

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Unmasking the hidden contributors of malnutrition in the community
DIALOGUE DATE	Thursday, 5 December 2024 09:00 GMT +02:00
CONVENED BY	Siniketive Zwane, Head of Programs, Eswatini National Nutrition Council
EVENT LANGUAGE	Siswati
HOST LOCATION	Malkerns, Eswatini
GEOGRAPHIC SCOPE	Malkerns Community, Manzini
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/55864/



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

32

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	19	19-29
13	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

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

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

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue was conducted in Lobamba Lomdzala constituency which is in the Manzini region of Eswatini. The participants were made up of 32 members of various Nutrition Support groups. These groups have mothers with children under 5 years, mostly children under 2. They are mentored to adopt healthy behaviour for themselves and their children, especially those related to nutrition. The participants were made up of mostly lactating women and were of different ages with the majority being 19 years

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue was introduced to the participants as a session that is aimed to discuss the challenges of nutrition for children in the community esp. the under 5, the current practices of breastfeeding in the community, the use and application of positive indigenous approaches to nutrition and also the current trends of feeding in the community.

DISCUSSION

What are the key challenges of Under 5 Nutrition? What are the challenges in Breastfeeding for children under 2 years? Do mothers breastfeed? If yes, for how long? What alternatives do they use instead of breastfeeding under 2s? What can we learn from Indigenous knowledge systems of nutrition? What can we adopt and what do we need to drop? What are the current trends of nutrition and eating habits for different age groups? (Under 2s, under 5s, under 18 years) Are we winning the fight against malnutrition?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The challenges faced by the participants include limited land to grow crops and vegetables. The participants who use non-conventional methods, like tyres, have experienced vandalism and theft of their crops. This results in nutritious food being available in only shops and markets, thus limiting access for vulnerable participants. Limited access to water also restricts the ability to grow crops and vegetable.

The state of urban life needs income generating activities or jobs because nutritious food, water, waste disposal, etc. is costly. The nature of this setting also gives a rise to unplanned pregnancy and child neglect. This directly affects the nutrition of children. It can even force mothers to seek for financial access through ways that may increase gender-based violence.

There is low practice of exclusive breastfeeding because lactating mothers need to have jobs to be able to afford household costs. Another challenge relating to breastfeeding is that in some cases, the mother may produce insufficient breastmilk or the breasts may have defects themselves. Older relatives like grandparents, sometimes insist that the mother starts on complementary feeding because they are not satisfied by only breastmilk, that is why they cry a lot.

URGENT ACTIONS

Request for improved access to water in the community to improve hygiene, handwashing and also water for household backyard gardens. Proposals to be sent to government and other NGOS, including WV to support with clean water

More training of mothers, especially teenage mothers on the importance of exclusive breastfeeding.

AREAS OF DIVERGENCE

It was concluded by participants that some nutrition issues, especially for children, originate from mothers wanting to move with the times, use fast methods and be relevant.

OVERALL SUMMARY

Lobamba Lomdzala is in the middle-veld with community receiving middle-low amounts of rainfall and has does sometimes high temperatures
Typically, peri-urban communities, thus poverty is high and no employment opportunities for community members.
Poor water access portable water because water is expensive
High teenage pregnancies and thus many children are left by teen mothers in the care of their mother or grandmothers, as they have to work or go back to school.
GBV and absent fathers of children. They do not support the pregnant mothers leaving the mothers to fend for themselves – poor nutrition outcomes for the child and the mother
Poor access to family planning leading to mothers having too many babies that they cannot feed

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

Women of child bearing age and mothers to children below 5 years were convened at a central location, the Lobamba Inkhundla centre (Administrative centre). The women were from the areas within this centre.

ADVICE FOR OTHER CONVENORS

Ensure that the participants are comfortable and able to provide true information without fear of being rebuked if they highlight the bad practices. The aim of the dialogue is to bring out issues that are normally hidden and yet act as barriers to good IYCF practices. Wait until the very end to correct any wrong information, bad practices and anything else that needs to be corrected.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

The Nutrition council team together with World vision team, who are conducting the dialogues. Sphilile Maternal and child health assisted in mobilising the participants in the communities. World vision Eswatini National office helped in the logistics of the dialogues.