

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Community Health Worker, Breastfeeding and Expecting Mothers collaborate to end malnutrition in the next three years
DIALOGUE DATE	Wednesday, 4 December 2024 09:30 GMT +02:00
CONVENED BY	James Zimba, World Vision Zambia, National Campaign Coordinator
EVENT LANGUAGE	English
HOST LOCATION	Kasama, Zambia
GEOGRAPHIC SCOPE	Kasama
AFFILIATIONS	There are no affiliations.
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/55886/



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

1

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	0	19-29
08	30-49	05	50-74	0	75+

PARTICIPATION BY GENDER

01	Female	12	Male	0	Other/Prefer not to say
----	--------	----	------	---	-------------------------

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	10	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	3	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	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
0	Women's Groups	1	Other (please state)

OTHER STAKEHOLDER GROUPS

The other three participants were Traditional leaders.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The Participants were divided into two categories: Faith leaders and Traditional leaders. Faith leaders came from diverse ethnic and educational backgrounds, while traditional leaders were all local.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The introductions were done individually. Each participant was required to provide a brief background of the church they led. Regarding the local concerns, Faith and Traditional Leaders did acknowledge the presence of malnutrition in the Mungwi district of the northern province. They also confirmed that the area receives perfect rainfall and is not affected by climate change. According to participants, risk factors for malnutrition in the Mungwi district include myths and misconceptions regarding diet for expecting mothers. For example, it is believed that pregnant mothers should not eat eggs because they will have children without hair or with big eyes. They also submitted that poor spacing from one child to the next leads to inadequate nutrition because parents are overwhelmed with demands for the newborn child and tend to ignore the immediate one. Bigger families are also challenging to manage and provide for children. Participants also raised matters of poor community and household-level knowledge of nutrition, what crops people should be growing and eating, the desire to eat processed foods, and poor health care of children by parents. This also includes the non-participation of male spouses in ensuring good nutrition at home. Other factors include a lack of nutritional training for parents and guardians, even among the faith leaders, and what is contained in some foods that are beneficial to the human body. It was also noted that people in the community do not value certain foods, such as fruits, and they don't even plant them at home. Teenage pregnancies and child marriages were also cited as significant causes of malnutrition in the community because young mothers and fathers are not ready to take of children; they don't even understand the duties of parenting. As a result, they leave their children with grandmothers as they continue to enjoy their childhood. This is also made worse by high rates of divorce, creating single mothers headed homes.

DISCUSSION

Faith and Traditional Leaders' Commitment to End Malnutrition in Mungwi District of Northern Province of Zambia. I used the discussion questions from the manual, and here are some of the questions. Follow-up questions were also used to solicit more information from participants. ☒ What do you think are some causes of malnutrition in our communities? ☒ What are the feelings or concerns about nutrition in our community? ☒ How can we ensure good nutrition for all in our community? ☒ What actions might be needed to ensure good nutrition for our community? ☒ Who needs to be involved to enable us to achieve good nutrition for all in our community What are your recommendations for improving nutrition in our community?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. People do not value the importance of nutritious foods because they are culturally unimportant. They have not known them before; therefore, growing and eating them is not a priority despite the current information encouraging people to do so.
2. Lack of parents and caregivers' commitment to food preparation and childcare.
3. Poor food security plans at home.
4. Gender-based violence among spouses leads to children going hungry
5. Lack of knowledge of food preparation
6. There is a severe lack of knowledge of the content of foods in most low-educated communities.
7. Too much consumption of one type of food, from corn, which is full of carbohydrates. Vegetables are not a priority for most families.

URGENT ACTIONS

1. Churches will encourage people to plant fruit trees in their homes and fields.
2. They will introduce Health Sundays, where experts will be called in to give information on nutrition to churchgoers
3. Churches will be conducting workshops to build capacity for mothers and caregivers on food preparation.
4. The church will work with traditional leaders to promote the consumption of local foods, the growing of vegetables, and the diversification of crops.
5. Women groups will conduct lessons and regularly hold cooking demonstrations of nutrient-dense foods. Outreach of these activities will also be undertaken.
6. The church will also spearhead the formation of community nutritional groups.
7. The church will tailor specific sermons to help congregants understand the importance of nutrition.

AREAS OF DIVERGENCE

The views on nutrition differed considerably, given the background of the participants. Faith leaders looked at matters of malnutrition from the biblical point of view. That lack of faith and commitment to individual responsibilities are the major causes of malnutrition in homes. Traditional leaders submitted that society's transformation and the desire to depart from culture have led to people abandoning their known foods, traditional local foods, for the refined and packaged ones, hence the proliferation of non-communicable diseases.

OVERALL SUMMARY

According to participants, risk factors for malnutrition in the Mungwi district include myths and misconceptions regarding diet for expecting mothers. For example, it is believed that pregnant mothers should not eat eggs because they will have children without hair or with big eyes. They also submitted that poor spacing from one child to the next leads to inadequate nutrition because parents are overwhelmed with demands for the newborn child and tend to ignore the immediate one. Bigger families are also challenging to manage and provide for children. The takeaway in this regard is the provision of correct information to demystify traditional myths that put mothers and their unborn children at risk of malnutrition by consuming fewer foods for fear of being labeled as deviants.

Participants also raised matters of poor community and household-level knowledge of nutrition, what crops people should be growing and eating, the desire to eat processed foods, and poor health care of children by parents. This also includes the non-participation of male spouses in ensuring good nutrition at home. Other factors include a lack of nutritional training for parents and guardians, even among the faith leaders, and what is contained in some foods that are beneficial to the human body. It was also noted that people in the community do not value certain foods, such as fruits, and they don't even plant them at home. Churches and traditional leaders must collaborate to encourage families to value certain local foods that are of value to humans, especially children.

Teenage pregnancies and child marriages were also cited as significant causes of malnutrition in the community because young mothers and fathers are not ready to take care of children; they don't even understand the duties of parenting. As a result, they leave their children with grandmothers as they continue to enjoy their childhood. This is also made worse by high rates of divorce, creating single mothers headed homes. The takeaway is that programs that have come on board to promote girls' education leave boys behind. That is, girls are given sponsorships while boys are left to be supported by parents, causing disparities in the levels of education between the two genders. Boys who drop out due to lack of support end up impregnating those girls who are being sponsored to school. As a result, there is a circle of poverty being created.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All views and opinions were respected and valued. CSO-SUN Movement principles of engagement were followed, and all participants appreciated the process.

METHOD AND SETTING

The discussion was open, and participants were free to contribute and debate. The session occurred inside the Pentecostal Assemblies of God building.

ADVICE FOR OTHER CONVENORS

Understanding the audience is necessary for a successful dialogue meeting.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I want to acknowledge Reverend Mwelwa of the Pentecostal Assemblies of God Mungwi branch for the successful meeting and for his efforts in mobilizing others for this activity. I also want to acknowledge Simon Phiri, DF Bwacha Area Program, for organizing the event.

ATTACHMENTS

- **Faith and Traditional Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Faith-2-scaled.jpg>
- **Faith and Traditional Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Faith-1-scaled.jpg>