

OFFICIAL FEEDBACK FORM

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| DIALOGUE TITLE | Ekdara Unites for Nutrition |
| DIALOGUE DATE | Monday, 2 December 2024 10:30 GMT +05:45 |
| CONVENED BY | Shyam Adhikari Event announced on behalf of the Convenor by: Priscilla Dhakal. Facilitator Feedback published on behalf of Convenor by: Priscilla Dhakal. Facilitator |
| EVENT LANGUAGE | Nepali |
| HOST LOCATION | Mahottari, Nepal |
| GEOGRAPHIC SCOPE | Rural Municipality |
| DIALOGUE EVENT PAGE | https://nutritiondialogues.org/dialogue/55788/ |



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

53

PARTICIPATION BY AGE RANGE

| | | | | | |
|----|-------|----|-------|---|-------|
| 0 | 0-11 | 1 | 12-18 | 6 | 19-29 |
| 31 | 30-49 | 15 | 50-74 | 0 | 75+ |

PARTICIPATION BY GENDER

| | | | | | |
|----|--------|----|------|---|-------------------------|
| 15 | Female | 38 | Male | 0 | Other/Prefer not to say |
|----|--------|----|------|---|-------------------------|

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

| | | | |
|---|---|----|---|
| 1 | Children, Youth Groups and Students | 3 | Civil Society Organisations (including consumer groups and environmental organisations) |
| 6 | Educators and Teachers | 0 | Faith Leaders/Faith Communities |
| 0 | Financial Institutions and Technical Partners | 4 | Food Producers (including farmers) |
| 8 | Healthcare Professionals | 0 | Indigenous Peoples |
| 0 | Information and Technology Providers | 0 | Large Business and Food Retailers |
| 0 | Marketing and Advertising Experts | 3 | National/Federal Government Officials and Representatives |
| 0 | News and Media (e.g. Journalists) | 10 | Parents and Caregivers |
| 0 | Science and Academia | 0 | Small/Medium Enterprises |
| 5 | Sub-National/Local Government Officials and Representatives | 0 | United Nations |
| 6 | Women's Groups | 8 | Other (please state) |

OTHER STAKEHOLDER GROUPS

'Others' are the participants who did not mention about their designation/role during the workshop.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

We had a mix of representatives from various institutions. The participants belonged to rural areas of Mahottari district. The participants belonged to different age groups, varying from children to senior citizens. They were a mix of Hindus and Muslims. The group of participants consisted of palika and ward officials, FCHVs, teachers, faith leaders, members of CVA groups, national security bodies, and also parents.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The event began with an introductory session where all the diverse groups introduced themselves along with a name of their favorite food. The advocacy manager of World Vision International (WVI) Nepal shared the objectives of the gathering and was followed by a presentation on the nutrition status of Madhesh Province and various interventions of the government and WVI Nepal by the nutrition lead of WVI Nepal. After the sharings, the participants were distributed a variety of photos and were asked to reflect if that is how they envision their society to be. A few participants were requested to voluntarily share if the photo reflected the reality of their community or their envisioning with regards to nutrition. One participant shared, "My photo shows a child enjoying her bowl of food she got as a part of the school meal program. We envision all our children having access to such nutritious food on a regular basis in school meals." Another participant shared, "I have a photo of a malnourished child who is in the red zone in MUAC tape, which seems to be a SAM case. This is the sad reality of our province, where we have a high number of malnourished children. This isn't what we envision, but this is the case at present." The reflection session was followed by a group work session using the world cafe model. We asked groups to work on three major questions: 1. What are the concerns and challenges with nutrition in your community? 2. What actions are required to ensure good nutrition for all in our community? 3. Who can be the key stakeholders to enable good nutrition for all, and what will be their role? The groups at the end presented their work, and we separated with their commitment to do their part to ensure nutrition at household levels for individuals, working areas for people from different professions, and government officials at their respective areas of influence.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2024/11/Nutrition-status-Madhesh-province-and-WVI-nepal-intervention-compressed-1.pdf>

DISCUSSION

The discussion began with a sharing from government representatives, mostly actions and initiatives, by the minister of social development. The open-ended questions that followed were: 1. With reference to the photo you have, what is the reality of nutrition in your community, and is that how you envision your community to be? 2. What are the concerns and challenges with nutrition in your community? 3. What actions are required to ensure good nutrition for all in your community? 4. Who can be the key stakeholders to enable us to achieve good nutrition for all in our community, and what will be their role?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Patriarchal society leading to lack of focus on preparing meals with child and other household members' nutritional needs
2. Poor family planning leads to birth of many children, ultimately affecting the family's nutrition
3. Widespread poverty and lack of even a small farm is preventing small-scale farming for poor families
4. Lack of awareness among people regarding nutrition and how it can affect the overall wellbeing
5. Early marriage
6. Excessive use of pesticide is degrading health and is not letting it improve
7. Seasonable crops and vegetables are not cultivated as people are more focused on commercial farming
8. Lack knowledge on how to prepare nutritious meals
9. Dowry system is forcing people to save more money for girl's marriage than her nutrition
10. Craze of parties, programs and events and developing habit of eating out
11. Smoking, drinking alcohol and drug abuse
12. Lack of clean drinking water and unhygienic habits
13. Cultural and religious barriers
14. Untimely meals due to engagement of all individuals in income generation
15. Easy access to junk and packaged food
16. High illiteracy, especially among marginalized people and women

One female participant shared, "As the dowry system is prevalent in our society, the parents save the money for their girl child's marriage from the moment she is born and neglect her other nutritional and educational needs. This makes the girl weak in her mental and physical abilities."

URGENT ACTIONS

1. Encourage kitchen gardening and animal husbandry in each household. Mandate to engage in farming in available land and not let the lands become barren.
2. Cultivation of seasonal crops
3. Make growth monitoring mandatory with proper monitoring mechanisms
4. Empower the health institutions to provide necessary health and nutrition-related diagnosis and treatment
5. Nutrition corner and breast-feeding corners to be established in institutions such as schools, colleges, hospitals and offices
6. Promoting locally grown crops
7. Establishment of seedbanks to preserve local seeds and crops
8. Prioritize consumption of local crops
9. Increase Public awareness on nutrition through campaigns and programs
10. Discourage junk food
11. Capacitate the food security committee
12. School meals should be enhanced. The government should increase the budget of the school meal program.
13. Introduce and implement insurance for farmers, crops, and livestock
14. Plantation of minimum of 3 fruits plants per household should be made mandatory
15. Focus on eradicating drug and substance abuse
16. Focus on hygiene and cleanliness
17. Eating balanced meals every day
18. Local government should do consistent market monitoring, market management, price regulation, budget allocation and cold store management
19. Schools should provide nutritious school meals to students
20. Health institutions should spread awareness on health and nutrition, identify children with malnutrition and help in treating it, increase and expand its services, and organize nutrition-related workshops and campaigns
21. Farmers should prioritize organic farming, minimize the use of chemical fertilizers and pesticides, and increase the production of daily products
22. Families should use locally available food products and avoid purchasing packaged foods
23. Students should be mindful and avoid consuming junk food
24. The mother group should ensure that the children are well nourished right from birth

AREAS OF DIVERGENCE

The extent of divergence was negligible.

OVERALL SUMMARY

This stakeholder dialogue was conducted in a rural setting. The participants were from diverse backgrounds. Even though Madhesh province is considered to be the food bank of the country, the understanding of nutrition is poor, which is quite evident in national statistics and also reflected in the dialogue we held. From the dialogue, we gained a perspective that availability of resources does not ensure effective consumption. People here lack awareness on nutrition and the ways to consume the widely available nutrition-packed resources. Also, the strict patriarchal structure hinders the nutrition of families as the needs of other members are shadowed by the wants of the bread earner or the male figures of the house.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

During the event, we limited the usage of plastic by using reusable glass bottles instead of packaged plastic water bottles. The food that was served was also locally available fruits instead of packaged and oily food. We also took a personal commitment of the participants to not consume ultraprocessed packaged food and encouraged them to follow personal hygiene habits.

METHOD AND SETTING

The dialogue began in a formal setting. We began with a few open-ended question-answer sessions. We then did a reality vs. expectation check where participants connected the reality of their communities with reference to the photos given to them. Then a group discussion was held in the world café model, where we set up spaces and assigned each space with a question for discussion. 3 mixed groups of 8-10 were formed where they discussed the questions provided and presented at the end.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to appreciate IRDS for supporting World Vision International Nepal with gathering the stakeholders and making all arrangements.