

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue with Children in Rideegama Area Programme, Sri Lanka
WORKSHOP DATE	Monday, 25 November 2024 14:00 GMT +05:30
CONVENED BY	Lavanya Suriyakumar- National Campaign Manager, World Vision Lanka & Johanne Rebeira- Campaign Coordinator, World Vision Lanka
EVENT LANGUAGE	Sinhala
HOST CITY	Kurunegala, Sri Lanka
GEOGRAPHIC SCOPE	Rideegama Area Programme
AFFILIATIONS	World Vision Lanka- Rideegama Area programme Impact plus club children
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55492/



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

12

PARTICIPATION BY AGE RANGE

7 12-15

5 16-18

PARTICIPATION BY GENDER

7 Female

5 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Representatives from child societies, encompassing various age groups, communities, and diverse knowledge backgrounds, participated in the dialogues. All the children were from Sinhala speaking communities whose families are mostly engaged in agriculture, small businesses and daily wages. Rideegama is located in the Kurunegala District (North Western Province, Sri Lanka).

SECTION TWO: FRAMING

The discussion began with an ice breaker to help the group relax. It included conversations about the concept of nutritional dialogues, the reasons for engaging children in these discussions, and the importance of their voices in the process. Topics such as the significance of nutrition for children, the current nutritional status among children (including issues like underweight, stunting, and obesity), and ways to improve nutrition were briefly discussed.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Economic challenges: Many families struggle to afford nutritious food due to financial difficulties.
2. Lack of nutritional knowledge: There is a widespread lack of understanding about proper nutrition within the community.
3. Parental inactivity: Some parents are not actively ensuring their children receive nutritious meals.
4. Children skipping meals: Many children regularly miss meals, which affects their overall health.
5. Peer influence: Children often adopt unhealthy eating habits from their friends.
6. Low nutrition awareness: Both children and adults lack awareness about the importance of good nutrition.
7. Family disharmony: Conflicts within families can disrupt meal planning and food preparation.

URGENT RECOMMENDATIONS FOR ACTION

1. Encourage eating local, nutritious foods: Promote the benefits of consuming locally grown, healthy foods within the community.
2. Involve stakeholders in food safety: Engage local leaders, businesses, and community members in discussions and actions to maintain high food safety standards.
3. Hold food suppliers accountable: Ensure that businesses providing food understand their responsibility to offer nutritious options.
4. Improve export processes: Streamline the export of nutritious local produce while addressing the issues caused by importing less nutritious foods.

AREAS OF DIVERGENCE

While the economy was seen as a factor in nutrition, it was noted that a strong economy doesn't always mean better nutrition. The children pointed out that wealthier families tend to eat more fast food, which is less nutritious.

OVERALL SUMMARY

The children identified key nutritional problems in today's society and discussed how they, as child leaders, can help address these issues. They proposed solutions they could implement themselves and emphasized the importance of community involvement. They highlighted the need for collaboration with authorities and stressed that a collective effort from all stakeholders is essential to effectively tackle these nutritional challenges.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The children shared accurate ideas in a friendly discussion, respecting each other's opinions and actively listening. They engaged openly, ensuring everyone had a chance to speak and contribute. This respectful and inclusive approach fostered a positive environment for exchanging ideas and finding solutions.

METHOD AND SETTING

The seating arrangement was in a circle and the venue was arranged in a place for all children to access easily. Even though it was raining children managed to participate and give their fullest corporation.

ADVICE FOR OTHER CONVENORS

NA

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 the collage together**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-11-25-at-19.39.39_7faa0b4f-scaled.jpg
- **Group photo of the children**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-11-25-at-19.39.41_5e6dc309-scale_d.jpg
- **Children having a discussion on the collage**
https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-11-25-at-19.39.41_c559de17-scale_d.jpg
- **National Nutritional Month report- 2024**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/National-Nutrition-Month-Summary-Report-2024-1.pdf>