OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Malnutrition, causes and prevention
DIALOGUE DATE	Friday, 30 October 2026 12:00 GMT +01:00
CONVENED BY	Umar Farouq Adam Event announced on behalf of the Convenor by: SUN Youth Network Nigeria. Technical Support Feedback published on behalf of Convenor by: SUN Youth Network Nigeria. Technical Support
EVENT LANGUAGE	English and Hausa
HOST LOCATION	Bauchi, Nigeria
GEOGRAPHIC SCOPE	Community
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/61784/



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

6

PARTICIPATION BY AGE RANGE

0	0-11	2	12-18	4	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

0	Female	0	Male	1	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

4	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)	1	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	1	Other (please state)

OTHER STAKEHOLDER GROUPS

One participant; PWD- Visual Impairement

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

DISCUSSION

The discussion focused on understanding malnutrition, its causes, signs, prevention, and effects on health and growth. We discussed the importance of balanced diets, locally available nutritious foods, healthy feeding practices, exclusive breastfeeding, and appropriate complementary feeding. Open-ended questions included: What do you understand by malnutrition? What causes malnutrition in children? What foods can help prevent malnutrition? How can we maintain a healthy diet? Why is exclusive breastfeeding important, and how should mothers feed their babies?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The major challenge identified during the dialogue was the difficulty participants anticipated in adopting healthier eating habits and making changes to their existing diets. They expressed concerns that introducing new and more nutritious foods would require adjustments to their daily feeding routines, additional planning, and resources. They also highlighted that their ability to make these dietary changes largely depends on their parents or caregivers, who are responsible for purchasing and preparing food at home. This suggests that sustained nutrition education should also involve parents and caregivers to encourage practical and achievable changes in household feeding practices.

URGENT ACTIONS

Participants emphasised the importance of extending nutrition education beyond the immediate dialogue to reach the people who influence their daily food choices and feeding practices, particularly parents, husbands, and other family members. They noted that adopting healthier diets would be easier with the understanding, encouragement, and support of these key decision-makers. They further proposed that local hospitals and healthcare facilities should serve as platforms for continuous nutrition education, particularly for young women and mothers. This would help promote awareness of balanced diets, malnutrition prevention, appropriate feeding practices, exclusive breastfeeding, and the importance of good nutrition for maternal and child health.

AREAS OF DIVERGENCE

OVERALL SUMMARY

The dialogue provided a valuable opportunity to assess participants' dietary habits, food choices, and prevailing feeding practices, while gaining insights into the challenges affecting their ability to maintain healthy diets. Particular attention was given to the experiences of young mothers, who shared their breastfeeding practices, including the duration of breastfeeding and related challenges. The engagement also facilitated discussions on the underlying factors contributing to malnutrition and the importance of improving household food choices, promoting balanced diets, and adopting appropriate nutrition practices. Overall, the dialogue strengthened participants' understanding of malnutrition prevention and highlighted the need for sustained nutrition education and increased involvement of parents, husbands, caregivers, and other key stakeholders in promoting improved dietary practices and better maternal and child nutrition outcomes.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS