

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Children's Consultations on Child Hunger and Malnutrition - Luzon
WORKSHOP DATE	Tuesday, 2 January 2024 08:00 GMT +08:00
CONVENED BY	Christle Grace R. Cubelo - Health and Nutrition Program Manager, World Vision Philippines
EVENT LANGUAGE	Filipino/English
HOST CITY	Antipolo, Philippines
GEOGRAPHIC SCOPE	Luzon Island
AFFILIATIONS	World Vision Philippines
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55236/



The outcomes from Children's workshops will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and young people. Each Workshop 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

82

PARTICIPATION BY AGE RANGE

32 12-15

50 16-18

PARTICIPATION BY GENDER

50 Female

32 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Children participants came from various World Vision-supported areas in Luzon, both from rural and urban communities. They were a mix of boys and girls, aged 10 to 18 years, and some are active leaders and members of youth and socio-civic organizations in their respective communities.

SECTION TWO: FRAMING

The session began with a brief introduction of participants, followed by an explanation of the objectives of the consultation. A brief introduction of key concepts on hunger and nutrition, including the illustrated depiction of nutrition situation and common factors affecting nutrition in the country's context.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The children identified both undernutrition and overnutrition as issues but focused primarily on undernutrition. Majority of them mentioned that they knew someone who are malnourished.

They linked malnutrition to poverty, food insecurity, unhealthy food choices, neglect, and other systemic barriers.

A key concern is limited access to nutritious food. While food may be available, it often lacks essential nutrients. Poverty worsens this issue by restricting families' ability to afford balanced meals, forcing reliance on low-quality options. Hunger and food insecurity, closely tied to poverty, were frequently mentioned as barriers to meeting nutritional needs.

The prevalence of unhealthy food choices, such as junk food, was also highlighted. These readily available but nutrient-deficient foods contribute to malnutrition, failing to provide the "right amount of nutrients." This behavior reflects gaps in awareness and education about proper nutrition, with some children equating eating large quantities of food with adequate nutrition, rather than understanding the importance of food quality and balance.

Beyond hunger, neglect and social challenges emerged as critical factors. Neglect, whether due to abusive environments or caregivers' inability to provide adequate nutrition, further worsens the issue. These harsh living conditions limit children's access to and benefit from proper nutrition.

Other broader issues, such as climate change, overpopulation, unemployment, and lack of support to agricultural sector were also linked as causes of malnutrition.

URGENT RECOMMENDATIONS FOR ACTION

The following are the children's recommendations to address the issues of hunger and malnutrition:

- Support communities with free seedlings and implement sustainable farming, such as urban gardening, and better use of natural resources
- Establish groups/organizations that provide support to those suffering from hunger and malnutrition, and offer livelihood programs to reduce poverty
- Address the inflation and lower the prices of goods to make food more affordable for families
- Ensure effective implementation of programs to address hunger, and malnutrition, such as feeding programs, child growth monitoring, and health services
- Increase wages and create more job opportunities
- Provide direct food and financial assistance

AREAS OF DIVERGENCE

While all participants broadly agree on the need to address hunger and malnutrition, their views differ in focus, proposed solutions, and perceived root causes of the problem.

Some emphasized direct and immediate interventions, such as food assistance, free seedling distribution, and financial aid, while others highlighted broader, long-term solutions like addressing poverty and unemployment by reducing food costs, increasing wages, and promoting sustainable livelihoods.

The proposed interventions also vary in scope, targeting individuals through feeding programs, communities through gardening and agricultural livelihoods, or macro-level reforms such as reducing inflation and lowering food prices.

These variations reflect diverse perspectives on how to effectively achieve food security and combat malnutrition.

OVERALL SUMMARY

The children's perspectives on hunger and malnutrition highlight an awareness that extends beyond their personal experiences to include broader social and economic factors. Their views on malnutrition reveal an understanding of both undernutrition and overnutrition: they recognize that malnutrition involves imbalanced diets, not just inadequate food. Children primarily highlighted undernutrition, linking it to poverty, food insecurity, unhealthy food choices, neglect, and other systemic barriers. They emphasized the limited access to nutritious food, the prevalence of unhealthy food options like junk food, and the impact of neglect and harsh living conditions. Broader issues like climate change, overpopulation, unemployment, and lack of agricultural support were also seen as contributors to malnutrition. In their recommendations, they call for sustainable farming initiatives, creating organizations to assist those suffering from hunger, addressing inflation to reduce food prices, ensuring effective program implementation, increasing wages, and providing direct food and financial assistance. These insights underscore the need for both immediate and long-term efforts to tackle malnutrition and hunger comprehensively.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The dialogue with children adhered to the principles of engagement. The focus was to ensure that every child participant was engaged in expressing their thoughts about nutrition, how to address it, and how they can also contribute to improving nutrition in their community. No marketing or promotion of any products were included in the activity.

METHOD AND SETTING

The event was conducted in a resort in Antipolo City, Rizal. The activities include small group discussions, use of metacards, collage making, and sharing of their outputs. Throughout the entire consultation process, strict safeguarding measures were observed in accordance with World Vision's Child and Adult Safeguarding Policy. This policy, grounded in WVDF's broader commitment to child protection, ensures that children are safe from harm during all program activities.

ADVICE FOR OTHER CONVENORS

1) Ensure consent forms and child safeguarding policy are upheld throughout the activity. 2) Be mindful of the time allotment per activity. 3) Facilitators should be trained in probing further ideas and concepts shared to deepen the discussion.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the World Vision Luzon Field Office team for organizing the event and assisting with gathering of children. Likewise, we also extend our thanks the Advocacy and Engagement, Child Protection and Participation, Health and Nutrition Team, and the Strategy Management, Impact and Learning (SMIL) teams for their support. A special mention goes to Ms. Shanerisse Tamondong, SUN Youth Network Coordinator, for serving as one of the resource persons for the event.