

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Better nutrition, Better future.
WORKSHOP DATE	Saturday, 23 November 2024 10:00 GMT +06:30
CONVENED BY	Naw Phoebe, Advocacy Lead, World Vision International Myanmar
EVENT LANGUAGE	Myanmar
HOST CITY	Yangon, Myanmar (Burma)
GEOGRAPHIC SCOPE	township level
AFFILIATIONS	Dagon Seikkan Area Program
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55545/



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

20

PARTICIPATION BY AGE RANGE

17 12-15

3 16-18

PARTICIPATION BY GENDER

17 Female

3 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The 20 children who participated in the dialogue session came from different villages but mainly participated in child groups. The majority are Bhamar children from rural areas and Buddhists. Their socio-economic status varied; some parents are odd-job workers, and some run small businesses (selling vegetables, and snacks, small home grocery shops).

SECTION TWO: FRAMING

The workshop started with an introduction to the WVIM ENOUGH campaign and the objectives of conducting dialogues with them. The convenor requested to share the issues children face in their areas, their current concerns, and recommendations on actions to be taken related to children's nutrition. As Dagon Seikkan is a polluted area with original natives as well as migrants from other parts of Myanmar, poverty is obvious which impacts children's nutrition and development. Children who participated in the workshop have faced such an experience as their parents struggle with daily survival.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Children shared their views on the high inflation that their parents are facing which affects their daily lives. The unsafe food, chemically dyed food, and ready-made (fast-food) like canned food are easily available and children prefer them and consume them. Families with many members (e.g. parents with 5 children) cannot afford to buy healthy and nutritious food as food prices are high. Children eat unhealthy junk food at schools and unhygienic food from street vendors that can make them sick, unhealthy and malnutrition. Those food are less expensive and easy to access. Many people are jobless, some face job insecurity and daily wages are very low compared to the high price of food impacts children's food insecurity and malnutrition. In farming, farmers overuse chemical fertilizers in their crop planting which could create disease when consuming the vegetables/fruits exposed to chemicals. Children, especially street children inhale glue which makes them not hungry and damages their health. Children and youth use drugs as a way to cope with negative emotions that they want to forget their stress and problems. Some malnourished children were born from the child as a result of child marriage. Child marriage is a root cause of child labor, divorce, drug use, and exploitation. Additionally, many working children are malnourished.

URGENT RECOMMENDATIONS FOR ACTION

Children want their parents to know the importance of family planning as they experience the problem in the families, especially of many children. Their income could not accommodate the expenses and they could not adequately provide for their children. Another issue that they've raised is early marriage. Child marriages should be prevented until individuals are mature enough to support themselves and their future children. Financial management is the skill to provide for a family with low income. Family planning is important. They also request to raise awareness on reproductive health and the importance of nutrition to children and young people, vendors from street & school and their parents. The communities needs to engage in activities like Nutrition Week, highlighting balanced nutrition and low-cost cooking for better health. Educational sessions should cover adolescent reproductive health, family planning, and abortion prevention, alongside life skills, leadership, and peer education on child marriage. Promote knowledge on gender awareness, LGBTQ+ support, drug awareness (the consequences of drug use), and safe internet use. The nutrition initiatives should be extended to schools to advocate for comprehensive knowledge on the link between nutrition and seasonal diseases, and to empower adolescents and teachers.

AREAS OF DIVERGENCE

There is not much divergence in this dialogue in terms of nutrition-related discussion. However, children raised the issue of child marriage, and due to the early conception of the baby, some did abort the child which harms the child itself. If not abortion, then the child gave birth to the baby and most are malnourished. Parents with many children also faced difficulties to properly feed the all the children. So they highlighted to focus on providing awareness and support on Reproductive health (adult and adolescent) as well as family planning.

Another area of discussion includes the use of drugs by the children which affects their nutrition because when they use drugs, they don't feel hungry and they do not eat, which harms their nutrition status. Thus, they want to also educate adults to give attention to the teens.

The interesting part is to include LGBT children when talking about children's issues including nutrition.

OVERALL SUMMARY

On 23 November 2024, there was children workshop on nutrition conducted in Dagon Seikkan township, Yangon region, Myanmar.

Children shared their views on the high inflation that their parents are facing which affects their daily lives. Families with many members (e.g. parents with 5 children) cannot afford to buy healthy and nutritious food as food prices are high.

Many people are jobless, some face job insecurity and daily wages are very low compared to the high price of food impacts children's food insecurity and malnutrition.

In farming, farmers overuse chemical fertilizers in their crop planting which could create disease when consuming the vegetables/fruits exposed to chemicals.

Child consume and prefer unsafe food, chemically dyed food, and ready-made (fast-food) like canned food which are easily available and accessible. Children eat unhealthy junk food at schools and unhygienic food from street vendors that can make them sick, unhealthy and malnutrition. Those foods are less expensive and easy to access. Children, especially street children inhale glue which makes them not hungry and damages their health. Children and youth use drugs as a way to cope with negative emotions that they want to forget their stress and problems.

Some malnourished children were born from the child as a result of child marriage. Child marriage is a root cause of child labor, divorce, drug use, and exploitation. Additionally, many working children are malnourished.

Urgent Action

Children want their parents to know the importance of family planning to get birth spacing. They also request to raise awareness on reproductive health and the importance of nutrition to children and young people, vendors from the street & school, and their parents. Financial management is also important for the families.

Another issue is to prevent early marriage. The individuals should be mature enough to support themselves and their future children. Educational sessions should cover adolescent reproductive health, family planning, and abortion prevention, alongside life skills, leadership, and peer education on child marriage.

Promote knowledge on gender awareness, LGBTQ+ support, drug awareness (the consequences of drug use), and safe internet use.

The nutrition initiatives should be extended to schools to advocate for comprehensive knowledge on the link between nutrition and seasonal diseases, and to empower adolescents and teachers.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Focus group discussion method is used for children's workshops. The child Protection technical advisor facilitated the dialogues with two note-takers who helped her to record the discussion. The dialogue place was in a building located in the town area. Children from different villages came to join the workshop to share their views on nutrition.

METHOD AND SETTING

WVM Dagon Seikkan Area program team for organizing the event. WVM Child protection technical advisor for facilitating the workshop with children. Staff of the area program who involved in every steps of the preparation. Children who joined the workshop.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Many thanks to the Child Protection team for helping to conduct the children's workshop and the Dagon Seikkan Area program team for organizing to bring 20 children to the workshop, arranging the venues, food, and transportation for the children. Thanks to the field team to conduct risk assessment was conducted before the children's workshop.

ATTACHMENTS

- **A girl child sharing her thoughts in children nutrition**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/7W2A1566-scaled.jpg>
- **A facilitator leading children workshop**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/7W2A1581-scaled.jpg>
- **A girl child sharing her thoughts in children nutrition**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/W259-0380-016-scaled.jpg>
- **A girl child sharing her thoughts in children nutrition**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/W259-0380-018-scaled.jpg>
- **A girl presenting in plenary session**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/W259-0380-023-1-scaled.jpg>