

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE TITLE</b>	Teachers' View on children's nutrition
<b>DIALOGUE DATE</b>	Saturday, 23 November 2024 10:00 GMT +06:30
<b>CONVENED BY</b>	Naw Phoebe
<b>EVENT LANGUAGE</b>	Myanmar
<b>HOST LOCATION</b>	Yangon, Myanmar (Burma)
<b>GEOGRAPHIC SCOPE</b>	Township level
<b>AFFILIATIONS</b>	NA.
<b>DIALOGUE EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56635/">https://nutritiondialogues.org/dialogue/56635/</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

19

## PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	7	19-29
12	30-49	1	50-74	0	75+

## PARTICIPATION BY GENDER

19	Female	0	Male	0	Other/Prefer not to say
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## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
19	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)	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	0	Other (please state)

## OTHER STAKEHOLDER GROUPS

## ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The participants come from different wealth statuses. The majority are from one ethnic group (Bhamar) from rural areas who have knowledge on their particular areas. As they are working closely with the children, they know very well about the children's nutrition and how the family practice affect the children's nutrition.

# SECTION TWO: FRAMING AND DISCUSSION

## FRAMING

The dialogue was conducted in one of the suburbs of Yangon Region where WVM has an area development program. Since it is outskirts of the city and not too far from the big city, the area is crowded with indwellers as well internal migrant people and it is a polluted area. Many odd job workers are there, there are mixed of people with different wealth, the wealth status varies. There many slums families who moved from other part of the country.

## DISCUSSION

The discussion is based on five questions related children's nutrition. How do you understand nutrition? / What is your understanding of nutrition? How do you understand malnutrition? How are nutrition and malnutrition related to the daily lives of children, parents, and teachers? What are the limitations or challenges for children's nutrition? How can these limitations/challenges be overcome? /Actions urgently needed and how they should be taken forward. What is the role of teachers in tackling nutrition issues? The facilitator from the Education sector lead the discussion with two note-takers helping her recording the discussion. The teachers especially teachers of early child care centers shared their views on the above mentioned questions. The dialogues started mainly with how the teachers understand nutrition and what kind of impacts could the children be suffered if they are malnourished.

# SECTION THREE: DIALOGUE OUTCOMES

## CHALLENGES

There are several challenges to children's nutrition today. Many parents cannot provide a balanced and nutritious foods from the three main food groups. Financial constraints, high living costs, and lack of knowledge also contribute, making it difficult to prioritize children's nutrition. Some children are left with grandparents or older siblings when parents go to work, and they may not be encouraged to eat properly. Poor eating habits lead to weak health and susceptibility to diseases. Although nutritional supplements are provided to pregnant women and children under five, some do not consume them due to lack of awareness. Inadequate family planning results in closely spaced children, making it hard to ensure proper nutrition. Additionally, working mothers may not be able to breastfeed for the recommended duration. Low income and large family size often prevent parents from providing adequate nutrition. Additionally, children born to parents who marry at a young age may suffer from malnutrition.

Financial constraints during pregnancy can result in inadequate nutrition, leading to malnutrition. Poor eating habits also contribute, as parents may easily buy snacks (unhealthy food) their children want without knowing how to provide a nutritious food. Ignoring a child's refusal to eat can also lead to malnutrition.

## URGENT ACTIONS

To overcome these challenges, it is essential to educate parents and caregivers extensively. They should be informed about timely vaccinations according to the child's age and the consequences of malnutrition. Parents need guidance on providing a nutritious food and regularly measuring their child's weight and height. Emphasizing the importance of the first 1,000 days of a child's life is crucial. Additionally, preventing domestic violence and improving economic conditions are necessary. Parents should avoid giving harmful foods like junk food and ensure proper care and knowledge. Monitoring and changing the behaviors of caregivers and parents are also important steps.

Teachers play a crucial role in addressing nutrition issues to encourage parents to prepare balanced meals from the three main food groups and include nutritious foods.

Teachers to share knowledge with parents, help children develop a taste for nutritious foods, even if they initially dislike them, by making mealtime enjoyable and attentive.

Teachers to ensure that children from different backgrounds receive balanced nutrition.

They could collaborate with healthcare providers for educational sessions and regular health check-ups. Teachers to connect families with nutrition support programs and monitor children's nutrition at school, ensuring they get enough rest and encouraging them to eat vegetables.

Incorporate lessons on the benefits of good nutrition and listen to feedback from parents about changes in their children's behavior.

## AREAS OF DIVERGENCE

Since the discussion group is from similar backgrounds (geolocation, work, teachers), there is no divergence in the discussion.

Every participant raised the issue of high increases of commodity prices, food insecurity and unhealthy food, junk food which affect the children's nutrition.

## OVERALL SUMMARY

The teachers group discussed how they understand nutrition and how malnutrition impact children's holistic growth. The challenges are mentioned and the recommendations are made to help improved children's nutrition status in their communities.

Malnutrition occurs when people cannot eat nutritious food properly from the three main food groups. Malnourished children may be underweight, have stunted growth, and suffer from poor brain development. They may experience cognitive impairments, reduced physical activity, poor health, stunted growth, frequent illnesses, weak finger muscles, and difficulty remembering lessons. Malnourished children often show physical differences compared to their peers, such as being underweight or stunted. They may have lower cognitive abilities, struggle with memory, and lack physical activity. These children frequently miss school and have less leadership potential and self-responsibility.

Financial constraints during pregnancy can result in inadequate nutrition, leading to malnutrition. Poor eating habits also contribute, as parents may easily buy snacks (unhealthy food) their children want without knowing how to provide nutritious food. Ignoring a child's refusal to eat can also lead to malnutrition.

There are several challenges to children's nutrition today. Many parents cannot provide a balanced and nutritious foods from the three main food groups. Financial constraints, high living costs, and lack of knowledge also contribute, making it difficult to prioritize children's nutrition. Some children are left with grandparents or older siblings when parents work, and if they refuse to eat, they may not be encouraged to do so, leading to hunger. Some parents may not care properly, or families may have incorrect feeding practices. Proper nutrition is crucial for brain development and effective learning. Without good health, children cannot achieve success in life.

Although nutritional supplements are provided to pregnant women and children under five, some do not consume due to lack of awareness. Inadequate family planning results in closely spaced children, making it hard to ensure proper nutrition. Additionally, working mothers may not be able to breastfeed for the recommended duration. Low income and large family size often prevent parents from providing adequate nutrition. Additionally, children born to parents who marry at a young age may suffer from malnutrition.

The recommendations to overcome the above challenges include:

- To educate parents and caregivers extensively.
- To informed about timely vaccinations according to the child's age and the consequences of malnutrition.
- Parents to get guidance on providing nutritious food and regularly measuring their child's weight and height.
- Emphasizing the importance of the first 1,000 days of a child's life is crucial.
- Need to prevent domestic violence and improving economic conditions\
- Parents to avoid giving harmful foods like junk food and ensure proper care and knowledge. Monitoring and changing the behaviors of caregivers and parents are also important steps.
- Teachers play a crucial role in addressing nutrition issues in encouraging parents to prepare balanced meals from the three main food groups.
- Teachers can organize monthly meetings with parents to share knowledge on nutrition.
- Teachers can help children develop a taste for nutritious foods to enjoy eating and to ensure that children from different backgrounds receive balanced nutrition.
- Teachers to educate children about the consequences of malnutrition and work with parents to ensure proper nutrition.
- Teachers can collaborate with healthcare providers for educational sessions and regular health check-ups.
- Teachers connect families with nutrition support programs and monitor children's nutrition at school, ensuring they get enough rest and encouraging them to eat vegetables.
- Teacher to incorporate lessons on the benefits of good nutrition and listen to feedback from parents about changes in their children's behavior.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

Before the actual dialogue, there were steps to ensure the event. The meeting was organized with the campaign team and the field team to decide on the dates. The facilitator was brief with the information of the campaign and the objectives of the dialogue and how the results will be used and when/where. The facilitator was made known the types of participants she will be facilitated for the dialogue.

## METHOD AND SETTING

The dialogue was conducted in a town setting and it was focused group discussion. The convenor started with the introduction about the campaign and objectives of the dialogues followed by the FGD of the groups. It is indoor within a city hall and the event is like semi-formal. However, the participants didn't feel like normal but familiar, open and provide frank feedback to the discussion. we do not conduct the dialogue as formal setting due to the security concern.

## ADVICE FOR OTHER CONVENORS

NA

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Thanks to the Campaign team members supporting the dialogues to happen - Education coordinator, note-takers thanks to the Area Program team for organizing the event, inviting the teachers to join the discussion, arranging logistics arrangements, financial support to organize the event. Especially the teachers from different communities for contributing their ideas, raising their concerns and providing recommendations to the discussion.