OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Promoting Healthy Eating Habits Among Adolescents and Young People in Kano State: The Role of Youth Leaders in Preventing Malnutrition
DIALOGUE DATE	Wednesday, 28 October 2026 11:00 GMT +01:00
CONVENED BY	Shedrack, Youth Advocate, SUN civil Society Youth Network Nigeria Event announced on behalf of the Convenor by: SUN Civil Society Youth Network Nigeria. Technical Support
EVENT LANGUAGE	English and Hausa
HOST LOCATION	Tudun Wada, Nigeria
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	SUN Civil Society Youth Network Nigeria
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60764/





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

1

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	8	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

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue engaged eight male youths from Tudun Wada New Extension in Kano State. Participants shared their perspectives on nutrition challenges affecting adolescents and young people and discussed the role of youth leadership in promoting healthy eating habits. No female participants or persons with disabilities were recorded.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The community dialogue was organised on 28 October 2026 at Tudun Wada New Extension, Kano State, under the Youth Leaders for Nutrition (YL4N) initiative. The dialogue focused on promoting healthy eating habits among adolescents and young people, with particular emphasis on the role of youth leaders in preventing malnutrition. The engagement was organised to create awareness of the importance of adequate nutrition during adolescence and youth, a critical period of physical, mental and social development. Participants were encouraged to reflect on the nutritional challenges affecting young people in their communities and identify practical ways of promoting healthier dietary practices. The dialogue explored the importance of balanced diets, the need for adequate nutrition knowledge and the influence of household economic conditions and cultural practices on food choices. It also highlighted the role of youth leaders in educating their peers, mobilising communities and encouraging positive behavioural changes towards healthy eating.

DISCUSSION

The dialogue focused on promoting healthy eating habits among adolescents and young people and the role of youth leaders in preventing malnutrition. Participants examined the influence of financial constraints, inadequate nutrition knowledge and cultural practices on dietary choices. They also discussed the importance of nutrition awareness in families, schools and religious institutions, as well as increased government support and youth-led advocacy.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Lack of funds and economic constraints make it difficult for some young people and their households to consistently access nutritious and balanced meals.

2. Limited awareness and understanding of balanced diets, essential nutrients and healthy eating practices affect young people's ability to make informed dietary decisions.

3. Traditional beliefs, household food preferences and established dietary practices can influence what adolescents eat and how they perceive healthy nutrition.

URGENT ACTIONS

1. Government should strengthen youth employment and economic empowerment opportunities to improve young people's financial capacity and household access to nutritious
2. Nutrition education and awareness campaigns should be organised to improve knowledge of balanced diets, healthy eating habits and malnutrition prevention.

3. Parents and caregivers should be sensitised on the importance of providing balanced meals and encouraging healthy dietary practices within households.

4. Schools should provide nutrition education and promote healthy food choices among students through awareness programmes and other school-based activities.

5. Religious leaders and institutions should be involved in community nutrition sensitisation, using their influence and existing platforms to promote healthy eating habits.

AREAS OF DIVERGENCE

OVERALL SUMMARY

The community dialogue titled Promoting Healthy Eating Habits Among Adolescents and Young People in Kano State: The Role of Youth Leaders in Preventing Malnutrition was held on 28 October 2026 at Tudun Wada New Extension, Kano State, under the Youth Leaders for Nutrition (YL4N) initiative. The engagement brought together eight male youths to discuss the importance of healthy eating habits, identify barriers to adequate nutrition and explore the role of youth leadership in preventing malnutrition.

The dialogue was guided by the understanding that adequate nutrition is essential during adolescence and young adulthood, as these stages are important for physical growth, cognitive development, learning, productivity and overall well-being. Participants discussed the need to promote healthy dietary practices and ensure that young people have the knowledge and opportunities to make informed decisions about their nutrition.

A major focus of the engagement was the role of youth leaders in creating awareness, mobilising their peers and encouraging positive behavioural changes within communities. Participants recognised that young people should not only be beneficiaries of nutrition interventions but should also actively contribute to designing and promoting solutions that address nutritional challenges affecting their communities.

Three major challenges were identified during the discussion. These included limited financial resources, inadequate nutrition knowledge and cultural influences on dietary practices. Participants observed that economic difficulties can limit access to nutritious foods, while inadequate knowledge of balanced diets can affect food choices and contribute to unhealthy eating habits. Cultural beliefs and traditional dietary practices were also recognised as factors that influence food preferences and nutritional behaviours.

The dialogue highlighted that addressing malnutrition requires more than encouraging individuals to eat healthy foods. It also requires addressing the socioeconomic and cultural conditions that influence access to nutritious food and dietary decisions. Participants therefore emphasised the importance of combining nutrition education with broader interventions that improve household economic conditions and strengthen community awareness.

Several priority actions were proposed to address the identified challenges. These included promoting youth employment and economic empowerment to improve access to nutritious foods, organising regular nutrition awareness campaigns, strengthening nutrition education within families, integrating healthy eating messages into schools and engaging religious institutions in community sensitisation.

Participants also emphasised the importance of strengthening youth-led nutrition advocacy through peer education, community dialogues and awareness activities. Youth leaders were recognised as important actors who can communicate nutrition messages effectively, influence their peers and encourage communities to adopt healthier dietary practices.

The discussion further highlighted the need for stronger collaboration among government institutions, families, schools, religious organisations, community leaders and youth-led organisations. Participants recognised that government support is essential in addressing economic barriers and creating an enabling environment for improved nutrition outcomes. Families and caregivers also have important responsibilities in promoting healthy eating habits at household level, while schools and religious institutions can serve as platforms for sustained nutrition education.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

The dialogue was conducted outdoors on 28 October 2026 at Tudun Wada New Extension, Kano State.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

RELEVANT LINKS

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