

Impact Analysis of One Year of OneEgg Nigeria

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Abstract

OneEgg Nigeria is a chapter of OneEgg a day project designed to improve the nutritional needs of Nursery and Primary school-age children worldwide. OneEgg is committed to supporting and investing in sustainable suppliers of eggs and providing preschool age children with animal protein one egg at a time. OneEgg Nigeria is in partnership with Xavier University of Louisiana and started on 2nd October 2018 in Nigeria in a primary school in Okon, Essien Udim Local Government Area, Akwa Ibom State. This study was an Impact Analysis of One year of OneEgg Nigeria. Data for the study was generated from the school statutory documents and focus group interview. The result showed increase in weight, height, punctuality, regularity and performance among the pupil. The pupils also exhibited leadership quality and self-confidence. It was recommended that the OneEgg Nigeria should be expanded to cover more schools especially in rural communities.

Keywords: Basic education; Malnutrition; OneEgg Nigeria; Child development; Poverty

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1. Introduction

OneEgg Nigeria is a chapter of OneEgg a day project designed to upmake the nutritional need of Nursery and Primary school-age children around the globe. OneEgg was founded in 2010. Its mission is to empower economies, strengthen communities, and end acute malnutrition by providing free egg to children, hence, one egg at a time. Their goal is changing the world by freely providing one egg at a time. OneEgg is committed to supporting and investing in sustainable suppliers of eggs and providing pre/school age children with animal protein. This is done by providing them with one egg at a time. Animal protein from the egg is essential for physical and cognitive development (OneEgg, 2017a).

OneEgg a day started during a conversation and the sharing of common vision between a business man from Memphis, Tennessee, a church leader and leaders at Tyson foods. These three were deeply committed to delivering animal protein to the world's vulnerable children. They are now a network of passionate philanthropist serving people and into voluntary services (OneEgg, 2017b). It was like a dream in 2008, when Tyson Foods and Cobb-Vantress, Inc. brought animal agriculture to Rwanda. The purpose of the sustainable supply was to provide adequate protein in the diets of young children in Rwanda. In addition, it created employment to the local economy (OneEgg, 2017a).

OneEgg Partners include Tyson Foods, Cobb-Vantress, The American Egg Board and Nutrition Center, The Shyira Diocese of the Anglican Church, and the Church of the Ascension in Arlington, VA. Sponsorship - Money raised from generous sponsors provide more eggs to children, providing nutritional support to needy children. OneEgg chapters include: OneEgg Ethiopia, OneEgg Haiti, OneEgg Honduras Outreach Initiative, OneEgg Honduras Two Fish, OneEgg Mozambique, OneEgg Nepal, OneEgg Nicaragua, OneEgg Nigeria, OneEgg Rwanda, OneEgg Uganda, OneEgg Zimbabwe, OneEgg Morocco (OneEgg, 2018).

OneEgg now directly invests in providing eggs to the children through schools, orphanages and local churches. Since its inception, OneEgg has distributed well over 10,958,120 eggs for over 10,400 kids as they receive and eat one egg each day, in 11 countries where local chapters exist.

OneEgg a day is expanding globally with partners that share its core values and mission. Their key elements for success are: For "saving pennies a day you can partner with OneEgg to provide needed protein to kids." When Children are starved or given inadequate protein, they become stunted in their growth. OneEgg gets its egg supply from the community. Usually OneEgg has a local partner who does the general day to day running of the chapters. The local partner must be of the highest level of integrity, sincerity, dedication, sacrificial, zealous to the programme, and strong business acumen to run the OneEgg chapter with discipline and accountability. Eggs are locally sourced or secured from existing suppliers, or OneEgg may work with investors to build sustainable farms, which also provide jobs for the community (OneEgg, 2017a, 2017b, 2018).

OneEgg Nigeria came into existence on chance meeting between Rev. Chris Ordway and Rev. Father Etido Jerome in Honduras. They agreed to start the Nigeria Chapter. Father Etido Jerome, the University Chaplain and Director of Campus Ministry at Xavier University in New Orleans, Louisiana, was born in Nigeria and has a heart to serve there. Being in solidarity with people from a different culture with partnership with Xavier University of Louisiana's Office of Campus, he started the OneEgg Nigeria (OneEgg, 2017). The Rev gentleman contacted Very Rev. Dr Nsikak-abasi Udofia, a lecturer in University of Uyo, Uyo to coordinate the Nigeria chapter after due processes. Oneegg Nieria stated on 2nd October 2018 in a Primary School, in Okon, Essien Udim Local Government Area, Akwa Ibom State in Nigeria. The egg is sourced from a nearby farm, Nto Okpo, Okon, Essien Udim Local Government Area.

Nigeria is having worsening poverty rate and a vast majority are increasingly vulnerable with 40% of the country's population living below poverty line. Available statistics shows that 52% of those in rural areas are poor as opposed to only 18% of those in urban areas (WHO, 2020). Increasing vulnerabilities to poverty in Nigeria is not unconnected with the numerous crises that ravage the country. In some area there is outbreak of hostilities resulting in death of the citizen. Okon in Essien Udim local government Area is lucky to have to manage with communal crises only which has resulted in death and loss of properties. Consequently, there are many orphans and, in some areas, widows managing families some up to six children. To complicate matters, those who had moved out of the community to seek livelihood elsewhere have lost their lives one way or the other thus increasing the number of widows and orphans in the community. These poor families are the people in the public schools. There are private schools and of course those whose parent can afford are there.

For the poor it takes serious effort to eat. The issue of a balance diet is out of it. The issue is how to even have food to eat once in a day. Even the school children are also bread winners. When they return from school, they go to help the families to have income to even put food on the table. The children are poor, malnourished and vulnerable to various diseases. They are only in school courtesy of the free and compulsory education policy of the Akwa Ibom State Government. As observed by UNICEF, an estimated 2.5 million Nigeria children under the age of five suffer from Severe Acute Malnutrition (SAM) every year – an extremely dangerous condition that makes children nine times more likely to die from common childhood illnesses such as Diarrhea, pneumonia and malaria. Every year nearly 420,000 children under five years die as a result of these deadly diseases. This is why the egg a day was embraced with open arms as a welcome relieve when it was initiated in the community and Nigeria at large.

Creating OneEgg chapter in Nigeria solves present and future problems associated with protein malnutrition while at the same time creating wealth and employment for the unemployed youth. This tends to complement the Federal Government of Nigeria Home-Grown School Feeding (HGFSF) programme. Generally, in Nigeria there are economic crises and most families cannot provide necessary food to sustain themselves. The Federal and State Governments have taken measures to attract children to schools through the Federal Government Home-Grown School Feeding Programme, free tuition and the provision of infrastructure and other facilities to ease teaching and learning (Federal Government of Nigeria, 2015; Sanni, 2019).

The Federal Government Home-Grown School Feeding Programme is locally handled by smallholder farmers and is an intervention programme aimed at tackling hunger and improving nutrition among school children. However, they tend to depend on some social factors. One thing is certain there is starvation in the land for the poor citizens who are the majority. There is need for serious nutritional intervention especially for the children in Nigeria.

Meanwhile, the egg is a generic name for the female productive cell. Higher animals provide eggs for fertilization for reproductive purposes. Eggs make up part of the human diet. However, the commonly consumed eggs are the chicken egg. Statistics from the Food and Agriculture Organisation of the United Nations shows that world egg production rose to over 87 million tonnes by 2017. Incredibly nutritious, eggs are rich in various important nutrients. A whole egg contains the entire nutrient required to turn a single cell into a full chicken. A single large boiled egg contains. Vitamin A - 6%, folate - 5%, Vitamin B5 – 7%, Vitamin B12 – 15%, Vitamin B2 – 15%, Photosynthesis – 9%, Sodium – 22%, Eggs also contain some significant amount of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium and Zinc. This comes with 77 calories, 6 grams of protein and 5 grams of healthy fats. Egg also contains various trace nutrients that are important for health. In fact, eggs contain a little amount of almost every nutrient one needs. Pastured or omega-3 enriched eggs are even better. They contain higher amounts of Omega-3 and are much higher in Vitamins A and E. Egg is high in cholesterol, but it does not adversely affect blood cholesterol, Raise HOL (the good) cholesterol, contain choline – an important nutrient that most people do not get enough of, which is linked to a reduced risk of heart disease. Egg also contain lutein and zeaxanthin antioxidants that have major benefits for eye health, Omega-3 or pastured eggs lower tri-glycerides,

high in quality protein, with all the essential amino acids in the right proportions. Eggs are among the best dietary sources of choline, a nutrient that is incredible important but most people are not getting enough of (Gunnars, 2018).

Egg is very rich nutritionally. Growing children need much of eggs. The pupils in Nigeria are malnourished and need intervention. OneEgg has been giving children eggs for over one year now. At the time of writing this report over 46,750 eggs had been distributed by OneEgg Nigeria to over 250 children on a day-to-day basis. It has become expedient to find out the impact of the project on the pupils.

1.1 Research objectives

The main purpose of this study was to analyze the impact of the OneEgg-a-day programme. Specifically, the study sought to determine:

1. The effect of one-egg-a-day on the weight of the pupils.
2. The effect had one-egg-a-day on the height of the pupils.
3. The effect had one-egg-a-day on the punctuality of the pupil.
4. The effect had one-egg-a-day on the regularity of the pupil.
5. Other observable impact created by one-egg-a-day on the students.

1.2 Research Questions

The following research questions guided the study:

1. What effect had one-egg-a-day on the weight of the pupils?
2. What effect had one-egg-a-day on the height of the pupils?
3. What effect had one-egg-a-day on the punctuality of the pupil?
4. What effect had one-egg-a-day on the regularity of the pupil?
5. What were other observations?

3. Research Methods

This exploratory case study employed the static-group pre-experimental design. The study was conducted in Nigeria using the OneEgg Nigeria chapter. The 250 pupils involved in the study was the sample while twenty randomly selected pupils from school who were not part of the study were used to compare. The unstructured interview schedule was used to obtain administrative information and bio-data. The height and weight of the pupils where measured with a meter rule before the onset of the project, and measured at the beginning and end of every term. Punctuality and other information were obtained using the school statutory documents. Performance was obtained using the school routine continuous assessment method, the results were provided descriptively.

4. Results

4.1 Empirical recordings

Empirical data obtained from the study are presented below in figures 1 to 6. Data shows the impact of the one-egg-a-day programme on the height, weight, punctuality and performance of the students.

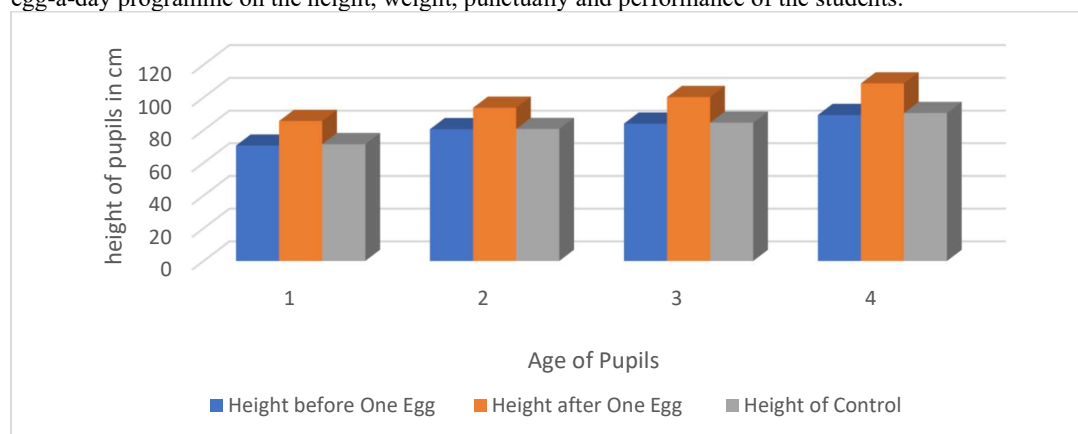


Figure 1: Height of female pupils during the programme

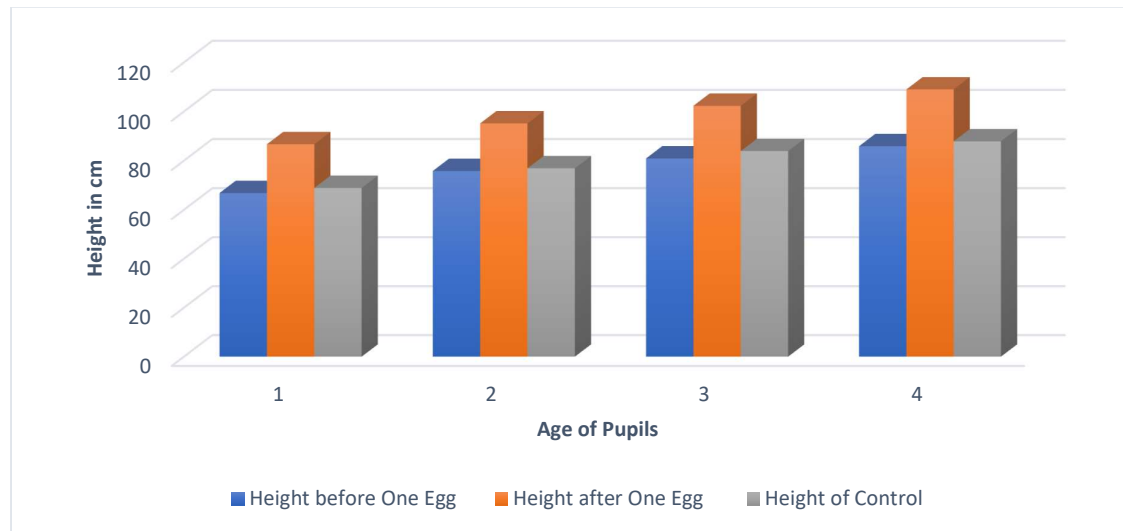


Figure 2: Height of male pupils during the programme

From Figures 1 and 2, it was observed that the height of the pupils increased when fed with one egg daily. However, the increase in height was more than those from schools where the pupils were not fed with one egg daily. The increase in height was observed in both the girls and the boys.

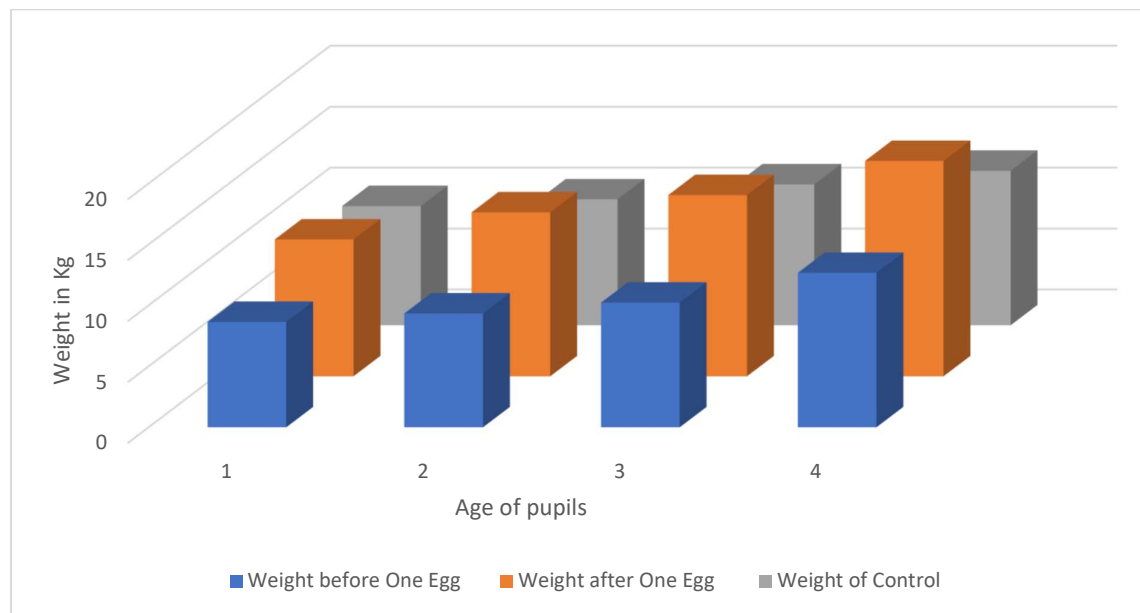


Figure 3: Weight of Female pupils during the programme

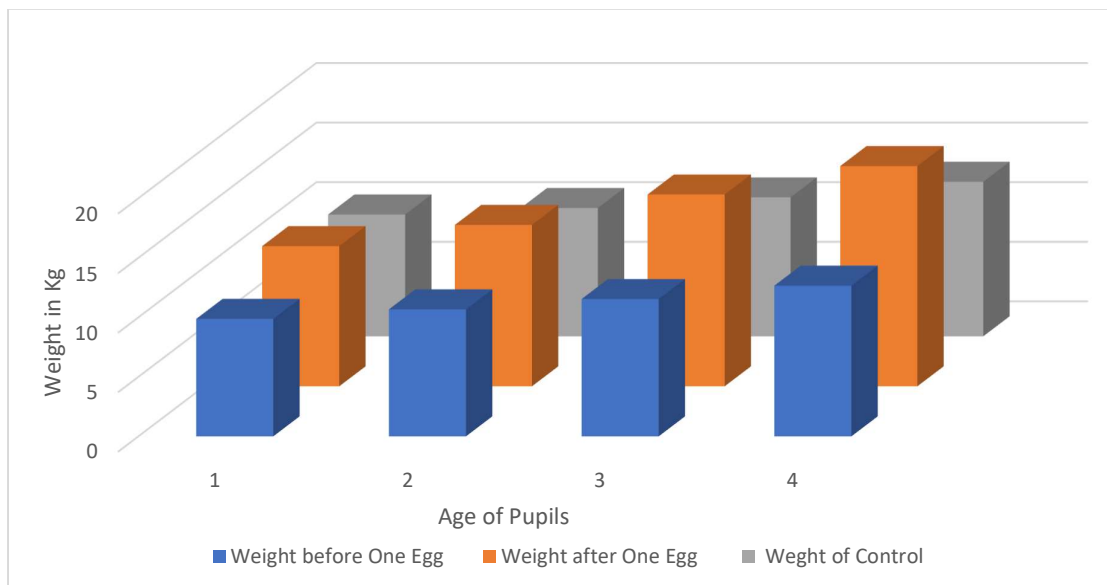


Figure 4: Weight of Male pupils during the programme

From Figures 3 and 4 it was observed that the weight of the pupils increased when fed with one egg daily. However, the increase in weight was more than those from schools where the pupils were not fed with one egg daily. The increase in weight was observed in both the girls and the boys.

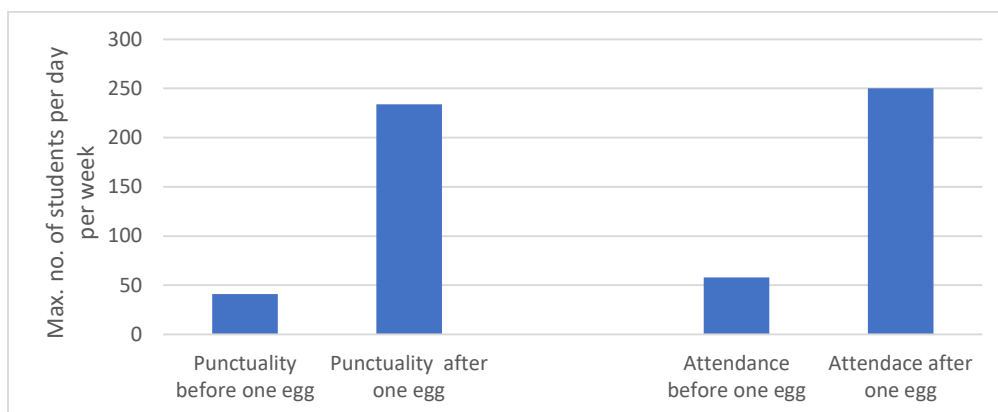


Figure 5: Punctuality and weekly school attendance

From Figure 5, a dramatic increase in punctuality and regularity (attendance) of the pupils to school was observed, in contrast with has obtained historically.

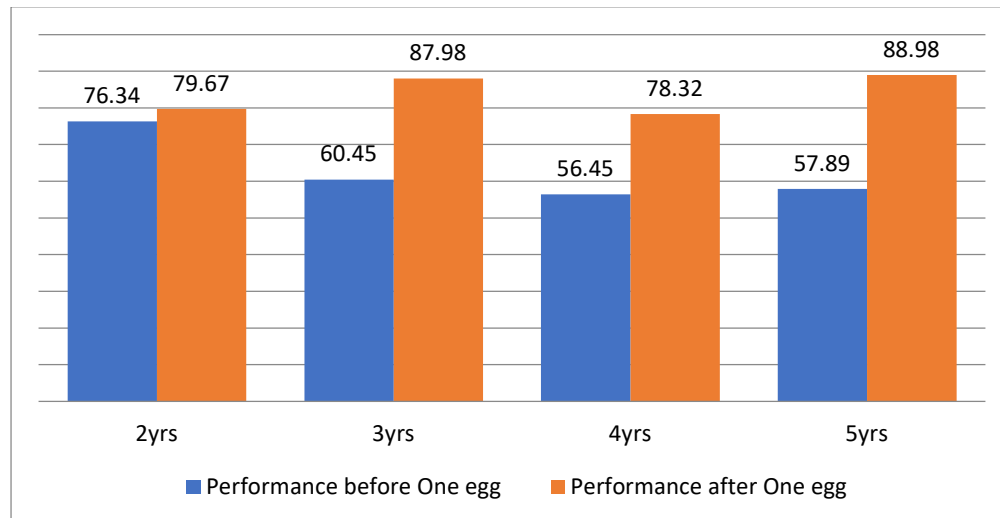


Figure 6: Performance in the last third terminal examination

From Figure 6, there was a dramatic increase in the performance of the pupils during the programme as compared with those of previous years.

4.2 Observation by teachers

The teachers who partook in the focus group interview made the following observation:

1. Apart from the increase in regularity, there was a dramatic increase in punctuality even during big market days and planting seasons which usually witness very low attendance. The school attendance obtained now is similar to what teachers normally obtain during the examination period.
2. They were more responsive and attentive during class lessons.
3. Pupils showed increase in activities, actually, most of the pupils became zealous, such that morning duties were competitively completed. Homework was done by all. Response to bell call was with alacrity and everyone was visibly happy.
4. The pupils tend to show increased interest in the school. They were proud of the school. They come to school early and readily participated in all school activities and almost all the time pupils were forced to go home after school.
5. The pupils developed very positive attitude toward the school programme. Initially some of the pupils because of the religious affiliation and differences in doctrinal and faith observance in denominations refused to collect eggs. However, by the time of assessment no child was rejecting the eggs. Rather the pupils became ambassadors of the programme.
6. It was also observed that there were fewer sick days, actually, there was no recorded case of illness in the period under review, this was contrary to what was obtained before, where at times a significant percentage of the class will fall sick.
7. The playing method of the pupils changed gradually, they tend to prefer more fashionable, dramatic, risky and energy sapping activities during playtime.
8. They became more creative in all aspects of life, especially during play.
9. The student became more sociable, they were not easily infuriated, rather they became more caring and concerned towards each other.
10. It was observed that there was increase in personal hygiene and general cleanness.

4.3 Observation by parents

The parents also made the following observation:

1. The parents on their part reported that the pupils showed greater maturity than their wards in other schools.
2. They were more studious, completing homework promptly at home.
3. They were more responsible, readily assuming leadership roles and becoming more involved in team work.
4. The parents equally observed that the student showed increased in self-confidence and were also

- displaying creativity more than ever.
5. In addition, the parents observed their increased confidence in utilizing English Language as a second language at home.
 6. The parents also observed that other parents who had pupils in other schools expressed a desire to move to their wards to the OneEgg school.
 7. Additionally, the parents reported that the pupils on the whole were stronger when it came to manual work irrespective of their age, the parent also observed that the children from the OneEgg school took greater care of their school items and placed greater value on them.
 8. In addition there were stronger physically, more so than their contemporaries.

5. Summary of the Findings

From the results presented above it could be concluded that there were marked increase in the height, weight, punctuality and regularity of the pupils under study. This could be attributed to the increased protein content in the diet of the children through the OneEgg a day project. The children in this community can scarcely eat twice in a day and what they eat is mostly carbohydrate. School attendance skyrockets which as observed by OneEgg (2017) the OneEgg makes the difference! It was also observed that even unknown pupils now come to school and mothers allow their underage children accompany their sisters to school instead of carrying them on their backs to farm or market. The students were also more responsible and took greater interest in the school and activities. According to the head teacher, the children now pay more attention during lessons and are eager to learn. Even the community leaders are seeing the change in the pupils from the school. The older students are helping out to encourage and teach the younger children. They teach the children good hygiene and even how to crack and eat an egg (OneEgg, 2017).

6. Recommendations

Based on the positive results of this study, the following recommendations are put forward:

1. Everyone is encouraged to open OneEgg a day chapter in their countries.
2. Where OneEgg exist it should be expanded to involve more children.
3. Other philanthropic programs should be opened to take care of the nutritional and educational needs of the children.
4. All hands should be on deck to assist OneEgg Nigeria to grow.

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