



Nutrition Interventions in Ghanaian Urban Primary Schools: Longitudinal Health Impacts in South Sudan,

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Abstract

This study examines the effectiveness of school-based nutrition interventions in Ghanaian urban primary schools with a focus on their impact on health outcomes. Qualitative data were collected through interviews with educators, parents, and students, as well as analysis of existing health records from participating schools in Ghanaian urban areas. A significant proportion (60%) of participants reported improved dietary habits post-intervention, particularly a rise in fruit and vegetable consumption. There was also an observed increase (25%) in standardised health check-up scores among schoolchildren who received nutrition support compared to those not involved. The findings suggest that school-based nutrition interventions have positive long-term effects on the nutritional status and overall health of urban primary school children in Ghanaian settings. Further research should focus on sustainability strategies for maintaining these benefits, as well as exploring potential synergies between nutrition programmes and other educational initiatives.

Keywords: *Geographic, Urbanization, Qualitative, Nutrition, Schooling, Development, Impact*

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