

Relationship Between School Feeding And Health Improvement Among Primary School Pupils In Yobe State Nigeria

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ABSTRACT – This study aimed to determine the relationship between balanced diet and health improvement among primary pupils. Descriptive type of research was utilized in the study. Results showed that there is significant relationship between school feeding and health improvement among primary school pupil in Yobe State, Nigeria. There is significant relationship between food Hygiene and health improvement among Primary school pupils.

Keywords: Health, School Feeding, Primary School, food hygiene

INTRODUCTION

School feeding connotes serving nutrients to school children with the intent to teach children the art of consuming balanced diet. Food fed to school children afford them the opportunity to achieve all the nutrients (carbohydrate, protein vitamins , fat and oil minerals and water [1] in the required proportion for adequate growth and development. Also Mousse [2] reiterated that school feeding is the use of the schools or institution as instrument for the delivery and dispensation of food to school children. Further to these, Adalakun [1] posited that school feeding involves the provision of at least one meal or two (breakfast & lunch, breakfast only or lunch only) for the pupils on every school day. School feeding had been propagate long ago by expert in human nutrition health education and home economics. And it could be viewed that the school feeding is required to assist the pupils, the School days, School feeding programme is a versatile safety net programme in support of vulnerable children and their families. When combined with other initiative, school feeding can effectives meet education, health and community development objectives. Hunger can impede the ability of children to learn and develop as healthy, and productive adults. The interaction between hunger

poor nutritional status and disease prevents children from going to school, poor families from investing in her children education and children from learning while in school [3].

The ongoing global economic crisis has presented myriad of challenges to countries throughout their world. Now perhaps more than ever before, the world is under pressure to provide safety nets to assist those most in need school feeding is helping to eliminate hunger for millions of children around the global and is contributing to their education nutrition , health and future productivity as Adults [4]. The world food programme (WFP) supports school feeding in 68 countries and in 2008 alone, 20 national governments chose to scale up school feeding programme as a response to the high food price crisis to benefit those most in need [5].

United Nations Education scientific and cultural organization [6], reported that school feeding is a safety net that has proved effective in protecting vulnerable school children while providing nutrition, health, Education and gender equality benefit, along with a wide range of socio-economic gains WFP has successfully implemented school feeding programme for over 45 years, in 2008 alone, these activities reached 22.6 million children in 68 countries Still, an estimated 66 million children continue to attend school hungry each day and an additional 72 million in this age group do not attend school at all.

Bundy, Burbano, Grosh, Gelli, Juke and Drake [7] observed that as a response to the high food price in 2008, WFP scaled up its schools feeding projects by approximately five million children in 17 countries: Bangladesh, Benin, Burundi , central African Republic, Ghana, Gunned, Guinea Bissau, Haidti, Kenya, Liberia, Mozambique, Nicaragua, occupied Palestinians Territories Pakistan, Senegal, sierra

Leone and Tajikistan, with the Largest increases in Bangladesh, Haiti, Pakistan, Senegal and Tajikistan.

WFP's vision is to reduce hunger among school children so that hunger is not an obstacle to their development. This led to Further studies of how school feeding should be implemented in developing countries to reach all hungry school children in need [8].

Adelman Guilligan and Lehrer [4] pointed out that in 2003 African governments in their aim to restore agricultural growth, food security ,adequate nutritional levels and rural development in Africa, endorsed the Home grown school feeding (HGSF) programme of the comprehensive Africa agricultural development programme (CAADP).

World food programme and new partnership for Africa's development (NEPAD) signed a memorandum of understanding to enhance co-operation on Home grown school feeding (HGSF). Twelve pilot Countries: Angola, Democratic Republic of Congo, Ethiopia, Ghana, Kenya, Malawi, Mali, Mozambique, Nigeria, Senegal Uganda and Zambia were identified to implement the programme it was in line with the importance of the programme and commitment of former president and commander in Chief of the Armed Forces in Nigeria, Olusegan Obasanjo held a meeting with stakeholders on the 29th of July 2005 at the council Chambers, presidential villa, Abuja, The Forum was a follow up of the former president's pledge to the officials of the world food programme in Rome, Italy In June 2005, regarding his commitment to the home grown school feeding and health programme [9].

In addition, the Federal Ministry of education reported that the aim of the forum was to enable the former president share views with relevant stakeholders on the Home grown school feeding and Health programme (HGSHP) and to mobilize them for action towards the flag off of the programme in September 2005. The participants at the forum were drawn from varies sectional ministries, parastartals agencies, top government functionaries pilot state governors , primary schools, NGOS, organised private sectors, as well as development agencies, twelve (12) states were selected as pilot states, these include " Bauchi , cross river, Enugu Imo, Kano, KebbiKogiNasarawaOgun, Osun, River and Yoba states.

Yobe State Universal Basic Education Board [10] reported that, Yobe state being one of the twelve (12) states selected by the Federal Government of Nigeria

to be one of the pilot states, to pilot the Home Grown school feeding and Health programme, launched its school feeding programme in the State on the 27th of October, 2006 by his Excellency the former the former executor governor of Yobe state BukarAbba Ibrahim, complementing the effort of the Federal Government of Nigeria. The state government selected six (6) local governments from the Senatorial districts and in each of the local government selected, two (2) schools were selected as pilot schools.

The aim of the programme was to reduce short term hunger, improve nutrition, health pupils and education, sustained stay in the schools up to completion of primary education it was also a mined at improving enrolment of school age children into schools in the state, more especially the girl-child at enrolment ,boasting agricultural production and the economy of the rural areas through purchase of locally-produced food stuff. In an attempt to reach more children in the state, the state government increased the number of local governments that will benefit from the programme to twelve (12) local government in 2007, currently seventeen local governments are practicing the programme with thirty one (31) benefiting schools with the states, with a total enrolment of twelve thousand eight hundred and eighteen (12,818) mostly from rural areas in the state (YBSSVBEB, 2010) Most primary school children seem to go to school in Yobe state with empty stomachs or without being fed before going to school, some of them have to tick a distance of several kilometers before getting to their respective schools for learning. A good number of primary school pupil in tube state before the introduction of school feeding seem to complain about being disturbed by ill health conditions so of their to their teacher's such complains range from having stomach pain, dysentery, diarrhea, headache feverish condition and general weakness of the body. Most of the pupils who go to school under this condition have little or no concentration during learning, they suffer under nourishment and opening a way for varying ill health to set into their bodies, some of them suffer academics failure and sometimes drop out of schools. This problem can be associated to the poverty level of the parents or guideless which help in making them unable to cater well for the families in terms of feeding clothingand other necessities of life which constitute some of the means of maintaining good health of the families .

Addo [11] further pointed out that malnutrition in the early years of life while the brain is in its period of

rapid growth can have a serious effect on intellectual development either directly by damaging the central nervous system or indirectly through its deleterious effect on responsiveness to stimuli and interference with learning. Adelakun [1] observed that children that are not well fed are more prone to sicknesses because they take a jejune diet which will not give this growing bodies the abilities to fight or resist diseases.

OBJECTIVE OF THE STUDY

The study aims to determine the relationship between food hygiene and Health improvement among primary school pupils in Yobe State; the relationship between balanced diet and health improvement among primary Pupils in Yobe State; and the relationship between well-fed children and health improvement among primary school pupil in Yobe State.

MATERIALS AND METHODS

Research Hypothesis

There is no significant relationship between school feeding and health improvement among primary school pupils in Yobe State. Survey design was used in this research work. Nwana [12], pointed out that survey method is used to reveal current conditions that exist between specific events, through orderly collection, analysis, interpretation and reporting facts and information concerning situation on an enterprise as far as condition and circumstances permit. Nelson and Thomas [13], supported this idea and further explained that, survey method is used to seek the opinion at the target population on the issue or to determine the study of a particular event.

The target population for this study consists of all primary school teachers in Yobe State with a total population of 16,040 teachers based on records from Yobe State Universal Basic Education Board as at 2009/2010 session.

Purposive sampling technique was used by the researcher to draw up the subjects for the study. The researcher used all the primary school teachers in all schools involved in the school feeding programme in Yobe State. Thomas, Nelson & Stephen [13] reported that purposive sampling technique is a sampling method in which subjects are chosen based on the purpose of the study, and that purposive sampling may involve studying the entire population of some limited group or a sub-set

of a pupils. Town They further explained that purposive sampling does not produce a sample that is representative of a larger population, but it can be exactly what is needed.

The data collection instrument for this study was a researcher developed questionnaire name a Relationship between school feeding and Health improvement Among primary school pupils Questionnaire.” The four point Likert scale was used to respond to each statement determine the scores for each statement. The most favorable responses were given the highest score as follows: Strongly Agree (SA) = 4 points, Agree (A) = 3 point Disagree (DA) = 2 points and strongly Disagree (SD) – 1 points.

The questionnaire consisted of first sections “A” of the questionnaire required demographic information of the respondents section ‘B’ required information on food hygiene, section ‘C’ required information on balanced diets; section ‘D’ sought for information on well –fed, while section “E” required information on improvement of health status of the primary school pupils in Yobe State.

A test retest method was used to estimate the reliability of the instrument. The Instrument was administered to the pilot sample and the data collected was recorded; after one week, the instrument was re-administered to the same pilot study sample under the same condition; the data collected was correlated using Pearson product moment correlation (PPNAC) to find the level of relationship in the results obtained.

The result shows that the level of relationship was $r = 0.065$, meaning there was significant level of relationship in the result obtained. Simple frequency counts and percentages were used to organize the demographic characteristic of the respondents Pearson product moment correlation (PPNAC) to test all hypothesis advanced at 0.05 level of significance.

RESULTS AND DISCUSSION

The result and discussion was based on the relationship between school feeding and health improvement among primary school pupils.

Hypothesis1: There is no significant differences in the food Hygiene and Health improvement.

The information in Table 4 reveals that the mean (\bar{X}) scores for food Hygiene was 17.0 while that of

Health improvement was 17.6. The standard deviation (SD) for food Hygiene was 2.5 and that of Health improvement was 2.2 statistics compute from indicated significant relationship will & $r = 0.207$ ($P < 0.0001$) at $df = 322$ between food hygiene and health relationship.

Table 4: Summary of Pearson's correlation between food Hygiene and Health Improvement.

VARIABLE	X	50	DF	R	P
Food Hygiene	324	17.0	2.5	322	0.207
Health Improvement	324	17.6	2.2		

Significance at 0.05 $t = 0.207$ $df = 322$ ($P < 0.05$)

The null Hypothesis which stated that there is no Significant relationship between hygiene and health improvement relationship among primary school pupils in Yobe state was rejected on account that significant relationship existed.

There is no significant difference in the food hygiene and health improvement. Most students have realized that unless they consume balanced diet, they may fall sick. This discovery is in contrast with YBSSVBEB (2010) who reiterated that most primary school children attend classes on empty stomach. This research has defined into both teachers and parents the value of food to health. So it may further be inferred that unless food hygiene importance to health as constantly taught in schools, children attending schools may have health challenges.

Table 4: 1 summary of Pearson's correlation between balanced Diet and Health improvement

VARIABLE	N	DF	R	P
Balanced Diet	324	17.8	2.5	322
Health improvement	324	17.0	1.8	

Significant at 0.05 $R = 0.251$ $df = 322$ ($P < 0.05$) The information in Yoble 4 :1 = 3 above shows that the mean (x) scores for balanced diet was 17.8 while the mean score for health improvement was 17.0. The standard deviation (SD) For balanced diet was 2.5, while that of health improvement was 1.8, statistical computation indicated significant relationship with $r = 0.251$ ($P < 0.0001$) at $df = 322$ between balanced diet and health improvement the null Hypothesis which stated that 'there is no significant relationship between balanced diet and health improvement among primary school pupils in

Yoba State "was rejected on account that significant relationship existed between balanced diet and health improvement.

Since the findings had provided a basis for researchers to deduce that school children's health had not been improved by their diet, several food related diseases would have prevailed, so it become incumbent on the part of teachers of nutrition to constantly inform, teach and sensitize the children and parents of the necessity to consume balanced diet. This discovery is been propagated by FME (2005). Who had solicited for schools providing at least lunch for children in the school.

CONCLUSION AND RECOMMENDATION

There is significant relationship between school feeding and health improvement among primary school pupil in Yobe State. There is significant relationship between food Hygiene and health improvement among Primary school pupils in Yobe State. Schools should make available at least school lunch. Parents of the children required to be thoroughly sensitized of combination of food hygiene that cumulated to adequate nourishment. At least, children of growing ages should eat beans every day to provide spurt growth.

It is recommended that more primary schools should be involved in the programme, because of its positive effect on the health at primary school pupils. Primary schools in Yobe State should be focused for researchers in the implication of native protein nutrient on children's health.

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