

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	Exclusive breastfeeding
<b>DIALOGUE DATE</b>	Monday, 14 October 2024 14:12 GMT +01:00
<b>CONVENED BY</b>	Scaling Up Nutrition Civil Society Youth Network Nigeria
<b>HOST LOCATION</b>	Lafia, Nigeria
<b>GEOGRAPHIC SCOPE</b>	Community Level
<b>AFFILIATIONS</b>	SUN Civil Society Network, United Kingdom
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55291/">https://nutritiondialogues.org/dialogue/55291/</a>



The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward – particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

12

## PARTICIPATION BY AGE RANGE

0 0-11

0 12-18

1 19-29

0 30-49

0 50-74

0 75+

## PARTICIPATION BY GENDER

12 Female

0 Male

1 Other/Prefer not to say

## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, Youth Groups and Students

0 Educators and Teachers

0 Financial Institutions and Technical Partners

0 Healthcare Professionals

0 Information and Technology Providers

0 Marketing and Advertising Experts

0 News and Media (e.g. Journalists)

0 Science and Academia

0 Sub-National/Local Government Officials and Representatives

0 Women's Groups

1 Civil Society Organisations (including consumer groups and environmental organisations)

0 Faith Leaders/Faith Communities

0 Food Producers (including farmers)

0 Indigenous Peoples

0 Large Business and Food Retailers

0 National/Federal Government Officials and Representatives

0 Parents and Caregivers

0 Small/Medium Enterprises

0 United Nations

0 Other (please state)

## OTHER STAKEHOLDER GROUPS

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

## DISCUSSION

10 responses Accepting responses 5 of 10 Responses cannot be edited YOUTH ADVOCATES COMMUNITY DIALOGUE REPORT SUBMISSION This form is to be used by youth advocates and members of the Scaling Up Nutrition Civil Society Youth Network Nigeria to share report and feedback from their community dialogue with young people on nutrition. \* Indicates required question Name of SUN-CSYNN Youth Advocate \* Josphine Joshua Email Address joshuajosphine3@gmail.com Phone Number \* 09075418804 Select your state chapter \* Bauchi Cross River Enugu Nasarawa Kaduna Oyo Name of the Community Where your dialogue Held. (E.g Miri Community, Bauchi LGA, Bauchi State): \* Dalhatu Araf Specialist hospital Millionaires quarters Lafia, Nasarawa State. Date your dialogue held \* DD 14 / MM 10 / YYYY 2024 Describe the type of people you engaged (eg: Young People With Disabilities, Adolescent Girls, Young Nursing Mothers, etc) \* The type of people I engaged are young pregnant women & young nursing mothers. Total Number of Participants \* 12 Total Number of Male Participants 0 Total Number of Female Participants 12 Total Number of Persons with disabilities that attended your dialogue (if any) 0 If there are people with disabilities, please specify the type of disabilities. (E.g 2 BLIND People, 3 DEAF, 3 PHYSICALLY CHALLENGED etc) Non DISCUSSION (What was your discussion topic? You can also highlight some questions you asked during your dialogue) \* Our topic of discussion was "Exclusive breastfeeding". We discussed about the importance of exclusive breastfeeding & the effect of not giving a baby enough breast milk as required. Some of the questions I asked during the discussion include: 1. How long do you Brest feed your baby? 2.How often do you Brest feed the baby in a day? 3.what is the first thing you give to the baby after birth? & Which kind of food do you feed your baby with during best feeding and after Brest feeding? 5. What kind of food do you eat as the mother during pregnancy and after b

# SECTION THREE: DIALOGUE OUTCOMES

---

# CHALLENGES

SUN-CSYNN COMMUNITY DIALOGUE REPORT SUBMISSION

10 responses

Accepting responses

5

of

10

Responses cannot be edited

YOUTH ADVOCATES COMMUNITY DIALOGUE REPORT SUBMISSION

This form is to be used by youth advocates and members of the Scaling Up Nutrition Civil Society Youth Network Nigeria to share report and feedback from their community dialogue with young people on nutrition.

\* Indicates required question

Name of SUN-CSYNN Youth Advocate

\*

Josphine Joshua

Email Address

joshuajosphine3@gmail.com

Phone Number

\*

09075418804

Select your state chapter

\*

Bauchi

Cross River

Enugu

Nasarawa

Kaduna

Oyo

Name of the Community Where your dialogue Held. (E.g Miri Community, Bauchi LGA, Bauchi State):

\*

Dalhatu Araf Specialist hospital Millionaires quarters Lafia, Nasarawa State.

Date your dialogue held

\*

DD

14

/

MM

10

/

YYYY

2024

Describe the type of people you engaged (eg: Young People With Disabilities, Adolescent Girls, Young Nursing Mothers, etc)

\*

The type of people I engaged are young pregnant women & young nursing mothers.

Total Number of Participants

\*

12

Total Number of Male Participants

0

Total Number of Female Participants

12

Total Number of Persons with disabilities that attended your dialogue (if any)

0

If there are people with disabilities, please specify the type of disabilities. (E.g 2 BLIND People, 3 DEAF, 3 PHYSICALLY CHALLENGED etc)

Non

DISCUSSION (What was your discussion topic? You can also highlight some questions you asked during your dialogue)

\*

Our topic of discussion was "Exclusive breastfeeding".

We discussed about the importance of exclusive breastfeeding & the effect of not giving a baby enough breast milk as required.

Some of the questions I asked during the discussion include:

1. How long do you Brest feed your baby?

2.How often do you Brest feed the baby in a day?

3.what is the first thing you give to the baby after birth? & Which kind of food do you feed your baby with during best feeding and after Brest feeding?

## URGENT ACTIONS

The urgent actions identified by the women include:

1. They suggested Nutrition education should be provided by pregnant women often
  2. They proposed venturing into agriculture especially planting of vegetables or making home gardens. Also they understand the importance of fish as one of the biggest nutrain to their children.
  3. Financial support.
- Government role: the government should provide nutritious food for pregnant women in the hospitals.
4. Brest feeding babies as often as possible.
- Choosing more nutritious food to eat as pregnant women or nursing mother's than anything they see.
5. Drugs that contains zinc & iron should be given to them during child birth.

## AREAS OF DIVERGENCE

## OVERALL SUMMARY



10 responses

Accepting responses

5

of

10

Responses cannot be edited

YOUTH ADVOCATES COMMUNITY DIALOGUE REPORT SUBMISSION

This form is to be used by youth advocates and members of the Scaling Up Nutrition Civil Society Youth Network Nigeria to share report and feedback from their community dialogue with young people on nutrition.

\* Indicates required question

Name of SUN-CSYNN Youth Advocate

\*

Josphine Joshua

Email Address

joshuajosphine3@gmail.com

Phone Number

\*

09075418804

Select your state chapter

\*

Bauchi

Cross River

Enugu

Nasarawa

Kaduna

Oyo

Name of the Community Where your dialogue Held. (E.g Miri Community, Bauchi LGA, Bauchi State):

\*

Dalhatu Araf Specialist hospital Millionaires quarters Lafia, Nasarawa State.

Date your dialogue held

\*

DD

14

/

MM

10

/

YYYY

2024

Describe the type of people you engaged (eg: Young People With Disabilities, Adolescent Girls, Young Nursing Mothers, etc)

\*

The type of people I engaged are young pregnant women & young nursing mothers.

Total Number of Participants

\*

12

Total Number of Male Participants

0

Total Number of Female Participants

12

Total Number of Persons with disabilities that attended your dialogue (if any)

0

If there are people with disabilities, please specify the type of disabilities. (E.g 2 BLIND People, 3 DEAF, 3 PHYSICALLY CHALLENGED etc)

Non

DISCUSSION (What was your discussion topic? You can also highlight some questions you asked during your dialogue)

\*

Our topic of discussion was "Exclusive breastfeeding".

We discussed about the importance of exclusive breastfeeding & the effect of not giving a baby enough breast milk as required.

Some of the questions I asked during the discussion include:

1. How long do you Brest feed your baby?

2.How often do you Brest feed the baby in a day?

3.what is the first thing you give to the baby after birth? & Which kind of food do you feed your baby with during best feeding and after Brest feeding?

5. What kind of food do you eat as the mother during pregnancy and after birth?

6. What can you do as a mother to ensure your baby is not malnourished?

7. Is there any other way you think nutrition can be promoted? If yes how & by who?

8. What is your understanding of exclusive brest feeding ? How does it impact you and your baby?

CHALLENGES Which nutrition challenges were identified or are being faced by the Participants of your Dialogue? Please

list all the challenges they shared.

\*

The nutrition challenges identified by the participants during the dialogue include:

1. Unnecessary cravings during pregnancy: This was a challenge pointed out by the first participant by name Mr. Zainab Muhammed, she said she do have cravings to eat food that are not nutritious to herself and her baby.
  2. Financial challenges: According to the second participant name Mr.Fatima Haliru, I quote " how can one eat nutritious food in this Tinibu regime?" So this participant complain bitterly on financial challenges. She said how she wish she has the money to good food that will enhance her health & that of her unborn baby.
  3. Economic challenges: Blessing Agu point out the economy situation of the country which is one of the greatest hindrance to eating nutritious food. She said food insecurity is a great challenge.
  4. Lack of knowledge: a participant by name Hazinatu Jibrin Ahmed said some women don't even have the knowledge of the food they can eat as pregnant women for Nutrition sake, she use herself as an example that she eat anything she feels she want to eat during pregnancy without knowing the effect to her baby.
  5. Fashion: one of the participant brought an important issue that cought all of our attention. She said some women deny their babies Brest milk because they want to look sexy, they Don't want their breast to loose shape which is affecting the baby
  6. Laziness: Mr Faith Zakka said laziness is one of the challenges they encounter expecially as pregnant women to fight against malnutrition. She said they find it difficult to engage in to agriculture
- URGENT ACTIONS (What actions were identified by Participants as urgently needed and how did they propose that these be taken forward?)

\*

The urgent actions identified by the women include:

1. They suggested Nutrition education should be provided by pregnant women often
2. They proposed venturing into agriculture expecially planting of vegetables or making home gardens. Also they understand the importance of fish as one of the biggest nutrain to their children.
3. Financial support.

Government role: the government should provide nutritious food for pregnant women in the hospitals.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

---

## PRINCIPLES OF ENGAGEMENT

## METHOD AND SETTING

## ADVICE FOR OTHER CONVENORS

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS