



TAMOWA: ANNOBAR DA TA ADDABI NIGERIA A BOYE

SHIRI NA MUSAMMAN GA MAI KALLO
TAKARDAN BAYANI
TAKAITACEN PASSARA
(MINTI 15)

TAMOWA: ANNOBAR DA TA ADDABI NIGERIA A BOYE

TAKAITACEN PASSARA: MINTI 15

Gudanarwa 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 da kashi ashirin da biyu cikin dari, a alif dari tara da tamanin, zuwa kashi goma sha uku cikin dari a shekarar dubu biyu da goma sha uku.

Tattalin arzikinmu ya karu ga kowane mutum daya, daga naira dubu dari da hamsin, zuwa naira dubu dari uku da hamsin, a shekarar dubu biyu da goma sha daya.

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

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

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

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

► **Slide 5: Click Forward**

....**TAMOWA**, wato rashin ingantaccen abinci ga mata da yara qanana na jawowa 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.

► **Slide 7: Click Forward**

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

► **Slide 8: Click Forward**

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

Bari mu duba da kyau don muga mahimmancin wannan lokacin.

► **Slide 9: Click Forward**

Tun daga mahaifa, dan tayi na cikin hatsari idan 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 zaran an haifi jariri....daga haihuwa zuwa wata shidan farko, a shayar da jariri nonon uwa zalla, ba tare da bashi wani abinci ba don tabbatar da lafiyar yaro.

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

► **Slide 10: Click Forward**

(A dakata sai karan ganga ya wuce)

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

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

► **Slide 11: Click Forward**

- Domin tana 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 12: Click Forward**

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

► **Slide 13: 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.

Misalin wadannan yaran daga kauye daya suke.....ko za ka iya kwatanta shekarun su?

Duk fa shekarun su daya.....shekarun su takwas-takwas.....amma ka ga akwai banbancia

giman jikinsu.

Yaron da ke hagu tsumburarre 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 14: 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 15: Click Forward**

....yana iya farawa daga matar da bata samu cikaken abinci mai gina jiki ba, to tana cikin hatsari matuka daga lokacin da zata dauki ciki, zuwa yaye. Ga kuma hatsarin haihuwar da mara kwari.

► **Slide 16: Click Forward**

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

► **Slide 17: Click Forward**

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

► **Slide 18: 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.

► **Slide 19: Click Forward**

Kasancewar tamowa da ke jikinta..... kuma, zata dawo kamar wannan matar da ke cikin taswira.

► **Slide 20: Click Forward**

Kun ga tamowa ke nan na bibiyar ta tun tsawan zamani zuwa zamani.

► **Slide 21: Click Forward**

Idan muka duba taswirar kasar Najeriya, zamu fara 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 zamu ga cewa **a nan**, samuwar tamowa zai yi wuya saboda Abuja ita ce karfin kasar..... amma a binciken kwanannan ya nuna cewa a kowane yaro guda daya a cikin yara biyar tsamurarre ne.

TELEPORT

Yanzu mu juya zuwa jahar Lagos, mu maida hankalin mu akan unguwar Mushin, wanda take 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 dawke da tamowa.

Duk da talauci na kara yawan tamowa, ba talaka **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 mu dauka cewar tamowa ba za ta shiga gidajen su ba saboda karfin arzikinsu. Ya za a yi a sami Tamowa a irin **wannan** wurin. To amma duk da haka, kashi goma sha uku bisa dari na yaran masu **arziki** a wannan unguwan suna dauke da cutar tamowa.

TELEPORT

A ci gaba da tafiyar mu, mun fahimci cewa ba 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 sama 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 yaro daya daga cikin yara biyar na dauke da ita.

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, kusan noma ita ce babbar sana'ar su, a dalilin hakan, suna samun wadatacen 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 samu cikakiyar ci gaba, don hana yaduwar cutar tamowa ba.

► **Slide 22: Click Forward**

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

► **Slide 23: Click Forward**

.....Bincike ya nuna cewa ba a samu kwakkwaran ci gaba ba a harkar yaki da cutar tamowa ba. Amma binciken shekara dubu biyu da goma sha uku ya nuna an **dan** sami cigaba kadan da ba a rasa ba...

► **Slide 24: Click Forward**

...Duk da haka dai, sama da kashi daya bisa uku na yaran kasar nan tsumburarru ne.

► **Slide 25: Click Forward (MAP)**

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

► **Slide 26: 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.....

► **Slide 27: Click Forward**

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

► **Slide 28: Click Forward (TRENDALYZER)**

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

► **Slide 29: Click Forward**

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

► **Slide 30: 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 31: Click Forward**

Mu lura cewa a shekarar Alif dubu daya da dari tara da casa'in da hudu a 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 32: Click Forward**

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

► **Slide 33: Click Forward**

.....Har sai da ya kai ga cewa, kashi sittin da uku na jarirai, ko kusan kasha biyu cikin uku na jariran da ke Ghana, na samun cikakken nonon uwa a shekarar dubu biyu da goma sha uku.

► **Slide 34: Click Forward**

.....Sabanin a Najeriya, wanda kashi goma sha bakwai ne kawai (wato kowane daya daga cikin shida) ke samun cikakken nonon uwa.

(A dakata)

Ko me kasar Ghana tayi data sami wannan ci gabar?

To...tun farkon shekarar dubu daya da dari tara da casa'in, suka kirkiri dokoki, tare da hadin kan mutanen gari, da karin kayan aiki don a shayar da yara nonon uwa zalla.

In da Najeriya zata kara fadin shirin ta, ta fadada dokokin ta da tsarin ta, kuma ta fifita shayar da yara nonon uwa zalla, **muma** da mun sami ci gaba a kasarmu.

(A dakata)

Mun san za mu iya hakan saboda.....

► **Slide 35: 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.....

► **Slide 36: Click Forward**

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

(A dakata)

► **Slide 37: Click Forward**

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

► **Slide 38: Click Forward**

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

► **Slide 39: Click Forward**

..... abinci ingantaccesannan iri daban-daban.

► **Slide 40: Click Forward**

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

► **Slide 41: Click Forward**

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

(A dakata)

► **Slide 42: Click Forward**

Bincike ya nuna mana cewar cimaka mai kyau “tafi kowace sana’ a sayuwa” a harkakokin kasarmu.....saboda sana’ar cimaka mai kyaw mai da kudi gida ne.

► **Slide 43: Click Forward**

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

► **Slide 44: Click Forward**

Lafiyayyun yara sukan fi gama makaranta da kyakkyawan sakamako, domin haka yawan samin su yakan ninka da kashi goma cikin dari fiye da wadan da ba a kula dasu ba.

► **Slide 45: 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 cikin dari a kowace shekara.

► **Slide 46: 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 a sa jari a harkokin samar da cimaka yakan ninninka riba har ta fi uwar kudin da aka zuba da kashi ashirin da biyar.

► **Slide 47: Click Forward**

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

► **Slide 48: Click Forward**

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

► **Slide 49: Click Forward**

Tamowa Annobar kasa ce gaba daya.....

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

(A dakata)

► **Slide 50: Click Forward**

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

► **Slide 51: Click Forward**

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

► **Slide 52: 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 maaikatunkasan nan 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 dama ta ruwa.

► **Slide 53: Click Forward**

Muna dada rokon hukumomi su kara hada hannu dan tsai da mafita a kan abinci mai gina jiki a 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 54: Click Forward**

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

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

► **Slide 55: Click Forward**

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

► **Slide 56: Click Forward**

- Za mu iya tabbatar da cewa yaran mu sun yi kwari sun kai gaci.....
- Mu kuma rage yaduwar cututtu ikin mu ya habaka a gaba.

► **Slide 57: 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.....

Zamu agazawa masu bukatar taimako.....

(A dakata har sai wani jerin kalmomi sun fito)

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

► **Slide 58: Click Forward**

(A tsaya shiru)

REFERENCES

- 1 World Bank, "Data Bank," accessed at <http://data.worldbank.org/indicator/SH.DYN.MORT?page=6>, on Nov. 10, 2014; and National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013* (Abuja, Nigeria, and Rockville, MD: and ICF International, 2014).
- 2 Index Mundi, "Nigeria: GNI per Capita," accessed at: www.indexmundi.com/facts/nigeria/gni-per-capita, on Nov. 10, 2014. The latest value for GNI per capita, PPP (current international \$) in Nigeria was 2,290.00 as of 2011.
- 3 Nigeria Communications Commission, "Subscriber Database," for year 2012/2013: 113,195,951 active users; accessed at: www.ncc.gov.ng/index.php?option=com_content&view=article&id=125:art-statistics-subscriber-data&catid=65:cat-web-statistics&Itemid=73, on Nov. 10, 2014.
- 4 Population Reference Bureau calculation based on birth data from: United Nations, *World Population Prospects: The 2012 Revision* (New York: UN, 2013); and on the under-5 mortality rate from the National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 5 1,000 Days Partnership, "Why 1000 Days" (2013), accessed at www.thousanddays.org/about/, on March 10, 2014.
- 6 Cesar G. Victoria et al., "Maternal and Child Undernutrition: Consequences for Adult Health and Human Capital," *Lancet* 371, no. 9609 (2008): 340-57.
- 7 United Nations Standing Committee on Nutrition (UNSCN), *6th Report on the World Nutrition Situation: Progress in Nutrition* (Geneva: UNSCN Secretariat, 2010).
- 8 Bonnie A. Spear, "Adolescent Growth and Development," *Journal of the American Dietetic Association* 201, no 3, supplement (2002): S23-29; Alan D. Rogol, Pamela A. Clark, and James N. Roemmich, "Growth and Pubertal Development in Children and Adolescents: Effects of Diet and Physical Activity," *The American Journal of Clinical Nutrition* 72, no. 2 (2000): 521S-28S; and FAO/WHO/UNU, *Energy and Protein Requirements: Report of a Joint FAO/WHO/UNU Expert Consultation* (Geneva, WHO, 2001).
- 9 National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 10 R.O. Abidoye and N.N. Ihebuzor, "Assessment of Nutritional Status Using Anthropometric Methods on 1-4 Year Old Children in an Urban Ghetto in Lagos, Nigeria," *Nutrition and Health* 15, no.1 (2001): 29-39.
- 11 Nigeria National Bureau of Statistics, United Nations Children's Fund, and United Nations Population Fund, *Nigeria Multiple Indicator Cluster Survey 2011* (Geneva: Unicef, 2013).
- 12 National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 13 National Population Commission of Nigeria and ORC Macro, *Nigeria Demographic and Health Survey, 2003* (Calverton, MD: ORC Macro, 2004); National Population Commission of Nigeria and ICF Macro, *Nigeria Demographic and Health Survey 2008* (Calverton, MD: ICF Macro, 2009); and National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 14 National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 15 National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 16 World Health Organization, "Essential Nutrition Actions, 2013," accessed at www.who.int/elena/titles/complementary_feeding/en/, on Nov. 10, 2014.
- 17 National Population Commission of Nigeria and ICF Macro, *Nigeria Demographic and Health Survey 2008*.
- 18 Ghana Statistical Service, Ghana Health Service, and ICF Macro, *Ghana Demographic and Health Survey 2008* (Calverton, MD: ICF Macro, 2009).
- 19 National Population Commission of Nigeria and ICF International, *Nigeria Demographic and Health Survey 2013*.
- 20 Scaling Up Nutrition, *A Framework for Action* (Washington, DC: BMGF, the Government of Japan, and the World Bank, 2010), accessed at www.unscn.org/files/Announcements/Scaling_Up_Nutrition-A_Framework_for_Action.pdf, on May 10, 2014.
- 21 World Bank, *Repositioning Nutrition as Central to Development: A Strategy for Large-Scale Action* (Washington, DC: World Bank, 2006).
- 22 Sue Horton and Richard H. Steckel, "Malnutrition: Global Economic Losses Attributable to Malnutrition 1900-2000 and Projections to 2050," in *How Much Have Global Problems Cost the World? A Scorecard from 1900 to 2050*, ed. Bjorn Lomborg (Cambridge, UK: Cambridge University Press, 2013).
- 23 John Hoddinott et al., "The Economic Rationale for Investing in Stunting Reduction," *Maternal & Child Nutrition* 9, no. S2 (2013): 69-82.

