

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	Addressing Malnutrition among children
<b>DIALOGUE DATE</b>	Friday, 6 December 2024 11:00 GMT +01:00
<b>CONVENED BY</b>	Center for Enterprise Development and Action Research (CEDAR) Event announced on behalf of the Convenor by: Eyinola Praise . Professional capacity Feedback published on behalf of Convenor by: Eyinola Praise .
<b>EVENT LANGUAGE</b>	English and Yoruba
<b>HOST LOCATION</b>	Ibadan, Nigeria
<b>GEOGRAPHIC SCOPE</b>	Parents - Teacher Association
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55971/">https://nutritiondialogues.org/dialogue/55971/</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

28

## PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	15	19-29
10	30-49	3	50-74	0	75+

## PARTICIPATION BY GENDER

23	Female	5	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)
7	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
3	Healthcare Professionals	0	Indigenous Peoples
2	Information and Technology Providers	0	Large Business and Food Retailers
2	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
1	News and Media (e.g. Journalists)	13	Parents and Caregivers
0	Science and Academia	1	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	0	Other (please state)

## OTHER STAKEHOLDER GROUPS

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The participants were parents and caregivers of kingdom Champions school Children, Ibadan.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

The Nutrition Dialogue event, held in Ibadan, Nigeria, was organized for the parents of children in Kingdom Champions School, Ibadan during the parents-teacher association meeting as part of the malnutrition intervention program for children in Kingdom Champions School, Ibadan. The local context of Nigeria, where hunger and malnutrition are prevalent, was highlighted, and the event emphasized the importance of addressing these issues despite challenges like conflict, climate change, pandemics, and rising living costs. The introduction to the event set the tone for the discussion, emphasizing that hunger is preventable in the 21st century and that parents and caregivers play a vital role in addressing it. The convener welcomed participants and stressed the benefits of improved nutrition, including enhanced health and well-being, increased productivity, and developed cognitive function. The event also highlighted the prevalence of malnutrition in the community, particularly among children, and the importance of timely eating and hydration. A special keynote address emphasized the significance of a balanced and varied diet for children's growth and development, and solutions were proposed to address common nutritional deficiencies, including increased access to protein sources, vitamin A supplementation, promoting WASH programs, and promoting fruit and vegetable intake. The discussion also touched on the importance of food diversification and the incorporation of nutrient-dense food products into the diet of children. Some fortified foods, such as Orange Flesh Sweet Potatoes, Vitamin A Maize, Soybeans, and groundnuts, were identified as potential solutions. In conclusion, the Nutrition Dialogue event was a successful and informative event that highlighted the importance of addressing hunger and malnutrition in Nigeria. The event provided a valuable opportunity for parents and caregivers to learn about the importance of nutrition and to discuss potential solutions.

## DISCUSSION

The topic under discussion was "Adequate Nutrition for children. Open-ended questions include: 1. What do you think are the causes of malnutrition in communities? 2. How can we increase access to nutritious food options in this economy. 3. What are the roles of Parents and caregiver in addressing hunger and malnutrition. 4. How can we promote healthy eating habits among children 5. what are the potential long term impact of improved Nutrition on Children's health. 6. What are some available and cost effective Nutrient dense food products that could be incorporated into the children's diet.

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

1. Poverty and unemployment
2. Poor knowledge about the presence of nutritious foods, preparations, and consumption practices.
3. Poor child spacing in mothers leads to larger families and significant challenges in providing nutritious foods for both children and mothers.
4. Limited access to markets where the community can buy nutritious food for those who can afford it.
5. Eating one type of food, a starch-related diet. (The most Commonly consumed food is rice which is not cost effective and could lead to reduction in the quantity of food consumed).

## URGENT ACTIONS

1. Mothers require adequate knowledge of what to eat and how to prepare food for their children.
2. The community needs more growth monitoring points to help identify malnourished children and initiate interventions before chronic malnutrition sets in.
3. Promotion of WASH programs
4. Mothers require cooking demonstrations to learn food preparation skills.
5. Families will engage in backyard gardens focusing on more Nutrient dense food products such as fortified potatoes (OFSP), Vitamin A- Maize, Soybeans and others to improve household-level food production
6. Families will diversify in crop production to ensure food security.

## AREAS OF DIVERGENCE

The participants are from the same communities and they have little knowledge about adequate nutrition for children, they try their best to provide food for the children neglecting the long term nutritional effect since majority are not aware.

## OVERALL SUMMARY

The Nutrition Dialogue, held in Ibadan, Nigeria, was a component of the malnutrition intervention program for children in Kingdom Champions School, Ibadan. Sponsored by Five +Two Diaspora Friends Project while Center for Enterprise Development and Action Research (CEDAR) with the help of officials from Harvest Plus initiated this program to supplement the daily protein intake of students, combating the global hunger crisis.

The primary objective of the Nutrition Dialogue was to engage parents and caregivers in the intervention program, enhancing its effectiveness. The event emphasized that hunger is preventable in the 21st century, despite challenges like conflict, climate change, pandemics and rising living costs. The convenor introduced the dialogue process, highlighting parents' and caregivers' vital role in addressing hunger.

Our curator welcomed participants, stressing the benefits of improved nutrition, including enhanced health and well-being, increased productivity and developed cognitive function. She listed accessible, healthy food options such as vegetables, fruits, grains and protein sources. Emphasizing the importance of timely eating and hydration, she noted the prevalence of malnutrition.

A special keynote address emphasized the significance of a balanced, varied diet for children's growth and development.

The speaker discussed common nutritional deficiencies, including protein, vitamin A and low fruit and vegetable intake.

Solutions proposed included increased access to protein sources, vitamin A supplementation, promoting fruit and vegetable intake, home garden and food diversification by incorporating other various nutrient dense food products into the diet of the children, some fortified food were agreed on that are nutrient dense such as Orange Flesh Sweet Potatoes, Vitamin A Maize, Soybeans, groundnut and some others.

At the end of the program sufficient milk supply was given to each child that will last throughout the holiday.

The Nutrition Dialogue successfully engaged parents and caregivers, equipping them with knowledge to address hunger and malnutrition. This initiative demonstrates the Center for Action Development and Research's (CEDAR) commitment to combating global hunger and promoting sustainable nutrition practices.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

The dialogue took the form of panel discussion after which the time was allocated for questions and answers and recommendations. Participants were given the opportunity to freely express themselves and contribute to the discussions. Opinions and contributions of all participants were given due attention. The dialogue took place in the school environment. Before the commencement of the program the convener had a brief interaction with the facilitator, the curator and other educators on how the shape of the dialogue will be.

## METHOD AND SETTING

The dialogue took place in the premise of Kingdom Champions School in the church auditorium, it was an avenue to educate the parents and caregivers about the effectiveness of the ongoing program and get to know their opinion in improving the health of their children during the parents teacher association meeting.

## ADVICE FOR OTHER CONVENORS

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Appreciation to participants who made time to be part of the dialogue. CEDARNGO, Mrs Olatundun Kalejaiye and other colleagues at HarvestPlus for their support in the implementation of the project and towards the success of the dialogue, to Five +Two Diaspora Friends Project. who supported with funding for the Project, and to the proprietor and teachers of Kingdom Champions International School.