

Let the Youth Lead in Nutrition

Report



International Nutrition Olympiad 2021

December 21, 2021

Dhaka, Bangladesh

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Let The Youth
Lead in Nutrition

INTERNATIONAL
NUTRITION
OLYMPIAD



Ready.
To Lead.


Nutrition Club
Engaging youth in nutrition

Strategic
Partners:



National
Nutrition
Services

ScalingUp
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Acknowledgement

The Nutrition Olympiad 2021 was organised on December 21, 2021 as a collective effort of several organisations and as well as people and especially young people who share the common vision to achieve Zero Hunger in Bangladesh.

The theme of the INO 2021 was "Let the Youth Lead in Nutrition," emphasising the importance of youth in addressing malnutrition and aligning with the global mandates established by the UN Food Systems Summit (UN FSS) and the Nutrition for Growth (N4G) Summit 2021. At INO 2021, a variety of engaging and interesting activities and discussion sessions were organized.

Mr. Sadhan Chandra Majumder, MP, Hon'ble Minister, Ministry of Food, Dr. Shamsul Alam, Hon'ble State Minister, Ministry of Planning, H.E ITO Naoki, Ambassador of Japan to Bangladesh, along with Dr Musammat Nazmunara Khanum, Secretary, Ministry of Food, Professor Dr. Nazma Shaheen, INFS, University of Dhaka, Dr. Rudaba Khondker, Country Director, GAIN, Mr Md Shahid Uddin Akbar, CEO, BIID, Foundation, Mr MD Shahiduzzaman Faruki, Director General, FPMU and speakers from USA, The Netherlands, Japan, UK joined the Olympiad virtually.

The International Nutrition Olympiad was organised by BIID Foundation, hosted by the Food Planning and Monitoring Unit (FPMU), Ministry of Food and supported by GAIN, Bangladesh. FPMU, GAIN and BIID extend our gratitude to Government officials, experts and practitioners who accepted to be the Chief Guests, Special Guests, Guests of Honours, judges, speakers, facilitators, panellists, and chairs of discussion sessions to enrich the event more than ever.



Launching Session: (From Left to Right): Md Shahid Uddin Akbar, CEO, BIID, Professor Nazma Shaheen, INFS, Dhaka University, H.E ITO Naoki, Amabasser of Japan, Mr. Sadhan Chandra Majumder, MP, Hon'ble Minister, Ministry of Food, Dr Musammat Nazmunara Khanum, Secretary Ministry of Food, Mr Md Shahiduzzaman Faruki, Director General, FPMU



Forward

Adolescents and youth are an untapped resource for development; they are influential agents of change in their own lives and in the community, and they are a crucial force in reforming local, national, and global food systems for improved nutrition. As a result, all key stakeholders should collaborate in new and meaningful ways with youths to realize the objectives of national and global targets such as the Sustainable Development Goals (SDG). The UN Decade of Action (2021-2030) advocates a multi-sectoral strategy to combat malnutrition in all its forms, and it addresses all people worldwide, with women and youth serving as critical partners for success. Adolescents and youths can be effectively engaged in the nutrition domain because they have a unique opportunity to instill beneficial health behaviors and empower them to act on their newfound awareness of social concerns that influence their lives.

In line with national and global nutritional goals, the BIID Foundation launched Nutrition Clubs (NCs) in 2015 to provide adolescents and youth with a platform to improve their nutrition knowledge, foster good food habits, and disseminate nutrition knowledge within their households, schools, and communities, as well as engage in nutrition-related activities.

The Nutrition Olympiad was launched by BIID in 2017 to bring together teenagers and adolescents at the national level to exhibit Nutrition Club expertise and to create and expand their network. Youth and adolescents compete in the Nutrition Olympiad, which has prompted a national focus on adolescent nutrition over the next five years (2017-2021). To scale up the Nutrition Olympiad on a global scale, the BIID Foundation formed an Advisory Committee and launched the 1st International Nutrition Olympiad in 2021. This step was positively aligned with the national Nutrition Week in Bangladesh, UN Food Systems Summit 2021 (UN FSS) and the Tokyo Nutrition for Growth (N4G) Summit, both of which were held in December 2021.

With partnership with Ministry of Food (MoFood) as Host and supported by GAIN, BIID Foundation organized the International Nutrition Olympiad (INO) 2021 on December 21, 2021. Various government agencies, development partners, research organizations & academia, international NGOs, and the private sector supported to organize the INO successfully.

INO 2021 was launched during the N4G Summit as an official side event and attracted attention of various international partners & initiatives. International experts and high government officials supported the INO during the preparatory phases.

Despite the Covid 19 pandemic, a wide range of adolescents & youth from Bangladesh participated in the competitions and international participants joined the INO 2021. **“Let the Youth Lead in Nutrition”** was the theme for INO 2021 and this year was the 1st step to take Nutrition Olympiad globally. With the guidance of the Advisory Board and Steering Committee, INO foresee to become the inclusive global platform for adolescents and youth to address malnutrition. Engagement of adolescents and youth in local level awareness, skill building, knowledge sharing, networking and policy advocacy has been pursued while organizing the INO 2021 jointly with different partners.





Executive Summary

The International Nutrition Olympiad (INO) 2021 was organised in hi-breed (In Person and Virtually) mode on 21st December 2021 due to Covid 19 pandemic. The in-person events of the Olympiad was held at the Amari Hotel, Dhaka, Bangladesh. BIID Foundation jointly with the Food Planning and Monitoring Unit (FPMU), Ministry of Food and Global Alliance for Improved Nutrition (GAIN) organized the INO2021.

The theme of the INO 2021 was "Let the Youth Lead in Nutrition" focusing the youth in the forefront to address malnutrition and aligned with the global mandates set in UN Food Systems Summit (UN FSS) and Nutrition for Growth (N4G) Summit 2021. A variety of engaging and interesting activities and discussion sessions were organised at INO 2021.

High officials from the government including Mr. Sadhan Chandra Majumder, MP, Hon'ble Minister, Ministry of Food, Dr. Shamsul Alam, Hon'ble State Minister, Ministry of Planning, Dr Musammat Nazmunara Khanum, Secretary Ministry of Food along with H.E Ito Naoki, Ambassador of Japan to Bangladesh and speakers from USA, The Netherlands, Japan, UK joined the Olympiad.

More than 1000 participants, including youth, nutrition, agriculture and health experts, policymakers, development partners, civil society and the private sector, participated in the event.

Total 2100 participants registered for the Olympiad from 28 countries and total youth engagement was around 10,000 through different Nutrition Clubs. Participants in 2 categories (Age Groups) joined in 12 competitions and contributed in 3 discussion sessions to demonstrate and challenge their nutrition knowledge. Winners and NC leaders were recognized at the closing session and award giving ceremony.

International speakers joined the session over Zoom and the session was live streamed at Facebook. Posters painted by competitors, Theory of Change developed by Nutrition Club members and INO Journey (Pathway) were demonstrated at the venue.

A team of Nutrition Club Members lead the management and organization of the INCO2021.

A Dhaka Declaration has been drafted based on the discussion and recommendations as an outcome of the Olympiad.



Photo: International Nutrition Olympiad 2021



1.0 Introduction:

Adolescents and youth are the untapped resource for progress — they are influential agents of change for their own life and for the community, and a critical force in transforming local, national & global food systems for improved nutrition. So all relevant stakeholders need to work together with young people in new and meaningful ways to achieve the ambitions of the national and global targets like Sustainable Development Goals (SDG). The UN Decade of Action (2021-2030) promotes a multi-sectoral approach to fight malnutrition in all its forms, and addresses all people everywhere, particularly women and youth as key stakeholders for success. Effective engagement of adolescents and young people in the nutrition domain as they have the unique opportunity to instil positive health behaviours and empower to act on their new heightened awareness of social issues which affect their lives.

One of the most important health behaviours that must be addressed during this time is nutrition – Six of the top 11 risk factors driving the global burden of disease are related to diet. In this context, instilling positive eating behaviours are particularly important, because adolescents have increased nutritional needs. Children can gain up to 50% of their skeletal mass and 20% of their ultimate adult height during this period, so consuming sufficient quantities of the right nutrients is essential. Unfortunately, adolescent diets are often nutritionally poor; low in fruits and vegetables and high in sugar, sodium, and added fat. This is compounded in low-resource settings where most adolescents live and food choices are constrained by high levels of poverty and lack of access to nutritious food, especially among young women. The poor diets of the estimated 1.2 billion adolescents in the world put this critical population at risk. Adolescents living in low and middle-income countries are affected by the multiple burdens of malnutrition, the increasing problem of overweight and obesity coexisting with continued high prevalence of underweight, micronutrient deficiencies and protein-energy malnutrition. Nutritional status during adolescence affects not only their present and future health but, as parents, it affects the health of the next generation. For the 16 million babies born to adolescent mothers each year, their health is impacted by both their mother's nutritional status and the age at which she conceived. In many countries, gender norms act to disadvantage adolescent girls, who often eat last and least. Key factors contributing to this situation, among others, are poverty and food insecurity, insufficient access to basic social services such as health, education and water, sanitation and hygiene (WASH), as well as poor dietary diversity and nutrient adequacy and lack of nutrition knowledge. Action is urgently needed to address this overwhelming challenge, by adopting a lifecycle approach, including actively engaging with adolescents in the process. Sustainable Development Goals (SDG) set by the United Nations to achieve the Zero Hunger target by 2030.

Aligning with the national and global nutritional goals, BIID Foundation introduced Nutrition Clubs (NCs) in 2015 to provide adolescents and youth with a platform to improve their



nutrition knowledge, foster good food habits, and disseminate nutrition knowledge within their households, schools and communities along with undertaking nutrition relevant actions. To bring youth and adolescents at national level to demonstrate Nutrition Club knowledge and to build and extend their network, the Nutrition Olympiad began in 2017 by BIID. Youth and adolescents participate in the Nutrition Olympiad, the successive 4 years (2017-2020) have triggered national attention to focus on adolescent nutrition. To scale up the Nutrition Olympiad at global level, BIID Foundation formed an Advisory Committee and launched the 1st International Nutrition Olympiad in 2021. Positively this step got aligned with the UN Food Systems Summit 2021 and Tokyo Nutrition for Growth (N4G) Summit to be held in December 2021. Over the years, BIID has signed a number of Memorandums of Understanding (MOUs) with various government agencies, development partners, research organisations and academia, international NGOs, and the private sector to organise the Nutrition Olympiad. Now looking into broader collaboration with relevant stakeholders to make the International Nutrition Olympiad more impactful and long-lasting.

1.1 Nutrition Olympiad 2021

Driven by the vision to engage youth and adolescents to lead the United Nations' Zero Hunger challenge initiative, the Nutrition Olympiad 2021 was organised by the BIID Foundation and GAIN in collaboration with the Food Planning and Monitoring Unit (FPMU), Ministry of Food.



There are an estimated 1.2 billion adolescents residing in low- and middle-income countries who are malnourished. But in most developing countries, nutrition initiatives have been focusing on children and women, thus neglecting adolescents. Addressing the nutrition needs of adolescents could be an important step towards breaking the vicious cycle of intergenerational malnutrition, chronic diseases and poverty. The Nutrition Olympiad foresees to become the leading and inclusive platform for adolescents and youth across the countries & lead to challenge malnutrition globally.



BIID Foundation launched the Nutrition Olympiad initiative in 2017 jointly with various government agencies, development partners and academic institutions. From 2021, the Olympiad has been scaled up at international level.

1.2 Objectives of the Nutrition Olympiad 2021

The overall objective of the International Nutrition Olympiad is “to enhance youth and adolescent capacity in advocacy for zero hunger and promotion of healthy diets through partnerships.”

The Olympiad will also have the following specific objectives:

- a. Exchange knowledge & practises across the countries on adolescent nutrition and build a network of young leaders;
- b. Foster healthy food choices and associated nutrition behaviour of adolescents and youth;
- c. Generate evidence through youth and adolescent actions to achieve SDG2 and in the formulation and implementation of the FNS policies
- d. Transform youth and adolescents into nutrition change agents by enhancing FNS technical knowledge and nurturing leadership.



The Nutrition Olympiad 2021 brought together youth and adolescents, experts in food security, nutrition, and health, legislators, development partners, the non - government sector, international and national organisations, and the media. Over 10,000 people took part, including 6000 youth during the organization of the Olympiad.

2.0 Pre-event Activities

The Olympiad organised a few pre-event activities to make this event impactful, insightful, and engaging for youth and adolescents. Pre-event activities included Logo Unveiling, 1st Steering Committee Meeting, Press Briefings, meeting with the Embassy of Japan and organized 12 competitions for primary selection for final round.

2.1 Logo Unveiling



Honorable Minister Mr Sadhan Chandra Majumder, MP along with Dr Musammat Nazmunara Khanum, Secretary, Ministry of Food, Professor Dr. Nazma Shaheen, INFS, University of Dhaka, Mr MD Shahiduzzaman Faruki, Director General, FPMU, Dr. Rudaba Khondker, Country Director, GAIN, Mr Md Shahid Uddin Akbar, CEO, BIID, Foundation and other high officials from different government agencies & development agencies joined the launching of the logo of International Nutrition Olympiad (INO) held on 22th November, 2021 at Dhaka. Since 2017 the Nutrition Olympiad has been organized at local level and this year the Olympiad announced to organize the Olympiad at international level having its secretariat at Dhaka with the theme “Let the Youth Lead in Nutrition”.



“Youth are the change makers and can lead to address the global malnutrition challenges exists in the countries like Bangladesh” mentioned by the Honorable Minister as Chief Guest of the ceremony.

Dr. Mosammat Nazmanara Khanum, Secretary, Ministry of Food also highlighted the potential of youth and scopes for Bangladesh to lead in the global forums of nutrition while speaking as Chair of the session. Md. Shahid Uddin Akbar, CEO of BIID Foundation presented the brief of the International Nutrition Olympiad and informed that the Olympiad will bring participants from 27 countries to join a set of activities, drafted a Theory of Change and policy discussions on nutrition.

DG, FPMU, gave the welcome address and Khansa Rahman, Member, Nutrition Club, Dr M Bulbul, Technical Support, SUN Focal Point, Dr Rudaba Kondker, GAIN & Prof Nazma Shaheen also spoke on the occasion.

Speakers welcomed the launching of the International Nutrition Olympiad to be hosted by Bangladesh as an inclusive platform where youth from all over the world can participate and make a change together towards a better society to live in and ensure proper nutrition in the society.

A Save the Date flyer was published to disseminate the INO 2021 information through different media with the highlights of the events and partners. In both printed and electronic version of the Save the Date flyer shared to invite potential participants to join the Olympiad.

2.2 Steering Committee Meetings

To ensure the success of the International Nutrition Olympiad, a steering committee meeting was held on December 14th, 2021, at the Conference Room of the Food Planning and



Monitoring Unit (FPMU), where all respected members were present and gave necessary instructions together to pull this event off successfully.

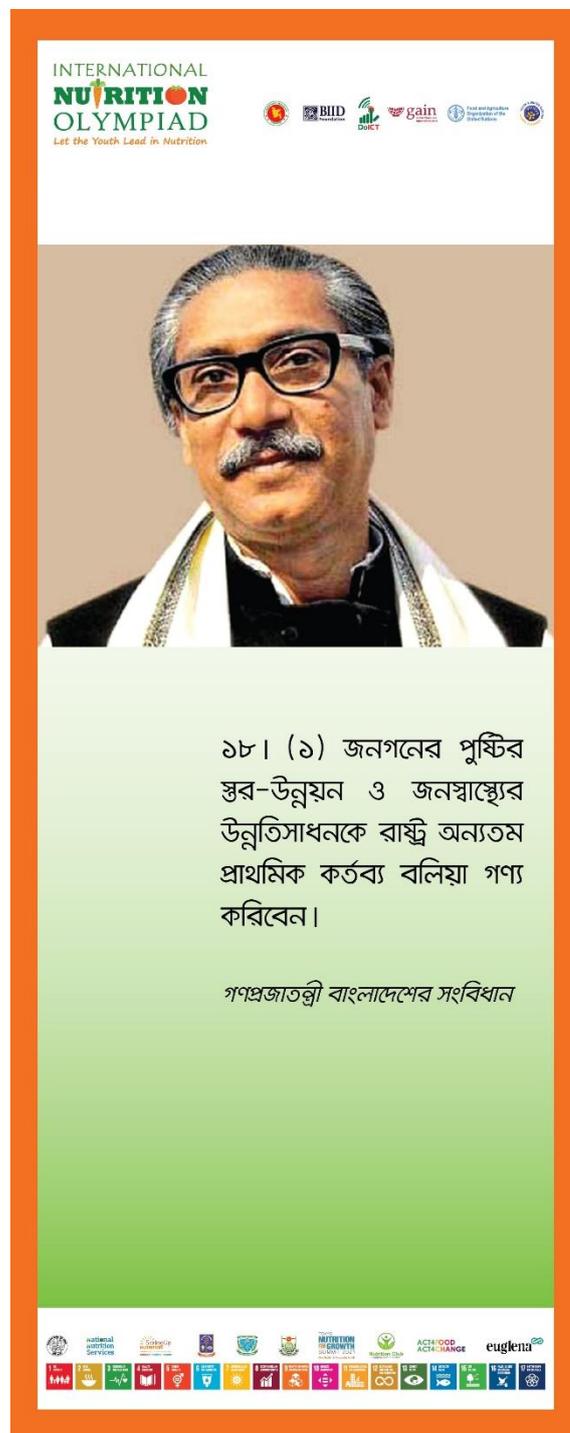
Mr MD Shahiduzzaman Faruki, Director General, FPMU chaired the meeting.

2.3 Pre-Olympiad Press Briefings

Honorable Minister Mr Sadhan Chandra Majumder, MP joined the Press Briefing as Chief Guest and Dr Musammat Nazmunara Khanum, Secretary, Ministry of Food joined the session as Special Guest along with Mr MD Shahiduzzaman Faruki, Director General, FPMU and Md Shahid Uddin Akbar, CEO, BIID Foundation presented on INO at the program. The Ministry of Food hosted the Press Briefing on INO2021 at the Conference Room of the Ministry of Food at the Secretariat, Ramna, Dhaka.

The Honourable Minister highlighted the youth power to lead the way in eradicating the malnutrition challenge that exists in Bangladesh as well as globally and highlighted the scopes of Nutrition Olympiad to become a global platform on nutrition. He also recalled the contribution of Father of the Nation Bangabandhu Sheikh Mujibar Rahman to build a healthy nation and Prime Minister Sheikh Hasina leading the country to accelerate the development process to graduate Bangladesh into a developed country by 2041. He emphasized the importance of youth leadership and identified the Nutrition Olympiad as a milestone for Bangladesh as a Host country of the Olympiad. Mr Md Shahid Uddin Akbar, Chief Executive Officer of the BIID Foundation briefed the media about the Nutrition Olympiad. Dr. Mosammat Nazmanara Khanum, Secretary, Ministry of Food, presided over the press

conference and expressed the government's commitment to supporting the Nutrition Olympiad, which is aligned with national and international nutrition targets. The session was conducted by Mr Shahiduzzaman Faruki, Director General, FPMU, Ministry of Food.



2.4 Meeting with the Embassy of Japan

A team led by members of Nutrition Club and BIID representatives made a courtesy visit to the H.E. ITO Naoki, Ambassador, Embassy of Japan to Bangladesh and shared the updates on Nutrition Olympiad. The Ambassador suggested to engage organizations and schools from Japan at the Nutrition Olympiad to build future partnerships and collaboration. He also emphasized to align Nutrition Olympiad with the Tokyo Nutrition for Growth (N4G) Summit. Mr Naoki expressed his satisfaction on the MoU signing



between BIID Foundation and Euglena Company Limited Japan to pursue Nutrition Club and Olympiad to improve the nutritional status of adolescents. The Ambassador assured to extend support to make International Nutrition Olympiad successful. Euglena Co. Ltd. Japan also joined the meeting.

2.5 Pre-event Competitions

Final selection and primary round of a set of competitions of the Nutrition Olympiad was organized ahead of the final event. Registered participants

a) Essay Competition

The theme for this year's essay competition was "Food waste and its solution & Role of youth to make foods in restaurants and streets safe". Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.



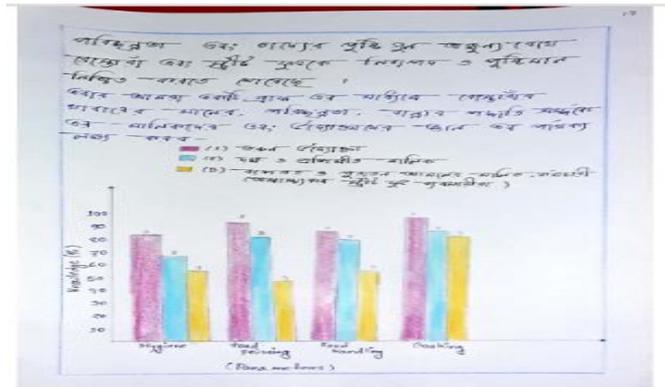


Photo: Essay Competition

b) Video Nutrition Message Competition

The theme for this competition was “How to stop food wastage at home & The role of youth to stop food wastage”. Three selected video messages were played during the event.

c) Recipe Competition

The theme for this year’s essay competition was "My favourite food" and "Delicious and nutritious snacks". Participants in the International Nutrition Olympiad's "Recipe Competition" ranged in age from 10 to 24 years old.

d) Painting Competition

The theme for this year’s painting competition was “Nutrition enriched food & Role of youth in food safety and ensure nutrition”. Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

e) Public Speaking

The theme for this year’s painting competition was “Role of students to ensure cleanliness in educational institutions & Proper initiatives in the agricultural sector for youth entrepreneurs can ensure safe and nutritious food production”. Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

f) Food Design

The theme for this year’s food design competition was “Understanding about food ingredients & National and global goals and targets on nutrition”. Two winners were



selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

g) Action Tree

Theme of the Action Tree for Group A was “My role to keep the educational institution clean” and Group B “My role to ensure nutrition for all”. Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

h) Nutrition Carnival

The theme for this year’s Nutrition Carnival competition was “Nutrition for good health”. Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

i) Design Camp

2 design camps were organised as a pre-event of the Nutrition Olympiad that aimed to identify solutions to achieve SDG2 and to understand specific challenges on



malnutrition in rural areas. Two age groups of Nutrition Club members joined the design camps on two different themes and modality (In Person for 19-24 age groups, and online for 11 – 18 age groups). The Sher-e-Bangla Agricultural University (SAU), Dhaka hosted the in-person Design Camp at their campus where 20 participants joined the event on the theme titled “Investment opportunities for the youth entrepreneurs to make the food systems efficient”.

A 3-day online design camp was organised where 35 participants (6 teachers and 28 Nutrition Club members) attended the online design camp on “Plan of Action for Nutrition Club to address Malnutrition at Local Level”. The outcomes of discussions



from this camp were presented during the discussion session at the Nutrition Olympiad 2021.

j) Drama

A drama competition was organised as a pre-event of the Nutrition Olympiad that aimed to identify solutions to achieve SDG2 and to understand



specific challenges on malnutrition in rural areas. The theme for this year's Drama competition was "The impact of unhealthy food in daily life" & "Long term impact of avoiding sustainable food production practises". Two winners were selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

2.6 Launching of Nutrition Olympiad at the Nutrition for Growth (N4G) Summit 2021

The Tokyo Nutrition for Growth (N4G) Summit 2021 was organized on December 7 – 8, 2021, and hosted the biggest platform bringing all relevant stakeholders of nutrition with the agenda to highlight nutrition as the priority investment area in development.



International Nutrition Olympiad (INO) was selected as the official side event of N4G Summit and INO was officially launched at the N4G Summit on December 7, 2021 online. INO has the similar vision set by the Tokyo Nutrition for Growth (N4G) Summit 2021 and the side event contributed to the summit significantly in terms of inclusive participation, ensured participation of adolescents & youth in global policy making process on relevant agenda, and foster engagement of future leaders in this very important global initiative.

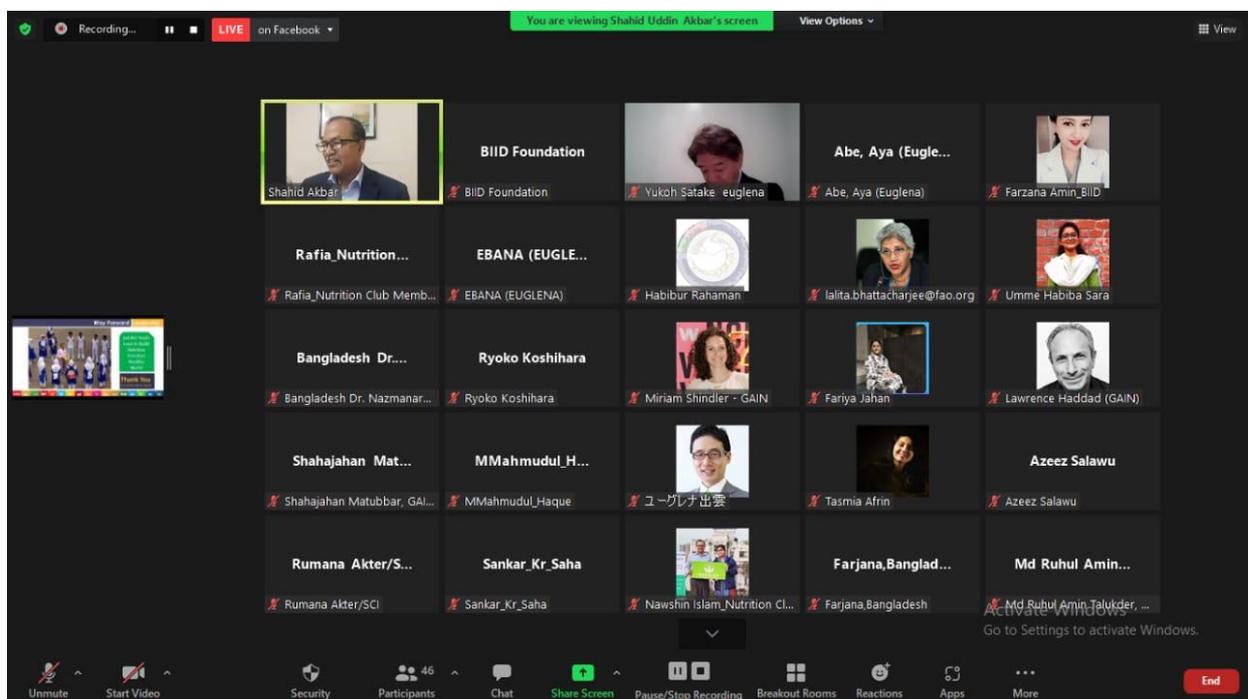
Bangladesh National Nutrition Council (BNNC) hosted a preparatory meeting on November 16, 2021 to discuss on side event & sharing feedback on the discussion agenda of INO session at



N4G Summit. Representatives from government agencies, development partners and academia joined the preparatory meeting and contributed to finalize the session.

Speakers at the preparatory meeting emphasized on to share Bangladeshi initiatives (Programs and Projects) on nutrition as well as fine tune the “Theory of Change” proposed by the Nutrition Club members. Participants congratulated BIID Foundation for accelerating Nutrition Olympiad initiative at global level and launching at the N4G Summit. Dr. Khalilur Rahman, Director General, BNNC Chaired the session and Prof Nazma Shaheen, University of Dhaka, Dr. Mustafizur Rahman, Line Director, National Nutrition Services (NNS), Dr A Bulbul, SUN Focal Point spoke at the meeting. Md Shahid Uddin Akbar, CEO, BIID Foundation and Ms Khansa Rahman, Volunteer, Nutrition Club presented the brief of the INO & Theory of Change (ToC).

The launching of INO 2021 was organized at the side of N4G Summit 2021 on December 7, 2021 and participants from different countries joined over online from Japan, USA, United Kingdom, Nigeria, Switzerland, Kenya, Ethiopia and Bangladesh.



During the 2 hours long side event titled “Let the Youth Lead in Nutrition” facilitated youth leaders from Japan, Nigeria, India, Thailand Hong Kong and Bangladesh to share their thoughts on addressing malnutrition at their respective countries. Nutrition Club members from Bangladesh and youth representative from Japan shared the Theory of Change. Dr. Mosammat Nazmanara Khanum, Secretary, Ministry of



Food joined the side event as Chief Guest and highlighted the scopes of youth to eradicate malnutrition through Nutrition Olympiad. Dr Lawrence Haddad, Executive Director, GAIN joined the session as Special Guest and shared his high expectation to get youth engaged in nutrition towards achieving SDG 2. A declaration (Tokyo

Declaration) has been drafted based on the discussion of the side event which was also published at the INO2021.

3.0 On the Day Activities and Sessions

The one-day event featured a variety of engaging and exciting activities to encourage youth participation in the International Nutrition Olympiad (INO) 2021.

3.1 Session I: Inaugural Ceremony Nutrition Olympiad 2021

Mr. Sadhan Chandra Majumder, MP, Hon'ble Minister, Ministry of Food, graced the Inauguration Ceremony as Chief Guest. Hon'ble Minister praised the youth for their role as future leaders and their significant contribution to development during his inaugural speech.





He also emphasised the government's mandate to achieve SDG2 by 2030, and that youth should be committed to combating malnutrition, which is in line with the government's mandate. The Minister assured all support to ensure improvement of nutritional status of the adolescents and youth to explore their full potential.

H.E Ito Naoki, Ambassador of Japan to Bangladesh, joined the opening session as Special Guest and echoed the Chief Guest's remarks, underlining the importance of shaping food choices



toward healthy diets in order to improve nutrition, particularly for youth and adolescents. He expressed high expectation from the Nutrition Olympiad and congratulated the organizer's for



facilitating such an inclusive platform for youth to explore their full potential. He highlighted to foster collaborative efforts with various stakeholders such as governments, international organisations, businesses, civil society, and academia, enthusiastic youth could be part of a decision-making circle to improve nutrition status. The Ambassador also shared that their action, in particular, is critical to achieving Universal Health Coverage, one of the Tokyo Nutrition for Growth Summit (N4G) 2021's critical thematic areas.

Ms. Rena Kawasaki, the youngest Chief Future Officer (17-year-old) from Euglena Co., Ltd, Japan shared Japanese youth activities to raise awareness on nutrition and health.

The session was chaired by Dr. Nazmun Ara Khanam, Honourable Secretary, Ministry of Food, she spoke about the relevance of events like the nutrition Olympiad in empowering youngsters to acquire capacity and skills for future endeavours. She recommended development partners to use this strategy in order to improve the nutrition status in Bangladesh and to reach the last mile without a large investment of resources. She further stated that in order for the initiative to be successful, stakeholders must work together and create an inclusive global platform for youth where Bangladesh's youth can take the lead.



Md Shahiduzzaman Faruki, Director General, Food Planning and Monitoring Unit (FPMU), Ministry of Food also spoke on the importance of youth engagement in leading the country to eradicate malnutrition and to achieve SDG2 by the year 2030.



Dr Rudaba Khondker, Country Director, GAIN shared her high expectations from Nutrition Olympiad to improve the nutrition status in the country and wishes to make the internationalization of the Olympiad as a success for Bangladesh. She also committed to continue GAIN support for Nutrition Olympiad in coming days.

Mr. Shahid Uddin Akbar, Chairman, BIID Foundation and Founder of Nutrition Club & Nutrition Olympiad, made a presentation on Nutrition Olympiad, shared the background, objective and expected outcomes. He also spoke briefly about the Nutrition Club as a national platform for young engagement in addressing the long-standing malnutrition crisis.



Dr. Nazma Shaheen, INFS, Dhaka University, delivered a vote of thanks, congratulating the youth for forging the path and thanked the distinguished guests to encourage the youth for their effort in Nutrition Olympiad through the Nutrition Clubs platform.

During the opening session, members of the Nutrition Club took an oath to commit towards eliminating hunger, malnutrition and raise awareness in their respective areas, emphasising the importance of healthy life for all segments of community. Ms Nawshin Islam, Member, Viqarunnisa Noon School & College Nutrition Club conducted the Oath.

The distinguished guests visited the displays organized on the Pathway of Nutrition Olympiad, selected posters and “Theory of Change”, Mr Shahid Uddin Akbar briefed the guests while visiting.





3.2 Session II - Special Session

3.2.1 Technical Session: Youth meet the development Partners: 'Institutionalising Youth Engagement in Nutrition Ecosystem, From policy to Field Activities'

A special session was organized titled "Youth Meet with Development Partners" where the youth leaders shared their thoughts and expectations with the policymakers. Dr Shamsul Alam,



Honorable State Minister, Ministry of Planning joined the session as Chief Guest and H.E Ito Naoki, Ambassador of Japan to Bangladesh, joined the opening session as Special Guest at the session. The focus of this session was "Institutionalising Youth Engagement in the Nutrition Ecosystem, From Policy to Field Activities." Youth posed questions to the panellists based on the theme, specially, encouragement and recognition of volunteering by the academic institutions to promote youth engagement in nutrition.



Dr. Nazmunara Khanam, Secretary, Ministry of Food also responded to the questions and suggested the youth groups to contribute more as a volunteer to improve the nutritional status of the country and achieve the targets.



A no. of youths from different Nutrition Clubs participated in the discussion and shared their views & opinion on how they foresee more active engagement can be encouraged to contribute as volunteer to eradicate malnutrition. Panellists and guests responded the best possible solutions, resulting in a meaningful, purpose-filled discussion in the end.

Professor Nazma Shaheen, Md Shahiduzzaman Faruki, Director General, FPMU, Dr. Rudaba Khondoker, GAIN, Country Director participated in the discussion and Md. Shahid Uddin Akbar, CEO, BIID Foundation conducted the session

The session ran concurrently with the competitions, which were held online through a variety of platforms.

3.2.2 Parallel Session A (Competition)

a) Public Speaking

Public Speaking competition was organized in parallel on "Personal consciousness has the potential to enlighten society" for Group A & "Youth can lead the way in eradicating rural malnutrition" for Group B. This competition was designed to highlight the need for youth involvement in enlightening society about the importance of eradicating malnutrition and



creating awareness at the rural level. Two groups interacted online about the significance of youth engagement. Two winners were chosen from two age groups (Group A: 10-18 years; Group B: 19-24 years) and presented certificate during the Closing Ceremony.

b) Open Internet Challenge:

This contest was designed to assess young people's abilities to use the internet to discover the best answers to questions about the SDGs, nutrition policies, food, and other topics. Around 45 participants within age groups between 10 to 24 joined the competition

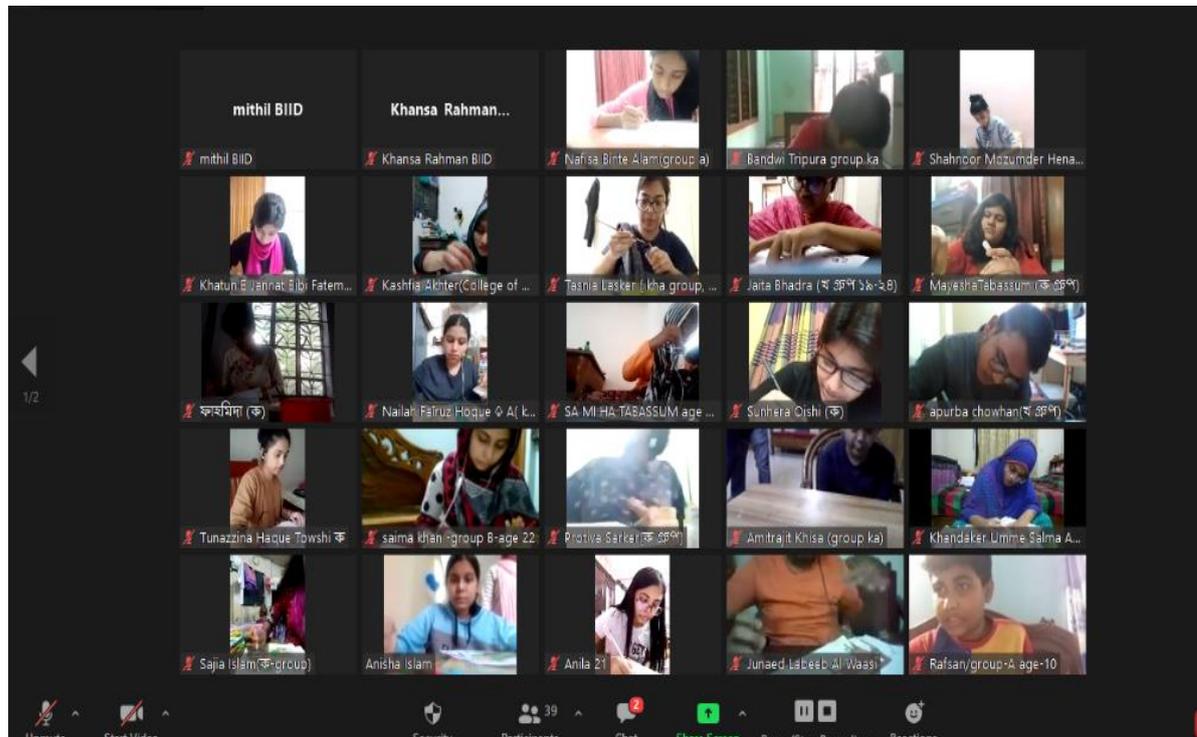


Photo: Open Internet Challenge

4.0 Session III - Competition

In the third session, a debate competition and a music competition were held to assess the youth leaders' dietary knowledge and creative abilities. This tournament brought competitors from various schools and areas, making it a highly interesting event that the distinguished juries and guests appreciated and commended.

Before the session, Mr. Mitsuru Izumo, President, Euglena Co. Ltd. partner of Nutrition Olympiad shared a video message expressing his support for Olympiad, emphasising euglena's support for INO and mitigating social issues such as malnourishment and skill development in Bangladesh.



Ms Arzoo Ismail, Lecturer, ULAB, Mr. Muntasir Bhuiya and Mr Hazikul Islam, Research Director, FPMU were amongst the Juries, delivered remarks at the end of the session congratulating the competitors and their depth of knowledge in nutrition.

4.1 Debate:

This contest was created to encourage the creative skills of adolescents and youth abilities to analyse their nutrition knowledge and how deeply they can relate to the issue presented to them. Top finalist groups were 'Vitamin Infinity' and 'Pushtikotha'. They were given the topic 'The government has an important role in increasing nutrition education among young'. Both groups refuted the topic, and one group won and received the certificate at the closing ceremony.

4.2 Music:

This contest was developed to assess young people's participation with songs in order to improve societal awareness. The theme for this year's Music competition was "Good Hygiene Practice & Sanitation". One winner was selected from two age groups (Group A: 10-18 years; Group B: 19-24 years) and awarded during the Closing Ceremony.

5.0 Session IV: Seminar

5.1 Presentation and Discussion on Theory of Change



The focus of the 'Theory of Change' session was to discuss the pathway of desired systemic changes by the members of the Nutrition Club. The 'Theory of Change' (ToC) defines a hypothesised series of changes that are expected to occur in a given context as the result of specific outcomes. Nutrition Club members developed the draft ToC with the objectives to

develop a youth led program/activity from their interventions will interact with other concurrent initiatives and contextual conditions to stimulate or enable a series of outcomes that will ultimately lead to achieve the desired objectives.

The Nutrition Club also formulated the Concept of Theory of Change pathway, which was displayed throughout the session to help the audience understand how these changes occur.

This session was chaired and moderated by Professor Nazma Shaheen, Dhaka University. Mr Steve Godfrey, Global policy and development expert, GAIN International, Mr. Chandan Z. Gomes, Senior Director, World Vision also attended the session. Other panellists included representatives from the development industry, academics, and youth. The session ended with the remarks, given by Dr. Ruhul Amin Talukder, Additional Secretary, MoA and Dr. Rudaba Khondker, Country Director, GAIN.

6.0 Session V: Closing Ceremony and award giving ceremony

Dr. Ruhul Amin Talukder, Additional Secretary, MoA chaired the closing session and award giving session. Professor Nazma Shaheen, Dhaka University, Dr. Rudaba Khondker, Country Director, Md. Shahid Uddin Akbar, Chairman and CEO of the BIID Foundation along with representatives from FPMU, FAO presented the prizes to the winners and delivered closing remarks. A draft of the Dhaka Declaration on INO 2021 was announced at the closing session.

A total of 22 youth participants (among 408 finalists) for 12 different competitions, 3 mentors & 6 special recognitions of Nutrition Clubs for their achievements were awarded.



Photo: Award Giving Ceremony



7.0 Side Events

a) Display Wall

A Display Wall was set up with the selected paintings of the competitions.



Photo: Youth Friendly Poster Display

- b) **5 best video messages played throughout the event** “What do I eat?” During the conference, 5 videos created by international nutrition club volunteers had been shown.



Photo: Video message by Volunteer

c) Theory of Change

A display wall was designed with the Theory of Change framework.

Photo booths with standees and placards were installed for taking group photos and selfies during the Nutrition Olympiad.



8.0 Outcomes

The International Nutrition Olympiad 2021 generated the following outcomes –

- The International Nutrition Olympiad institutionalised as global platform for adolescents & youth;
- Adolescents and youth participated in a variety of competitions and discussion sessions designed to test and enhance their nutrition knowledge;
- 6 Nutrition Club leaders including one mentor were recognized based on their annual club events, monthly club activities, and innovative ideas for nutrition programs such as extended outreach by using and peer-to-peer counselling.
- 34 adolescents & youth was rewarded for their involvement in various competitions and their consistent contribution to promoting nutrition as volunteer.
- 1,000 participants including adolescents, youth, government officials, international and national organisations, civil society, private sector, academia and media from 30 plus countries participated;
- 100,000 youth sensitised with nutrition knowledge and at least a fourth of the youth and adolescent participants increased their knowledge on nutrition
- At least two SGD relevant actions widely disseminated and at least 30 countries commit to introduce Nutrition Clubs at respective countries by 2023;
- Adolescents participation ensured to build future nutrition leaders;
- Aligned with global and national goals to achieve SDGs;

9.0 Dhaka Declaration

The International Nutrition Olympiad 2021 ended with the **Dhaka Declaration** compiled with the discussions, recommendations and feedbacks of the participants (Guest, Speakers & Attendees to pursue and adopt by BIID Foundation the following for implementation over next years –

1. Institutionalization of youth engagement in nutrition, a coordinated and integrated approach will be pursued to ensure sustainability of the initiatives. Youth engagement in nutrition need to be more precisely adopted in the national and global initiatives and



discussions. Nutrition Olympiad (Through Nutrition Club and BIID Foundation) will coordinate with the stakeholders to continue dialogue to bring youth in this process;

2. Skills for youth will be prioritized based on demand and need to adopt innovative model to ensure blended learning method, specially, on leadership, basic nutrition and healthy lifestyle. Certification and e-Learning program on nutrition will be introduced (integrated) on regular basis. A Nutrition Academy (Learning Platform) has to be established by 2025;
3. Capacity building of Nutrition Club members and youth leaders on policy perspective to get engaged, contribute and support implementation of national and global policy initiatives;
4. Engage with youth initiatives (Like Act for Food, Act for Change, World Food Forum, YUNGA) to achieve the targets set in UN FSS and N4G Summit 2021;
5. Adopt “Theory of Change: Let the Youth Lead in Nutrition” and to be finalized in consultation with the experts and youth. The Theory of Change will be the guideline and pathway for future and ensure stakeholders endorsement and recognition;
6. Build a network of 1 Million youth leaders by 2030 as Nutrition Club members;
7. Scaling up Nutrition Club in other countries and set a target for 100,000 clubs by 2030;
8. Networking beyond South-South cooperation will be pursued for knowledge transfer, sharing good practice and build partnership among different countries;
9. Nutrition Olympiad will be an inclusive global platform and annual conclave on youth & nutrition to review the global progress. Olympiad will foster two track of discussions and competitions will develop a knowledge based youth communities to learn & lead in nutrition;
10. Resources and investment will be mobilized through forming consortium will be pursued for achieving the goals set by Nutrition Olympiad over the *Decade of Action* i.e. 2030.



10. Conclusion

The International Nutrition Olympiad 2021 was an important phase and huge opportunity to become aligned to 2 (Two) major global initiatives on nutrition, namely UN Food Systems Summit (UN FSS) and Nutrition for Growth (N4G) Summit 2021. Engaging adolescents and youths from different countries in a common platform (INO) demonstrated a new opportunity for shared learning and commitment to challenge malnutrition in Bangladesh and other developing countries.

Global networking among youths and use of ICT platforms for various activities (Competitions and Policy discussions) of INO 2021 was major milestones to foster meaningful networking among the adolescents and youths. Enhanced partnership among various stakeholders reassured with commitments from partners and enriched the INO with expert contributions.

Making Nutrition Olympiad as an inclusive global platform was elevated throughout the organization of INO 2021 and BIID Foundation foresee to accelerate the activities related to Olympiad in alignment with the global initiatives towards achieving SDGs by 2030.



Annex A:

Proposed Activities of the International Nutrition Olympiad 2021

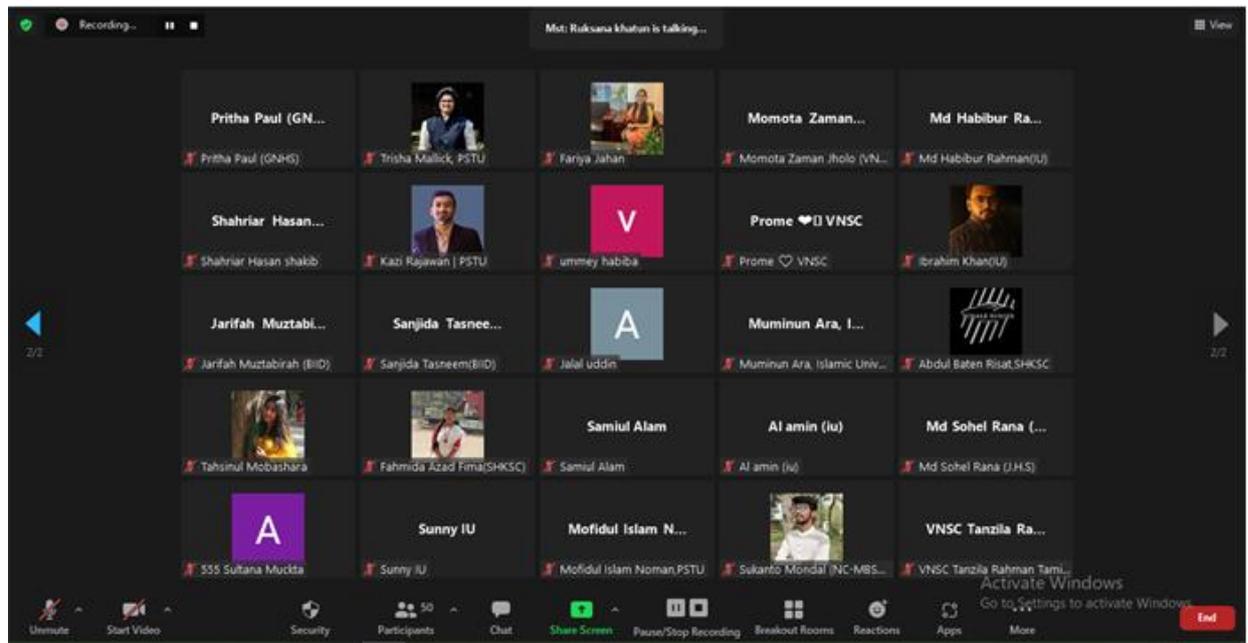
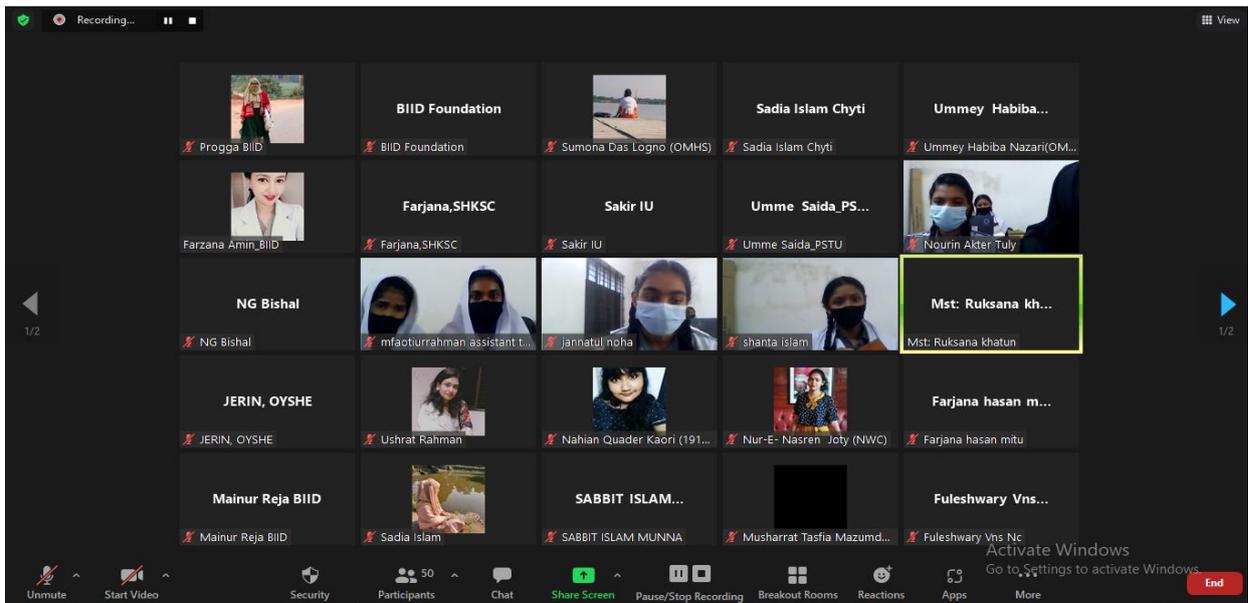
The International Nutrition Olympiad 2021 will entail series of competitions and sessions are:

Plenary Sessions	Workshops and Seminar	Competitions		Side events
Opening	National nutrition policy	Debate	Action Tree	Networking Corner
		Painting	Video	
	Investment scenario and regulatory environment	Public Speaking	Open Internet Challenge	Video Show
Closing	Meet the Development Partners: Interaction with Youth Leaders	Food Design	Poster	Stalls
		Essay	Nutrition Carnival	Photo Booth
		Recipe	Club Projects	Display Wall



Photo Gallery

Design Camp over Zoom



Opening Session



Honorable Minister Mr. Sadhan Chandra Majumder, MP Ministry of Food
Chief Guest of INO 2021

Audience



Participants



Special Session on “Youth Meet the Development Partners”



Chief Guest and Special Guest at the INO 2021

Honorable Minister Mr. Sadhan Chandra Majumder, MP Ministry of Food (Middle)
Chief Guest of INO 2021

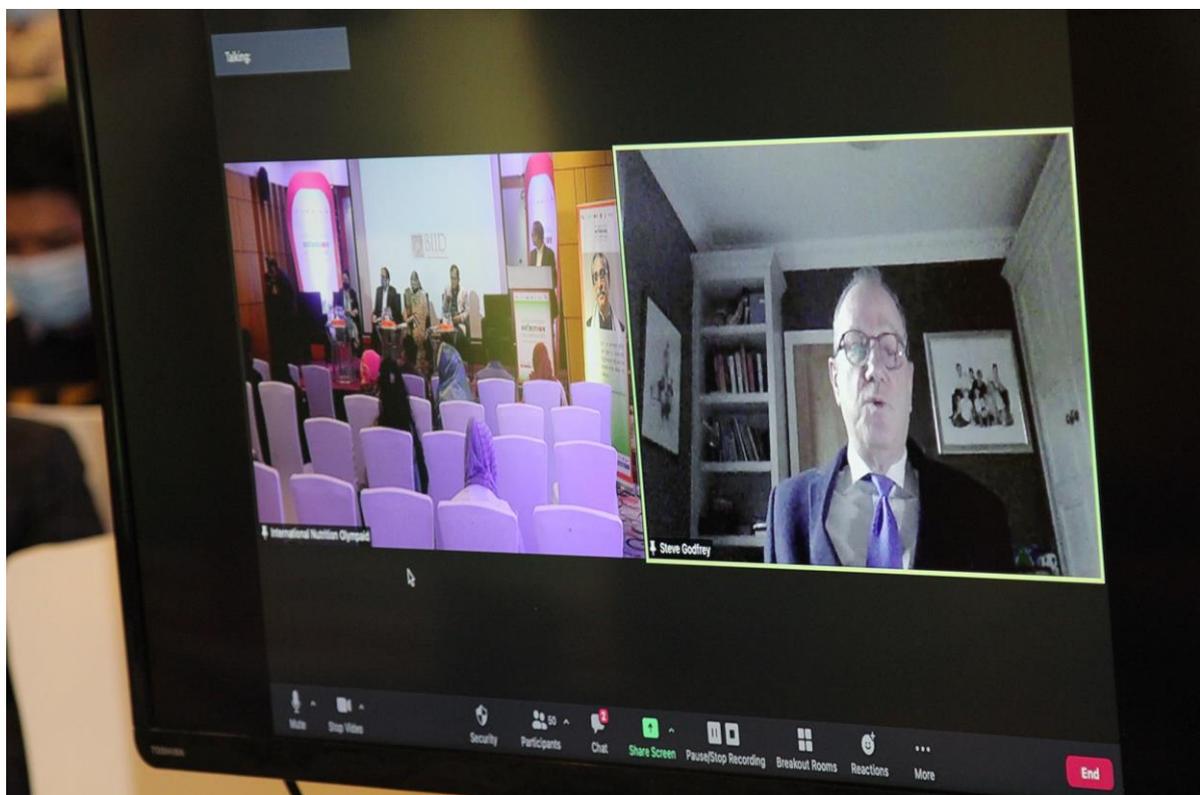
Honorable State Minister Dr Shamsul Alam, Ministry of Planning (Left)

Special Guest of INO 2021

Md Shahid Uddin Akbar, CEO, BIID Foundation (Right)



Panels at Special Session on “Theory of Change”



Mr. Steve Godfrey FRSA
Director, Policy & External Relations,
GAIN joined the Special Session over Zoom



Logo Launching



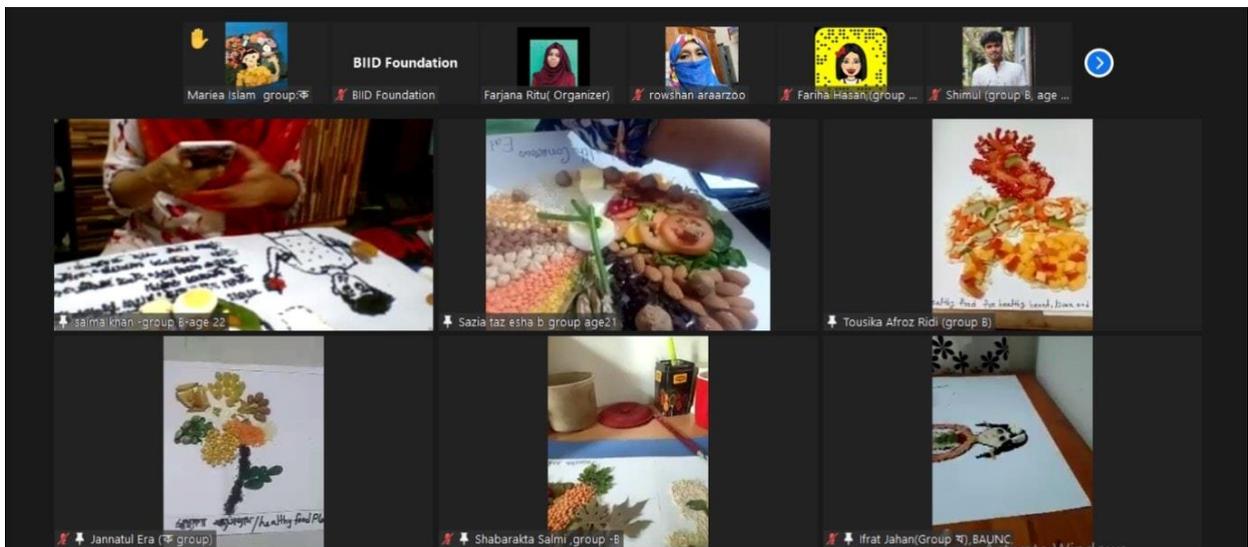
Remote Participants of INO 2021 (IGGSC Nutrition Club, Pabna)



Pre-Olympiad Campaign



Participants (Online) Food Design Competition



Organizing Team



INTERNATIONAL NUTRITION OLYMPIAD 2021

Organizing Team



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Contributor
Viqarunisa Noon School and College



Mohammad Abu Junaid
Contributor
Shamsul Hoque Khan School & College



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Contributor
National College of Home Economics

Strategic Partners:







Partners:



Food Planning and Monitoring Unit (FPMU)



The Food Planning and Monitoring Unit of the Ministry of Food is responsible for monitoring the food and nutrition security situation in Bangladesh and the implementation of related policies. Activities include- collecting, storing and disseminating information for food security analysis and policy formulation, and delivering evidence-based policy advice to the Government on issues relevant to food and nutrition security – on its own initiative or on demand by the Government of Bangladesh.

Global Alliance for Improved Nutrition (GAIN) Bangladesh



For the past eight years, GAIN Bangladesh has collaborated with a wide range of stakeholders, including the government, commercial sector, civil society, and academia. Gain's collaboration with the government and the commercial sector works in long-term, creative projects that address the national burden of malnutrition. Adolescent Nutrition, Better Diets for Children, Large-Scale Food Fortification, and Workforce Nutrition are among the GAIN programs in Bangladesh. GAIN also provides assistance to businesses through the SUN Business Network (SBN).

BIID Foundation



BIID Foundation is an initiative of Bangladesh Institute of ICT in Development (BIID). BIID was established as a private sector enterprise in 2008 and it is a distinct inclusive business initiative to support development and promotion of Information and Communication Technology (ICT) based services. The distinction of BIID lies in clear identification of ICT as a cross-cutting development tool and in creating opportunities through continuous knowledge management, innovation and development. Leading through Innovation is BIID's strategic objective.

Strategic Partners

The following organisations have contributed to the success of the Nutrition Olympiad 2021



Visit <http://www.nutritionolympiad.net/about.php> to learn about Nutrition Olympiad

The opinions expressed in this report do not necessarily reflect those of the Government of Bangladesh, FPMU, GAIN or the BIID Foundation.

