

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Faith and Traditional Leaders Collaborate to End Malnutrition in Mungwi District of Northern Province in Zambia
DIALOGUE DATE	Friday, 6 December 2024 14:00 GMT +02:00
CONVENED BY	James Zimba, World Vision Zambia, National Campaign Coordinator
EVENT LANGUAGE	English
HOST LOCATION	Mungwi, Zambia
GEOGRAPHIC SCOPE	Mungwi
AFFILIATIONS	There are no affiliations.
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/56051/



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

15

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	9	19-29
6	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

14	Female	1	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	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	5	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

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue meeting consisted of five SMAGs, five breastfeeding mothers, and five expecting mothers. All were from the peri-urban community with homogenous economic status. Some are peasant farmers, while others are community volunteers for the local health center.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue meeting began with introducing all participants and their roles in the community, including their families. To understand the local situation, participants acknowledged that the district receives enough rainfall yearly and households are farming for home consumption. The team also confirmed the existence of malnutrition in the community due mainly to a poor understanding of what needs to be done to ensure the absence of cases of malnutrition in the community. Other significant risk factors discussed during the meeting are the following. 1. Failure to manage and preserve the harvest to last an entire year. Most people turn to selling their beans, soya beans, groundnuts, and finger millet because they don't want their produce to go to waste. Others sell to earn income for household upkeep. 2. Others submitted that, in most cases, children are left alone at home while their parents go to their fields, while others go to sell merchandise in the city. As a result, children have to wait until their parents return for them to have food on the table. 3. Regarding what to plant each season, parents have limited options because fertilizer is not provided to them, and where it is provided, it is in short supply. For example, ten farmers share one 50kg bag of fertilizer, which limits their output per year. 4. The wish to eat modern food is also growing among peri-urban residents. After selling the little they harvest, parents spend their income purchasing refined food from chain stores in town instead of traditional food that is more nutritious.

DISCUSSION

Community Health Workers/SMAGs and Mothers will Collaborate to End Malnutrition in the Kasama Peri-Urban, Lukupa catchment area in the next three years. The key questions were guided by the manual, and follow-up questions were used to deepen the understanding of the topic and solicit more information. ☒ 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

As discussed in the risk factors section, the major challenge for most peri-urban households is the ever-increasing cost of food on the market. It must be understood that markets for most peri-urban residents are in towns, and food produced around cities is sold in these markets. This means peasant farmers, civil servants, and small business individuals use the same markets. Economic hardships and the global food crisis make life difficult for those who cannot afford it, especially impoverished peri-urban households.

Other challenges include poor yields from peasant farms. The leading cause is that soils have been exhausted after many years of cultivation on the same land. This has diminished soil fertility, leaving farmers with little to no option but to continue farming on the same piece of land. Furthermore, the types of crops grown are the same, meaning the same foods are consumed daily, with no knowledge of how nutritious the food is.

Gender-based violence has also been cited as the cause and challenge of nutrition at the household level. This is because spouses who consume alcohol usually tend to sell all the produce and use the money for alcohol, leaving children vulnerable to hunger and malnutrition. Women disclosed that there is more domestic violence during harvest time than at any other time of the year.

URGENT ACTIONS

1. Parents, guardians, and caregivers need to be educated on the importance of consuming local foods rather than refined and packaged foods from chain stores.

2. Peasant farmers need to be educated on compost manure and traditional and affordable food preservation techniques. This will help them keep the harvest longer without fear of losing it to pests. Furthermore, using compost manure will lessen the expenditure on farming input, allowing more farmers to grow food for home consumption.

3. Households need to engage in gardening, growing vegetables, and other food that can improve family nutrition.

4. Participants suggest that it will take the involvement of parents, caregivers, and village head persons to commit to helping parents understand the importance of nutrition and crops that can help improve and secure households' food security.

SMAGs have pledged to continue to offer information and improve knowledge to mothers and caregivers on the need to provide nutrition foods using locally sourced foods.

AREAS OF DIVERGENCE

The views did not divert significantly among the participants because they live in the same catchment area and experience the same economic shocks.

OVERALL SUMMARY

The atmosphere during the meeting felt empathetic, especially for breastfeeding and expectant mothers. The participants confirmed the existence of malnutrition in the community, mainly due to a poor understanding of what needs to be done to ensure the absence of malnutrition in the community. What was more worrying here is that the area is close to town, and nutrition information is scant. People live in and bring up children without knowing what they should eat and feed their children. The presence of Nutrition staff at health centers promises a change in this situation. Still, little is being done even by the health personnel to eliminate malnutrition in the community, possibly due to limited funding for their operations.

Failure to manage and preserve the harvest to last an entire year. Most people turn to selling their beans, soya beans, groundnuts, and finger millet because they don't want their produce to go to waste. Others sell to earn income for household upkeep. The takeaway here is that chemicals used to preserve crops after harvest are very expensive, and peasant farmers cannot afford them. Therefore, improving nutrition at the community level will require changing government policies to accommodate farmers' needs.

2. Children are left alone at home while their parents go to their fields, while others go to sell merchandise in the city. As a result, children have to wait until their parents return for them to have food on the table. The major takeaway here is the poverty situation among families. This is forcing parents to leave children behind and try to sell whatever they have to generate income.

3. Parents have limited options regarding what to plant each season because fertilizer is not provided to them, and where it is provided, it is in short supply. For example, ten farmers share one 50kg bag of fertilizer, which limits their output per year. One participant submitted here and said, "We are told to give ten by 50 kg bags of maize for use to receive two bags of fertilizer. This forces us to contribute as a team and then share the little fertilizer, which is insufficient to enable us to grow enough crops and diversify our farmers."

4. The desire to eat modern food is also growing among peri-urban residents. After selling the little they harvest, parents spend their income purchasing refined food from chain stores in town instead of more nutritious traditional food.

Information dissemination is key to making people understand the need to consume local foods due to their nutritional benefits compared to refined and packaged foods.

The Dialogue meeting was a good learning event, providing valuable information regarding community-level understanding of nutrition and challenges.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The principles of engagement provided in the manual by the CSO-SUN Movement were duly followed, and all views and opinions were respected and heard.

METHOD AND SETTING

The activity was conducted in an open discussion with question-and-answer sessions. The dialogue occurred outside the Lukupa Health Center under shade to allow participants to feel at ease and participate fully.

ADVICE FOR OTHER CONVENORS

Prior arrangements with participants are essential to prepare them for the discussion. The topic of conversation can also be announced in advance so that participants can come prepared.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I want to acknowledge The Health Center in Charge of Lukupa for helping to mobilize the participants on time. I also want to recognize Mr. Oscar Kalimba DF Mwamba for making it possible to reach out and ensure participants were available.

ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2024/12/SMAGs-1-scaled.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/12/SMAGs-2.jpg>