

# Report of the SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop 2021

## Introduction

The SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop was conducted virtually via Zoom on Friday, 30<sup>th</sup> April 2021 from 4:00pm to 7:00pm (GMT+3). Jointly organized and delivered by the UNICEF East and Southern Africa Regional Office (UNICEF ESARO) and the World Organization of the Scout Movement, Africa Region (WOSM Africa), the workshop was part of an ongoing collaboration the two organizations to increase the engagement of adolescents and young people in Africa.

The goal of the workshop was to empower adolescents and young people for advocacy and action on healthy nutrition and food security. This involved strengthening the capacity of selected Scout youth representatives and adult volunteers as Trainers of Trainers in adolescent and youth nutrition and food security as a complement to the knowledge, skills and attitudes already acquired through Food for Life project. These young people trained would go on to become advocates for better policies, programmes and actions on adolescents and youth nutrition and food security.

The workshop was attended by 36 Scouts aged between 15-26 years and adult Scout Leaders who are Food for Life project focal points in the following 12 countries that are currently implementing the SCOUTS Food for Life Project in Sub Saharan Africa: Benin, Burundi, Ethiopia, Kenya, Lesotho, Malawi, Namibia, South Africa, South Sudan, Tanzania, Togo and Uganda.

The **topics** covered during the three-hour workshop includes:

- Dissemination of results of the SCOUTS adolescents and youth nutrition survey
- Understanding adolescent nutrition, including growth and development
- Appreciating the global adolescent and youth nutrition situation
- Understanding risk factors for malnutrition
- Interventions to improve adolescent nutrition and food security
- Partnerships and programs to improve adolescent nutrition
- Lessons in Working with adolescents and young people
- Engaging adolescents in nutrition and food security advocacy
- Developing plan of action on Scout-led adolescent and youth nutrition and food security advocacy.

A **video recording** of the workshop is available at Recording:

[https://worldscouting.zoom.us/rec/share/d71RWZUvS4LJILnRQI2Q\\_gXJZ8NM-jWn\\_WBzvVKp4DhTChs-BiTpKWYPZhZQcbyn.L9JIY0sIiWn7DJOs](https://worldscouting.zoom.us/rec/share/d71RWZUvS4LJILnRQI2Q_gXJZ8NM-jWn_WBzvVKp4DhTChs-BiTpKWYPZhZQcbyn.L9JIY0sIiWn7DJOs) (Passcode: **4D?^4!\$r**).

The **PowerPoint presentation** used can also be viewed and downloaded at: [https://unicef-my.sharepoint.com/personal/mvolege\\_unicef\\_org1/Documents/Webinars/Scouts%20webinar%20presentation%2030th%20April%202021.pptx?web=1](https://unicef-my.sharepoint.com/personal/mvolege_unicef_org1/Documents/Webinars/Scouts%20webinar%20presentation%2030th%20April%202021.pptx?web=1)

The workshop was facilitated by the following joint team of UNICEF ESARO and WOSM Africa staff:

1. Sergiy Prokhorov – Communication for Development Specialist (UNICEF ESARO)
2. Marjorie Volege – Nutrition Specialist (UNICEF ESARO)
3. Mary Waweru – Director, Organisational Development (WOSM Africa)
4. Nelson Opany – Manager, Communications and Partnerships (WOSM Africa)
5. Calisto Ochieng – Assistant, Adults in Scouting & Volunteer Development (WOSM Africa)

## Participants Engagements

Participants were asked to list down and reflect on the risk factors for malnutrition in adolescents and young people and what can be done to mitigate against the risks. Here are their responses:

Risk factors for malnutrition	Reflections on the risks identified	What can be done to mitigate against the risks
<ul style="list-style-type: none"> <li>• Feeding problems and not eating frequently (at least 3 times a day)</li> <li>• Recurrent illnesses (e.g. diarrhoea) and chronic diseases</li> <li>• Inability to afford food and a balanced diet</li> <li>• Lack of knowledge on good nutrition</li> <li>• Ignorance on how to cook food properly and eat well.</li> <li>• Poverty and unfavorable Socio-economic conditions</li> <li>• Weak immune systems.</li> <li>• Cultural norms and climate change</li> <li>• Poor health e.g organ failure, mental instability and under weight</li> <li>• Poor nutrition by the mother</li> </ul>	<ul style="list-style-type: none"> <li>• We have noticed that a high percentage of young people skip their breakfast, but this is a risk factor for malnutrition. So it will be better to eat 3 times a day.</li> <li>• We need to take much concern about what we eat</li> <li>• Poverty is a major obstacle to good nutrition.</li> </ul>	<ul style="list-style-type: none"> <li>• More effort in schools more so primary schools as this is where many young people learn, through many programs</li> <li>• Community stakeholders and government intervention to promote good nutrition and food security</li> <li>• More Sensitization of youths and other stakeholders</li> <li>• Introduce breakfasts and good meals in school so that children can eat at least in school (school canteens)</li> <li>• Guarantee social protection for food and diet. Influence policy changes to ensure people have enough food.</li> <li>• Regular exercising</li> <li>• Eating at least three meals a day with more vegetables</li> <li>• Practicing proper hygiene</li> <li>• Eating foods that contain less fat</li> <li>• Avoid skipping breakfast</li> </ul>

Empowering adolescents through knowledge and practical skills development can help them become advocates for their own nutrition—and the barriers that stand in their way. The participants took part in an exercise to help them get ready to kickstart their work as adolescent and childhood nutrition advocates. Here are some of the thoughts they put forward:

What change do we need?	Why hasn't the change happened?	Who can help make change?
<ul style="list-style-type: none"> <li>• Change of our mindset and behaviours</li> <li>• Youth empowerment</li> <li>• Good eating patterns and behaviors</li> <li>• Scouts implementing Food for Life in all countries, or relaunch where it's dormant</li> <li>• High levels of personal commitment.</li> <li>• No working long hours</li> <li>• Discouraging bad practices and promoting good habits</li> <li>• Daily monitoring of food intake</li> </ul>	<ul style="list-style-type: none"> <li>• Less sensitization</li> <li>• Ignorance of people</li> <li>• Lack of finances</li> <li>• Lack of knowledge and emphasis on the importance of good nutrition</li> <li>• Stakeholders ignoring their responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Ourselves/Myself</li> <li>• Scouts</li> <li>• Governments – by creating an enabling environment for positive change.</li> <li>• Parents</li> <li>• Teachers</li> </ul>
How to communicate your change?	How can you make change happen?	How to monitor change?
<ul style="list-style-type: none"> <li>• Using community opinion leaders</li> <li>• Through social media</li> </ul>	<ul style="list-style-type: none"> <li>• Countering negative advertising</li> <li>• Creating more awareness in schools and communities</li> </ul>	<ul style="list-style-type: none"> <li>• Conducting surveys</li> <li>• Tracking individual and family progress in improving their nutrition</li> </ul>

<ul style="list-style-type: none"> <li>• Sharing personal stories with peers</li> <li>• Advocacy through national scout organizations</li> </ul>	<ul style="list-style-type: none"> <li>• Improving education of people on the topic</li> <li>• Communication between NSOs to learn from each other NSOs and share experiences.</li> </ul>	<ul style="list-style-type: none"> <li>• Documenting successful case studies of good nutrition practices</li> </ul>
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After the workshop, one participant, Angello Ggayi from Uganda was selected to represent the SCOUTS at the virtual UN Global Youth Dialogue on Good Food for All on 4<sup>th</sup> May 2021.

### Next Steps

The successful completion of the workshop paves way for greater involvement of SCOUTS in Sub Saharan Africa in addressing the challenges of nutrition and food security through stronger advocacy and local community actions within the existing Food for Life project framework. Some of the actions agreed upon at the end of the workshop include:

- a) For Individual Scouts
  - Make personal commitment on actions to take and execute them with the support of the NSO Food for Life focal point.
  - Become an advocate for nutrition and food security among peers, family and community.
- b) For NSOs
  - Disseminate the training to other young people in the NSO with a particular focus on those between 15-18 years and 19-26 years and report to WSB Africa Support Centre every 3 months on activities done and people reached.
  - Consider ways of integrating the training content into existing Food for Life programme activities for sustainability.
- c) For the Africa Support Centre
  - Create a regional network of trainers and advocates on adolescent and youth nutrition and food security working closely with NSO Food for Life focal points with clear guidelines for engagement
  - Develop a modular e-learning course on adolescent and nutrition and youth food security to further enhance Knowledge and skills acquired from the Food for Life Project,
  - Develop an advocacy brief and toolkit on adolescent and youth nutrition and food security to guide the Scouts' advocacy efforts.
  - Develop a nutrition badge with a toolkit to facilitate implementation as an integrated part of the within the Food for Life framework.
  - Continue collaboration on nutrition and food security with UNICEF-ESARO in the new partnership agreement commencing July 2021 with a key priority being to further support implementation of activities at NSO level.

### Conclusions

The workshop has opened new doors for collaboration between UNICEF and SCOUTS at both regional and national levels in the implementation of food security and nutrition agenda which remains a major issue in sub-Saharan Africa. National Scout Organisations are particularly encouraged to explore local partnerships with UNICEF country offices to support further implementation of this agenda. The regional offices of both UNICEF and WOSM remain committed to strengthen and supporting collaborative work in this area.

The following documents are attached to this report for more information

- Concept Note for the SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop
- Outline of the SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop
- PowerPoint Presentation for the SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop
- List of Participants to the SCOUTS Adolescents and Youth Nutrition Capacity Strengthening Workshop
- Report of the Results of the SCOUTS Adolescent and Youth Nutrition Survey

*Prepared by: UNICEF East and Southern Africa Regional Office (UNICEF ESARO) and the World Organization of the Scout Movement, Africa Region (WOSM Africa).*