OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Prevention of Malnutrition Among Adolescent Boys
DIALOGUE DATE	Friday, 30 October 2026 10:00 GMT +01:00
CONVENED BY	Christopher Victoria Lakpa Event announced on behalf of the Convenor by: SUN Civil Society Youth Network Nigeria. Technical Support
EVENT LANGUAGE	English
HOST LOCATION	Nasarawa, Nigeria
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	SUN Civil Society Youth Network Nigeria
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60749/



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

8

PARTICIPATION BY AGE RANGE

0	0-11	5	12-18	3	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

0	Female	8	Male	1	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

8	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

No additional stakeholder groups were represented. The dialogue specifically engaged eight adolescent boys from Danka Community, Lafia Local Government Area, Nasarawa State.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The community dialogue was organised on 30 October 2026 at Danka Community, Lafia Local Government Area, Nasarawa State, to create awareness and encourage discussions on the prevention of malnutrition among adolescent boys. The dialogue was facilitated by Christopher Victoria Lakpa, a Youth Advocate under the Nasarawa State Chapter of the Youth Leaders for Nutrition (YL4N).

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The discussion focused on the prevention of malnutrition among adolescent boys, including its meaning, types, signs and symptoms, causes, identification and effects on growth and development. Participants explored challenges such as food insecurity, poverty, poor dietary habits, inadequate nutrition knowledge and limited access to nutritious foods. They also discussed practical prevention measures and the roles of families, communities and health workers

DISCUSSION

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Poverty and food insecurity: Some households experience financial difficulties that limit their ability to provide adequate and nutritious meals, resulting in adolescents skipping meals or eating insufficient quantities.
2. Poor dietary habits: Excessive consumption of junk food and sugary drinks, alongside inadequate intake of fruits and vegetables, contributes to unhealthy eating patterns.
3. Limited nutrition knowledge: Inadequate awareness of balanced diets and the nutritional value of locally available foods affects adolescents' ability to make healthy food choices.
4. Micronutrient deficiencies: Insufficient intake of essential nutrients, particularly iron, zinc and vitamins, can negatively affect adolescent growth and development.
5. Peer influence and body image concerns: Peer pressure and concerns about physical appearance may encourage unhealthy dietary choices and eating behaviours.
6. Poor hygiene and sanitation: Unsafe food handling, inadequate sanitation and limited access to clean drinking water increase the risk of infections that can worsen nutritional conditions.
7. Limited parental guidance: Inadequate parental involvement in monitoring adolescents' feeding habits can affect their access to balanced meals.
8. Illness and infections: Worm infestations and other illnesses may reduce appetite and interfere with nutrient absorption.

URGENT ACTIONS

1. Strengthen nutrition education: Organise regular community nutrition awareness sessions to educate adolescent boys on balanced diets, healthy eating habits, the importance of essential nutrients and the consequences of malnutrition.
2. Improve access to nutritious foods: Encourage parents and caregivers to provide balanced meals using locally available, affordable and nutritious food items.
3. Promote regular health and nutrition screening: Encourage nutritional assessments for adolescents to identify possible malnutrition early and ensure appropriate referrals to healthcare facilities.
4. Mobilise community stakeholders: Engage community leaders, parents, caregivers and healthcare workers in promoting adolescent nutrition and supporting community-based interventions.
5. Improve hygiene and sanitation: Promote handwashing, personal hygiene, safe drinking water and proper food handling to reduce infections that contribute to malnutrition.
6. Strengthen parental involvement: Encourage parents and caregivers to monitor adolescents' eating habits and seek professional advice whenever nutritional concerns arise.

AREAS OF DIVERGENCE

OVERALL SUMMARY

The community dialogue on the prevention of malnutrition among adolescent boys was held on 30 October 2026 at Danka Community, Lafia Local Government Area, Nasarawa State. Facilitated by Christopher Victoria Lakpa under the Youth Leaders for Nutrition (YL4N) Nasarawa State Chapter, the engagement brought together eight adolescent boys to discuss nutritional challenges affecting their health, growth and development.

The dialogue provided an opportunity to improve participants' understanding of malnutrition, its different forms, common signs and symptoms, causes, identification and consequences. It emphasised that adolescence is a critical period of physical and cognitive development when adequate nutrition is necessary for healthy growth, learning, productivity and overall well-being.

An important issue highlighted during the discussion was the limited attention often given to the nutritional needs of adolescent boys in nutrition interventions. Participants recognised that adolescent boys also require adequate access to nutritious foods, nutrition education and appropriate health services to support their development.

Several challenges contributing to malnutrition were identified. These included household poverty, food insecurity, skipping meals, poor dietary habits, excessive consumption of junk food and sugary drinks, inadequate intake of fruits and vegetables, and limited knowledge of balanced diets. Other concerns included micronutrient deficiencies, peer pressure, body image concerns, poor hygiene and sanitation, limited access to safe drinking water, worm infections and inadequate parental guidance.

The discussions demonstrated that malnutrition is not simply a result of individual food choices but is also influenced by household economic conditions, food availability, health practices and access to nutrition information. Participants acknowledged that these challenges require coordinated responses involving families, communities, healthcare providers and government institutions.

The dialogue identified several priority actions to address these challenges. These included regular nutrition education and awareness sessions, encouraging the consumption of affordable and locally available nutritious foods, promoting regular health and nutrition screening, strengthening community mobilisation, improving hygiene and sanitation practices, and increasing parental involvement in adolescent nutrition.

Participants also recommended establishing community-level follow-up mechanisms to monitor progress and encourage the implementation of agreed actions. They proposed that health workers, parents, community leaders and relevant government agencies collaborate through nutrition dialogues, community sensitisation, information sharing, referrals to health facilities and follow-up meetings.

An important outcome of the dialogue was the recognition that adolescent boys should be actively included in nutrition programmes and policy discussions. Their participation is essential in understanding their nutritional needs, identifying barriers to healthy eating and developing practical solutions that respond to their circumstances.

The engagement also reinforced the importance of promoting nutrition education within households and communities. Parents and caregivers have an important responsibility to support healthy eating habits, while healthcare professionals can provide nutritional assessments, guidance and appropriate referrals. Community leaders and government institutions also have roles in mobilising resources and supporting interventions that address food insecurity and improve access to nutritious foods.

Overall, the dialogue was informative and participatory, providing adolescent boys with an opportunity to discuss their nutritional concerns and identify practical approaches to preventing malnutrition. It demonstrated that improving adolescent nutrition requires sustained collaboration, inclusive programming, accessible nutrition information and stronger community engagement.

The discussions provide a basis for developing advocacy priorities that promote adolescent nutrition education, improve access to affordable and nutritious foods, strengthen nutrition services and ensure that adolescent boys are adequately represented in nutrition policies and programmes. These priorities should be supported by adequate funding, clear implementation responsibilities and regular monitoring to achieve sustainable improvements in the nutritional well-being of adolescent boys

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The dialogue was guided by the principles of inclusiveness, participation, respect, transparency and shared responsibility

METHOD AND SETTING

Outdoor

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

RELEVANT LINKS

- **LinkedIn**
  https://www.linkedin.com/company/sunyouthnetworknigeria/