

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Learning & Reflecting about Nutrition
WORKSHOP DATE	Thursday, 19 December 2024 10:00 GMT +01:00
CONVENED BY	World Vision Angola Event announced on behalf of the Convenor by: Nidia Klein. Technical Support Feedback published on behalf of Convenor by: Nidia Klein. Technical Support
EVENT LANGUAGE	Portuguese
HOST CITY	Huambo, Angola
GEOGRAPHIC SCOPE	Community level
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56814/



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

20

PARTICIPATION BY AGE RANGE

16 12-15

4 16-18

PARTICIPATION BY GENDER

13 Female

7 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was attended by 20 participants, aged between 12 and 18 years; among them were children of different academic levels, ranging from 6th grade to 11th grade. The participants live in different neighborhoods and come from various families and different socioeconomic backgrounds.

SECTION TWO: FRAMING

The meeting took place in a church (Assembleia de Deus Pentecostal - Maranata); the facilitator began the dialogue by asking questions about nutrition and malnutrition. Two of the participants suggested that nutrition is the science that studies the relationship between the food consumed by humans to ensure good health. Others suggested that nutrition is important to ensure stable health and proper growth for children. Some participants used images to demonstrate that good nutrition involves eating at the right times and in the right amounts, even if it is not always possible. Some suggested that for healthy nutrition, it is important to eat at least 3 to 5 times a day, although most participants said they do not have the means to do so. Someone added that good nutrition is important to prevent diseases such as diabetes, heart problems, and malformations. At the beginning, some participants did not have much understanding of the topic, but as the dialogue progressed, they were able to give their opinions as they listened to the views of other participants.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The main challenges identified and highlighted by the children and young people were as follows:

- Lack of financial means to buy adequate food products, as not all families can afford the necessary food for a healthy diet.
- High prices of basic food products, which is one of the factors preventing families from accessing a good variety of healthy foods that provide good child nutrition.
- Weak activity of solidarity actions to provide nutritious food to those in need.
- Absence of nutritionists to monitor children in our community, as they are the ones who provide guidance on how to have a nutritious and healthy diet for children.
- Lack of investment in local agriculture, which also prevents vulnerable children from accessing appropriate food.
- Poor information about nutrition for parents and caregivers of minors, which has been a factor in the high rate of child malnutrition in our community.

URGENT RECOMMENDATIONS FOR ACTION

Through drawings, the children and young people described some urgent recommendations to solve the problems of child malnutrition:

- Improve medical assistance so that people can include healthy foods in their diet that contain elements such as iron, calcium, vitamins, etc.
- Improve access to drinking water, as many families still consume water from wells, which is not very healthy.
- Provide nutrition specialists to be closer to the community to prevent health problems caused by poor nutrition.
- Develop lectures on how to have good nutrition.
- Support the agricultural sector and encourage the cultivation of nutrient-rich agricultural products (soybeans, beans, vegetables, etc.).
- Promote family poultry farming to reduce problems caused by poor nutrition.
- Invest in proper food preservation to avoid diarrheal diseases and others.
- Create social actions within the community to provide nutritious food items.
- Implement school meals, as many of us do not have the means to bring a snack for the intermediate hour, which in some way affects good school performance.

AREAS OF DIVERGENCE

In general, the participants' opinions did not differ much, as they agreed on most of the points discussed.

OVERALL SUMMARY

The workshop lasted two hours. We started with a short activity that allowed the children to get to know each other. The children shared their opinions on nutrition, highlighting its importance for ensuring good physical, mental, and social stability, as well as stable health for the younger ones. Some children did not hide the fact that they do not always have good nutrition at home, meaning they do not always have food in the ideal quantity and quality to meet their nutritional needs.

Three special photographs caught the children's attention: the first showed a visibly malnourished child whose arm was being measured, the second showed a child with a small body and a large belly, which made them reflect on what they can do to help solve this problem. The third image illustrated a plate of food that, according to them, suggested the ideal way to eat, as it contained foods rich in iron, carbohydrates, proteins, and other nutrients.

The workshop with the children identified about six problems that they believe are the main causes of malnutrition: lack of financial means to buy adequate food products; high prices of food products; weak solidarity actions; lack of investment in local agriculture; and poor information about nutrition. Through drawings and collages, the participants presented their urgent suggestions to solve the problems of child malnutrition: improving medical assistance; improving access to drinking water; providing nutrition specialists to be closer to the community; developing lectures on how to have good nutrition; supporting the agricultural sector; promoting family poultry farming; investing in proper food preservation; and creating social actions within the community. The workshop ended around 12:30 PM, and the children were treated to a healthy snack.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop was conducted in a way that allowed the participation of all members. Each participant had their moment to speak and share their opinion, avoiding conflicts under the moderation of the facilitator and the convener, following the rules of conduct presented at the beginning of the workshop.

METHOD AND SETTING

Based on the principle that everyone should participate, methods such as questions and answers, dialogue, and independent work were used to achieve the desired objectives. The chairs were arranged in a circle to allow all participants to see each other, interact more easily, and hear each other's opinions. The event was held in a church attended by the children and their families, in a low-income neighborhood in the city of Huambo, central Angola.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to thank the leaders of the Assembleia de Deus Pentecostal - Maranata church for providing the space for us to hold the event, as well as the parents and guardians of the children who allowed their participation. We also thank the World Vision team in Huambo for organizing and conducting the event.