

## **Food security and hygiene practice among adolescent girls in Maiduguri Metropolitan Council, Borno State, Nigeria**

### **ABSTRACT**

Inadequate food security contributes to poor health outcome for all, including adolescent girls. The study aims at determining the level of food security and hygiene among adolescent girls. A school-based cross-sectional study was carried out among adolescent girls aged 10 to 19 years old from six schools in Maiduguri Metropolitan Council, Borno State. The instrument for data collection was a questionnaire using KoBoCollect Toolbox between June and July 2019. Multivariable logistic regression was used to identify the predictors of food security and hygiene among respondents. A majority of the respondents (73.5%) were in a very low food security level. Three factors were significantly associated with food security level, these included schools ( $p = 0.007$ ), age of mother ( $p = 0.004$ ), and occupation of mother ( $p < 0.001$ ). School ( $p = 0.003$ ), age (father  $p = 0.017$ ; mother;  $p = 0.012$ ), hygiene ( $p = 0.005$ ), and occupation of mother ( $p = 0.002$ ) were predictors of food security. About (46.6%) of respondents had poor hygiene practice, school ( $p = 0.016$ ) was significantly associated with hygiene practice. School ( $p = 0.019$ ; and  $p = 0.005$ ) and food security ( $p = 0.009$ ) were predictors of hygiene practice. This study reveals a high prevalence of low food security among adolescent girls.

**Keyword:** Food security; Hygiene practice; Adolescent girls; KoBoCollect Toolbox; Health