OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Improving Nutrition and Healthy Living for Adolescent Girls and Families
DIALOGUE DATE	Tuesday, 27 October 2026 04:00 GMT +01:00
CONVENED BY	Hafsat Muhammad Dabo Event announced on behalf of the Convenor by: SUN Civil Society Youth Network Nigeria . Technical Support Feedback published on behalf of Convenor by: SUN Civil Society Youth Network Nigeria . Technical Support
EVENT LANGUAGE	English and Hausa
HOST LOCATION	Kano, Nigeria
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	SUN Civil Society Youth Network Nigeria
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/61795/



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

PARTICIPATION BY GENDER

14	Female	1	Male	1	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

15	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

On 27 October 2026, youth advocate Hafsat Muhammad Dabo convened a dialogue in Hausawa Community, Gwale LGA, Kano State, with 15 participants comprising mothers, adolescent girls and children. The session focused on the importance of balanced diets and proper nutrition for healthy living, while exploring the social and economic conditions that influence households' ability to access nutritious food. The conversation extended beyond food choices to examine how water scarcity, low household income, inadequate electricity, malaria and unsafe housing affect health and general wellbeing. Participants were encouraged to identify practical solutions and consider the responsibilities of government, civil society organisations, families and community stakeholders in addressing these challenges.

DISCUSSION

The discussion centred on the importance of balanced diets and proper nutrition. Participants also examined barriers to healthy living, including limited access to nutritious food, poverty, water shortages, inadequate electricity, malaria and poor housing conditions.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Water scarcity: Inadequate access to clean and safe water affects drinking, cooking, personal hygiene and general health.

Limited access to nutritious food: Some households struggle to obtain sufficient healthy foods, increasing the risk of poor growth, malnutrition and related health problems.

Low household income: Financial constraints make it difficult for families to meet essential needs, including food, clothing, education and healthcare.

Inadequate electricity: Unreliable electricity supply creates difficulties for households and limits access to dependable energy.

Malaria: Malaria affects children's health and can disrupt their education and daily activities.

URGENT ACTIONS

- Government should construct boreholes and provide functional public water facilities.
- Communities should receive education on safe water storage
- Government and relevant organisations should support improved electricity access in underserved communities.
- Solar energy should be promoted as an alternative power source.
- Create employment and livelihood opportunities for parents and guardians.
- Provide adolescent girls with vocational and skills-development training.
- Expand access to financial assistance, empowerment programmes and non-interest loans
- Government and NGOs should provide food assistance to vulnerable households.
- Encourage home and community gardening to improve access to locally grown food.

AREAS OF DIVERGENCE

OVERALL SUMMARY

The Hausawa Community dialogue highlighted that proper nutrition and healthy living are closely linked to the wider social and economic conditions in which families live. While the discussion focused on balanced diets and nutritious food, participants identified several challenges that make healthy living difficult for adolescent girls, children and their families.

Key issues raised included:
- Limited access to nutritious food and low household income.
- Water scarcity and inadequate electricity.
- Malaria and other health-related concerns.
- Poor and unsafe housing conditions.
- Illiteracy and limited opportunities for adolescent girls.

The discussion recognised that poverty and inadequate access to basic services can undermine families' ability to provide nutritious meals and maintain healthy living conditions. It also highlighted the importance of empowering families economically and equipping adolescent girls with practical skills that can improve their opportunities and future livelihoods.

Participants proposed practical responses, including the provision of clean water facilities, alternative energy sources, vocational training, financial support for vulnerable households, food assistance, home and community gardens, malaria prevention and improved housing.

An important outcome of the dialogue was the recognition that improving nutrition requires more than encouraging individuals to eat healthy food. It also requires addressing the underlying barriers that prevent families from accessing nutritious meals and essential services.

Ultimately, participants stressed the need for government institutions, NGOs, families and community stakeholders to work together to prioritise adolescent girls' wellbeing, protect their rights and improve their access to education, healthcare, nutritious food, clean water and safe shelter.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

Informal setting, outdoor on the floor

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

RELEVANT LINKS

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