

# **SUMMARY REPORT OF THE STATE CHAPTERS OF THE NUTRITION SOCIETY OF NIGERIA (2023)**

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Presented at the 53<sup>rd</sup> Scientific Conference and Annual  
General Meeting , Abuja 2023

# Southern Chapters

# Outline

- Introduction
- Main Activities
- Membership Growth
- Challenges
- Opportunities
- Recommendations

# Introduction

- The State Chapters of the NSN are the cells that make up the society. This brief presentation is a snapshot of activities, accomplishments and initiatives that have characterized NSN's operations between September 2022 and September 2023.
- The State chapters of the NSN have continued to change the face of nutrition in our country via community-based interventions, educational outreaches, advocacy, research, and capacity building for members, among other activities.
- Reports submitted by 12 chapters in the South, 6 in the North. This is a SUMMARY of all reports. Full reports to be submitted to the NSN National Secretariat.
- Appreciation to all chapters for their work

# Activities

- The 2023 **World Breastfeeding Week** was observed in several states: **Abia, Anambra, Cross-River, Osun, Ekiti, Lagos, Osun, Ebonyi, Edo, and Rivers** in the first week of August
- Diverse Activities across the States to raise awareness , teach breastfeeding skills and advocate for breastfeeding



- Participation in the State Committee on Food and Nutrition Meetings by chapters of **Bayelsa and Anambra**
- World Food Safety Day; e.g. in celebration of World Food Safety Day, the **Ekiti** State Chapter of NSN had nutrition education outreaches to the two secondary schools



- In collaboration with NAFDAC, Lagos chapter had nutrition education programs on Food Fraud.
- Lagos also celebrated the World Hypertension Day through a public enlightenment programme

- Osun State Chapter commemorated the World Food Day, highlighted the need of school gardens in ensuring proper nutrition through a school gardening workshop and distribution of fruit and vegetable seedlings
- Cross River also celebrated World Food Day: high-level engagement meeting with related Statehouse committee and legislative council members
- Close-out meeting on the commercialization of biofortified crops organised by Cross River State in collaboration with GAIN/Harvestplus
- Oyo State celebrated World Milk Day through Seminar Presentation
- Edo chapter participated in the flag off of the Edo State First Round of the MNCH and World Breastfeeding Week celebration
- Anambra chapter: Radio programmes on diabetes, Health talks on Nutrition to parishioners in Awka, Ekwulobia, Nnewi and Awka

## Advocacy visits and State Meetings

- Anambra participated in State Committee on Nutrition meeting hosted in Awka
- Visit to Wife of the governor (Oyo)
- Visit to the NYSC State Coordinator and Directors of the scheme in Oyo State
- Courtesy/advocacy visit to the Vice Chancellor MOUAAU (Abia)
- Advocacy visits (Bayelsa) to
  - the Special Adviser to the Governor on Health
  - Honorable Commissioner for Health
  - Executive Secretary Bayelsa State Primary Health Care Board
- Rivers chapter Partnered with the Rivers State Primary Health Care Management Board for WBW



- Grant-winning research proposal writing workshops: These workshops were independently organized by Oyo and Osun to equip their members on grant winning proposal writing skills.
- Nutrition Talk among Retired Executive Secretaries Ekiti State
- One-day capacity-building symposium for the nutrition workforce in Ondo state on current infant and young child nutrition practices
- Ebonyi chapter participated fully in The first Ebonyi Hidden Hunger Conference was organized by the Ebonyi State Committee on Food and Nutrition in partnership with Alex Ekwueme Federal University Ndufu-Alike



# Membership growth

- Membership increased in several chapters over the past year. For example:
- Ekiti membership rose from 62 to 89
- In Cross-River, membership increased from 61 to 71
- In Osun state from 42 to 84 members.
- 36 new members were added in Lagos state
- In Oyo State, a total of 61 new members were added over the year.
- For Rivers, 25 new members were added over the year

# CHALLENGES

- Lack of funds in most states e.g Abia, Edo, Ekiti but coping strategies are employed e.g donations , partnerships in cash and kind from organizations in Lagos.
- Low membership strength in Anambra
- Poor turnout of members for general meetings in all states
- Members are scattered all over the State in both Oyo, Lagos and Edo, this makes it difficult for in-person state chapter meetings.
- Members default in the annual dues e.g Cross-River, Osun, Lagos, Rivers, and Edo states
- Poor communication from NSN National

# OPPORTUNITIES

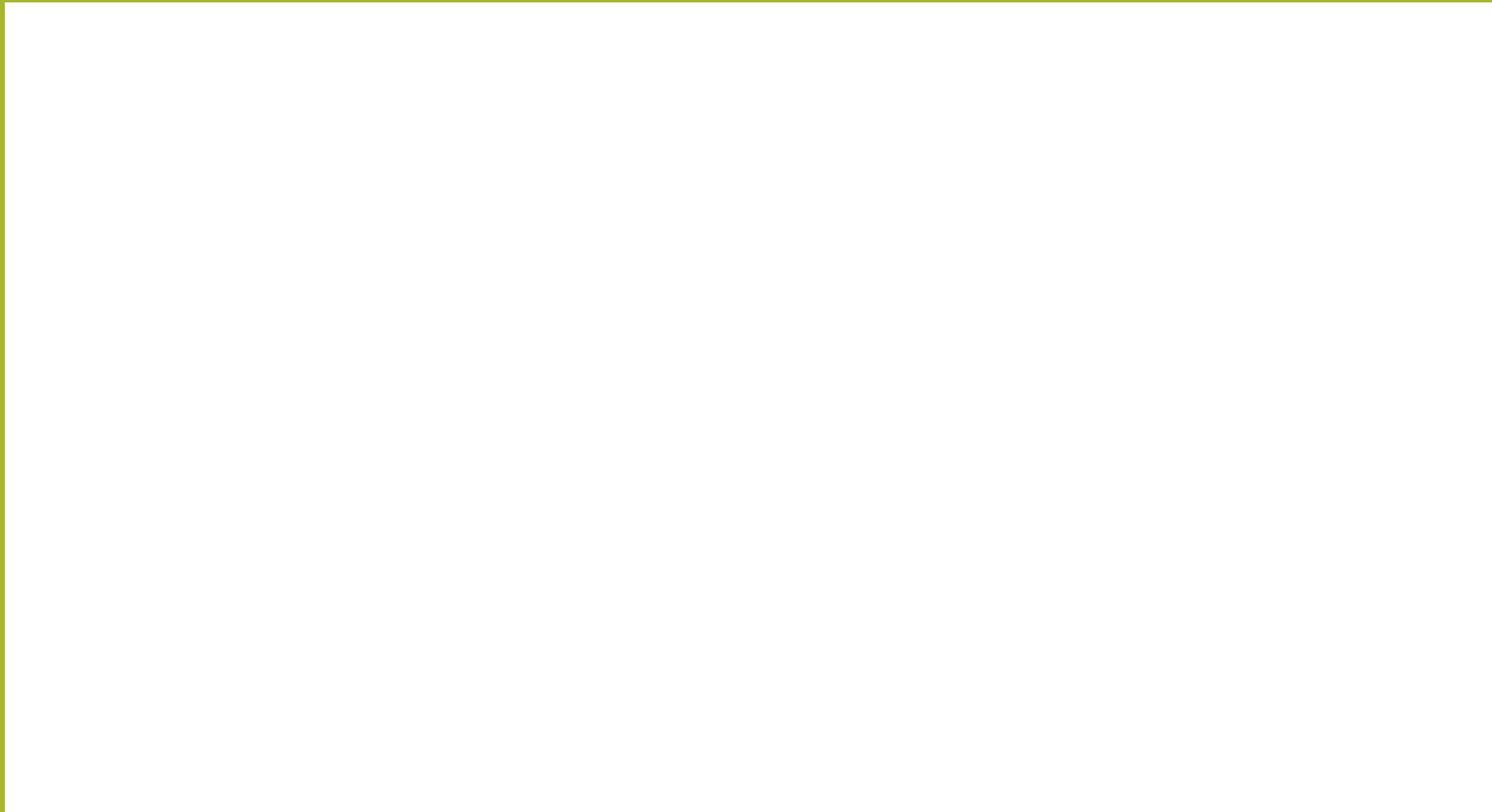
- Virtual meetings for increased membership participation in Oyo state
- Zonal membership drive in Lagos state
- Nutrition outreach to different communities, trainings and enlightenment programs on radio and Television will create more awareness on nutrition in Ekiti State.

# RECOMMENDATIONS

- Annual zonal meetings and training for chapter leaders were recommended, so that the small chapters can learn from what older chapters are doing.
- The national should from time to time organize nutrition programmes/workshops involving training of upcoming nutritionists from the State alongside with their counterparts from other State chapters.
- NSN national should serve as a channel for grant opportunities for nutrition research in the chapter whenever the need arises.

# RECOMMENDATIONS

- Council and national secretariat should communicate with state chapters and state nutrition officials more frequently in order to inspire ideas and strengthen engagement amongst all members.
- The State Chapter executives should be included in workshops/seminars and training organized by the national body of NSN.
- The National NSN can support the State Chapters by collecting the annual dues and remitting it to the State Chapter also by making it a requirement that all members of the National must show evidence of being active in their respective State Chapters to retain their membership.



# Northern Chapters



# Activities

- World Breastfeeding Week 2023 by several states
  - The NSN, Adamawa State Chapter, held 2 big events during World Breastfeeding Week to advocate for and encourage breastfeeding support in the workplace.
  - Commemoration of World Breastfeeding Week August 2023 in collaboration with ANRiN Project Kaduna State, Kaduna State Ministry of Health, and North-west Zonal Chapter of Baby Friendly Initiative
  - Awareness campaign by the NSN Taraba state to PHCs, Taraba state teaching hospital, Jalingo



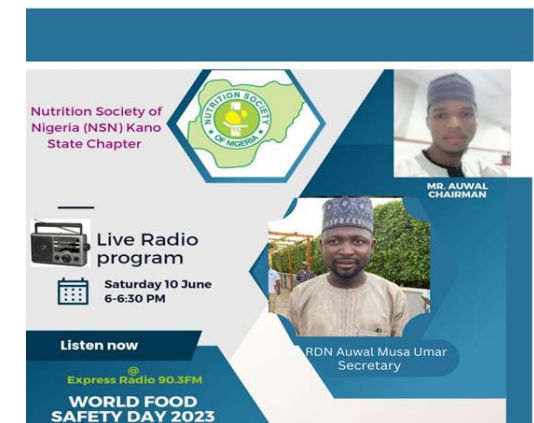
# Activities

- A number of initiatives were run at the FMC, Specialist Hospital, Campaign, to raise knowledge and sensibility in Primary Healthcare Facilities in Taraba state
- Courtesy visit to the NAFDAC office in Kano to engage discussions on some issues like methylene oxide in noodles, aspartame caution by WHO, and other food safety issues
- A refresher workshop for 100 healthcare professionals was conducted by NSN Kano on the most recent issues in child development and health.

- Election of new exco in Kano and Adamawa states, FCT



- **World Food Safety day 2023**
- There was public awareness at different media stations in Kano
- Webinars for the members and the public, also in Kano.
- Capacity-building training



- Advocacy visit to the Commissioners of Health, Women affairs in Kano state.



# Activities

- **Advocacy at FCT Chapter**
- ❖ **To the Director General- Nigerian Army Resource Center**
- ❖ **To the Honorable Minister- Federal Ministry of Agri & Rural Development**
- ❖ **2023 WORLD NUTRITION DAY - VIRTUAL WEBINAR,**



# World breastfeeding week and CF outreaches - FCT

**NUTRITION SOCIETY OF NIGERIA FCT**  
IN COLLABORATION WITH  
**ARMY COMMAND AND NAOWA HOSPITAL ABUJA**  
CELEBRATES

## WORLD BREASTFEEDING WEEK

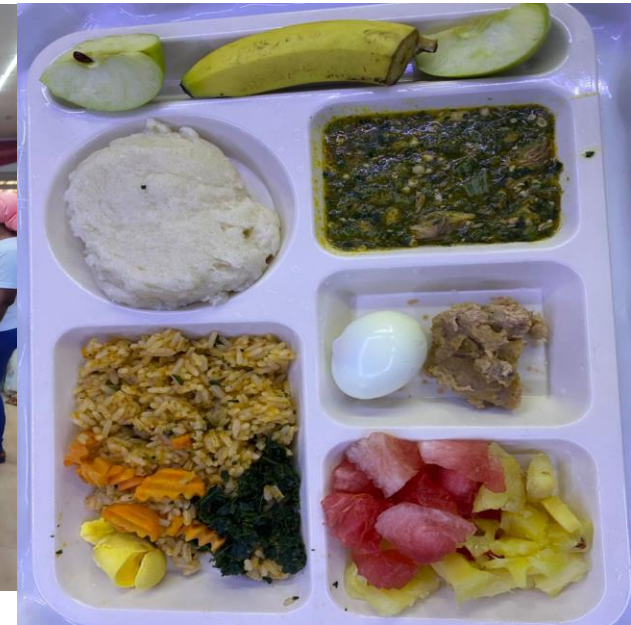
- We Promote Breastfeeding for optimal growth

#WBW2023  
#WBW2023NG

follow us on our social media platform

@Nutrition Society of Nigeria FCT Chapter

Over 200 families reached through talks, baby shows, etc



- Kaduna Chapter: Series of activities were carried both at the FMC, Specialist Hospital, Campaign and awareness/ sensitization at College of Science and Technology, Campos Kaduna.
- Kaduna: World food day Nutrition Education/Communication on Adequate diets at the OPD for general Patients nutritional counselling for hypertensive patients.
- Taraba World Hepatitis to raise the awareness of viral hepatitis and the inflammation of liver that causes hepatocellular cancer.
- Nutrition Society of Nigeria, Taraba chapter in collaboration with Medical women Association of Nigeria, Institute for Dietetics Association.



# MEMBERSHIP GROWTH

- The Kaduna state chapter has so far registered more than 100 members as Full and Associate members
- Other States have continued membership drive – Taraba, Kano, FCT, Adamawa

# CHALLENGES

- Lack of commitment and ownership from the members in some states
- Financial constraints, and communication gaps between the national and state levels
- Funding has been the major challenge during the period under review, however, the chapter is working toward improving the strategy use in mobilizing resources for the Kaduna state chapter.
- Lack of well defined constitutional provisions of how the state will seek support from the national or distribution of funds to the state

# CONCLUSION

- This report has given us a reflection on a year of unwavering commitment, common goals, and outstanding achievements within the Nutrition Society of Nigeria. Our dedication to developing better nutrition and the health and well-being of our country has shown during the past year.
- The NSN has continued to play a crucial role in determining the nutritional landscape of our wonderful country through research, teaching, awareness raising, and community involvement.
- Together, we will keep moving forward, encourage good change, and motivate a nation toward a better and healthier future.

Thank you for Listening