

# UNICEF-ESARO AND WOSM AFRICA

## SCOUTS ADOLESCENTS AND YOUTH NUTRITION SURVEY

### Introduction

Adolescence provides a second window of opportunity in the life course for growth and development because adolescence marks the second fastest period of rapid physical growth that increases nutrient demands. Adolescence is a time when "catch up growth" may occur and reduce childhood stunting, with dramatic increases in height, if access to adequate health and nutrition is possible. Dietary behaviours established in adolescence may contribute to nutrition-related problems that have consequences for long-term health.

Consumption of a nutritious diet can only be achieved through the consumption of a wide variety of foods. Meals that contain a limited variety of foods are likely to produce a deficiency or excess in one or more components. Too much of one may result in the displacement of other essential nutrients and lead to overnutrition. Engagement of young people and adolescents on addressing nutrition challenges is essential. UNICEF ESAR in collaboration with the SCOUTS movement in Africa, plans to enhance the skills of young people in nutrition. To help us to identify the current practices and knowledge gaps on nutrition among the adolescents, please complete a brief survey below.

The results of this survey will also feed into the further development and enhancement of the Food for Life Project that is currently being implemented by the SCOUTS across 14 countries in Sub Saharan Africa namely: South Africa, Burundi, Kenya, Uganda, Benin, Niger, Lesotho, Burkina Faso, Ethiopia, Malawi, South Sudan, Togo, Tanzania and Namibia.

- **Target Group:** 15 to 26 years (Senior and Rover Scouts)
- **Target Geography:** Scouts from Sub Saharan Africa
- **Mode of Delivery:** Survey Monkey or Google Form plus a possible virtual Focus Group Discussion with Food for Life project leads from different countries.
- **14 Countries currently implementing Food for Life project include:** South Africa, Burundi, Kenya, Uganda, Benin, Niger, Lesotho, Burkina Faso, Ethiopia, Malawi, South Sudan, Togo, Tanzania and Namibia

### Individual Profile

1. How old are you?
  - a) 15 years old
  - b) 16 years old
  - c) 17 years old
  - d) 18 years old
  - e) Above 18 years
2. What is your gender?
  - a) Male
  - b) Female
  - c) Other
3. Are you currently attending schools, college or university?
  - (a) Yes
  - (b) No
4. Which country do you come from?
  - a) Benin
  - b) Burkina Faso
  - c) Burundi
  - d) Ethiopia
  - e) Kenya
  - f) Lesotho

- g) Malawi
- h) Namibia
- i) Niger
- j) South Africa
- k) South Sudan
- l) Tanzania
- m) Togo
- n) Uganda
- o) Other Sub-Saharan Africa Country
- p) Rest of the World

### Questions on Food Security

5. Child Food Insecurity Experience Scale for HH		
Child Food Insecurity Experience Scale (CFIES) (12 months recall) Now I would like to ask questions about food. During the last 12 months, was there a time when:		a) Many times b) 1 or 2 times c) Never d) Do not know e) Do not want to answer
(a)	Did you worry that food at home would run out before your family was able to get more?	__
(b)	Did you worry about how hard it is for your parents/guardians to get enough food for your family?	__
(c)	Were you not able to get the food you wanted because there wasn't enough money?	__
(d)	Did you skip a meal because your family didn't have enough food?	__
(e)	Has the size of your meal been cut because your family didn't have enough food?	__
(f)	Were you hungry but didn't eat because your family didn't have enough food?	__
(g)	Did you feel tired or weak because your family didn't have enough food to eat?	__
(h)	Did you feel embarrassed or ashamed because your family didn't have enough food?	__
(i)	Did you feel sad or mad because your family didn't have enough food?	__
(j)	Did you feel embarrassed or ashamed about any of the things you or your family had to do to get enough food?	__

### Questions on Food Consumption

6. Which of these foods' groups did you eat last week? (Check all that apply)
- (a) Rice, bread, potatoes, sweet potatoes, tuber, maize
  - (b) Beans, pulse, lentils, chickpeas, tofu
  - (c) Nuts and seeds
  - (d) Dairy, milk, yogurt
  - (e) Meat, poultry
  - (f) Fish, Shrimp
  - (g) Organ meats
  - (h) Eggs
  - (i) Dark green leafy vegetables
  - (j) Other vitamin A rich fruits and vegetables (carrot, pumpkin, orange sweet potato, mango, papaya, dark green leafy vegetables, long beans)
  - (k) Other vegetables (eggplant, onion, cucumbers, tomatoes)
  - (l) Other fruits (banana, apples, pineapple, watermelon)
  - (m) Sugar food consumption (sweets)
  - (n) Sugary drinks (carbonated soft drink, sweetened tea, sweetened coffee)

- (o) Savory and fried snacks
  - (p) Oils or fats
7. Which of these meals or snacks did you eat yesterday? (Check all that apply)
- (a) Breakfast
  - (b) Lunch
  - (c) Dinner or supper
  - (d) Morning snack
  - (e) Afternoon Snack
  - (f) Evening/late-snack
8. Since the start of the Covid19 pandemic have you consumed more:
- (a) Junk foods
  - (b) Alcohol
  - (c) Tobacco
  - (d) Fruits
  - (e) Vegetables
  - (f) I haven't changed my diet
9. What has your family done to ensure there is enough food?
- (a) Reduced portions
  - (b) Borrowed money
  - (c) Cooked less meals
  - (d) Reduced variety
  - (e) Reduced fruits & vegetables
  - (f) Received food
  - (g) No changes made
10. Do you prepare or buy the food for any of your family's meals?
- (a) Yes
  - (b) No
11. Do you eat food from fast food restaurant 2 or more times a week?
- (a) Yes
  - (b) No
12. Do you skip breakfast 3 or more times a week?
- (a) Yes
  - (b) No
13. Have you been doing any exercise?
- a) Yes
  - b) No
14. If yes, for how long do you exercise?
- (a) 0-10 minutes
  - (b) 11-30 minutes
  - (c) 31-45 minutes
  - (d) 46-60 minutes
  - (e) 60 minutes
15. Where do you get nutrition info?
- (a) TV & Radio
  - (b) Social Media
  - (c) Health centers
  - (d) School/Uni/College
  - (e) Community events
  - (f) Nutritionists & nutrition orgs
16. Are you on special diet for medical reasons?
- (a) Yes
  - (b) No
17. Were there any days last month when your family didn't have enough food to eat?

- (a) Yes
  - (b) No
18. Are you concerned about your weight?
- (a) Yes
  - (b) No
19. Are you on a diet now to lose weight?
- (a) Yes
  - (b) No
20. In the past year, have you tried to lose weight or control your weight by vomiting, taking diet pill or laxatives, or not eating?
- (a) Yes
  - (b) No
21. Did you spend more than 2 hours per day watching television and DVDs or playing computer games?
- (a) Yes
  - (b) No
22. If yes, how many hours per day?.....
23. Does the family watch television during meals?
- (a) Yes
  - (b) No
24. Do you smoke cigarettes or chew tobacco?
- (a) Yes
  - (b) No
25. Do you ever use any of the following? (Check all that apply)
- (c) Alcohol, beer, or wine
  - (d) Steroids (without a doctor's permission)
  - (e) Street drugs (marihuana, speed, crack, or heroin)

### Questions on Involvement in Food for Life Project

26. Have you been involved in Scouts Food for Life Project in any way?
- a) Yes
  - b) No
27. If yes, please describe the activities you have undertaken or participated in.  
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28. What ideas do you have on how we can we enhance the Food for Life Project to better address the food security and nutritional challenges in Sub Saharan Africa?  
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#### NOTE

The survey has been set up on Google Forms using WOSM Africa's Account (wsbafrica@gmail.com) and can be accessed at: <https://forms.gle/QhtMBuL58ir2v6vGA>. Editing rights and access to results has been shared with UNICEF and WOSM colleagues involved.