



# TAMOWA: ANNOBAR DA TA ADDABI NIGERIA A BOYE

SHIRI NA MUSAMMAN GA MAI KALLO

**TAKARDAN BAYANI**  
**CIKAKKEN PASSARA**  
(MINTI 20)

# TAMOWA: ANNOBAR DA TA ADDABI NIGERIA A BOYE

LONG VERSION: 20 MINUTES

## Gudantarwa za ta fara da bakin bango

► **Slide 1: Click Forward** (a yi shiru yayin da hoto ya fito na tsawon dakika biyar)

► **Slide 2: Click Forward** (a jira har sai hoton ya dauke)

► **Slide 3: Click Forward**

Idan muka duba shekarun baya, a Najeriya mun samu ci gaba da dama.

► **Slide 4: Click Forward (music starts)**

Mutuwar yara yan kasa da shekara biyar ya ragu daga kashi ashirin da biyu cikin dari, zuwa kashi goma sha uku cikin dari a dubu biyu da goma sha uku.<sup>1</sup>

Tattalin arzikinmu yana karuwa ga kowane mutum daga naira dubu dari da hamsin, zuwa naira dubu dari uku da hamsin a shekarar dubu biyu da goma sha daya.<sup>2</sup>

Yawan yara mata dake gama karamar makarantar firamare, sun karu da kashi saba'in bisa dari a cikin shekaru ashirin da suka wuce.<sup>3</sup>

Sannan kuma mun wadata da Hanyar sadarwa..... Domin kusan mutane miliyan dari da goma sha biyar ne ke amfani da wayar salula.

Kasarmu.... na **matukar** ci gaba!

Sai dai kuma, akwai wata matsala **daya** da ke mai da mu baya.....

► **Slide 5: Click Forward**

....**TAMOWA**, wato rashin ingantaccen abinci da ke jikin iyaye mata da yara tana jawa kasarmu asara, duk da cewar akwai hanyoyi da dama na warwaresu.

► **Slide 6: Click Forward**

A yau, tamowa na sanadin macewar yara sama da rabin miliyan 'yan kasa da shekaru biyar a **kowace shekara** a cikin kasar Nigeria..... Wato kowane daya daga cikin mutuwa buyu na tamowa ne.<sup>4</sup>

► **Slide 7: Click Forward**

Sai mu duba mu gani, wadanne darusa ne muka koya a kan tamowa a shekarun nan?

► **Slide 8: Click Forward**

Mun koyi abubuwa uku ne muhimmair mai nuna mana mahimmancin sana'ar cimaka<sup>5</sup>

Na farko dai, sana'ar cimaka mai kyau ta mai wayo ce, soboda tana taimakon rayuwan yara su kai gaci.

► **Slide 9: Click Forward**

Na biyu kuwa, mun koyi cewar cimaka mai kyau na ainihin bunkasa ci gaban lafiyar yan kasa.....tare da rage mace-mace da rashin lafiyar uwaye da yara.

► **Slide 10: Click Forward**

Na uku, mun koyi cewar cimaka mai kyau Sana'a ce ta mai wayo, saboda tana qara wa yan qasa lafiya da habaka tattalin arzikin ta.

► **Slide 11: Click Forward**

Da wuya a samu wani abu da zai fi bunkasa ci gaban kasa fiye da harkar cimaka. Domin kuwa, cimaka tana dada bunqasa harkokin mu zuwa gaba.

To **ta yaya** cimaka ke taimakawa wadannan **muradai uku**?

► **Slide 12: Click Forward**

Taimakon na farawa ne tun daga kwanaki dubu daya na farko, wato sanda uwa ke rainon ciki har zuwa yaye.....wannan kwanaki ne da ya dace jariri ko jaririya su samu kulawa ta musamman kafin wani cikin ko haihuwar.<sup>6</sup>

Bari mu duba da kyau don muga mahimmancin wannan lokacin.

► **Slide 13: Click Forward**

Tun daga mahaifa, dan tayi yana cikin hatsari in har mai cikin bata samu abinci mai gina jiki ba, ko abinci mai bada kuzari, wanda sune zasu taimakawa ginin kwakwalwa da kashi da sassan jiki.Rashin isashen abincin yana kawo karancin jini tare da matsala wurin haihuwa.

Da zarar an haifi jariri....daga haihuwa zuwa wata shidan farko, a shayar da jariri nonon uwa zalla, ba tare da wani abinci ba don tabbatar da lafiyar yaro.

Bayan wata shidan farko, karin nagartaccen abinci ga yaro ya zama dole, don tabbatar da lafiyar jariri yadda ya kamata domin kuwa ciwuka na shiga a **wannan tsakanin**.

► **Slide 14: Click Forward**

**(A dakata sai karan ganga ya wuce)**

.....BA GUDU BA JA DA BAYA.....

Barnar rashin cimaka mai kyau a kwanaki dubun farko (daga haihuwa zuwa yaye) ba ta gyaruwa.....

► **Slide 15: Click Forward**

- Domin takan lalata kwakwalwa, ta mai da yara dakikai, masu raunin fahimta
- Sannan tana hana su girma yadda ya kamata.....
- Bugu da kari, tana haifar musu da munanan cututtuka har zuwa girman su

► **Slide 16: Click Forward**

Kamar munanan ciwawuka irin su ciwon siga, da hawan jini, da ciwon zuciya, wadanda ke wahalar da jiki matukar ana raye.<sup>7</sup>

► **Slide 17: Click Forward**

Wata babban matsalar shine, mafi yawan jama'a basu gane cewa tamowa ga yara na faruwa har tsawon shekaru **ba tare da** an gane ta ba.

Misali wadannan yaran daga kauye daya suke.....ko za a iya kwatanta shekarun su?

Duk fa shekarun su daya.....shekarun su takwas-takwas.....amma kun ga akwai banbancia giman jikinsu.

Yaron da ke hagu tsamurarre ne, wanda ke nuna jikinsa bai daidai da shekarunsa ba, saboda karancin abinci mai kyau. Wannan yaron da wuya ya kamo sauran sa'annin sa kamar abokin wasan sa da ke dama.

► **Slide 18: Click Forward**

Cutar tamowa na haifar da salo daban daban da ake gani daga zamani zuwa zamani.....

Misalin illar tamowa daga zamani zuwa zamani...

► **Slide 19: Click Forward**

.....yana iya farawa daga 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.<sup>8</sup>

► **Slide 20: Click Forward**

.....Kamar wannan yarinyar, wacce ke halin rai kwa-kwai mutu kwa-kwai, tare da hadarin kamuwa da karancin ci gaba da rashin fasaha.

► **Slide 21: Click Forward**

.....Za ta iya samin nakasu wajen girmanta da tunanin ta.....wanda...

► **Slide 22: Click Forward**

.....Kasancewan haka kuwa sai **budurcin ta** ya tawaya, domin a wannan locacin ne kashi hamsin daga cikin dari na kasusuwan jikinta ke girma.<sup>9</sup>

► **Slide 23: Click Forward**

Kasancewar tamowan da ke jikinta..... kuma, zata dawo kamar wannan matar ta cikin taswira, kun ga tamowa ke nan na bibiyar ta tsawan zamani zuwa zamani.

► **Slide 24: Click Forward**

Kun ga wannan yarinyar in ta dauki ciki ba mamakin ta haifi jariri mara kwari, yin hakan, na karfafa taswirar tamowa.<sup>10</sup>

Abin takaici, iyalai da dama na fama da rashin samun lafiyayyun jarirai a kasar nan.....

► **Slide 25: Click Forward**

Me ya sa Najeriya **ta ke** ci gaba da samun matsalar tamowa?

► **Slide 26: Click Forward**

Babban dalili shine iyaye mata ba su san yadda za su kula da jarirai da kananan yara ba. Sannan ba su da kyakkyawar fahimta akan sanda ya kamata su fara bada abinci mai nauyi da kuma nau'in abinci daban daban, wanda zai taimaka wa jiki wajen girma.

► **Slide 27: Click Forward**

Wani dalilin shine rashin sa ido akan abinda ake nomawa a kasar, wanda ke jawo iyalai da yawa basu samun ishasshen abinci.

Ba a arewa **kawai** ake samun haka ba.

► **Slide 28: Click Forward**

Idan muka duba taswirar kasar Najeriya, zamu fara da leka cikin babban birnin Abuja, mu ga yadda hidimomin su suke. Nan ga babban filin wasan kwallo na gabashin Abuja.

Shigar mu cikin garin, za mu ga akwai ci gaba sosai a cikin ta, wanda har za a ga cewa **a nan**, samuwar tamowa zai yi wuya saboda Abuja ita ce karfin kasar..... amma sam ba hakan bane, domin binciken kwanannan ya nuna cewa kowane yaro daya a cikin yara guda biyar tsamurarre ne.<sup>11</sup>

TELEPORT

Yanzu mu juya jahar Lagos, mu maida hankalin mu akan unguwar Mushin, wanda ke da tarin jamaa sama da dubu dari biyar. Sun kasance a cakude da junan su, kuma ba tare da wadata ba..... Tamowa na kusan kowane gida saboda kashi daya bisa uku na yaran unguwar suna da tamowa.<sup>12</sup>

Duk da ya ke talauci na kara yawan tamowa, ba talakan **kadai** ke dauke da tamowa ba.

#### TELEPORT

In muka matsa unguwar Ikoyi, wato unguwar da masu arzikin jihar Legas ke zaune, suna da manyan gidaje da wadata. Ba wuya a dauka cewar tamowa ba za ta shiga gidajen su ba saboda karfin arzikinsu. Yaya za a yi a sami Tamowa a irin **wannan** wajen. To amma duk da haka, kashi goma sha uku bisa dari na yaran masu **arzi**ki a wannan unguwan suna dauke da cutar tamowa.<sup>13</sup>

#### TELEPORT

A ci gaba da tafiyar mu, mun fahimci cewa babu wani bangare a cikin kasar nan da Tamowa bata shafa ba

#### TELEPORT

Gamu a jihar Niger Delta, jiha mai arzikin man fetur..... Sana'ar su ita ce kamun kifi da noma don su samar wa kansu abinci mai gina jiki. Amma wannan bai sa jihar ta wadatu da ingantaccen abinci ba.

Cutar tamowa babbar matsala ce ga yaran Jihar Delta, saboda kowane daya daga cikin yara biyar na dauke da ita.<sup>14</sup>

#### TELEPORT

A karshe kuma, mun gano cewa cutar tamowa tana nan a wuraren da noma itace sana'ar da suka dogara da ita.

Kaman a nan, arewacin najeriya, za ku ga noma ita ce babar sana'ar su, a dalilin hakan, suna samun wadaccen abinci na tsawon shekara, har su bawa makotan su ba tare da gazawa ba. Haka zalika abinci mai gina jiki baya yanke musu. Amma duk da haka, sai da tamowa ta sami wajen zama a yakin.

(A dakata)

Abin takaici ne yanda tun shekarun baya, har izuwa yanzu, ba a samun cikakiyar ci gaba, don hana yaduwar cutar tamowa.

#### ► Slide 29: Click Forward

Ka duba ka gani tun shekaru goma da suka wuce.....

#### ► Slide 30: Click Forward

.....Bincike ya nuna cewa ba a samu kwakkwaran ci gaba ba a harkar yaki da cutar tamowa. Amma binciken shekara ta dubu biyu da goma sha uku ya nuna an sami **dan** cigaban da ba a rasa ba...<sup>15</sup>

#### ► Slide 31: Click Forward

....Duk da haka dai, sama da kashi daya bisa ukun yaran kasar nan tsumburarru ne.<sup>16</sup>

► **Slide 32: Click Forward**

Kamar yanda muka gani a cikin taswira, wadda ta nuna mana misalin yaduwar tamowa a kasar mu, babban bangaren da ake ganin ma bata da yawa sosai, a kowane yara biyar zakaga akwai daya mai dauke da tamowa, wato a kudu maso kudu da kuma kudu maso yamma. A arewa maso gabas kuwa, kusan ma **RABIN** yaran na da matsananciyar tamowa.<sup>17</sup>

► **Slide 33: Click forward**

Hukumar samar da lafiya ta majalisar dinkin duniya ta jaddada mahimmancin ba wa jarirai abinci mai nauyi mai gina jiki bayan wata shidan farko don samun cikakkiyar kariya daga cututtuka.....<sup>18</sup>

► **Slide 34: Click Forward**

Amma bincike ya nuna cewa jarirai biyu cikin uku ba sa samun cin abincin daya dace.<sup>19</sup> Mafi yawa suna cin abinci mai danko ne, irin su rogo da shinkafa a maimakon 'ya'yan marmari da ganyaye da nama da kifi da kwai -wanda za su gina musu jiki.

► **Slide 35: Click Forward (TRENDALYZER)**

Don mu ga masu samun cikakken nonon uwa a Najeriya, muna iya mu kwatanta Najeriya da kasar Ghana.

► **Slide 36: Click Forward**

A ta bangaren hagu, muna da lissafin jarirai yan kasa da wata shida masu shan nonon uwa zalla. Wannan kason ya taso daga sifili zuwa kashi tamanin bisa dari.

► **Slide 37: Click Forward**

A bangaren kasa kuwa, akwai lissafin lokaci, daga Alif dubu daya da dari tara da casa'in da hudu zuwa shekarar dubu biyu da goma sha uku.

► **Slide 38: Click Forward**

Mu lura cewa a shekarar Alif dubu daya da dari tara da casa'in da hudu Nigeria da Ghana suna da kashi bakwai bakwai cikin dari na yawan jarirai masu samun nonon uwa zalla.

In mu kai ta tafiya, mu duba abin da ya faru tsawon lokaci a kowace kasa....zamu ga cewa....kason...

► **Slide 39: Click Forward**

....jariran da ke samun nonon uwa zalla a kasar Ghana kullum habaka ya ke..... yana sama....yana kara sama.

► **Slide 40: Click Forward**

....Har sai da ya kai ga cewa, kashi sittin da uku ne na jarirai, ko kusan biyu cikin uku na jariran Ghana, suna samun cikakken nonon uwa a shekarar dubu biyu da goma sha uku.<sup>20</sup>

► **Slide 41: Click Forward**

.....Sabanin a Najeriya, wanda kashi goma sha bakwai ne kawai (wato kowane daya daga cikin shida) suke samun cikakken nonon uwa.<sup>21</sup>

To me Ghana kasar Ghana tayi data samiwannan ci gabar?

► **Slide 42: Click Forward**

A shekarar alif dubu daya da dari tara da casa'in da biyu sun kirkiri tsarin shayar da nonon uwa zalla.....<sup>22</sup>

► **Slide 43: Click Forward**

.....Daga kuma shekara ta alif dubu daya da dari tara da casa'in da biyar, suka samar da asibitoci na musamman masu goyan bayan shayar da nonon uwa zalla, wannan tsarin yai nasara wajen kiwon lafiyar jarirai.<sup>23</sup>

► **Slide 44: Click Forward**

A shekara ta dubu biyu, Ghana ta kafa hukumar tabbatar da shayar da nonon uwa zalla, sannan kuma ta hana yawan tallace tallacen madarar jarirai don neman samun canji.<sup>24</sup>

► **Slide 45: Click Forward**

Duk da haka kungiyoyin karkara sukai ta bin gida gida don ilmantar da al'umma akan muhimmancin shayar da nonon uwa zalla ga jarirai.

► **Slide 46: Click forward**

Sanan kuma bugu da qari, akayi ta amfani da kafofin yada labarai dan horarwa a kan muhimmancin nonon uwa zalla, duk don a kara tabbatar da cewa shirin ya samu karbuwa a wajen jamaa.<sup>25</sup>

► **Slide 47: Click Forward**

To da a ce Najeriya za ta gabatar da irin wadannan shirye-shirye, wato kafa dokoki, amfani da kafafen yada labarai, da neman hadin kan kungiyoyin karkara, lallai **mu ma** zamun samu ci gaba da gaggawa ta bangaren shayar da nonon uwa zalla.

(A dakata)

Mun san ba shakka, wannan matsalar da ke tare da mu za ta iya zama tarihi saboda.....

► **Slide 48: Click Forward**

Mun **san** abubuwan da zasu iya kawo mana canji!

Idan aka jarraba abubuwa hudun nan, za su iya zama kariya ga uwaye da jarirai.....  
Na farko shine.....<sup>26</sup>



► **Slide 49: Click Forward**

Bada nonon uwa cikin minti talatin daga lokacin da aka haifi jariri, sannan a cigaba da nonon uwa zalla har tsawon wata shida **ba** tare da ba jariri ko digo **daya** na ruwa ba.  
(A dakata)

► **Slide 50: Click Forward**

.....Na biyu kuma shine in za a tabbatar da bawa jariri nau'in abinci mai gina jiki bayan wata shidan farko, tare da ci gaba da bada nonon uwa har tsawon shekaru biyu.

► **Slide 51: Click Forward**

Na uku shine, a tabbatar da cewa uwa da jaririnta na samun isasshen abinci, wanda zai wadata su.....

► **Slide 52: Click Forward**

..... abinci ingantacce .....sannan iri daban-daban.

► **Slide 53: Click Forward**

Domin iyali su kasance suna samin wadataccen abinci mai gina jiki, a ko da yausha.

► **Slide 54: Click Forward**

A takaice dai yana da kyau iyaye mata da sauran ma su lura da jarirai su ringa samun bayanai akan yadda za su shayar da jariransu dan samun cikakkiyar lafiya.

(A dakata)

► **Slide 55: Click Forward**

Idan muka waiwaya kan dalili na uku, wato abin da yasa muka ce samar da abinci mai gina jiki sanaar mai wayo ce.....saboda yin hakan ba faduwa ba ne sai dai karuwa.

► **Slide 56: Click Forward**

Cimaka mai gina jiki a kwana dubun farko na haihuwa takan samar da amfani mai yawan gaske ga iyali da kashashe baki daya. [Kamar wannan nagartacen dan wasan kwallon!!]

► **Slide 57: Click Forward**

Lafiyayyun yara sukan fi gama makarantarsu da kyakkyawan sakamako, Don haka yawan samin su naiya ninkuwa da kashi goma cikin dari fiye da wadan da basu sami kulawa ba.<sup>27</sup>

► **Slide 58: Click Forward**

Tunda lafiyayyan abinci a kwana dubu na haihuwa ya na kara kwazon yara a makarantu, yaron da aka lura da shi har ya girma yakan zama fitacce.....hakan na iya samun cigaban tattalin arzikin kasa har ninki goma sha daya a cikin dari a kowace shekara.<sup>28</sup>

► **Slide 59: Click Forward**

Ko nawa aka ware don samar da abinci mai gina jiki ga al'umar kasa bai yi tsada ba- don amfanin da ke cikin ta zai ba da kyakkyawan sakamako.-wato sa jari a harkokin samar da cimaka yakan ninninka riba har ta fi uwar kudin da aka zuba da kashi ashirin da biyar.<sup>29</sup>

► **Slide 60: Click Forward**

Kun ga ke nan kowace naira dubu dari da aka ware wajen samar da abinci mai gina jiki.....

► **Slide 61: Click Forward**

.....Zai ba da ribar kwatankwacin Naira maliyan biyu da rabi a wajen bunkasa tattalin arzikin kasa.

► **Slide 62: Click Forward**

In da zamu natsu mu duba yadda za mu sami ci gaba, zamu gane cewar a yau..... muna da damarmakin ci gaba a harkar abinci mai gina jiki .....fiye da yanda muke a baya.

► **Slide 63: Click Forward**

Mun 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.

► **Slide 64: Click Forward**

Mu kafa sababbin dabaru kamar ceto rayuka miliyan daya, da niyyar taimakawa mabukata da cimaka mai gina jiki a cikin kasa.

► **Slide 65: Click Forward**

Sannan mu na da karkarfar cibiya wacce ta tashi tsaye dan habbaka abinci mai gina jiki a kasa – wadda kuma take neman hadin kan shugabannin duniya da su yi yaki da cutar tamowa.

Nigeria ta hadu da kasashe arba'in da biyar da kungiyoyi na kasa da kasa guda dari da kuma kungiyoyi masu bada gudunmawa ga kasashen duniya.....dan su hadu wajen mai da hankali akan shawo kan cutar tamowa.sun lashi takobi don yaki da cutar tamowa.

► **Slide 66: Click Forward**

Tamowa Annobar kasa ce gaba daya.....

.....saboda haka, samo mafitar ta ma, sai an hada hannu gaba daya.

(A dakata)

► **Slide 67: Click Forward**

Mu na da hujjoji..... na irin abubuwan da zasu iya kawo mana canji

► **Slide 68: Click Forward**

Muna neman ku magantu da yin kira wajen rage cutar tamowa ..... sannan ku ja hankalin al'umma da gaggawa da su dunfari cimaka mai gina jiki musamman ma mata ma su ciki da yara kanana..... sannan muna kira da ku sa ido a kan iyaye mata don tabbatar da sun shayar da jariransu nonon uwa har iya tsawon lokacin da ya dace.

► **Slide 69: Click Forward**

Muna dada rokon al'umma da su tashi tsaye wajen tabbatar da cewa an habbaka cinikin cimaka mai gina jiki a kowane bangare na maaikatu da ma su zaman kansu, kamar ma'aikatar kudi, da ta tsare-tsare, da ta gona, da ta ilimi, da ta harkokin mata, da ta muhalli da ta ruwa.

► **Slide 70: Click Forward**

Muna dada rokon hukumomi su kara hada hannu dan tsai da mafita a kan cimaka mai gina jiki a cikin maaikatu.....musamman maaikatun kudi, da na tsare tsare, da na noma, da na ilimi, da na harkokin mata, da na mahalli, da na ruwa.

► **Slide 71: Click Forward**

A karshe mu na dada rokon ku da a agaza mana da karin tallafi....wato, **zai yi kyau a sami kasafin kudi na MUSAMMAN** a cikin asusun maaikatar lafiya, da na gona, da kuma asusun jihohi gaba daya, don biya wa bukatar kawar da wannan annoba ta tamowa.

Ba zai yiwu mu rasa **duk** damarmakin da mu ke da su ba.

► **Slide 72: Click Forward**

In da za mu saka jari akan cimaka mai gina jiki....

► **Slide 73: Click Forward**

- Za mu iya tabbatar da cewa yaran mu sun yi kwari sun kai gaci.....
  - Mu kuma rage yaduwar cututtuka da mace-mace na uwa da kananan yara
  - Tare da tabbatar da ganin tattalin arzikin mu ya habaka a gaba.

► **Slide 74: Click Forward**

Inda zamu taru mu hada karfi da karfe.....

(A dakata har sai wasu jerin kalmomi sun fito)

.... Zamu iya **cimma** burinmu nan gaba akan ayyukan mu na baya

(A dakata har sai wani jerin kalmomi sun fito)

Zamu iya **tsayar** da annobar tamowar da ta mamaye mu.....

Mu agazawa masu bukatar taimako.....

(A dakata har sai wani jerin kalmomi sun fito)

Za mu iya **kawar** da tamowa daga doron kasar Nigeria baki daya.

► **Slide 75: Click Forward**

(A tsaya shiru)

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