

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	The Voices of Children on Nutrition
<b>WORKSHOP DATE</b>	Saturday, 21 December 2024 12:30 GMT +00:00
<b>CONVENED BY</b>	Emmanuella and Delali Event announced on behalf of the Convenor by: Barbara Asare. Technical support to the facilitators Feedback published on behalf of Convenor by: Barbara Y. Asare. Provided technical guidance to the facilitators
<b>EVENT LANGUAGE</b>	English and Twi
<b>HOST CITY</b>	Somanhyia, Ghana
<b>GEOGRAPHIC SCOPE</b>	Somanhyia (odomase)
<b>AFFILIATIONS</b>	World Vision
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/57232/">https://nutritiondialogues.org/dialogue/57232/</a>



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

19

## PARTICIPATION BY AGE RANGE

17 12-15

2 16-18

## PARTICIPATION BY GENDER

10 Female

9 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was conducted in a rural farming community in the Afram Plains. The participants were members of the kid's club. They were from about three different ethnic groups and from a basically low socio-economic background.

# SECTION TWO: FRAMING

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The workshop was organized in a local farming community experiencing dry harmattan season. This season is marked with dryness and rampant bush fires that destroy farmlands and crops. one challenging practice in this community is charcoal production. trees are usually cut down and burned into charcoal that is sold commercially. Rainfall was delayed in the year. This has contributed to climate change making the community and its surroundings very hot and sunny throughout the year, low rainfall has resulted in crop losses leading to hikes in food prices. This has contributed to child hunger and malnutrition.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

lack of portable drinking water  
deforestation which causes climate change and soil fertility  
lack of education on good nutrition among children, parents and community  
bush burning during dry season  
cutting down of trees for charcoal which is a source of economic activity for most families  
high temperature and low rainfall have contributed to low yield, crop failures and high food prices

## URGENT RECOMMENDATIONS FOR ACTION

Access to good drinking water is necessary to promote good nutrition  
The need to create employment/ alternative livelihood and life skills for parents  
School feeding program should be brought back to the school since it's no longer available  
Planting of more trees to resolve climate change and deforestation.  
Stop the practice of bush burning and charcoal production which depletes farmlands, and leaves lands less fertile  
Education of communities on food taboos and good nutrition is important.  
Practices of mixed farming (crops & livestock) should be promoted  
Stop illegal mining that destroys water bodies and farmlands.  
Government should scale up school feeding programs to all schools especially those in rural areas.

## AREAS OF DIVERGENCE

## OVERALL SUMMARY

- participants were of the view that it is necessary to educate, children, parents and caregivers of good nutrition.
- parents have an important role in providing nutritious food to their children.
- Exercise is needed to keep healthy in addition to good nutrition.
- poor Nutrition causes stunting in children and make them loose concentration in class, it also causes sickness.

An interesting point worth noting is the suggestion by children for support for teenage mothers as their children were usually malnourished. They recommended the need to intensify sexual reproductive health education to prevent teenage pregnancy which will result in malnourished mother and child.

They also stressed on the importance of access to good drinking water as part of ensuring good nutrition. clean water is needed to cook nutritious food.

The practice of cutting down trees (deforestation) for charcoal was challenging, it has contributed to climate change which has affected rainfall patterns, it has also contributed to high temperatures which are not good for crops. the children recommended the need to plant more trees to preserve the environment.

They also mentioned the need to promote organic farming.

most farmers sell their products and seldom leave some for-home consumption this leads to limited access to food.

Children in the rural communities do not eat breakfast before going to school, as it food is not provided for them, they eat twice a day and rely heavily on school meals. Cultural practices and food taboos deny children from enjoying some nutritious foods.

Farmers grow one type of crop and give less attention to animal rearing which will be an additional source of food and income.

The need to promote school and community gardening was reiterated.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

The facilitators respected the views of all participants and encouraged the active participation of all and for all to share their views in respectful ways. All participants were encouraged to speak and ask questions. The workshop was conducted in the community at an open place which was safe from harm. there were adults to support the process.

## METHOD AND SETTING

Participants were made to sign consent forms for their photos and participation. The workshop was led by two young advocates with the support of adults to guide the discussion. Participants were put in a focused group discussions and smaller groups to brainstorm on solutions to nutrition challenges. The workshop was organized outdoor in and informal settings and discussions.

## ADVICE FOR OTHER CONVENORS

Allow participants to express their thoughts and feelings in languages comfortable to them. The need to include persons with disability to promote their participation in decision making The need for an adult or technical person to support and guide discussions.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Acknowledgement of the support from the Afram Plains Area Program Team, Emmanuella and Delai Change-makers and young advocates who facilitated the workshop, community volunteers who prepared the children and the Communication manager of World Vision Ghana who supported with photography and videos.

## ATTACHMENTS

- **Nutrition Dialogue Report**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Odomase-ND-Report.jpeg>