

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	The Impact of Proper Nutrition on Health and Well-Being
WORKSHOP DATE	Thursday, 7 November 2024 09:00 GMT +03:00
CONVENED BY	Maryan Dahir Musse, Project Coordinator REACTS-IN, Yahye Abdulkadir Abdirahman, Gender and Protection Officer
EVENT LANGUAGE	Somali, English
HOST CITY	Baidoa, Somalia
GEOGRAPHIC SCOPE	Baidoa, capital of the Southwest State of Somalia
AFFILIATIONS	This activity was a key component of the National Nutrition Dialogues, organized by the Advocacy Department, which also leads our Enough Campaign.
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/58362/



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

8 12-15

12 16-18

PARTICIPATION BY GENDER

9 Female

11 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The Nutrition Dialogue Workshop was designed to educate children on the importance of proper nutrition and its impact on health and well-being. The session, which brought together 20 participants at Horyaal Hotel in Baidoa, was intentionally inclusive and diverse, representing a wide range of socio-economic statuses, ethnic backgrounds, and community groups. Participants came from both IDPs and urban areas, ensuring that the workshop addressed the unique and different nutritional challenges.

SECTION TWO: FRAMING

The workshop began with an introduction to the local context, addressing the challenges faced by the community in Baidoa, including climate change, conflict, and poverty. These factors have contributed to widespread food insecurity and malnutrition, particularly among children. The participants were made aware of the ongoing nutrition deficiencies in the area, such as stunting and undernutrition, as well as the seasonal risks related to food availability and the impact of pollution on health. The children were encouraged to reflect on their personal experiences and the nutritional challenges they face within their community. Participants were asked to introduce one another using a paper airplane written their names, then everyone is invited to throw their airplanes together and retrieve one plane, then return the airplane to the person whose name is written on it. The children were then asked What do we mean by nutrition? They all contributed their understanding on nutrition based on their experience in food challenges in the community and what they learned. The participants were asked to come in a circle and pick picture from a set of 20 photographs displayed on the floor in the middle of the circle, so that everyone can see them. Everyone has picked a photograph, and they were asked to share their impressions about the issue reflected in the photograph in 30 seconds per participant. a volunteer wrote the responses on a flipchart that has been displayed on a wall.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The participants have shared their knowledge and experience on good nourishment and causes of malnutrition. They highlighted some causes of malnutrition for children as low income in family – families with low-income struggle to provide balanced diet for their children increasing the risks of malnutrition, drought – this part of the country is prone to drought and famines which kills many livestock and destroys farms, conflict – the southern part of Somalia is well known for its prolonged conflict between armed groups and the government which made difficult for humanitarian aid to reach in remote areas, lastly the children stated that fathers and uncles are fed with little balanced diet for the family leaving children and mother less food and unbalanced food increasing the risks of malnutrition for young children, pregnant and lactating mothers.

URGENT RECOMMENDATIONS FOR ACTION

The children have identified a number of solutions for the nutritional challenges children face.

- Providing support to the low-income families
- Increase the agricultural products to make available and affordable local farm products.
- Awareness raising
- Prioritizing young children, lactating and breastfeeding mothers during family meals
- Support for small scale business to improve the livelihood of vulnerable families in community.
- Financial support for single mothers who are raising orphan children.
- The rich to assist the poor so that every family has food on their table
- Neighbors to help one another
- Government, NGOs and the rich to join hand to support poor in the community.

AREAS OF DIVERGENCE

Some of the children had basic knowledge about health eating and balanced diet while other thought having meals three times a day is enough this has become a discussion point among the children.

OVERALL SUMMARY

The nutrition dialogue workshop was organized to educate children on the importance of proper nutrition and its impact on health and well-being. The session brought together 20 participants at Horyaal Hotel, Baidoa, to engage in discussions and activities focused on improving nutritional awareness and practices among children.

The aim of the workshop was to raise awareness about the significance of balanced diets for children, provide practical knowledge on healthy eating habits and encourage dialogue among participants to share their challenges and solutions. The children highlighted some causes of malnutrition for children as low income in family - families with low-income struggle to provide balanced diet for their children increasing the risks of malnutrition, drought - this part of the country is prone to drought and famines which engulfs the lives of animals and destroys farms, conflict - the southern part of Somalia is well known for its prolong conflict between armed groups and the government which made difficult for humanitarian aid to reach in remote areas, lastly the children stated that fathers and uncles are fed with little balanced diet for the family leaving children and mother less food and unbalanced food increasing the risks of malnutrition for young children, pregnant and lactating mothers.

The children recommended provision of support to the low-income families, increase the agricultural products to make available and affordable local farm products, awareness raising, prioritizing young children, lactating and breastfeeding mothers during family meals, support for small scale business to improve the livelihood of vulnerable families in community, financial support for single mothers who are raising orphan children, the rich to assist the poor so that every family has food on their table, neighbors to help one another and government, NGOs and the rich to join hand to support poor in the community.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Under article 13 of the convention on the rights of children, children have the right to express their opinions and views to others by talking, drawing, writing or through any other medium you want to us. This dialogue gave the children the chance to share their knowledge and experience in nutrition.

METHOD AND SETTING

The workshop was conducted at a hotel hall in the town, World Vision Somalia Baidoa office facilitated the transportation of children. Children from different parts of the town and IDPs camp were invited. Different methods were used; display of photographs, PowerPoint presentation, a paper airplane, group discussion and writing responses on a sticky note.

ADVICE FOR OTHER CONVENORS

Ensure children from different walks of life are invited to the workshop. A mixture of boys and girls, children with disabilities, and children living with relatives are part of the dialogue, this will give you different ideas, experience and knowledge.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I would like to acknowledge the health and Nutrition and protection team and also Ministry of Education southwest state Somalia who led the discussion and also the children from the child clubs who participated actively in this nutrition discussions. Their commitment to promoting meaningful child participation is commendable.

RELEVANT LINKS

- <https://nutritiondialogues.org/dialogue/58362/>

ATTACHMENTS

- **Participants Sharing Impressions of Nutrition-Related Photographs**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-10-at-11.58.53-AM-1-1.jpeg>
- **discussing displayed pictures**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-10-at-12.00.17-PM.jpeg>
- **introduced one another using a paper airplane written their names**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-10-at-12.02.58-PM-1.jpeg>
- **explaining the methods**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/image-3-5.jpg>
- **children's feedback written by sticky notes**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-10-at-11.59.53-AM-1.jpeg>