



Applicant Information

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Abstract Details

Title:

ASSOCIATION BETWEEN NUTRITIONAL STATUS AND ACADEMIC PERFORMANCE IN THE HOHOE MUNICIPALITY
IMPLEMENTING SINGLE AND MULTIPLE NUTRITION-SPECIFIC INTERVENTIONS

Category:

Health promotion with nutrition and hygiene

Authors:

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Objectives:

To determine nutritional status and academic performance of school-aged children enrolled in schools implementing single and multiple nutrition-specific interventions in the Hohoe municipality.

Method:

The study was conducted among school-aged children in the Hohoe municipality using a cross-sectional design with 458 children aged 6-12 years. Purposive, simple random, and systematic sampling were employed. Data was collected with a semi-structured questionnaire and analyzed using Stata-17. The results were reported using frequencies, percentages, means, and standard deviations, and presented in tables and graphs with MS Office Excel. Binary and multiple logistic regression was fitted to determine the strength of associations between academic performance, nutritional status, and covariates. Statistical significance was set at $p < 0.05$ with a 95% confidence interval.

Results:

Three hundred and thirty-three (83.0%) of the participants were of normal BMI, 49 (12.2%) were thin, 15 (3.7%) were overweight and 4 (1.0%) were obese. Also, 26 (6.5%) were stunted and 18 (6.7%) were underweight. Most of the participants (n=421; 91.9%) had academic performance being pass. Two hundred and twenty-nine (56.7%) were aged 10-12 years, 282 (61.6%) were females and 297 (64.8%) were in lower primary. About 218 (47.6%) lived with both parents. The study reveals at least one statistical significance between thinness and academic performance. Respondents who were thin were 3.93% more likely to pass as compared to those who were normal.

Conclusion:

Most of the participants had normal BIM, 12.2% were thin, 3.7% were overweight, 1.0% were obese, 6.5% were stunted and 6.7% were underweight. The findings showed a statistical significance between the nutritional status and the academic performance. Nonetheless this should not be overlooked since nutritional indices have crucial effects on a child's overall development.

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