Health Implication of Communicating Food Insecurity in Nigeria in the COVID 19 Era: Towards Reducing Malnutrition among Children in Wukari, Taraba State

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Abstract

The researchers evaluated the implication of communicating food insecurity in Nigeria in the COVID-19 era with emphasis on reducing malnutrition among children in Wukari, Taraba State. The aim of the paper was to determine the medium of communication suitable for enlightening caregivers on the relationship between food insecurity and malnutrition among under 5 children. The researchers adopted qualitative research design in which library method was used to obtain information about the number of under 5 children that were admitted in General hospital, Wukari for cases of malnutrition, from 2019-2021. The findings showed that 2019 -2021 recorded the highest number of malnourished children admitted since the establishment of the hospital. Within this stipulated period, the hospital admitted 128 malnourished children, 9 stunted and 1 washed cases of malnutrition. Thus, it was concluded that COVID-19 Era and its instant lockdown measures which resulted in absent or unavailability of food supply is one of the immediate causes of malnutrition among other causes. The researchers recommended that in order to reduce the double burden of malnutrition among children under 5 in Wukari, it is important to use different channels of communication to enlightened caregivers (mothers particularly) on how to manage food insecurity and use the available food at their disposal to curb malnutrition among their children.

Keywords: Food Security, Malnutrition, COVID-19, Health Communication, Children