

Tamowa: Annobar da ta Addabi Nigeria a boye

Kira don daukar mataki



Kowane daya daga cikin mutuwa biyu na tamowa ne



Sana'ar Cimaka harka ce ta mai wayo

Tana qarawa yan kasa lafiya



- ◆ A shekarun da suka gabata, Najeriya ta gabatar da canje-canje masu mahimmanci dangane da lafiyar yara. Tattalin arzkin kasa ma ya karu, kuma hanyoyin sadarwa sun bunkasa kamar yawaita amfani da wayar salula.
- ◆ Kasarmu tana matukar ci gaba.
- ◆ Sai dai kuma, tamowa ta zama babbar matsala wadda ke addabar iyaye mata da kananan yara, domin a cikin kasar Nigeria, tamowa tana sanadiyar mutuwar yara dubu dari biyar a kowace shekara, wato kusan daya a cikin kowane yara biyu. Hakan yana kawowa kasarmu ci baya.¹
- ◆ Bincike ya nuna cewar samar da cimaka mai kyau sana'a ce ta mai wayo.
- ◆ Saboda cimaka mai kyau na bunkasa ci gaban lafiyar yan kasa, bugu da kari, sana'ar cimaka mai kyau tana taimakon rayuwar yara su kai gaci. Tana kawo bunkasar lafiya a duniya baki daya, tana kuma kara yawan tattalin arzikinmu. A sakamakon haka harkar cimaka na kara daraja, ga sauran sana'o'in lafiya da ilimi tare da rage talauci.²



- ◆ Akwai damarmaki da dama a kwanaki dubu daya na farko, sanda uwa ke rainon ciki har zuwa yaye, a wannan lokaci, samin cimaka mai kyau na da mahimmanci ga yara wajen tabbatar da cewa sun kai gaci.³
- ◆ Yayin da yaro yake cikin uwa, yanayin girman sa ya danganta da abubuwan da uwar sa ke ci na daga sinadarai da sauran abinci mai bada kariya. A watanni shida na farko, shayar da yaro nonon uwa zalla yana da amfani. Bayan wata shida na farko, sai a fara bada abinci mara nauyi hade da mai nauyi, kuma abincin ya zama wadatacce kuma iri daban-daban. Yin haka yana da mahimmanci wajen tabbatar da yara suna girma yadda ya kamata.⁴
- ◆ Tamowar da ke samuwa a wadannan kwanaki dubu daya na farko, bata gyaruwa. Tana iya kawo tabuwar kwakwalwa, da rarraunar fahimtar ilimi, da kuma hatsarin kamuwa da cututtuka masu hana kai wa gaci.⁵
- ◆ Abin tsoron shine, ba lallai ba ne aga illar tamowa a zahiri, misali wadannan yaran, duk fa shekarun su daya, amma kunga akwai banbanci a girman jikinsu. Yaron da ke hagu tsamurarre ne, wanda ke nuna jikinsa bai yi daidai da shekarunsa ba, saboda karancin abinci mai kyau. Wannan yaron da wuya ya kamo sauran sa'anninsa kamar abokin wasansa da ke dama.
- ◆ Cutar tamowa na haifar da salo daban daban da ake gani daga zamani zuwa zamani.
- ◆ Matar da bata samu cikaken abinci mai gina jiki ba, to tana cikin hatsari matuka tun daga lokacin da zata dauki ciki, har zuwa yaye. Ga kuma hatsarin haihuwar da mara kwari, kamar jaririyar cikin hoton nan da ke cikin halin rai kwakwai mutu kwakwai. Wannan jaririyar zatayi jinkiri wajen girmanta tun daga shekarun ta na farko, har izuwa budurcin ta. Za ta iya zama tsumburariyarta mata mara nauyi, wanda kuma inda zata dauki ciki, sai ta maida mu kan farkon da'ira.⁶



Rashin tsaro ga abinci mai gina jiki



Iyaye da ma su lura da yara su samu bayanai akan abinci da lafiya dan tallafawa bukatunsu

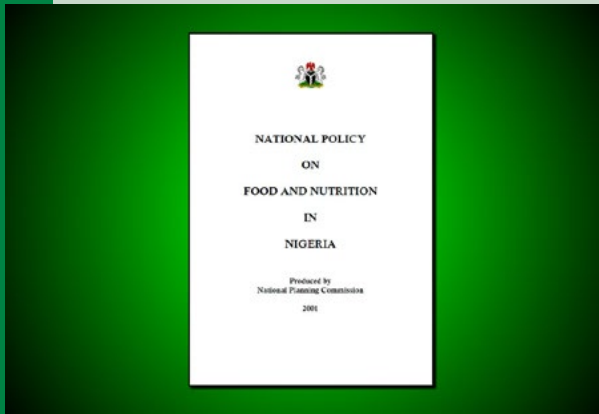
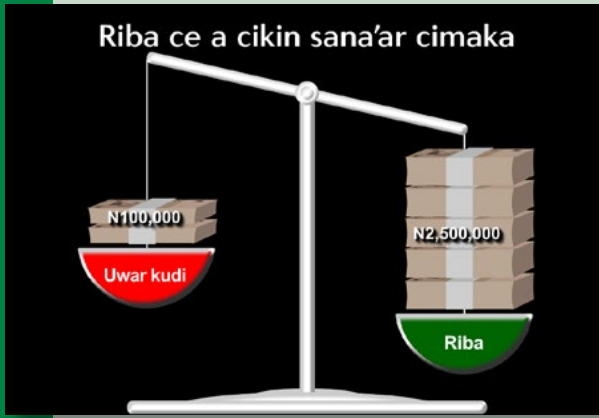


Abinci irin su: Masara, dankalin turawa, da rogo

- ◆ Akwai wasu wararrun abubuwa da suke kawo matsala wajen yaki da cutar tamowa:
 - ✧ Iyaye da masu kula da yara basa samin cikakken bayanai akan yadda ake ciyar da yaran. Kuma akwai karancin fahimta akan abinci masu nagarta wajen karin girma da koshin lafiya.
 - ✧ Karancin abinci masu sinadarin gina jiki, da hauhawar farashin abinci, da rashin wadatar hanyoyin abinci mai gina jiki, da bada kariya, da kara girma, duk sun jawo karuwar rashin ishasshiyar cimaka tsakanin iyaye mata da yara da iyali gaba daya.
- ◆ Akwai abubuwan da aka jarraba guda hudu wadanda ke taimaka wa uwaye da yara kamar haka:
 - ✧ Tabbatar da an samar da hanyoyin samun abinci masu sinadiran gina jiki, da kara karfi.
 - ✧ Ba wa jarirai nono bayan minti talatin da haihuwar su, tare da ba wa iyayen goyon baya wajen ci gaba da shayar da su zallan nonon har tsawon watanni shida na farko.
 - ✧ Ba wa yara ire-iren abincin da ya dace bayan wata shida da haihuwa, kuma a kula da yara masu tamowa ta hanyar basu abinci masu dauke da sinadirai.
 - ✧ A dinga ba wa iyaye da masu kula da yara bayanai akan ci gaban da ake samu a fannin ciyarwa da kiyaye tamowa, tare da tallafa musu.⁷

Zamu iya gina wa kan mu dogon tarihi na nasarar cimaka, wanda ya hadar da nasarori na baya kamar:

- ◆ Kasancewar mu kasa ta farko a Afrika mai dauke da kambun daidaitaccen gishirin dake dauke da sinadarin iodine.
- ◆ Kirkirar dokar da ta tabbatar da cewa kayan abinci irin su garin alkama, da sikari, da man tsirrai, suna dauke da isassun sinadarai masu bada kariya, da masu gina jiki, da masu kara girma.
- ◆ Tabbatar da cewa sinadaran Ayon da Zin da na bitamin A na sanye a cikin hatsi irin su wake, da masara, da dankalin turawa, da rogo, domin karin armashi.
- ◆ Sarrafa abinci masu gina jiki na musamman don taimakawa masu dauke da cutar tamowa.



- ◆ Sana'ar cimaka harka ce da ta fi komai dadi a harkar kudi, ba tare da karyewa ba. Mai da kudi gida ne, domin ana samun karuwa da ita har tsawon rayuwar mutanen kasa baki daya.
- ◆ Yaran da aka ciyar da abinci mai gina jiki sun fi kwazo a makaranta. Dalilin hakan kuwa na iya kara masu kaso goma (10) akan abin da ake samu a rayuwa, wanda shi kuma zai kawo bunkasar GDP da kashi goma sha daya (11%) a kowace shekara.⁸
- ◆ Shigar da kudi cikin harkar cimaka na bada ninkin sa har kashi ashirin da biyar fiye da uwar kudin – wato a kowace Naira dubu dari da aka saka za a sami Naira miliyan biyu da rabi a tattalin arzikinmu.⁹
- ◆ Mu na da dama ta musamman dan daidaita harkar abinci mai gina jiki. Wanda suka hadar da:
 - ✧ Sabinta tsarin nan na kasa akan cimaka mai gina jiki, yanda zai ba da karfi akan ka'idojin da za su kare mana burikan mu dan kawar da cutar tamowa.
 - ✧ Kafa sababbin dabaru kamar Ceto Rayuka Miliyan Daya, da niyyar taimakawa mabukata da cimaka mai gina jiki a cikin kasa.
- ◆ Hukumar daidaita abinci mai gina jiki ta (SUN) na da burin hada kasarmu da shugabannin duniya, don su hada hannu a yaki cutar tamowa.
- ◆ Kasar Najeriya ta hadu da kasashe Arba'in da biyar, da kungiyoyi sama da dari, da kuma masu bada gudunmawa don ayi gangamin wajen ciyar da harkar cimaka gaba.¹⁰

Mu hada harkar cimaka a ko'ina dan kawo ci gaba a dukkan ma'aikatu



- ◆ **Muna rokon ku** tabbatar da an shigar da harkar cimaka a dukkan maaikatu, musamman maaikatun kudi, da ta tsare tsare, da ta gona, da ta ilimi, da ta harkar mata, da ta muhalli, da ta ruwa.

Mu kara ba da himma wajen **hade kan** ma'aikatu da masu ruwa da tsaki



- ◆ **Muna rokon ku** kara karfin shirye shiryen cimaka a tsakanin ma'aikatu da masu ruwa da tsaki. Wani muhimmin mataki na farko shine a goyi bayan kwamiti na abinci da cimaka mai kyau ta kasa (NCFN), wadda ke karkashin hukumarr tsare-tsare ta kasa don tabbatar da goyon baya ga sa'ar cimaka tare da karawa juna kwarin gwiwa.

Mu kara ba da himma wajen **tabbatar da** an ware kasafin kudi na musamman a ma'aikatar lafiya, da ta gona da kasafin jiha baki daya



- ◆ **Muna rokon ku** kara kasafin kudi na bayyane don tabbatar da an samar da yawan tallafi ga sana'ar cimaka, musamman ma a bangaren lafiya da noma da kasafin jiha.

Tamowa matsalar kasa ce baki daya... ...samo mafita hakki ne na kowa.



ACKNOWLEDGEMENTS

The multimedia presentation, "Malnutrition: Nigeria's Silent Crisis," was prepared by the Nutrition Division, Department of Family Health, Federal Ministry of Health, in consultation with a task force of nutrition stakeholders under the RENEW Project. RENEW is implemented by the Population Reference Bureau, Washington, D.C., USA, and funded through the generous support of the Bill & Melinda Gates Foundation.

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