OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Malnutrition awareness
DIALOGUE DATE	Thursday, 29 October 2026 11:00 GMT +01:00
CONVENED BY	Amina kabir Event announced on behalf of the Convenor by: SUN Youth Network Nigeria. Technical Support Feedback published on behalf of Convenor by: SUN-CS YOUTH NETWORK NIGERIA. Technical Support
EVENT LANGUAGE	English and Hausa
HOST LOCATION	Bauchi, Nigeria
GEOGRAPHIC SCOPE	Community Level
AFFILIATIONS	SUN YOUTH NETWORK
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/61740/





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	0	12-18	8	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

8	Female	0	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

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

DISCUSSION

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1, High cost of nutritious foods - mothers complained they cannot afford meat, eggs, fish regularly.
2. Lack of knowledge on balanced diet and proper child feeding practices.
3. Large family size making it difficult to provide adequate food for all children.
4. Poor personal and environmental hygiene leading to frequent infections like diarrhea.
5. Cultural beliefs and food taboos that prevent mothers from giving some nutritious foods to children.
6. Poverty and low income among households from different environments.
7. Difficulty in gathering mothers from different environments to one venue due to distance and transport.

URGENT ACTIONS

1. High Cost of Nutritious Foods: Promote affordable, locally available and nutrient-dense food options, including beans, groundnuts, eggs, seasonal vegetables and other accessible protein sources. Educate mothers on preparing balanced meals within limited budgets.

2. Lack of Knowledge on Balanced Diet and Child Feeding: Organise regular nutrition education and practical demonstrations on balanced diets, exclusive breastfeeding, complementary feeding, appropriate meal frequency and dietary diversity.

3. Large Family Size: Integrate family planning awareness and counselling into community nutrition education while promoting affordable meal planning and equitable food distribution within households.

4. Poor Personal and Environmental Hygiene: Intensify community sensitisation on handwashing, safe water handling, proper food hygiene, environmental sanitation and the prevention of diarrhoeal diseases.

5. Cultural Beliefs and Food Taboos: Engage community leaders, traditional birth attendants and influential women to address harmful food taboos and promote culturally acceptable nutritious food choices.

6. Poverty and Low Household Income: Link vulnerable households to available social protection programmes, livelihood support initiatives and community-based food assistance. Promote household food production through home and backyard gardening.

7. Difficulty Gathering Mothers Due to Distance and Transportation: Adopt decentralised community-based sensitisation sessions, conduct outreach activities across different settlements, and engage community volunteers to reach mothers closer to their homes. Where feasible, provide transportation support for mothers attending centralised sessions

AREAS OF DIVERGENCE

OVERALL SUMMARY

The community dialogue on malnutrition was successfully conducted at Almadina Primary School, with eight mothers from different communities participating. The session focused on improving awareness and understanding of malnutrition, including its causes, signs and symptoms, prevention, and the importance of appropriate infant and young child feeding practices.

Key areas discussed included exclusive breastfeeding, appropriate complementary feeding using affordable and locally available nutritious foods, balanced diets, and personal and environmental hygiene. Participants identified poverty, high food prices, inadequate knowledge of nutrition, poor feeding practices, and frequent childhood illnesses as major contributing factors to malnutrition in their communities.

The dialogue also provided an opportunity for mothers to share their experiences and challenges, particularly the rising cost of nutritious foods and limited knowledge of affordable, balanced meal preparation. Mothers actively participated in the discussions, asked questions, shared perspectives, and expressed their commitment to adopting improved feeding, hygiene, and childcare practices.

Way Forward: Continuous community sensitisation and nutrition education are necessary to reinforce the knowledge gained. Mothers should also be encouraged to seek timely healthcareservices and ensure that children showing signs of malnutrition are referred to appropriate health facilities for assessment and management.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

Within a classroom

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

RELEVANT LINKS

- **Linkedin**
  https://www.linkedin.com/company/sunyouthnetworknigeria/
- **Facebook**
  https://facebook.com/sunyouthnetnig
- **X**
  https://x.com/SUNYouthNetNig
- **Instagram**
  https://www.instagram.com/sunyouthnetnig?stkn=b215YnZ0b204YWZp