

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	Impact-plus Youths Involvement in Nutrition at Community Level.
<b>DIALOGUE DATE</b>	Thursday, 17 October 2024 09:30 GMT +02:00
<b>CONVENED BY</b>	James Zimba, National Campaign Coordinator, World Vision Zambia, Chansa Nakazwe, Nutrition Specialist, World Vision Zambia
<b>EVENT LANGUAGE</b>	English
<b>HOST LOCATION</b>	Pemba, Zambia
<b>GEOGRAPHIC SCOPE</b>	Chief Moyo, Pemba District
<b>AFFILIATIONS</b>	World Vision Zambia
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/54949/">https://nutritiondialogues.org/dialogue/54949/</a>



The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward - particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

16

## PARTICIPATION BY AGE RANGE

0	0-11	04	12-18	08	19-29
04	30-49	0	50-74	0	75+

## PARTICIPATION BY GENDER

09	Female	07	Male	0	Other/Prefer not to say
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## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	0	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	1	Other (please state)

## OTHER STAKEHOLDER GROUPS

The Impact-Plus Youth Movement is a community-led organization of young people who have come together to make a difference through community service. They have been trained in advocacy, child protection, and entrepreneurship skills.

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The whole team is rural-based and is from poor families. The group is native to the area therefore there were no issues of ethnicity.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

The meeting began with introductions among the participants. This was followed by a definition of terms to be used in the discussion, including nutrition, malnutrition, stunting, wasting, and mortality. Furthermore, the group discussed matters related to food security at households, and clearly, from the start, participants indicated alarming statistics on the hunger situation caused by Elnino in the last farming season. Participants indicated that dependence on rain-fed farming is the leading cause of food insecurity in the community. Secondly, due to the poverty situation in most, if not all, households, people turn to selling most of their produce after harvest to get the income needed to support children in school and other necessities. The team also strongly talked about the lack of crop diversification among peasant farmers, mainly due to a lack of income to purchase other seeds. They also raised concerns about fertilizer availability from the farmer input support program, saying that only a few people received the support. Concerns were also raised about traditional land in the area, and it is difficult for youths to own land for farming as most of the land belongs to chiefs, and they tend to rent it out at high rates. This discourages most young people from engaging in agriculture as a source of income.

## DISCUSSION

Impact-Plus Youths Involvement in Improving Nutrition at the Community level. The open-ended questions included but were not limited to the following. ☒ What do you think are some causes of malnutrition in our communities? ☒ What are the feelings or concerns about nutrition in our community? ☒ How can we ensure good nutrition for all in our community? ☒ What actions might be needed to ensure good nutrition for our community? ☒ Who needs to be involved to enable us to achieve good nutrition for all in our community? What are your recommendations for improving nutrition in our community?

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

Among other nutrition challenges Impact-plus Youths faces is reliance on one type of food called nshima (made out of corn mealie meal). The food is eaten with vegetables only from the gardens since the land is dry due to the severe drought experienced last season. Secondly, mono-cropping has led to the production of mainly one ty of crop supported by the government through the fertilizer support program. Poor and exhaustion lead to very poor harvests even when rainfall is adequate. The area where this dialogue meeting occurred is a cattle-keeping hub in Zambia; however, most of the milk collected is sold to milk-producing and packaging companies instead of consumed at home. The whole idea is to earn income to sustain family needs. According to participants, some families do have food that is locally produced and has a variety; what they lack is the knowledge of how to prepare it and the times for eating, especially for children. Furthermore, participants indicated that the community's knowledge levels are low in nutrition and that they should be doing what they can to improve it.

## URGENT ACTIONS

The first action is to request the government, through the Ministry of Agriculture, to widen and diversify the scope of the Fertilizer Input Support Program to include groundnuts, soya beans, sweet potatoes, fruits, etc. This action will encourage farmers to diversify their farms and harvest the necessary crops to provide nutrition at home. Secondly, they submitted that Youths must be allowed to participate in farming. Due to land matters, most Youths are discouraged from farming as land is not readily available for such ventures. Youth empowerment came out very strongly to improve nutrition in the community because income generation leads to a better life and food availability. Traditional leaders must provide the much-needed land to promote food production in the area. Churches and other civil society organizations need to help with knowledge dissemination and conduct practical cooking lessons, especially for pregnant and lactating mothers. This will help reduce ignorance regarding the consumption of nutrient-dense foods. Youths recommended the training of farmers on the use of organic fertilizers as opposed to dependent on FISP from the government or buying from commercial dealers.

## AREAS OF DIVERGENCE

The views did not divert at all because this group is born and bred in the area.

## OVERALL SUMMARY

Impact-Plus Youths are a formidable force in transforming the nutrition landscape. They deeply understand how vulnerable communities are to hunger and malnutrition. The dialogues showed us that as much information as is available on nutrition in urban areas, rural areas have no means of getting it and do not know what they should do to resolve nutrition issues. It was good to learn that youths have the solution to nutrition issues; they don't have the resources to engage meaningfully with households to change the situation. The message from Youths is advocacy on behalf of the vulnerable people in the community, requesting government and nongovernment organizations to step in and rescue the current situation. The session was a lesson for us as facilitators that solutions may not come from us but from the communities themselves.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

The principles of engagement were tabulated by the SUN-Movement, where participants were given an equal chance to participate and encouraged to voice their concerns. All views were respected and taken into account.

## METHOD AND SETTING

The dialogue occurred in a classroom/hall setting because it was very hot outside. We deployed a semi-circle arrangement to ensure everyone was within the facilitator's eyes for effective participation. During recommendation time, the team was put in small groups for closer consultations and discussions, and then they presented their resolutions in the plenary session.

## ADVICE FOR OTHER CONVENORS

Understand your environment and tailor your dialogue meeting to what is prevailing.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

I want to acknowledge Mr. Matthew Sakala, the DF for Moyo Hamaundu AP, the Matron for Impact-Plus Youths at Kauba Primary School, and Chansa Tembo, Nutrition Specialist from our Health TP, for making this session possible. I also want to acknowledge the youths who turned up for this event.

## ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-plus-2-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-Plus-3-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-Plus-4-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-plus-5-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-plus-6-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/Impact-plus-7-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/10/CamScanner-10-31-2024-16.28-scaled.jpg>