**Transforming Adolescent LivE through NuTrition/TALENT**

**FGD Guideline**

**Jimma, Ethiopia**

**Record FGD No**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DIRECTION**:

**Self-introduction (researchers)**

Good morning/afternoon everyone! I would like to welcome and thank for coming to participate voluntarily in this focus group discussion. My name is \_\_\_\_\_\_\_ \_\_\_\_\_\_\_, and my colleague next to me is \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_. Both of us are from Jimma University. My role in this group is to facilitate the discussion while my colleague is to observe, take notes and a record of the discussion.

**Aim of the study**

You are being invited to participate in this discussion because we would like to hear about your thoughts, feelings and experiences about adolescent nutrition and health where you live. We are conducting this study to understand what adolescent eat, what is their food/diet preference, how nutrition changes through adolescence, why these changes happen, and how they influence health. Therefore, we would like to ask you about your physical activity and diet habits. There is no right or absolutely perfect answer, and all of your opinions and feedback is respected and valued. Everyone’s opinion is a different view and understanding of a given scenario. We are interested in all aspects of your experiences, including both positive and negative statements. If there are some questions that you wish not to discuss here in the group, you are allowed to do so. However, you are highly appreciated and encouraged to answer and discuss all the questions as much as you can.

**Clarification of process**

We may not be able to catch-up and write/note everyone’s valuable opinion during the discussion. So, to avoid loss of information you are making here, the discussions will be audio-taped. The audio-taped record will be kept secured until verbatim (word by word as it was reported during the discussion) transcription is made for analysis. The record will immediately be discarded after transcription. The transcribed note will contain no names, identifiers or information that would link you to your data. All the information you are providing will confidentially be protected except if disclosure is instructed by a court of law. If there is serious danger of harm to other, the information will be discussed (disclosed) to seek help from legal body or health institutions.

**Participants will be given chance to list rules during the discussion.**

**General rules**

* Active and thoughtful participation is encouraged
* Everyone will have chance to reflect their view/opinion
* One person will speak at a time
* There is no absolutely right or wrong answer, but every response is equally important
* Everyone is respected and will not be judged because of the opinion he/she reflected
* The information we discuss here will not be disclosed for third body
* I request you to discuss all the questions as accurately and truthfully as possible
* Name or identifiers will not be used in the report

Refreshment with tea and coffee is available meanwhile in the break time.

Do I have your permission to continue this discussion?

1. **Yes 2. No**

**Some background characteristics**

1. Code: \_\_\_\_\_\_\_\_\_
2. Sex: \_\_\_\_\_\_\_\_\_\_\_
3. Age: \_\_\_\_\_\_\_\_\_\_\_\_ years old
4. Family contact Address:

Kebele\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specific Got\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

House number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Family name:

Father\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Family phone number

Mobile \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Local \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. School (Grade) level: \_\_\_\_\_\_\_\_\_\_ grade
2. School name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. School type: private/public: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Introduction**

Interviewer and observer – will introduce themselves

Participants – will also introduce themselves

**Context and health**

**Context**

1. What is your neighborhood like? (prompt: what do you like/dislike?)
2. Where do you commonly spend your time after school?
   1. What do you do?
   2. Whom you spend the time?

**Diet/food related**

1. What did you ate/drink for your breakfast today?
   1. How your breakfast differs from your lunch and/or dinner?
   2. What makes that difference?
2. List down all the type of food/drink available to you!

(Use the pen and white paper)

* 1. Categorize them as health and unhealthy

1. Do you feel you have a choice over what you eat or drink?
   1. What determines your choices?
   2. Do your choices differ from your friends?
   3. If so, how?
2. Do you think people should change their current food /drink preference?
   1. In what way? How?
   2. What makes it easy or difficult to change what a young person eats/drinks?
3. How do you think we can help people to change their choice of food /drink? Prompts: How do you think that would work? How would people your age respond to that?

**Health**

1. What does it mean to be healthy? (Who are healthy people?)
2. What are the characteristics of healthy people?

**Thank you all!!** These are all what I have about food and health and will proceed to next section. But before proceeding to the next section, do you have any questions or addition on what have been discussed?

**Physical exercise**

1. How you spend the day?

* What activities/jobs do you commonly perform?
* (e.g., do you walk to school, do housework, any school sports, sports teams participation etc etc)
* What makes you engage in these activities

1. What do you think about physical activity?

* What makes it enjoyable/not enjoyable?

1. What/ who determines your level of physical activity?

* How? What makes the decision easy or difficult?

1. What do you think the relation between physical activity and health?

* What makes you think this way?

1. What is easy/difficult to be physically active?

* What makes it easy/difficult? /how

1. How do you think we can help people to stay physically activity?

* What makes it easy to help them/how?

**Thank you once again**!!! These are all what I have for discussion.

But before closing this FGD, do you have any questions or addition on what have been discussed?