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KEY FINDINGS

FOOD AND ME How adolescents experience nutrition across the world

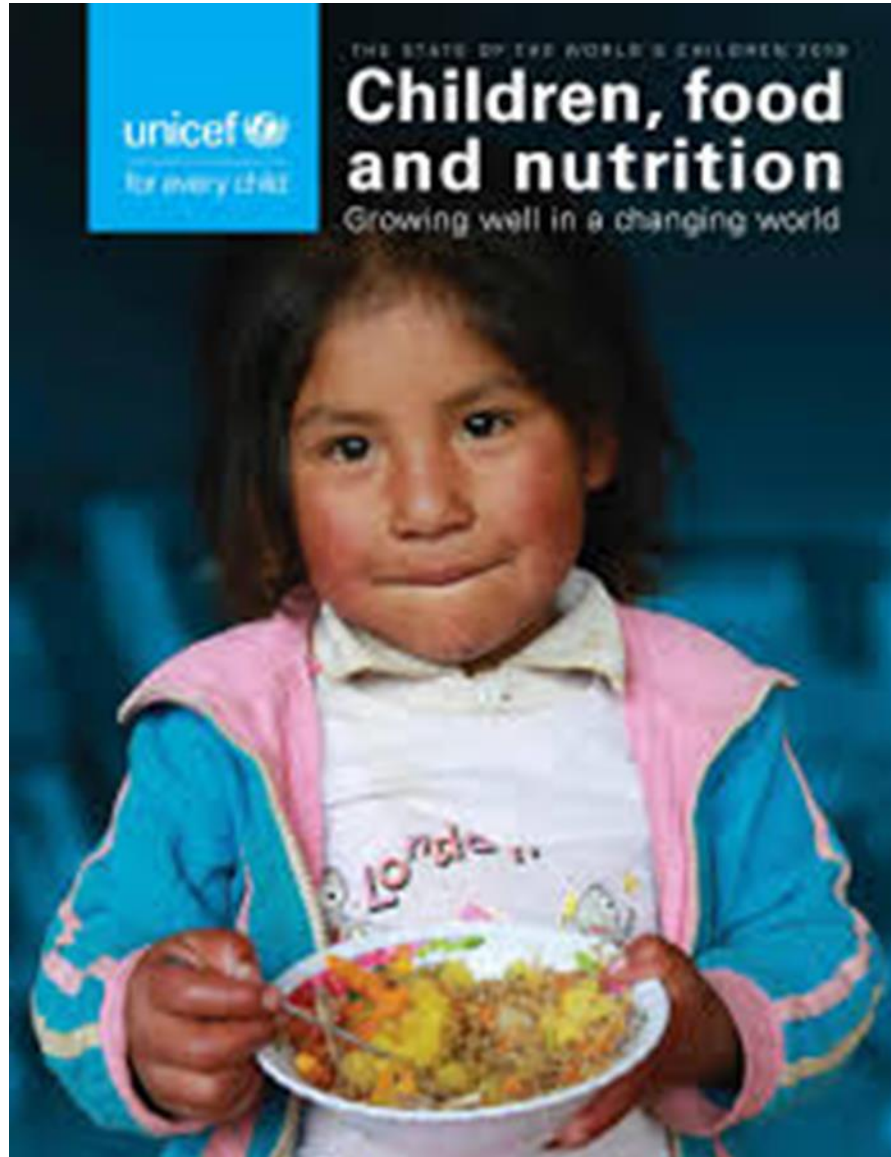
DR CATHARINE FLEMING

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COMPANION REPORT



A companion report to capture voices from the field and ensure engagement and participation of adolescents in the nutrition conversation.

DISTRIBUTED DATA GATHERING

Involves participants completing quantitative and qualitative activities that are workshop-based.

Creating space to discuss lived experiences.

Youth participation and capacity building.



CREATIVE AND PARTICIPATORY METHODS

Creative tasks like drawing or mapping

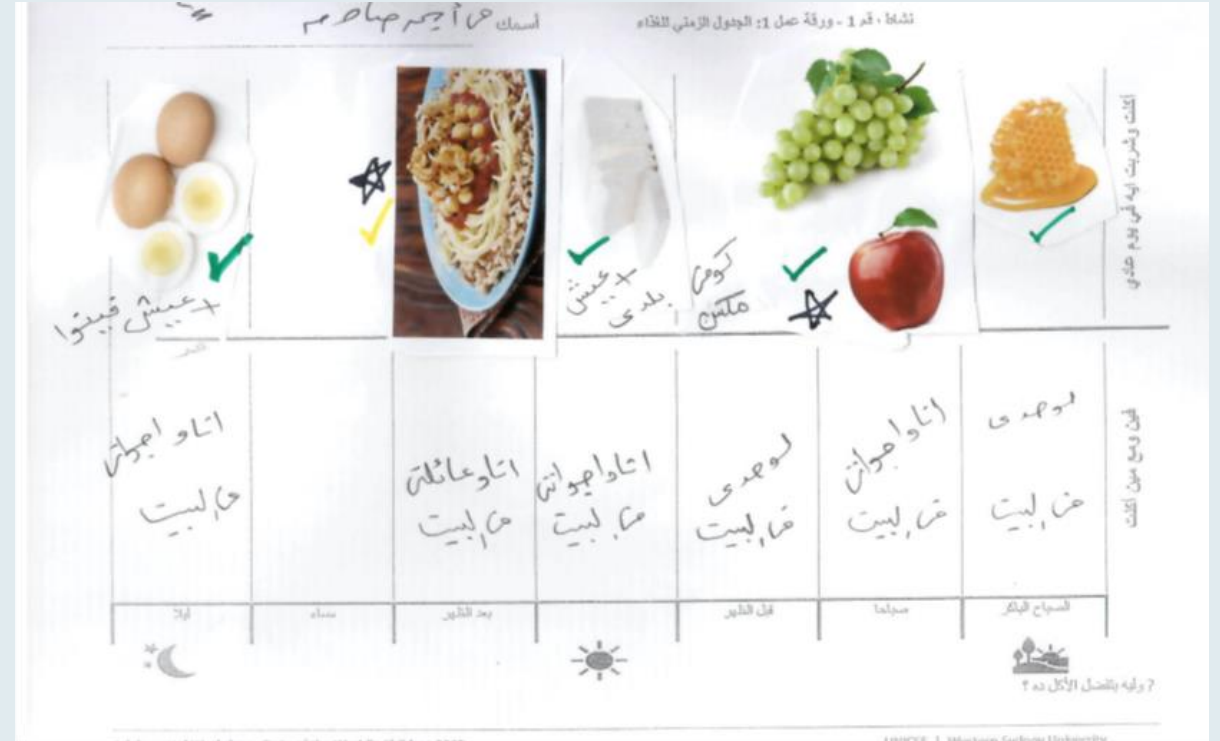
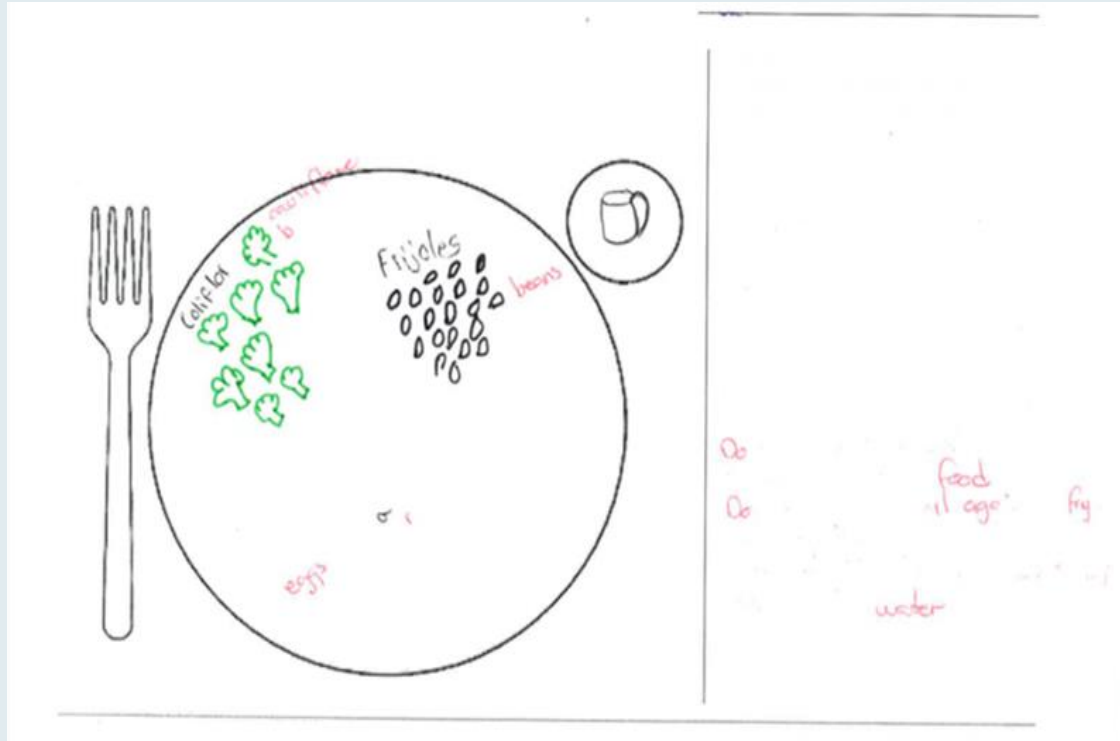
Scenario-based exercises or group discussions

Surveys

Short-answer questions



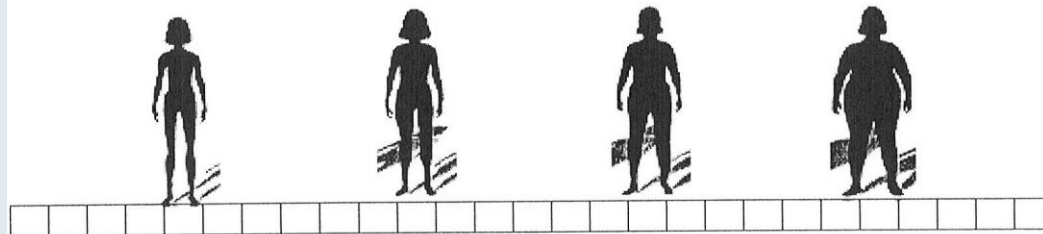
DIETARY DATA COLLECTION



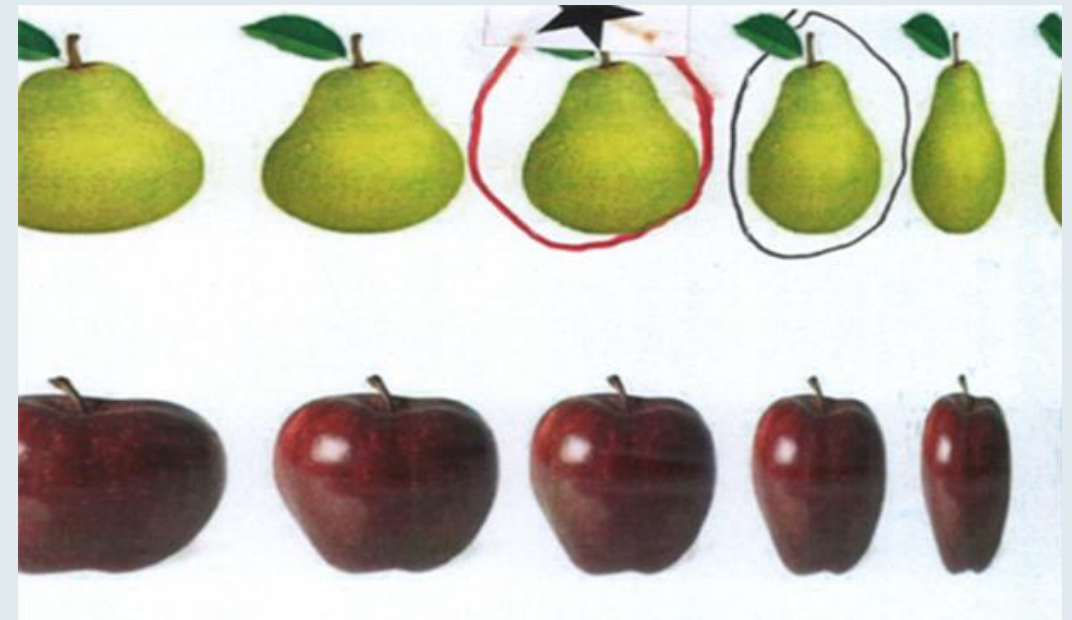
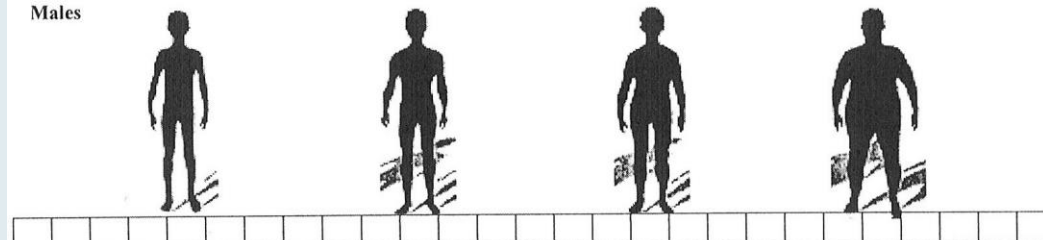
BODY IMAGE ASSESSMENT

1. Place an "X" in the box which best reflects your current appearance.

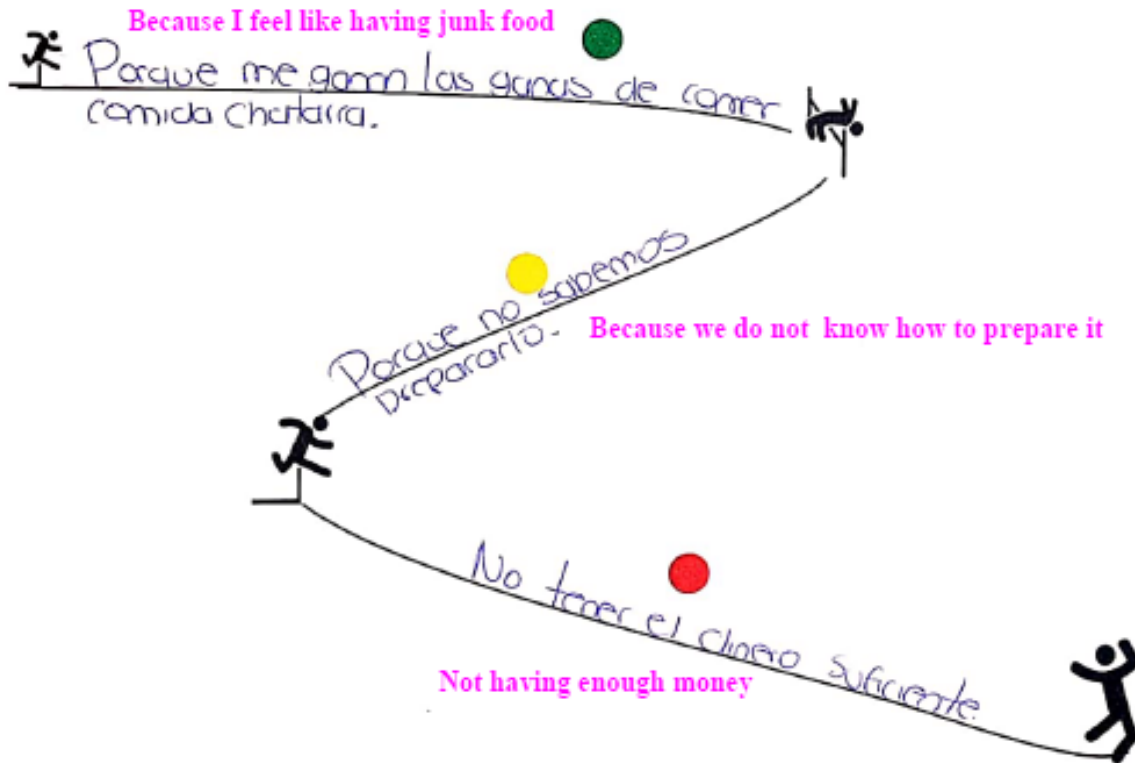
Females



Males



BARRIERS AND WORKAROUNDS



Escribe brevemente cómo enfrentar estos obstáculos

Comiendo verduras y frutas, ahorrar dinero Para poder conseguir comida saludable, haciendo ejercicio todas las días, tratar de no comer grasa, etc.

Eating vegetables and fruits, saving money to buy healthy food, exercising everyday and trying to avoid fats, etc

The healthy foods and beverages are: apple, watermelon, "pitaya" [local fruit[water, mango, "jamaica" [hibiscus based home made sugar-sweetened beverage], etc

Los alimentos y bebidas saludables son: Manzana, Sandía, agua de Pitaya, mango, jugo de Jamaica, etc.

Manual para Taller con Adolescentes: Estado de la Infancia 2019

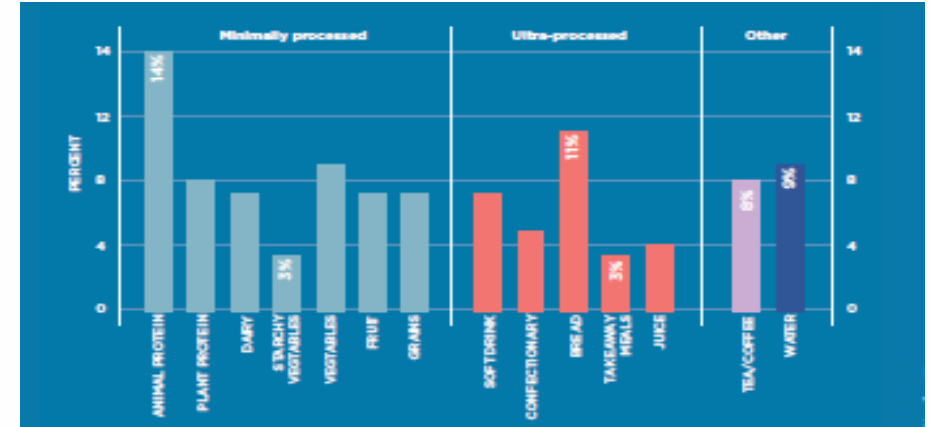
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ANALYSIS

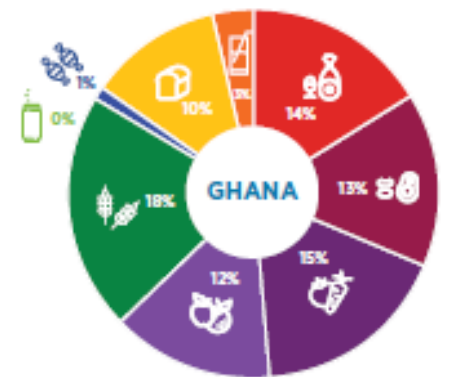
Diet coding via NOVA
Classification

Descriptive statistics

Thematic analysis



Animal Protein Plant Protein Vegetables Fruit Soft Drinks Confectionery Bread Juice



Animal Protein Plant Protein Vegetables Fruit Soft Drinks Confectionery Bread Juice

“We need community leaders
to talk to parents.”
(Ghana)



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FOOD AND ME How adolescents experience nutrition across the world

COUNTRIES

WORKSHOPS

ADOLESCENTS



FOOD

Adolescents value nutrition, *yet their diet is poor*

“ [I like] soft drink [for] its flavour and I consume them a lot. ”

(Mexico, group activity)

“ Nutritious food helps me...grow. I will have energy. I will be powerful. ”

(Ethiopia, Female, 14)

“ [Our family members] have different obligations [so] we rarely have a meal together. We... usually gather on the weekend. ”

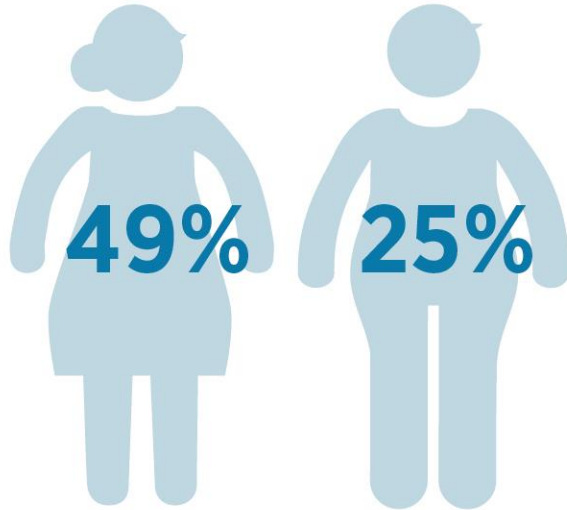
(Serbia, group activity)

“ I don't know too much about cooking. ”

(Guatemala, female, age 15)

BODY

Adolescents report high levels of *body dissatisfaction*

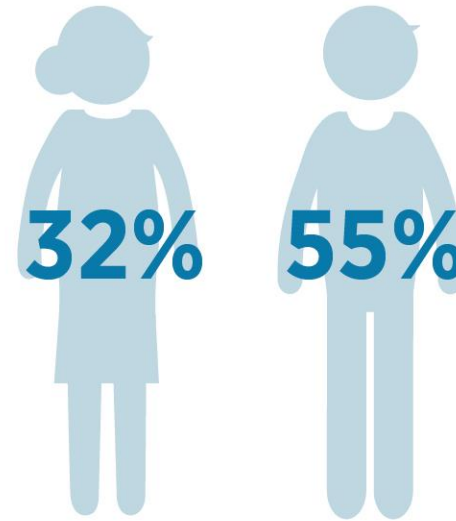


OVERWEIGHT/OBESE

I wish to be thinner and lose weight.

“I want to change my body shape because I am sort of fat already.”

(China, male, age 16)



UNDERWEIGHT

I want to gain weight or be bigger (wider).

“I want to gain weight. Because of that I change my food habits.”

(Serbia, female, age 17)

Poll on influences of food choice



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INFLUENCES

Family, social media, taste and peers are the greatest influences on adolescents' food choices

Social Media
/Internet



21%

News



5%

TV/Radio



16%

Books/Magazines



2%

Celebrities



6%

Athlete



1%

Brand/Ad



8%

Family



22%

Friends



11%

Food Venue



1%

School/Teacher



4%

Doctor



2%

Other



2%

Taste



21%

BARRIERS

***Cost, geography, environment** and **gender** are barriers to adolescents' healthy eating*

“Eating healthy food is very difficult as we do not have enough money.”

(India, Male, 15)

“I want to eat healthy but I don't have big choice of food in the school.”

(Serbia, Male, 16)

“While mothers cooked the meal, decisions about what to be cooked rested with men in the family.”

(Workshop facilitator, India urban)

REQUIRED ACTION

Adolescents are calling for whole-of-community nutrition investment and action

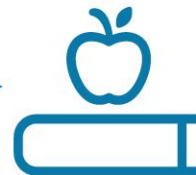
**ENABLE HEALTHY
FOOD SYSTEMS
AND ADDRESS
FOOD INSECURITY**



**REGULATE
DIGITAL
PLATFORMS**



**CREATE INCREASED
OPPORTUNITIES
FOR NUTRITION
EDUCATION**



**TRANSFORM
SCHOOL
ENVIRONMENTS**





Starting the conversation with young people is key to embedding their experiences at the heart of nutrition policy and programming for sustainable change

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THANK YOU



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ADOLESCENTS

[westernsydney.edu.au/young-and-resilient/documents/
Food_and_Me_Adolescents_SOWC2019_Companion_
Report.pdf](https://westernsydney.edu.au/young-and-resilient/documents/Food_and_Me_Adolescents_SOWC2019_Companion_Report.pdf)



MOTHERS

[westernsydney.edu.au/young-and-resilient/documents/
Feeding_My_Child_Mothers_SOWC2019_Companion_
Report.pdf](https://westernsydney.edu.au/young-and-resilient/documents/Feeding_My_Child_Mothers_SOWC2019_Companion_Report.pdf)