

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Impact-plus Children, Traditional and Faith Leaders Discuss and put Together Strategies to Improve Nutrition in The Community in Nyimba District.
DIALOGUE DATE	Thursday, 19 December 2024 14:00 GMT +02:00
CONVENED BY	James Zimba, World Vision Zambia, National Campaign Coordinator
EVENT LANGUAGE	English
HOST LOCATION	Nyimba, Zambia
GEOGRAPHIC SCOPE	Nyimba District
AFFILIATIONS	There are no affiliations.
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/56829/



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

17

PARTICIPATION BY AGE RANGE

0	0-11	6	12-18	0	19-29
8	30-49	3	50-74	0	75+

PARTICIPATION BY GENDER

5	Female	12	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

6	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
1	Educators and Teachers	6	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	4	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	1	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue meeting was very diverse in composition, including the backgrounds of the people and what they do in their lives. There was a combination of both rural and urban. Children also formed a reasonably diverse group.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The introduction was conducted routinely. Each member introduced themselves and briefly explained what they do for survival. They indicated that Nyimba does receive rainfall; however, it is also prone to droughts. The Elnino of the 2023 to 2024 season did not spare the district, either. Regarding poverty levels and other household vulnerabilities, participants disclosed that most households are poor and live below the poverty threshold. Social programs meant for the poor do not reach the intended people because they are politically motivated. Malnutrition risk factors are very high as most children have one meal daily, mainly starch, prepared from corn. Food is more difficult to find in the rainy season when all the harvest is used up. According to participants, nutritional deficiencies are also widespread in the community because people lack knowledge about what constitutes nutritious foods. They also have a limited variety of crops they grow due to the soil type and inability to buy farming input. Cases of malnutrition are there in the community, and in most cases, only severe cases are reported to health facilities.

DISCUSSION

Children, Traditional and Faith Leaders' Strategies to Improve Nutrition in the Community. The leading open-ended questions were guided by the manual. Follow-up questions were also used to probe deeply into participants' minds. ☒ 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 Conclusion ☒ What are your recommendations for improving nutrition in our community?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Most people are poor and cannot afford nutritious foods even when it is available on the market
2. Low literacy levels make people unable to understand nutrition, which foods are nutritious, and how to prepare healthy foods. Many times, the food is overcooked. They also fail to understand the proper feeding pattern for children even after receiving information from help facilities, especially for expecting and breastfeeding mothers.
3. Due to limited crops grown yearly, most households feed on one type of food, mainly carbohydrates. Other crops are grown for sale to earn income for home use.
4. Food such as fruits are seasonal in the area, and the place is known for bananas, limiting the amount of nutrients children take per year.
5. Some families lack financial discipline. This is observed after the harvest and selling of the products. All resources are utilized for leisure instead of providing food for children.
6. There are too many child marriages in the area, which contributes to malnutrition as children are given birth to children with no proper care.
7. Children submit that their parents give them junk food to demonstrate the modern way of life.
8. Some churches mislead congregants by thinking that evil spirits cause malnutrition. Therefore, cases of malnutrition are not reported to the health facility for treatment, instead, the focus is on prayers and the use of traditional medicines.

URGENT ACTIONS

1. Community education on nutrition, food preparations, and consumption. This can be done through community engagements with different groups, including the church, traditional leaders, teachers, health personnel, and parents. Churches already have some of these programs for the prevention of malaria. It will be a good idea to include nutrition.
2. Families need financial literacy to help them understand the importance of saving money for future use.
3. Churches recommend using radio programs to engage the community on the importance of nutrition and create a platform for children's participation in decision-making at home.
4. Children want school production units to be revamped so that schools can grow their food.

AREAS OF DIVERGENCE

Although the group comprised people from different backgrounds, all agreed on the factors that cause malnutrition and how best to combine efforts to combat the vice. However, slight diversity was observed in the church, which submitted that religious beliefs from certain denominations are not helping the community. They preach false information about diseases and treatment. This has led to the loss of lives for innocent children.

OVERALL SUMMARY

1. Most people are poor and cannot afford nutritious foods even when available on the market. Most rural communities are struggling with the high cost of living caused by the global rise in food prices. There are more people who cannot afford food on the market than those who can. This situation has caused misery and increased the cases of malnutrition.
2. Low literacy levels make people unable to understand nutrition, which foods are nutritious, and how to prepare healthy foods. Many times, the food is overcooked. They also fail to understand the proper feeding pattern for children even after receiving information from help facilities, especially for expecting and breastfeeding mothers. Therefore, there is a need to build capacity in CHW, NHCs, and SMAGs, as well as other community groupings, to educate the community on the importance of nutrition.
3. Due to limited crops grown yearly, most households feed on one type of food, mainly carbohydrates. Other crops are grown for sale to earn income for home use. Crop diversification is the solution to this issue. However, families are constrained because they lack financial support to grow crops that can support their nutritional status.
4. Food such as fruits are seasonal in the area, and the place is known for bananas, limiting the amount of nutrients children take per year. Gardening is the solution to this problem. This requires that communities have access to water all year round.
5. Some families lack financial discipline. This is observed after harvesting and selling products. All resources are utilized for leisure instead of providing food for children. This is a grave matter and requires immediate intervention if the fight to end malnutrition is to be achieved.
6. There are too many child marriages in the area, which contributes to malnutrition as children are giving birth to children with no proper care. The involvement of all stakeholders is critical in reducing this vice. Reforming traditional practices is one way of preventing teenage pregnancies and child marriages.
7. Children submit that their parents give them junk food to demonstrate the modern way of life. Education of parents and guardians on the importance of local foods is key to transforming the minds of parents and caregivers.
8. Some churches mislead congregants by thinking that evil spirits cause malnutrition. Therefore, cases of malnutrition are not reported to the health facility for treatment; instead, the focus is on prayers and the use of traditional medicines. Collaboration with Health facilities to hold joint community-level activities is very important in demystifying some of the religious beliefs.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

CSO-SUN Movement principles of engagement were followed. All participants were accorded equal opportunity to discuss and share their opinions.

METHOD AND SETTING

The methodology used was an open discussion with participants sitting in a semi-circle to promote participation. The activity was held outside the World Vision Office in Nyimba as the place was convenient for all to meet.

ADVICE FOR OTHER CONVENORS

Always prepare your session in advance and set the possible outcomes of the session..

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I want to acknowledge Mr. Stephen Siwila, DF Nyimba, for organizing the activity, the District pastors fellowship chairperson, and the traditional leadership. I also want to thank Ms. Phiri and Teacher for organizing the children for the activity.

ATTACHMENTS

- **Children, Traditional and Faith Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Children-1-scaled.jpg>
- **Children, Traditional and Faith Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/children-2-scaled.jpg>
- **Children, Traditional and Faith Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Children-4-scaled.jpg>
- **Children, Traditional and Faith Leaders**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/children-5-scaled.jpg>