

OFFICIAL FEEDBACK FORM

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| WORKSHOP TITLE | Children consultation workshop on hunger and malnutrition in Maseyisini, Eswatini |
| WORKSHOP DATE | Friday, 13 December 2024 10:00 GMT +02:00 |
| CONVENED BY | Onias Hlungwani, Program Design Evidence and Impact Coordinator, World Vision |
| EVENT LANGUAGE | English and SiSwati |
| HOST CITY | Maseyisini, Eswatini |
| GEOGRAPHIC SCOPE | Community level |
| AFFILIATIONS | World Vision |
| WORKSHOP EVENT PAGE | https://nutritiondialogues.org/dialogue/56236/ |



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

25

PARTICIPATION BY AGE RANGE

22 12-15

3 16-18

PARTICIPATION BY GENDER

16 Female

9 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The number of participants were 25 and they were all school going children living at Maseyisini. The participants were mostly girls and fewer boys. The participants also came from purely rural backgrounds, varied with majority (88%) being under 16 years old while a minority (12%) was above 16years. There were students from diverse backgrounds; with students who attend boarding school, day school, Primary school , Secondary schools and others attend school in neighbouring South Africa.

SECTION TWO: FRAMING

The stakeholder dialogue was introduced as a contribution to nutrition discussions around the low levels of nutrition that is happening in Maseyisini constituency (District). Data was shared with participants to show that there are indicators of hunger had generally increased in the constituency and the country as a whole. In this regard the dialogue was meant to discuss and dissect the causes of child hunger in the community and in schools.. This dialogue was contributing to the World Vision Eswatini's ENOUGH campaign that was seeking to address challenges of malnutrition and hunger in the country. The campaign was introduced to the participants, including the outcomes and the outputs. Discussion What is the status of child hunger in the community and schools? What are the effects of child hunger on children and adolescents? Recommendations of children on how to address these issues.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Children going to school eat and buy unhealthy foods at the school. The action proposed was to engage school heads and committees to advocate for farming of vegetables and fruits in the school to diversify the diet. The children also highlighted that in some days of the week more especially Fridays that they are not given anything to eat due to the fact that the food provided to them by government gets finished.

Teenage pregnancy is also high in schools due to the fact that the young girls are hungry so they opt to start dating in order for them to get money so that they can buy food.

Poor knowledge by parents and children on food production, food preparation and choices on food at household level. In general, the participants felt there is need to intensify training of households on food production.

The challenges faced by the participants is low practice of farming in the households and community level that led to food insecurity.

Poverty and limited access to food is also a key challenge for most vulnerable households

URGENT RECOMMENDATIONS FOR ACTION

To address this situation in the country, the children suggested that government should come in and help the schools to grow vegetables in the gardens of the schools so that they can diversify their nutrition. In order to achieve this, government needed to set aside a budget that will be able to provide enough nutritious food for all students. Students also suggested that they can also contribute to ending hunger by starting garden projects at school and at community like the ones being done at two schools in the community by Impact + (youth groups) groups. One student shared a success story of how they started a garden at school and managed to harvest vegetables that were added on the menu at the school.

Community leaders need to strengthen the food production done at Umphakatsi so that they can feed the most vulnerable children in the community. The current production is low and there is poor identification and distribution of food to the most vulnerable

AREAS OF DIVERGENCE

Areas of divergence were noticed when discussing issues of child hunger in schools. Typically, one child who is schooling in South Africa pointed out that in their school they usually get a balanced diet meal. The schools usually provides them with fruits in their meals. However, schools in the country only provides the children with rice and beans and sometimes change the beans with a mere soup which can then affect the children in their studies. In the groups were also children who attend boarding school who reported that they had a good diet and that food was always available including nutritious foods like fruits, vegetables, meats and others. Evidently this was not the same as those who went to day schools.

OVERALL SUMMARY

The dialogue was conducted in Eswatini with 25 participants made up of children from Maseyisini. The dialogue was facilitated by World Vision Eswatini staff. The dialogue, entitled "Children consultation workshop on hunger and malnutrition in Maseyisini" was conducted on the 13th of December 2024 in Maseyisini, Eswatini. Participatory methods were used to facilitate the workshop with children allowed to express themselves during the discussions. To break the ice; children were asked to introduce themselves by stating their names, their favourite car and its colour. This stimulated participation and rapport within the group. Children were also given information on the purpose of the dialogues and how it contributes to the ENOUGH Campaign.

After setting the tone the discussions started with children sharing the level of hunger and malnutrition in their schools and community through group discussion. The particular challenges were much focused on finding the status of child hunger in the community and schools, the effects of child hunger on children and adolescents and the recommendations of children on how to address these issues.

The dialogue was conducted against the increase of child hunger in the community and in schools in the country in general and in particular under Maseyisini Constituency. Eswatini is facing other challenges related to Gender based violence and high levels of HIV incidence in the world. In addition, the country faces high levels of teen pregnancy that is posing a risk to the new HIV infections. Eswatini has high levels of poverty which leads to lack of food availability, which in turn has implications on availability, access and affordability of nutritious foods.

The dialogue showed that indeed there is poor access information on nutrition from parents and schools that leads to poor nutrition outcomes for children. The participants further showed that teen mothers are on the increase due to teen pregnancy, and they lack support to learn about nutrition. What also came up from the discussions, was that mothers or caregivers prepare lunch boxes which consist of a lot of junk food, bread and juice which does not add any value to the child after eating it.

The participants discussed that the hunger and malnutrition have several effects on children. The participants cited diseases like Kwashiorkor as some of the effects of malnutrition. Stunting was also cited as having long term effects on children. Other children mentioned that hunger affected their concentration levels at school and this led to children failing or dropping out of school. It was noted that some children only attended school to have their meals and went home after the meals.

Socially, hunger also caused girls to sleep with men that can give them money to buy food. This led to teenage pregnancies that also increased chances to new HIV infections and other STIs.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Principles of engagement were discussed with the facilitators ensuring that they know the participants invited and facilitators were given opportunity to declare any conflict of interest pertaining this event. It was discovered that there were no conflicts of interests for all the facilitators

METHOD AND SETTING

Participatory methods were used to convene the dialogue with participants contributing to the discussions through group discussions. The main method used in the dialogues was the round table where participants were sitting in groups and led by a peer to discuss topics that were assigned for discussion. The facilitators listened-in into the discussions and probed for deeper understanding of the issues. The venue was a community church.

ADVICE FOR OTHER CONVENORS

The advice to other convenors is to plan well in advance and allow enough time to engage children since they have a lot to do and say. Have child appropriate materials like paper to copra bd music the play games while conducting the dialogues.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the support from World Vision Eswatini Teams in Maseyisini Area program who provided financial and logistical support for the event to be successful. Special thanks also go to World Vision ENOUGH Campaign governance team for their guidance and support.