

IMPACT OF DIGITAL LITERACY PROGRAMMES AND FAMILY NUTRITION KNOWLEDGE AMONG OLDER ADULTS SURVIVAL IN OTO /AWORI LCDA

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ABSTRACT

This study investigated impact of Digital Literacy Programmes and Family Nutrition Knowledge among Older Adults Survival in Oto Area of Lagos State. Two objectives and null hypotheses were formulated to guide the focus of this work. Survey research design was adopted by the researcher since the design is out to study a large population with the intention of generalisation. Population for this study consists all adults from the age of 60years and above in Oto area of Lagos State. Simple random sampling technique was used to select 120 Older Adults across Oto area of the State. A self-developed 18- items scale titled, "IDLPaFNKOASQ" Impact of Digital Literacy Programmes and Family Nutrition Knowledge among Older Adults Survival Questionnaire was used to collect data. Responses were generated using agreed and disagreed format. Content validity of the scale was determined by two experts in Adult Education Department, Lagos State University of Education, Lagos State as Cronbach-alpha a reliability form with index of 0.801 was derived. Pearson Product Moment Correlation, PPMC, was used analyse generated data and tested at 0.05 significant level. The findings revealed that digital literacy programmes and family nutrition knowledge have positive impacts on Survival of Older Adults in Oto Area of Lagos State. This study concluded that communal efforts must be promoted to venture into agriculture at the grassroots levels. It recommended that younger adults need be enlightened and informed on nutritional knowledge needed for quantity and quality of food required in the body to stay healthy.

Keywords: Digital Literacy Programmes, Family Nutritional Knowledge, Older Adults, Food Classification, Health

1.0 INTRODUCTION

The Oto Awori people just like every other inhabitants of the riverine areas are predominantly farmers, fishermen and artisans known for basket-mat weaving, coconut cultivation and fishing. The Oto-Awori people including residents are part of the Awori subgroup of the Yoruba race and are recognized as the original inhabitants of Lagos State. With a rich historical background and culture, the community enjoys government presence like Federal Government College, FGC, Postgraduate Medical School, PGMS, Adeniran Ogunsanya College of Education, AOCOED now Lagos State University of Education, LASUE, Eko Medical

Hospital, EMS among others (The Guardian News, April 13th, 2023). There is a high expectation that with the location of these institutions in Oto community, use of technology in the community will be earnestly embraced.

The incorporation of technology into human activities has brought novelty, uniqueness and dynamism in the way and manner human activities operate. Technology have successfully modified mode of information sourcing and generation, plausible solutions to health related issues, provide timely interventions to poor nutritional education, provide social support where older adults and family members use the platform to assist themselves in advancement of nutritional knowledge. This skill promotes intergenerational bonding which enhance digital emotional relationship which would improve health and well-being of older adults (Ogbolu, Esegbue, Okonkwo & Aduloju, 2024).

Digital literacy programmes have increasingly become essential tools in empowering older adults in communities as these skills navigate the rapidly evolving digital landscape (Elegbede, et. al. 2024). These programmes provide older adults with the capacity to access Ehealth information connect with healthcare professionals and engage in social communication. In urbanized areas where technology adoption is on the rise, equipping the elderly population with these digital skills help fosters inclusivity and independence. The growth of digital literacy among older adults enhances their quality of life by reducing isolation and enabling access to online ehealth services and government resources (Adebayo & Ojo, 2021).

The integration of digital literacy with nutrition education has proven particularly impactful. Older adults with access to digital tools can engage with online platforms that provide nutrition information, meal planning tools, and healthy recipes (Idhalama, Makori & Oredo, 2025). This is especially important in cosmopolitan cities where dietary transitions influenced by urban lifestyles contribute to a rise in non-communicable diseases such as hypertension and diabetes. Digital platforms allow older individuals to become more proactive in managing their diets, thereby reducing dependence on family members and caregivers for nutritional advice (Ogunleye & Ayoola, 2022).

Family nutrition knowledge also plays a crucial role in supporting the health and well-being of older adults. In the urban context and Lagos inclusive where multigenerational households are common, informed family members can significantly influence the dietary habits of the elderly. Families that possess sound nutrition knowledge are more likely to prepare balanced meals, recognize signs of malnutrition, and ensure that older adults receive adequate hydration and nutrient intake. According to Okafor et al. (2020) there is a strong correlation between the nutritional literacy of family caregivers and the dietary quality of older adults in urban Nigerian settings.

Moreover, the convergence of digital literacy and family nutrition education can create a synergistic effect. When both the elderly and their family members are digitally literate and nutritionally informed, they can collaborate on health management strategies using technology (Idhalama, & Nwachukwu, 2025). For instance, older adults can track their diets using mobile applications, while younger family members can assist in interpreting the data and making informed food choices. This collaborative approach reinforces intergenerational support systems and fosters healthier living conditions.

Challenges remain, however, in reaching all segments of the older adult population in Lagos. Barriers such as low baseline education levels, digital access disparities, and cultural attitudes towards technology can limit the effectiveness of digital literacy programmes. Furthermore, there is a need for culturally tailored nutrition education that considers local food availability, economic constraints, and traditional dietary preferences. Programmes must be designed to be inclusive, accessible, and contextually relevant to maximize their impact (Nwankwo & Adegbite, 2023).

Government and non-governmental organizations have a critical role in scaling up these programmes. By investing in community-based initiatives and training local facilitators, digital literacy and nutrition education can be disseminated more widely among older adults. Pilot projects in Lagos suburbs such as Ikorodu and Surulere have demonstrated success when programmes are integrated with primary healthcare services and community centers (Eze & Lawal, 2022). These localized efforts help build trust and improve programme uptake.

The intersection of digital literacy and family nutrition knowledge presents a promising avenue for improving the health outcomes of older adults in Oto Community of Lagos State. These programmes not only empower older individuals but also strengthen family and community support structures. A coordinated approach involving policy makers, health professionals, and community leaders is essential to ensure sustainability and widespread impact. As the aging population in Lagos continues to grow, fostering digital and nutritional empowerment will be key to promoting healthy aging.

2.0 STATEMENT OF THE PROBLEM

Older adults in Nigeria face a growing digital divide that limits their ability to access essential services, social networks, and health-related information. Despite the proliferation of digital tools and mobile technologies, many older Nigerians lack the skills needed to navigate the digital space effectively. This digital illiteracy contributes to social isolation, reduced access to telehealth services, and a general inability to participate in the digital economy. The absence of targeted digital literacy programs for this age group leaves them at a disadvantage in a rapidly digitizing world, widening generational inequalities in knowledge and opportunity.

Simultaneously, poor family nutrition knowledge remains a pressing issue among Nigerian households, particularly affecting the elderly. Many older adults experience malnutrition or diet-related chronic conditions due to inadequate awareness of healthy dietary practices. Studies indicate that both rural and urban households often lack basic nutrition education, leading to poor food choices and unbalanced diets. This problem is exacerbated by cultural misconceptions, economic constraints, and limited access to nutrition information tailored to older adults' specific needs. The consequences include heightened vulnerability to illnesses, diminished physical function, and decreased quality of life.

The intersection of digital illiteracy and poor nutritional knowledge presents a compounded challenge for older adults in the community especially in Oto area of the State. Without digital literacy, they would be unable to access online nutrition resources, virtual healthcare, or community support programs that could help improve their dietary habits. Conversely, insufficient nutrition knowledge undermines their ability to maintain a healthy lifestyle, even if digital tools are available. Addressing this dual problem requires integrated interventions that

simultaneously promote digital skills and nutrition education, ensuring that older adults are not left behind in health, social inclusion, or national development agendas.

2.1 Purpose of the study

This study identified two objectives for this work and they include:

- assess how digital literacy programme impact older adults survival in Oto metropolis of Lagos State.
- evaluate how family nutrition knowledge impact older adults survival in Oto metropolis of Lagos State

Hypotheses

H01: There is no significant impact of digital literacy programmes on older adults survival in oto

H02: There is no significant impact of family nutrition knowledge on older adults survival in oto

2.2 Significance of the study

The outcome of this study will be relevant to the following stakeholders:

Teachers too will find the outcome of this study useful as it will equip them with the skills to access and utilize digital platforms as these programmes create an opportunity for them to engage with health related information, including content on family nutrition and healthy living which can be taught in schools; Adult education practitioners will find the result of this study useful as they will be better informed on appropriate and adequate composition of food that children are expected to consume to stay health; Parents will find the outcome of this work relevant as it will provide older adults nutritional knowledge needed for survival

3.0 RESEARCH METHODOLOGY

This study employed Survey research design type by the researcher. This design seeks to study a large population with the intention of generalisation. Population for this study consist all adult between the age of 60 years and above in Oto area of Lagos State. Simple random sampling technique was used to select 120 Old adults across Oto area of the State. The study designed 18- items scale titled, "IDLPaFNKOAS" Impact of Digital Literacy Programmes and Family Nutrition Knowledge among Older Adults Survival Questionnaire was used to collect data. The instrument was divided into three Sub-Scales and responses generated through Agree and Disagree response format. Content validity of the scale was determined by two experts in Special and Adult Education Departments, Lagos State University of Education, Lagos State as Cronbach-alpha a reliability form with index of 0.801 was derived for the scale and used to determine the reliability of the instrument. Pearson Product Moment Correlation, PPMC, was used analyse generated data and tested at 0.05 significant level.

3.1 Data Presentation and Interpretation

H01: There is no Significant Impact of Digital Literacy Programmes on Older Adults Survival in Oto

Table 1: PPMC Showing Impact of Digital Literacy Programme on Older Adults Survival

Subjects	N	Mean	SD	r-cal.	Sigl	Decision
Digital Literacy Programme	120	2.53	0.85	0.769	0.003	Reject H0 ₁
Older Adult Survival	120	1.94	0.45			
Total	120					

Source: Field work (2025)

Table 1 shows that 120 participants were involved in this work, digital literacy programme recorded a higher mean and standard deviation of 2.53 and 0.85 to 1.94 and 0.45; the study established a positively high relationship of 0.769; At 0.003, significance was established hence the null hypothesis rejected and alternative which shows that Digital Literacy Programmes have a significant impact on Older Adults Survival in Oto area of Lagos State.

H02: There is no Significant Impact of Family Nutrition Knowledge on Older Adults Survival in Oto

Table 2: PPMC Showing Impact of Family Nutrition Knowledge on Older Adults Survival

Subjects	N	Mean	SD	r-cal.	Sigl	Decision
Family Nutrition	120	2.66	0.71	0.804	0.012	Reject H0 ₂
Older Adult Survival	120	1.94	0.45			
Total	120					

Source: Field work (2025)

Table 2 shows that a total of 120 respondents were involved in this study as family nutrition knowledge recorded a higher mean and standard deviation of 2.66 and 0.71 to 1.94 and 0.45; the study established a positively high relationship of 0.804; At 0.012, significance was established hence the null hypothesis rejected and alternative which shows that Family Nutrition Knowledge have a significant impact on Older Adults Survival in Oto area of Lagos State.

4.0 DISCUSSION OF FINDINGS

Result from hypothesis one shows that Digital Literacy Programmes have a significant impact among Older Adults Survival in Oto area of Lagos State. This finding corroborates with study conducted by the National Information Technology Development Agency (NITDA) (2021) that advocated for intensive efforts from Digital States Initiative (DSI) and the Digital Literacy for All (DL4ALL) programme. These initiatives are saddled with the responsibility of training

thousands of Nigerians, particularly youths and adults, in essential digital skills including information retrieval and online navigation. According to the agency, NITDA (2021), equipping adults with the skills to access and utilize digital platforms and e-programmes would create opportunities for them to successfully engage in sourcing for health-related information, content development on family nutrition and healthy living. Embracing digital literacy would encourage quality life style.

The result from hypothesis 2 shows that Family Nutrition Knowledge have Significant Impact among Older Adults Survival in Oto area of Lagos State. However the study corroborates with study of Okafor (2020) that claimed informed family members can significantly influence the dietary habits of the elderly. In Oto communities older adults displayed high level of nutritional knowledge where carbohydrates related foods are complimented with other classes of food. Locally Oto residents prefer fresh sea foods, carbohydrates, vegetables and lots of water. However, they also admitted that the current economic surge in prices of food makes it impossible for them to ration their food intake in required proportion as an average adult in Oto is abreast with nutritional knowledge needed to survive and stay healthy. This finding disagrees with study by Ajayi, et. al. (2021) who disclosed that only 15.9% of adults demonstrated good nutritional knowledge, with many lacking awareness about fiber intake, energy balance and micronutrients.

5.0 CONCLUSION

This study investigated the Impact of digital literacy programmes and family nutrition knowledge among Older Adults Survival in Oto area of Lagos State. It however concluded that in order to live a healthier lifestyle which enhances survival of older adults in Oto area of Lagos State, there is need for adequate and proper sensitization on the positives associated with digital literacy programmes especially on healthy food composition. The study also concluded that communal efforts to promote and encourage agriculture at the grassroots level should be encouraged.

5.1 Recommendation

The researcher among others recommended the following:

- Young adults need be enlightened and informed on nutritional knowledge as it helps in composing quantity and quality of food needed in the body to stay healthy
- Proper advocacy programmes need be provided to the public on the composition of nutrients available in the various food classifications.
- Digital Literacy Programmes need be made compulsory in public and private schools in the State since IT remains a global platform where timely and sensitive information can be sourced especially those that concerns nutritional knowledge.

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