

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Healthy Futures: Growing Strong with Nutrition and Care in Kasangadzi
WORKSHOP DATE	Tuesday, 10 December 2024 10:30 GMT +02:00
CONVENED BY	Noel Chikumbu, Principal Nutrition, HIV and AIDS Officer Event announced on behalf of the Convenor by: Yamikani Banda. Technical Support
EVENT LANGUAGE	Chichewa
HOST CITY	Madisi, Malawi
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	World Vision International
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56145/



The outcomes from Children's workshops will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and young people. Each Workshop 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

14

PARTICIPATION BY AGE RANGE

12 12-15

2 16-18

PARTICIPATION BY GENDER

8 Female

6 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

14 children attended the dialogue, of which 6 were boys and 8 girls. Their ages ranged from 12 to 18 years: 12 participants were between 12 and 15 years old, while 2 were between 16 and 18 years old. All the children were students at Kasangu Primary School, from Standards 5 to 8. Additionally, the dialogue included inclusivity as two of the boys had visual impairments. The children had knowledge about Nutrition and hunger. They clearly explained the meaning of nutrition by saying is all about

SECTION TWO: FRAMING

The dialogue began with an opening prayer led by a volunteer. Participants then introduced themselves in pairs, with each person introducing their partner to the group. The convener introduced the topic of discussion, "Hunger and Nutrition." As part of the introduction, the facilitator provided a highlight of the local hunger and nutrition challenges in Traditional Authority (TA) Chakhanza and the broader context in Malawi. This included information about respective contexts like poverty and hunger in their areas. How food is found and songs were sung. The songs carried nutrition messages, culture and Enough campaign. More ice breakers were made to make them feel at ease and fully participate. Then the facilitator clearly outlined the workshop's objectives which included: To create a safe and convenient space for learners to share their experiences and perspectives on hunger and nutrition and to identify challenges and opportunities to end child hunger and malnutrition at their school and in the community. Ground rules were established to foster an inclusive and respectful discussion. The rules included actively listening to others, respecting differing opinions by refraining from interruptions, raising a hand to signal the desire to speak, avoiding side conversations, asking questions to clarify understanding, and encouraging everyone to participate actively. By setting these guidelines, a supportive environment was created where participants felt comfortable sharing their thoughts and experiences. This approach paved the way for a productive and meaningful dialogue on hunger and nutrition

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Food insecurities: Parents spend most of the money on alcohol instead of buying food for their families
- Lack of knowledge on nutrition. Most parents are illiterate and do not have any knowledge on how to prepare nutritious food.
- Climate Change. The area faces challenges on climate change which leads to low yield of farm inputs leading o hunger and malnutrition among children.
- Poverty; lack of money for parents to purchase food
- Parents cannot afford to buy farm inputs such as fertilizer because they are now very expensive. This leads to low yields
- Poor family planning; more children are being born but they are not being taken care of properly as a result children are suffering from malnutrition and hunger
- Parents do not practice irrigation farming to boost their food income

URGENT RECOMMENDATIONS FOR ACTION

- Identifying and implementing effective strategies for delivering nutrition education to children and caregivers.
- Investigating and dealing with specific cultural and societal factors that contribut to malnutrition and different communities
- Direct Involvement of children in end malnutrition and hunger interventions
- Households to establish backyard gardens and practice domestic farming to support good nutrition
- Partners such as World vision should support learners with school feeding programs to reduce hunger among learners
- Parents MUST stop selling their farm produce carelessly so that their families should have enough food all year round
- Parents MUST stop leasing out their land and selling out their subsidy farm inputs. They should rather use them to have enough yields
- Leaners to utilize the school land available for farming to support the school feeding program
- Parents should stop alcohol abuse and prioritize on feeding their families
- Learners to plant fruit trees around the school premises
- Children to share the knowledge gained through this discussion with their parents or guardians and also their fellow peers on good nutrition

AREAS OF DIVERGENCE

During the discussion, there were differing opinions among the children about the definition of nutrition. Some defined it as having good eating habits, while others described it as consuming foods from all six food groups. The children also shared varied perspectives on the relationship between hunger and nutrition. Some believed that hunger directly affects nutrition, as children experiencing hunger cannot eat properly. Others argued that hunger primarily impacts access to school necessities, like school fees, as parents prioritize finding food, which indirectly affects children's lives. This sparked a lively debate among the group. The convener skillfully guided the discussion back on track by politely reminding the children of the objectives of the discussion.

OVERALL SUMMARY

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The discussion progressed as follows;

Basic Understanding: Most children believed they understood the importance of eating to satisfy hunger. However, they recognized a lack of knowledge about food groups, the benefits of proper nutrition, and the consequences of poor eating habits have effects on children's growth and academic performance.

Challenges and Proposed Solutions. The participants identified various challenges affecting nutrition in their areas and suggested potential solutions.

Rearing animals as a source of meat and income.

Avoiding the sale of all farm produce and taking measures to protect it from theft.

Practicing irrigation and introducing home gardens.

Establishing school feeding programs.

Impact of Hunger on Children: Children highlighted the impact of hunger in their communities:

School-related issues: high dropout rates, absenteeism, and poor academic performance due to lack of concentration.

Harmful behaviors: stealing and young girls engaging in risky behaviors, such as relationships with older men, to secure food.

Evidence of Malnutrition and Hunger: Practical examples of the AP's malnutrition and hunger problems included:

Deaths of children due to malnutrition.

Families selling pieces of land to buy food.

Sickness among children caused by poor nutrition.

High dropout and absenteeism rates among learners.

Closing Remarks: At the end of the dialogue, the World Vision representative thanked the participants for their engagement and contributions. A volunteer concluded the session with a prayer

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Commitment to Improve Nutrition: Participants emphasized ending child hunger and malnutrition, agreeing to solutions like planting fruit trees and establishing backyard gardens. Diversity and Inclusivity: The dialogue included learners of various classes, ages, and children with disabilities, fostering openness and inclusivity. Respectful Dialogue: Clear ground rules promoted integrity and ethics, encouraging active listening, respectful language, and open-ended discussions. Openness to Share and Learn: Participants shared experiences and knowledge on hunger and nutrition, fostering learning through questions, feedback, and valuing diverse perspectives. Equity and Rights: Highlighted the right to adequate food and nutrition for all, including vulnerable children.

METHOD AND SETTING

The session was conducted in a child - friendly environment to ensure all child protection protocols are adhered to. The session use a classroom which is a familiar environment for the children to encourage full participation. Group discussions, role plays and presentations were the mostly used methodologies.

ADVICE FOR OTHER CONVENORS

- Use more ice breakers including games and in teractive method
- Use proper language, avoid jargons
- Stick to the recommended time
- Set the right mood in the beginning (introduction) to make the participants feel free to express their views.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

The dialogue was made possible through the collaborative efforts of Kasangu primary school administration for providing the venue and for helping in mobilising the children, Dowa district hospital for technical expertise on hunger and nutrition and World vision for the logistical support. On a special note, we would like to acknowledge the learners for agreeing to participate in the dialogue session.

RELEVANT LINKS

- **Children nutrition dialogues in Dowa, Malawi**
<https://malawiguardian.com/2024/12/12/world-vision-amplifies-childrens-voices-on-hunger-and-malnutrition/>