

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	The Nutrition Nexus: Connecting people, ideas, and solutions
<b>DIALOGUE DATE</b>	Friday, 6 December 2024 11:00 GMT +03:00
<b>CONVENED BY</b>	Edgar Onyango, National coordinator, SUN CSA Kenya Event announced on behalf of the Convenor by: Charlyne Kirui. To provide professional expertise, technical support, and logistical assistance to ensure the nutrition dialogue is well-organized, inclusive and impactful. Feedback published on behalf of Convenor by: Charlyne Kirui. To provide professional expertise, technical support, and logistical assistance to ensure the nutrition dialogue is well-organized, inclusive and impactful.
<b>EVENT LANGUAGE</b>	English
<b>HOST LOCATION</b>	Bomet, Kenya
<b>GEOGRAPHIC SCOPE</b>	Community Level
<b>AFFILIATIONS</b>	Scaling up Nutrition civil society Alliance ( SUN CSA )
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55606/">https://nutritiondialogues.org/dialogue/55606/</a>



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

40

## PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	12	19-29
23	30-49	5	50-74	0	75+

## PARTICIPATION BY GENDER

23	Female	17	Male	0	Other/Prefer not to say
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## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

5	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
7	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	4	Food Producers (including farmers)
3	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	1	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
2	News and Media (e.g. Journalists)	8	Parents and Caregivers
2	Science and Academia	2	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
6	Women's Groups	0	Other (please state)

## OTHER STAKEHOLDER GROUPS

N/A

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

Our dialogue in Bomet County was inclusive, bringing together individuals from diverse backgrounds. Participants included farmers, teachers, business owners, and students, representing a mix of rural and urban communities. The dialogue highlighted varying perspectives shaped by socioeconomic differences, with voices from both lower-income and wealthier groups. Ethnic diversity was also prominent, fostering a rich exchange of ideas and experiences.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

The stakeholder dialogue in Bomet focused on improving maternal and child health through better nutrition. During the introduction, facilitators highlighted the local context, emphasizing that Bomet County has a predominantly agricultural economy but faces significant challenges in nutrition. These include seasonal food shortages, poor dietary diversity, and high rates of malnutrition among women and children. Concerns were raised about deficiencies in essential nutrients such as iron and vitamin A, which contribute to conditions like anemia and stunted growth in children. Participants discussed the impact of pollution, limited access to clean water, and inadequate healthcare services on nutrition outcomes. The dialogue aimed to address these issues by fostering collaboration among stakeholders, raising awareness about the importance of balanced diets, and exploring sustainable solutions to enhance food security and nutrition in the community.

## DISCUSSION

Our discussion topic focused on ensuring the good health of mothers and babies during the first 1,000 days. Open-ended questions included: What food should be given to infants and young children? What should mothers eat during pregnancy to support healthy growth? How can we effectively address and combat malnutrition in Bomet County? These questions aimed to explore practical, sustainable solutions to improve maternal and child nutrition in the community.

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

Participants in the dialogue identified several nutrition challenges affecting their communities. One key issue is inadequate knowledge about food preparation and proper nutrition, leading to unbalanced diets that fail to meet nutritional needs. Many participants expressed a lack of understanding of food groups and how to combine them effectively to ensure dietary diversity.

Another challenge is the reliance on herbal remedies over medical interventions, which can delay proper treatment for nutrition-related health conditions such as anemia or malnutrition. This cultural preference for herbal solutions often stems from limited access to healthcare or distrust in medical systems.

Additionally, the lack of mixed farming practices in the region has reduced access to diverse food sources. Many participants noted that mono-cropping and a focus on cash crops have limited the availability of essential food items like fruits, vegetables, and protein sources.

Seasonality also plays a significant role, with food shortages during certain periods of the year leading to inconsistent nutrition. These factors and economic constraints make it difficult for families to maintain balanced diets.

The dialogue underscored the need for education on nutrition, food preparation, and farming practices to improve the health and well-being of mothers and children in particular.

## URGENT ACTIONS

Participants in the Bomet dialogue identified several urgent actions to address the county's nutrition challenges. First, they emphasized promoting mixed farming to increase access to diverse food groups. This approach would ensure households grow a variety of crops, including fruits, vegetables, and protein-rich foods, rather than relying solely on cash crops like tea.

The participants also highlighted the importance of adopting kitchen gardening as a practical solution. Kitchen gardens would allow families to grow nutritious foods close to home, making it easier to prepare balanced meals using locally available ingredients. This would particularly benefit households where parents are preoccupied with tea farming and have limited time for meal preparation.

Another key recommendation was to raise awareness about the benefits of a balanced diet and train communities on how to use locally available foods to meet nutritional needs. This education would involve teaching proper food preparation techniques and addressing cultural barriers that prioritize income generation over nutrition.

Participants stressed the need to encourage the use of medical interventions over herbal remedies for nutrition-related health issues, particularly for mothers and children. They proposed conducting community-based health campaigns to build trust in medical solutions and improve healthcare access.

To move these actions forward, participants suggested engaging local agricultural extension officers, health workers, and schools to provide training and resources. Additionally, they called for collaboration between local government, non-governmental organizations, and community leaders to support initiatives like kitchen gardening and mixed farming. These efforts would help ensure sustainable improvements in household nutrition and overall well-being.

## AREAS OF DIVERGENCE

During the dialogue in Bomet, participants expressed a range of views, opinions, and positions, reflecting the community's diverse perspectives on nutrition and health. While there was broad agreement on the need to improve maternal and child nutrition, some divergence emerged around the methods and priorities for achieving this goal.

One key area of divergence was the reliance on herbal remedies versus medical interventions. While some participants valued traditional herbal practices due to cultural beliefs and affordability, others emphasized the need to transition toward medical solutions for addressing malnutrition and related health issues, arguing that they are more effective and scientifically proven.

Another differing viewpoint concerned farming practices. While many supported mixed farming as a sustainable solution, some participants, particularly tea farmers, were hesitant. They viewed cash crops like tea as a more reliable source of income and felt that balancing mixed farming with tea farming might require significant behavioral and resource changes.

Opinions also varied on kitchen gardening. Although most participants recognized its potential, some doubted whether busy families, especially those deeply involved in tea farming, would have the time or motivation to implement and maintain home gardens without external support.

Lastly, there were differing views on the role of education and awareness. Some participants believed that focusing on nutrition education alone would address the problem, while others argued that systemic issues like poverty, limited access to healthcare, and seasonal food shortages needed equal attention.

Despite these differences, the dialogue fostered mutual understanding and common ground, with participants agreeing on the urgent need for collaborative solutions and the importance of improving nutrition for mothers and children.

## OVERALL SUMMARY

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# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

## PRINCIPLES OF ENGAGEMENT

The Bomet County dialogue upheld principles of engagement through inclusivity, transparency, and respect. Facilitators were briefed beforehand to ensure diverse representation, including farmers, teachers, health professionals, and community leaders. This preparation ensured all voices, from both rural and urban areas, were heard. Competing interests, such as prioritizing cash crops versus nutrition-focused farming, were identified in advance. Facilitators were trained to manage these differences by fostering respectful discussions and guiding participants toward consensus. Transparency was emphasized, with participants encouraged to disclose affiliations, such as ties to the tea industry, ensuring open and unbiased conversations. This approach allowed for critical evaluation of suggestions while maintaining trust among stakeholders. Overall, the dialogue fostered a safe, inclusive space for collaboration and unified action on maternal and nutrition challenges.

## METHOD AND SETTING

The Nutrition Dialogue in Bomet took place at Cheptingting Dispensary, with tents set up outside for in-depth discussions. The event was combined with a graduation ceremony, where fathers and mothers who completed training were awarded. The dialogue focused on the first 1,000 days, emphasizing maternal and child health. The setting, a mix of formal and informal elements, fostered a relaxed atmosphere that encouraged active participation. Facilitators used an inclusive approach, ensuring diverse

## ADVICE FOR OTHER CONVENORS

For other convenors planning a similar dialogue, it's important to create a welcoming and inclusive environment, ensuring all voices are heard. Combine formal and informal settings to foster a relaxed yet productive atmosphere. Engage participants by linking the dialogue to local events or milestones, like graduations or training completions, to increase interest and attendance. Ensure diversity in the participant group, and be prepared to manage differing views or competing interests.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to Bomet County, County Nutrition Coordinators, and County Community Focal Persons for their invaluable support and collaboration. Our appreciation also goes to World Vision for leading the Nutrition Dialogue initiative together with the 4SD Foundation. Finally, we sincerely thank our funders for their generous contributions, which have made this initiative possible. Your collective efforts and dedication are instrumental in advancing sustainable solutions.