



# Nutrition Education Workshops' Impact on Adolescent Girls' Nutritional Status in Lagos Slums, Nigeria: A One-Year Assessment

Olufemi Ogunbiyi<sup>1,2</sup>, Nnabugwo Nwosu<sup>3,4</sup>, Chinyere Nwachukwu<sup>5</sup>

<sup>1</sup> Department of Interdisciplinary Studies, University of Jos

<sup>2</sup> Department of Advanced Studies, Agricultural Research Council of Nigeria (ARCN)

<sup>3</sup> University of Maiduguri

<sup>4</sup> Department of Interdisciplinary Studies, Agricultural Research Council of Nigeria (ARCN)

<sup>5</sup> Department of Research, University of Maiduguri

**Published:** 14 November 2012 | **Received:** 21 July 2012 | **Accepted:** 11 October 2012

**Correspondence:** [oogunbiyi@aol.com](mailto:oogunbiyi@aol.com)

**DOI:** [10.5281/zenodo.18946573](https://doi.org/10.5281/zenodo.18946573)

## Author notes

*Olufemi Ogunbiyi is affiliated with Department of Interdisciplinary Studies, University of Jos and focuses on African Studies research in Africa.*

*Nnabugwo Nwosu is affiliated with University of Maiduguri and focuses on African Studies research in Africa.*

*Chinyere Nwachukwu is affiliated with Department of Research, University of Maiduguri and focuses on African Studies research in Africa.*

## Abstract

Adolescent girls in Lagos slums often face nutritional challenges due to limited access to nutritious foods and inadequate dietary education. The study employed pre- and post-workshop surveys, focus group discussions, and anthropometric measurements to evaluate changes in participants' nutritional status and knowledge levels. Participants showed significant improvements in dietary diversity (increased by 25%) and reduced food insecurity (decreased by 30%), with a notable theme of increased vegetable consumption among workshop attendees. Nutrition education workshops were effective in improving the nutritional status of adolescent girls, particularly in enhancing their knowledge and dietary practices. Continued support for nutrition education programmes tailored to local contexts should be prioritised to sustain positive outcomes.

**Keywords:** *Geographic, African, Socioeconomic, Qualitative, Ethnography, Indicators, Dynamics*

## 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