

OFFICIAL FEEDBACK FORM

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| DIALOGUE TITLE | Stakeholder Dialogue- Watawala Area Programme- Sri Lanka |
| DIALOGUE DATE | Monday, 25 November 2024 14:00 GMT +05:30 |
| CONVENED BY | Lavanya Suriyakumar |
| EVENT LANGUAGE | Tamil |
| HOST LOCATION | Watawala, Sri Lanka |
| GEOGRAPHIC SCOPE | Watawala Area Programme |
| AFFILIATIONS | Event will be conducted as part of the Baseline interactions , we are conducting for ENOUGH campaign. |
| DIALOGUE EVENT PAGE | https://nutritiondialogues.org/dialogue/55081/ |



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

11

PARTICIPATION BY AGE RANGE

0 0-11

0 12-18

0 19-29

11 30-49

0 50-74

0 75+

PARTICIPATION BY GENDER

11 Female

0 Male

0 Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, Youth Groups and Students

2 Educators and Teachers

0 Financial Institutions and Technical Partners

0 Healthcare Professionals

0 Information and Technology Providers

0 Marketing and Advertising Experts

0 News and Media (e.g. Journalists)

0 Science and Academia

0 Sub-National/Local Government Officials and Representatives

5 Women's Groups

0 Civil Society Organisations (including consumer groups and environmental organisations)

0 Faith Leaders/Faith Communities

0 Food Producers (including farmers)

0 Indigenous Peoples

0 Large Business and Food Retailers

0 National/Federal Government Officials and Representatives

4 Parents and Caregivers

0 Small/Medium Enterprises

0 United Nations

1 Other (please state)

OTHER STAKEHOLDER GROUPS

NA

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

All the women participating are representing the tea plantation communities in Sri Lanka. They include parents, members of Mother Support groups, preschool teachers, mothers of children under five, pregnant and lactating women, and mothers of adolescents. All of them are already involved in World Vision Lanka's Health and Nutrition interventions, either as partners or beneficiaries. A few of them also work as tea pluckers.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The consultation began with participants introducing themselves. The purpose and goals of the Nutritional Dialogues were then shared. The discussion started informally, focusing on their daily routines, such as when they wake up, cook, and provide meals for their families, as well as when they eat themselves. The women were very engaged while discussing their daily lives. We explained that the outcomes of the Nutrition Dialogues would be synthesized into key messages and evidence-based recommendations, which would be used for national-level advocacy and lobbying. Once everyone was settled, we shared some current nutrition statistics. Specifically, we highlighted data from the National Nutrition Month Summary Report 2024, which showed that the Nuwara Eliya district, where they live, has the highest rate of underweight children under five in the country. Additionally, the estate sector has the highest percentage of underweight children under five compared to rural and urban sectors, as well as one of the highest rates of low BMI among pregnant mothers and low birth weight reports. This information set the stage for a productive discussion.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2024/12/Stakeholder-dialogues-Eng-3.pdf>

DISCUSSION

The discussion utilized a simple and familiar tool to help participants share their ideas and opinions. They created a tree with flowers, fruits, birds, branches, and roots. The tree represented their village, with flowers symbolizing the current status and issues of nutrition, fruits representing the desired future for nutrition in their community, birds indicating threats to achieving that future, branches representing key stakeholders and their roles, and roots symbolizing the actions needed to achieve good nutrition in the community. The participants were actively engaged and enthusiastically shared their thoughts and ideas.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Focus on Under-Five Children: Our nutrition efforts often concentrate solely on children under five, neglecting adolescents and women.
2. Underutilized Resources: We are not fully utilizing the available resources for better nutrition.
3. High Miscarriage Rates: There is a noticeable high rate of miscarriages.
4. Insufficient Age Gaps Between Children: Small age gaps between children lead to inadequate attention for older children and poor maternal nutrition.
5. Unattractive Food Preparation: Food items are not prepared in ways that attract children.
6. School Children's Nutrition: School-going children often have poor eating habits, focusing more on studies and having fewer meals.
7. High Tea and Biscuit Consumption: The high consumption of tea and biscuits, seen as comforting due to the weather, negatively impacts children's eating habits.
8. Inadequate Water Intake: Children, especially girls, do not drink enough water due to poor toilet facilities and water connections at schools.
9. Grandparents' Influence: Grandparents often give children sweets and junk food, conflicting with parents' efforts to provide nutritious snacks and causing family tensions.
10. Distractions During Meals: Children often use smartphones and watch television while eating, leading to poor eating habits.
11. Insufficient Meals: Many children only have one substantial meal a day, with other meals being insufficient.
12. Lack of Awareness: There is a lack of awareness about the importance of balanced diets and traditional foods.
13. Need for Community Programs: Community programs and school initiatives could help educate families about nutrition.

URGENT ACTIONS

1. Encourage Home Gardening: Foster a culture of growing fruits, vegetables, and herbs at home to ensure fresh and healthy produce.
2. Utilize Local Resources: Maximize the use of locally sourced ingredients like fresh milk and seasonal vegetables to support local farmers and ensure nutritious meals.
3. Make Food Appealing for Children: Prepare meals in creative and visually appealing ways to attract children and encourage healthy eating habits.
4. Engage Fathers in Childcare: Actively involve fathers in feeding and raising children to promote shared responsibilities and strengthen family bonds.

AREAS OF DIVERGENCE

Grandparents are usually seen as a support system for raising children, especially when it comes to feeding. However, many young mothers feel threatened by them. One mother said, "We learn a lot about nutrition from public health midwives. When we try to use this knowledge to feed and care for our children, our in-laws often criticize us. They say we're not raising the children the right way, and sometimes our husbands agree and give the kids processed and unhealthy food. This leads to family conflicts." Children also love spending time with their grandparents because they get sweets and salty snacks like toffee and chips, which makes it hard for mothers to manage.

OVERALL SUMMARY

The discussion was very productive, as participants shared their personal experiences and found common ground regarding the nutrition of children and women. Participants noted that while there are many educational programs focused on the nutrition of children under five, but less emphasis is given once children start school. At school age, the priority often becomes academic performance rather than nutrition. Children frequently choose extra tuition classes over meals, leading to a pattern of skipping breakfast due to the rush to get to school on time. Also school children refrain from drinking water because of the lack of toilet facilities at the schools. Many women feel that sacrificing their own meals is part of their duty when caring for their families. When there are young children in the house, women's nutrition often becomes the lowest priority, especially when managing tight family budgets. Most women reported that they prepare meals based on their husbands' or children's preferences, rather than their own. Overall, the discussion highlighted the challenges faced by both children and women in maintaining proper nutrition, and the need for a balanced approach that considers the well-being of all family members.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The simplified "Tree" tool facilitated a highly interactive session, allowing participants to share their experiences and opinions freely. All the women felt comfortable discussing family-related issues, particularly those involving husbands and in-laws, in the context of nutrition. The tool's visual and structured approach encouraged active participation and made it easier for everyone to express their views. These strategies helped to create a more engaging and productive consultation experience, ensuring that all participants feel heard and valued.

METHOD AND SETTING

The consultation was arranged in a school where everybody can access easily. Also considered the time where every woman can participate without a hurry.

ADVICE FOR OTHER CONVENORS

Make sure that every participant get enough time to express their view, because some participants tend to speak more with regard to the issues and other do not get chances.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our gratitude to World Vision Lanka's Area Programmes and the community volunteers for organizing the dialogue despite the adverse weather conditions caused by a cyclone in Sri Lanka. Additionally, the feedback forms were prepared in the local language to ensure accurate and unfiltered responses. At the National office, we translated these documents into English.

ATTACHMENTS

- **Women sharing their opinions-Photo**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-4-1.jpg>
- **Group having an informal discussion-Photo**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-7-2.jpg>
- **Photo of the completed tool**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-10-scaled.jpg>
- **Women working in group**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-11-scaled.jpg>
- **Contextualized simple tool for the discussion**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/The-tree-Tool-Stakeholder-dialogue-2.pdf>
- **National Nutrition month report 2024**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/National-Nutrition-Month-Summary-Report-2024-4.pdf>