

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Community Dialogue on Addressing Poverty and Malnutrition Among Adolescents in Sabon Layi, Yelwa Community, Bauchi State
DIALOGUE DATE	Wednesday, 11 December 2024 14:15 GMT +01:00
CONVENED BY	Damaris Samuel Ayuba
EVENT LANGUAGE	Hausa (Translated to English)
HOST LOCATION	Yelwa, Nigeria
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	SUN Civil Society Youth Network Nigeria
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/58487/



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

10

PARTICIPATION BY AGE RANGE

0	0-11	3	12-18	7	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

8	Female	2	Male	1	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

10	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	0	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	0	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue event was diverse, involving participants from various socioeconomic backgrounds, including low-income and middle-income households, reflecting wealth disparity. The event also welcomed individuals from diverse ethnic groups within the Yelwa community, promoting inclusivity. Participants included both rural and semi-urban residents, ensuring representation of challenges unique to these settings. This diversity fostered a rich exchange of ideas.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The community dialogue at Sabon Layi, Yelwa community, Bauchi State, was framed to address the critical and interconnected issues of poverty and malnutrition, particularly their impact on adolescents aged 15 to 25. The facilitator introduced the session by highlighting the pressing realities faced by the community, including the pervasive effects of poverty, which hinder access to nutritious food and healthcare. Participants were reminded of the significant role nutrition plays in their physical and cognitive development and its implications for long-term productivity and well-being.

DISCUSSION

The discussion focused on understanding the link between poverty and malnutrition among adolescents aged 15–25. Open-ended questions included: How does poverty affect your ability to access nutritious food? What are the key challenges you face in maintaining a balanced diet? What role does education play in preventing malnutrition? How can locally available resources be utilized to improve nutrition? What actions can individuals and the community take to address malnutrition? Participants actively shared their perspectives, identifying barriers such as limited access to food and education while proposing solutions like home gardening and nutritional awareness campaigns.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Participants of the dialogue highlighted several nutrition-related challenges within their community, which are largely rooted in poverty and lack of awareness.

Limited Access to Nutritious Food: Many families struggle to afford a balanced diet due to low income, making them reliant on less nutritious, affordable, and processed foods. This directly impacts their overall health and growth.

Insufficient Nutritional Education: A lack of awareness about healthy dietary practices and the benefits of locally available nutritious food results in poor food choices. Participants also noted a gap in understanding the nutritional needs specific to adolescents.

Impact of Conflict and Displacement: Participants highlighted the disruption of food supply chains and reduced access to services caused by conflicts in neighboring areas, exacerbating food insecurity and malnutrition.

Dependency on Processed Foods: Limited knowledge about the value of natural and locally available foods has led to increased consumption of processed, often nutrient-deficient foods among young people.

Lack of Infrastructure: Poor access to essential facilities such as clean water and healthcare services makes it difficult to maintain basic hygiene and health standards, further contributing to malnutrition.

Cultural Practices: Some cultural beliefs and practices surrounding food, particularly those that limit dietary diversity, were identified as barriers to improving nutritional outcomes.

URGENT ACTIONS

Participants highlighted the immediate need for nutrition awareness campaigns to educate the community on the significance of a balanced diet and the use of locally available resources. They proposed that these campaigns be conducted through community gatherings, local media, and school programs to maximize reach.

To address limited access to nutritious food, participants suggested launching community-based training on home gardening techniques. This would enable families to cultivate fresh produce, ensuring a sustainable supply of nutritious food while reducing dependency on expensive market alternatives.

To address the preference for processed foods, participants proposed organizing workshops to teach practical food preparation techniques that maximize the nutritional value of locally grown foods. These workshops should include demonstrations and easy-to-implement recipes to encourage adoption.

Participants stressed the importance of partnering with local NGOs and community groups to provide resources such as seeds, tools, and nutritional supplements. They suggested these partnerships could also deliver targeted interventions, such as fortified foods, to address specific deficiencies.

In communities affected by conflict, participants proposed setting up conflict-resolution mechanisms and displacement support initiatives to enhance food security.

AREAS OF DIVERGENCE

Some participants believed the government should play a key role by providing subsidies and improving infrastructure, while others felt that individuals and local communities should take responsibility by using local resources, like home gardening, to improve nutrition.

There was a divide on the issue of processed foods. Some participants argued that processed foods are more convenient and affordable, while others suggested that a lack of education about nutritious alternatives is the main reason behind this preference.

OVERALL SUMMARY

The community dialogue held on 11th December 2024 in Sabon Layi, Yelwa, Bauchi State, was a significant platform for engaging the youth in a conversation about the crucial relationship between poverty and malnutrition, particularly among adolescents aged 15 to 25. The dialogue was facilitated by Damaris Samuel Ayuba, and it provided an opportunity to discuss pressing issues affecting the local community, raise awareness on nutrition, and develop practical solutions to mitigate malnutrition within the region.

The overall atmosphere of the dialogue was one of openness and engagement. Participants were active throughout the session, with a strong sense of enthusiasm and concern for the community's well-being. They shared personal experiences and insights, reflecting the broader challenges faced by young people in rural communities. The dialogue created an environment of mutual respect and collaboration, where participants felt comfortable expressing their views and contributing to the discussion. This engagement was key to understanding the nuanced ways in which poverty exacerbates malnutrition and how these challenges affect the youth demographic.

One of the most striking outcomes was the recognition by participants of the direct links between poverty and malnutrition. Many participants expressed a deep awareness of how limited access to nutritious food, lack of education on nutrition, and the challenges posed by ongoing conflicts contribute to the rising cases of malnutrition in the area. Their reflections were poignant, as they acknowledged how these issues not only affect their health but also limit their potential for education and future opportunities. The youth in the community are particularly vulnerable, as their physical growth, mental development, and long-term well-being are significantly impacted by poor nutrition.

The dialogue also highlighted the important role that local resources can play in addressing malnutrition. Participants were keen to explore solutions rooted in their cultural and environmental context. There was a shared sense of pride in the community's ability to utilize locally grown foods and sustainable practices to combat nutritional challenges. The proposed solutions, including promoting home gardening and using locally available foods, were met with great enthusiasm. This demonstrated a strong willingness among participants to take responsibility for their own health and well-being, and an eagerness to share knowledge within their families and peer groups.

The session's atmosphere was collaborative, with both the facilitator and participants building on each other's ideas. The suggested solutions, such as nutritional awareness campaigns, were discussed with an understanding of their potential to empower the community. Participants proposed practical initiatives, such as organizing campaigns to educate the community on the importance of nutrition and conducting assessments to identify specific nutritional deficiencies. These recommendations reflected a growing desire to not only address immediate needs but also establish long-term strategies to improve health outcomes.

The overall tone of the event was one of hope and collective action. The participants demonstrated a clear understanding of the issues and showed a strong commitment to addressing them. However, it was clear that the path forward would require sustained efforts and collaboration from all sectors of the community, including local organizations, youth groups, community leaders, and government stakeholders. The youth in attendance expressed a desire for continued dialogue and support in implementing the proposed solutions, and they stressed the importance of involving the broader community in these efforts.

In terms of impact, the dialogue was successful in raising awareness and fostering a sense of responsibility among the participants. They left the session with a clearer understanding of the relationship between poverty and malnutrition, as well as concrete actions they could take to address the issue in their own lives and within their community. The dialogue also helped to establish a sense of ownership and empowerment among the youth, as they recognized their ability to influence positive change in their community.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Prior to the event, the facilitator was briefed on the participant demographics, potential areas of competing interests, and strategies to address them. Participants were encouraged to share their views without fear of judgment, enabling the identification of shared challenges and solutions. Additionally, emphasis was placed on ethical practices, with participants being made aware of the session's objectives and their role in co-creating solutions. Where necessary, financial interests or biases were disclosed, ensuring transparency and trust throughout the dialogue. This approach promoted collaboration and accountability, aligning with the principles of equitable and meaningful engagement.

METHOD AND SETTING

The dialogue was convened using a participatory approach, engaging youth aged 15 to 25 in an interactive session held in an informal outdoor setting within Sabon Layi, Yelwa community. Participants were encouraged to share perspectives on poverty and malnutrition, fostering open discussions.

ADVICE FOR OTHER CONVENORS

When convening a Nutrition Dialogue event, prioritize inclusivity by engaging diverse community members, particularly youth and marginalized groups, to ensure varied perspectives. Choose a familiar, accessible venue for participants' comfort.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS