

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue with Children in Wattala, Sri Lanka
WORKSHOP DATE	Friday, 22 November 2024 15:30 GMT +05:30
CONVENED BY	Lavanya Suriyakumar
EVENT LANGUAGE	Sinhala
HOST CITY	Colombo, Sri Lanka
GEOGRAPHIC SCOPE	Wattala Area Programme
AFFILIATIONS	World Vision Lanka- Area Programme - Impact plus clubs
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55466/



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

13

PARTICIPATION BY AGE RANGE

11 12-15

2 16-18

PARTICIPATION BY GENDER

11 Female

2 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The discussion on nutrition took place with thirteen children aged 12 to 16 participating despite continuous rain. All participants were from a low-income urban area. The group included a mix of ages. In terms of religious representation, there were four Christians, five Buddhists, and four Muslims. Ethnically, the group consisted of four Muslims and nine Sinhalese. These children come from families where the parents work as daily wage earners.

SECTION TWO: FRAMING

The discussion started with an ice breaker to ease the environment. And started with the questions on key topics, including why nutrition is important and what nutrition actually means. The importance of considering children's opinions on nutrition was emphasized. The purpose and process of nutritional dialogues also discussed. Participants also explored the factors and problems affecting children's nutrition and discussed the future they envision regarding nutrition. The children actively shared their ideas and suggestions on these topics, contributing to a lively and engaging conversation.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Lack of access to nutritious food due to economic difficulties.
- Overweight and malnourished children as a result of poor nutrition.
- The need to restrict food intake due to limited resources.
- Neglect by parents in ensuring proper nutrition for children.
- Children experiencing illness caused by low levels of nutrition.
- Addiction to fast food, leading to unhealthy eating habits.
- Addiction to mobile phones, contributing to an inactive lifestyle and poor dietary choices.

URGENT RECOMMENDATIONS FOR ACTION

1. Provide nutritious food: Ensure children have access to a balanced diet at schools and preschools.
2. Monitor growth: Regularly measure children's height and weight to track their physical health, not just for those under five.
3. Minimize food waste: Promote practices that reduce food wastage at home and in schools.
4. Encourage physical activity: Motivate children to exercise regularly to maintain good health and fitness.
5. Offer proper nutrition and care: Combine nutritious food with emotional support and care for overall well-being.

AREAS OF DIVERGENCE

NA

OVERALL SUMMARY

During the one-hour-plus discussion among the children, several important topics were covered. They explored the concept of nutrition and its significance, emphasizing the importance of a balanced and nutritious diet. The children identified key nutritional problems in their community and discussed potential solutions that community leaders could implement. They also shared their views, attitudes, and opinions on nutrition, highlighting the importance of engaging with children to understand their perspectives on related challenges. Additionally, the discussion included the role of physical activity in maintaining good health and the need for emotional support and care alongside proper nutrition. The children actively participated, contributing valuable insights and suggestions. The discussion also highlighted several actionable points: ensuring children have access to a balanced diet at schools and preschools, regularly measuring children's height and weight to track their physical health, promoting practices that reduce food wastage at home and in schools, motivating children to exercise regularly to maintain good health and fitness, and combining nutritious food with emotional support and care for overall well-being.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The children engaged actively while respecting others' viewpoints. All children were given the opportunity to talk and express their opinions. They listened attentively to each other, fostering an inclusive and supportive environment. The approach encouraged a healthy exchange of ideas and ensured that every child's voice was heard and valued. The children also practiced empathy, considering the perspectives and experiences of their peers, which enriched the overall dialogue.

METHOD AND SETTING

The venue was selected to be accessible for all children. Since it was heavy rain the lighting was little dim.

ADVICE FOR OTHER CONVENORS

Engaging with the children in a friendly manner and creating a comfortable space for them to share made it easier for them to express their knowledge and opinions about child nutrition.

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 workshop 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

- **Children making collage**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-09-at-17.46.12_921931ef.jpg
- **Children showing the collage they made**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-6-1-scaled.jpg>
- **One of the boys engaging in a group activity**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-09-at-17.46.14_2ee56160.jpg