



IT/CERT. 10826

## Healthy Tips



A PUBLICATION OF THE DEVELOPMENT EXCHANGE CENTRE

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### CORPORATE IDENTITY:

DEC Nigeria, is a membership, non-governmental, non-religious, non-political, non-profit making organization providing, social and micro financial services to women groups, communities and NGOs in Nigeria to enhance their capacity for sustainable development.

### VISION:

A society with equitable opportunities for sustainable development.

### MISSION:

Empowering women to improve their living conditions and status through integrated development services and initiatives.

### CORE VALUES:

- \* Accountability
- \* Inclusion
- \* Integrity
- \* Partnership
- \* Teamwork
- \* Transparency
- \* Innovation/Creativity

## DEC Honoured for Innovation and Excellence

In recognition of its remarkable commitment to innovation, **Oradian** presented DEC with a prestigious **Certificate of Excellence**.

The award celebrates DEC's leadership in digital transformation and its ability to drive real-world impact through collaboration and creativity. As digital tools become central to development work, DEC continues to lead the way toward a smarter, more connected future.







Group picture of DEC staff at the loan review meeting in Kaduna State.



## Teamwork in Action: Loan Review Meeting in Kaduna and Nasarawa States



Micro Credit Manager of DEC making a presentation during the loan review meeting in Keffi, Nasarawa State

**D**EC hosted a robust Loan Review Meeting in Kaduna and Nasarawa States, gathering key stakeholders to evaluate performance, ensure transparency, and strengthen impact.

The session was a collaborative forum, focusing on challenges faced, progress made, and the road ahead. With every voice heard and every strategy sharpened; DEC reinforced its commitment to building efficient systems that serve the people first.



Cross section of participants at the loan review meeting in Keffi, Nasarawa State.



Cross section of staff at the loan review meeting in Kaduna State.



# Shongom and Bauchi Rises: Citizens Driving Accountability

In Shongom LGA, Gombe State and Bauchi LGA, Bauchi State, DEC is empowering citizens to lead the charge for transparency and better governance. Through its Community Scorecard Training, supported by Bread for the World, ten communities are now equipped to monitor and evaluate public service delivery.

Residents now have the tools to ask the right questions, track projects, and demand results. The community voice has never been louder or clearer and it's being heard!



SECTOR	INDICATORS	Actuals	Target	Score	Remarks
Economic Indicators	<ul style="list-style-type: none"> <li>Availability of term loan facilities for processing (in crore)</li> <li>Availability of financial support (per acre) for farm growth</li> <li>Access to state savings and financial programs</li> <li>Availability of extension services</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>1</li> <li>1</li> <li>1</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>
Education	<ul style="list-style-type: none"> <li>Availability of primary school facilities</li> <li>Availability of secondary school facilities</li> <li>Availability of technical education facilities</li> <li>Availability of higher education facilities</li> <li>Availability of vocational training facilities</li> <li>Availability of adult education facilities</li> <li>Availability of library facilities</li> <li>Availability of health facilities</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>
Health	<ul style="list-style-type: none"> <li>Availability of primary health centres</li> <li>Availability of secondary health centres</li> <li>Availability of tertiary health centres</li> <li>Availability of health services</li> <li>Availability of health facilities</li> <li>Availability of health personnel</li> <li>Availability of health equipment</li> <li>Availability of health facilities</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>
Environment	<ul style="list-style-type: none"> <li>Availability of clean drinking water</li> <li>Availability of electricity</li> <li>Availability of telephone facilities</li> <li>Availability of health facilities</li> <li>Availability of health personnel</li> <li>Availability of health equipment</li> <li>Availability of health facilities</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> <li>1</li> </ul>	<ul style="list-style-type: none"> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> <li>100%</li> </ul>

Overall Score: 100%





# Conflict Resolution For Peaceful Progress (SSPF Project)

**A**t a time when harmony is crucial, DEC is leading efforts to promote peaceful collaboration through a Conflict Management and Resolution Training at its Bauchi headquarters.

This session, supported by the Small-Scale Project Fund, brings together 30 participants from 15 CBOs. Through role-plays and scenario-based learning, attendees are mastering mediation skills, communication strategies, and effective conflict resolution techniques.



Participants during the balloon and toothpick game session



Aftermath of the balloon and toothpick game



Group work on handling difficult situations at the work place



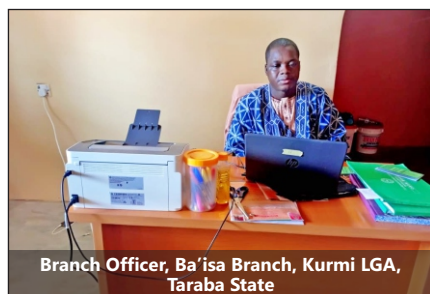
Group work on handling difficult situations at the work place



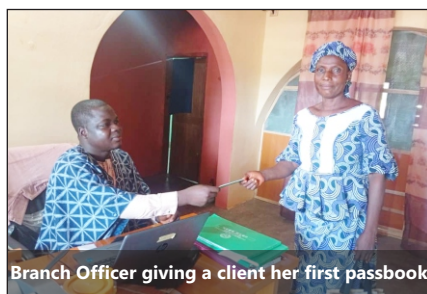
Illustration of interconnection between human beings



Illustrating diversity with multiple colours of balloons



Branch Officer, Ba'isa Branch, Kurmi LGA, Taraba State



Branch Officer giving a client her first passbook



DEC staff at the new Kwaya-Kusar branch office, Borno State



Group picture of clients with DEC staff at Ba'isa Branch Office



Branch officer of Kwaya-Kusar branch sorting out passbooks



Clients at the new Kwaya-Kusar Branch Office

## Smooth Launch for Kwaya-Kusar and Ba'isa Branch

"New Beginnings. Greater Heights!" |  
"Empowered to Achieve!"

**K**waya-Kusar and Ba'isa Branch is set, system mounted for a smooth start. Prayers were conducted to bless the kick-off, ensuring proper activities and divine guidance. This launch marks a pivotal moment, promoting DEC's mission to achieve its set goals. The atmosphere is filled with optimism, unity, and purpose as the journey begins.



## COOKING FOR CHANGE:

## CASCADE Empowers Women with Nutritious Meals in Bauchi and Nasarawa

**W**omen across Bauchi, Dass, Jama'are, Ningi, Toro LGAs (Bauchi State), and Awe, Akwanga, Keana, Lafia LGAs (Nasarawa State) are taking the lead in transforming nutrition through the CASCADE Project's vibrant cooking demonstrations.

Using locally available ingredients, participants prepared Esomchi Mix Pap, a nutrient-packed blend of maize, soybeans, ground nuts, millet, and orange-fleshed sweet potato (OFSP), ideal for children and mothers. They also cooked with high-nutrient vegetables like okra and Gboma Sika, gaining practical knowledge to build healthier, more resilient communities through improved diets. "This program has changed how I cook," said Salamatu Musa from Lafia. "Now I serve meals that are both local and nourishing."

Part of CASCADE's broader social behavior change strategy and delivered through the Farmer Field Business School (FFBS) model, these sessions are empowering women as nutrition champions, one healthy meal at a time.



Cooking of okro soup at Ningi LGA in Bauchi LGA by participants during a cooking demonstration



A beneficiary making the mix pap themselves as others watched in Dass LGA, Bauchi state



A mother feeding her baby with Esomchi Mix Pap during a cooking demonstration at Bauchi LGA in Bauchi state



Cooking of Gboma sika soup at Ningi LGA in Bauchi state by participants during a cooking demonstration



Some parents laughing at the way their kids are taking in the Esomchi Mix Pap at Toro LGA in Bauchi state



Some participants watched on as the Esomchi Mix Pap was being prepared in Akwanga LGA, Nasarawa state





Digging for onward construction of toilets after 48 hours of being triggered in Yapandi community, Shongom LGA, Gombe State.



## Clean Environment, Healthy Lives: WASH Campaign Transforms Communities

The Environment Unit of DEC is turning hygiene into hope in five communities of Shongom LGA—Yateren, Diga, Pilame, Yapandi, and Lawashi with a transformative WASH Triggering Campaign.

Focusing on water, sanitation, and hygiene, the initiative promotes clean water access, the elimination of open defecation, and the adoption of safe hygiene practices. Using the theme “Clean Environment, Healthy Lives,” the campaign combines education and community dialogue to ignite behavior change.



Community WASH map being drawn in Yapandi community, Shongom LGA, Gombe State.



DEC staff addressing the community members of Yapandi, Shongom LGA, Gombe State.



Triggering process at Pilami community, Shongom LGA, Gombe State.



Facilitator consulting with community members before the exercise.



Cross section of Yapandi community, Shongom LGA, Gombe State



Community member of Yateren in Shongom LGA, Gombe State demonstrating open defecation.



Facilitator addressing Yapandi community, Shongom LGA, Gombe State on infections.





# Women Lead the Way:

## Cultivating Change and Harvesting Hope in Bauchi and Nasarawa



**A**cross nine Local Government Areas in Bauchi and Nasarawa States, rural women are transforming their communities through the CASCADE Nigeria Project, growing Orange Flesh Sweet Potatoes (OFSP) and building resilient livelihoods using the Farmer Field Business School (FFBS) approach.

In Bauchi, Dass, Jama'are, Ningi, and Toro LGAs (Bauchi State), and Awe, Akwanga, Keana, and Lafia LGAs (Nasarawa State), women are cultivating OFSP with renewed purpose and harvesting with smiles on their faces. The joy of seeing their efforts yield both nutritious food and income is empowering them as farmers, entrepreneurs, and community leaders.

**"We're not just farming anymore, we're running businesses and fighting malnutrition,"** says Amina Umar from Ningi LGA.

Backed by the Dutch Ministry of Foreign Affairs and implemented by CARE, GAIN, and DEC, the project promotes OFSP for its rich vitamin A content, short growth cycle, and market appeal. Women are also learning value addition techniques turning OFSP into flour, puree, and snacks creating new income streams and healthier meals.

With each harvest, these women are not only feeding their families but also inspiring change — one smile, one field, and one sweet potato at a time.



Some women at Jama'are LGA in Bauchi harvesting their OFSP



A woman happily carrying her OFSP home after a harvest at Ningi LGA in Bauchi State



Women showing off their harvest at Akwanga LGA in Nasarawa state



Women at Keana LGA in Nasarawa state harvesting their OFSP



Women at Awe LGA in Nasarawa harvesting their OFSP



Some women at Dass LGA in Bauchi state harvesting their OFSP



Women happily showcasing part of their harvest at Dass LGA in Bauchi LGA



Women harvesting OFSP at Toro LGA in Bauchi state



# LEARNING FOR LIFE:

## REFLECT Training Empowers Communities



**A**t DEC Headquarters in Bauchi, a unique learning experience unfolded. Ten participants from five diverse communities, Nahuta (Bauchi State), Pilame and Yapandi (Gombe State), and Billa Gori/Billa Pilasigni (Borno State) got engaged in REFLECT Training sessions.

This adult literacy and empowerment initiative strengthens self-directed learning and development. Participants gained not just literacy skills, but also confidence and the tools to spark change in their communities.



DEC staff addressing the women at DEC HQ during REFLECT Training.



A participant from Yapandi, Shongom LGA, Gombe State responding to a question.



Presentation of homework assignment by the participant from Pilame community, Shongom LGA, Gombe State.



Group class work by the participants during the training.



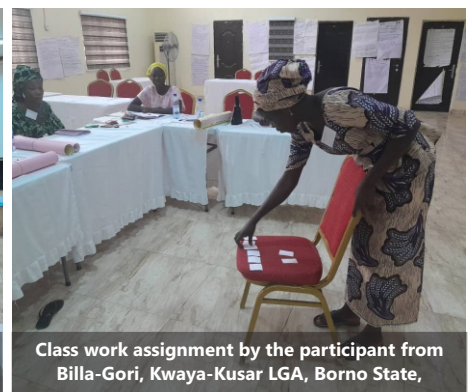
Group picture of all participants with DEC staff after the REFLECT Training at DEC HQ, Bauchi State.



Exercise to energise the participants during the training.



Recap of the previous activities by participants.



Class work assignment by the participant from Billa-Gori, Kwaya-Kusar LGA, Borno State.



# Building Smart Projects

## CBOs Get Boost in Project Management (SSPF Project)

The halls of DEC Headquarters in Bauchi recently echoed with learning, laughter, and leadership during an intensive Project Management Training session facilitated by the SSPF Project.

Thirty participants from fifteen Community-

Based Organizations (CBOs) took part in a dynamic experience led by expert facilitators Mrs. Titi Yakubu and Mr. Mike Mua'zu. Participants explored the building blocks of successful projects. The goal? To ensure CBOs are better prepared to create high-impact, sustainable initiatives.



Participant sharing experience during the training



Group discussion during training



Participant making remarks during the training session



Training facilitator in practical illustration mode



Group discussion during training



Participants during daily recap session





## Empowering Rural Farmers Through Pre-Season Training in Bauchi and Gombe States

In a proactive step towards improving agricultural productivity and resilience, a series of pre-season training sessions were successfully conducted across five farming communities: Midla-Galadima and Midla-Jagali in Kwaya-Kusar LGA, Pasagora and Jamu in Bauchi LGA, and Pilame in Shongom LGA. The training, held in anticipation of the 2025 cropping season, brought together a total of 242 enthusiastic participants.

The initiative focused on preparing farmers through knowledge-sharing, capacity-building, and practical demonstrations aimed at equipping them with essential skills for a successful farming season. Emphasizing the principles of Low Input Sustainable Agriculture (LISA)

Participants were also introduced to the use of demonstration farms, where Agricultural Extension Agents (AEAs) worked closely with cluster groups of 10–30 farmers. These clusters served as learning hubs for replicating best practices on individual farms, ensuring continuity and scalability.



Deposition of inorganic manure at the demonstration farm at Midla-Galadima, Kwaya-Kusar LGA, Borno State

The outcomes of the training were encouraging. Farmers left empowered with practical knowledge, innovative tools, and a renewed mindset toward sustainable agriculture. The initiative is expected to lead to improved crop yields, enhanced farm management, and stronger resilience against climate-related challenges.

As the rain begins, these farmers are not just sowing seeds into the ground—but also planting the promise of a more secure and sustainable future.



Agric extension worker addressing the community of Jamu, Bauchi LGA, Bauchi State.



Cross section of Jamu community members, Bauchi LGA, Bauchi State.

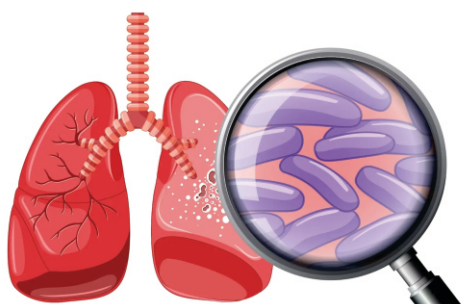


Midla-Jagali community of Kwaya-Kusar LGA, Borno State being addressed by an agric extension worker.



Pre-season training by agric extension worker at Pasogora community, Bauchi LGA, Bauchi State.





# World TB Day: DEC Ignites Hope In Unguwan Kwari



The T-shirt conveying the message for World TB Day.

In a powerful show of community care and awareness, DEC in partnership with Brot für die Welt commemorated World TB Day in Unguwan Kwari, Bauchi LGA, under the global theme **"Yes, We Can End TB!"**

The vibrant outreach brought together residents to learn about the causes, symptoms, and

treatments of tuberculosis. More than just a medical discussion, the event sparked a movement of knowledge and responsibility. Participants were encouraged to embrace early detection, seek free treatment services, and become health ambassadors in their communities.



DEC staff addressing the participants at the World TB Day



DEC staff addressing the participants at the World TB Day



Cross section of participants at the event.



A health personnel addressing the participants at the World TB Day.





Ongoing building project of DEC Conference Centre in Bauchi State



## Discover Comfort at DEC Guest House & Conference Centre

"Your Home Away from Home"



Receptionists at the Guest House



Group picture of Guest House staff



Cross section of Guest House staff during a Meeting



DEC Conference Hall



A Guest being attended to at the Guest House

Experience warmth, comfort, and professionalism at DEC Guest House & Conference Centre. Ideal for business retreats and relaxing getaways, we offer modern accommodations, fully equipped conference facilities, and personalized service. Whether you're hosting a meeting or unwinding in style, DEC provides a serene and secure environment for all. Come for comfort, stay for the experience!



Acting Guest House Manager in his office

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