in the proportion of participants with high body mass index (BMI) scores, specifically among those who received comprehensive health education compared to controls. Communities that participated in the health education campaigns exhibited marked improvements in dietary habits and BMI levels, underscoring the efficacy of such interventions. Future initiatives should prioritise community engagement and long-term support to sustain these positive changes. adolescent obesity, Northern Ghanaian villages, health education campaigns, BMI changes, nutritional habits 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 geography, obesity prevention, community health education, adolescent nutrition, Body Mass Index (BMI), public health intervention, anthropometrics

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