

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	VOICES OF THE FUTURE: CHILDREN'S IDEAS FOR BETTER NUTRITION IN SOMALIA
WORKSHOP DATE	Thursday, 14 November 2024 09:00 GMT +03:00
CONVENED BY	Ahmed Omar, Associate Director on Advocacy and External Relations
EVENT LANGUAGE	Somali
HOST CITY	Garowe, Somalia
GEOGRAPHIC SCOPE	Garowe, the capital city of Puntland State of Somalia
AFFILIATIONS	Our Enough campaign is related to this exercise
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/58393/



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

1

PARTICIPATION BY AGE RANGE

11 12-15

9 16-18

PARTICIPATION BY GENDER

10 Female

10 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

SECTION TWO: FRAMING

To set the stage for informed discussions, we began with presentations that explained key terminologies and provided a contextual update on child hunger and malnutrition in Somalia. We first clarified essential terms to ensure everyone had a common understanding. Child hunger was defined as the condition where children do not have enough food to meet their daily nutritional needs, leading to undernourishment and stunted growth. We further elaborated on specific forms of malnutrition. Stunting refers to low height for age, indicating chronic undernutrition. Stunted children may never reach their full physical and cognitive potential. Wasting is characterized by low weight for height, reflecting acute undernutrition. Wasting can lead to severe health complications and increased mortality risk. Next, we provided a detailed contextual update on the current state of child hunger and malnutrition in Somalia. We then explored the root causes and challenges contributing to malnutrition in Somalia. These included food insecurity, driven by factors such as drought and conflict, poverty, which limits access to nutritious food, and inadequate access to clean water and sanitation, which exacerbates health issues. The open-ended questions explored key aspects of this topic, including but not limited to: 1. What are the main challenges you face in getting enough healthy food, and how do these challenges affect you and your community? 2. What creative solutions can we implement to improve nutrition in our community, such as community gardens or educational programs? 3. How can we involve more people, especially children, in promoting healthy eating habits and improving nutrition? 4. What are some goals we can set to improve nutrition in our community, and how can we measure our progress and celebrate our successes?

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

During the workshop titled "Voices of the Future: Children's Ideas for Better Nutrition in Somalia," the children engaged in vibrant discussions and shared insightful perspectives on improving nutrition in their communities. Here are the key outcomes from the dialogue:

The children highlighted several challenges they face in accessing healthy food, including food insecurity due to drought and conflict, poverty, and lack of access to clean water and sanitation. They emphasized how these issues affect their health, growth, and ability to concentrate in school.

URGENT RECOMMENDATIONS FOR ACTION

The children proposed innovative solutions to address these challenges. They suggested establishing community gardens where families can grow fresh produce, implementing nutrition education programs in schools, and organizing cooking classes to teach families how to prepare nutritious meals. They also recommended launching awareness campaigns to educate the community about the importance of healthy eating.

Community Involvement: The children discussed the importance of involving the entire community in their efforts. They suggested forming nutrition clubs led by children to promote healthy eating habits and organizing community events like healthy food fairs. They emphasized the need for collaboration with local organizations to support their initiatives.

Advocacy Messages: The children expressed a strong desire to communicate their needs and ideas to powerholders, such as donors, government officials, and other key stakeholders. They highlighted the importance of improving nutrition for their health and future and called for support in providing resources, funding, and policies that promote food security and access to nutritious food.

Goals and Progress: The children set ambitious goals to improve nutrition in their community, such as increasing the number of community gardens and ensuring all children receive nutrition education. They discussed ways to measure their progress, such as tracking the number of families participating in gardening projects and the improvement in children's health indicators.

AREAS OF DIVERGENCE

1. PRIORITIZING SOLUTIONS:

Some children believed that establishing community gardens should be the top priority, as it directly addresses food insecurity and provides immediate access to fresh produce. Others argued that nutrition education in schools should come first, emphasizing that knowledge about healthy eating habits is crucial for long-term change. This divergence highlighted the different perspectives on whether immediate action or foundational education should take precedence.

2. ROLE OF TECHNOLOGY:

There was a split in opinions regarding the use of technology to promote nutrition. Some children were enthusiastic about using social media and digital platforms to raise awareness and share information about healthy eating. They felt that technology could reach a wider audience quickly. Conversely, others were concerned that not everyone in the community has access to the internet or digital devices, suggesting that more traditional methods like community meetings and printed materials might be more inclusive and effective.

OVERALL SUMMARY

The workshop, "Voices of the Future: Children's Ideas for Better Nutrition in Somalia," brought together children to discuss and develop solutions for improving nutrition in their communities. The event began with presentations that explained key terminologies related to child hunger and malnutrition, providing a contextual update on the current situation in Somalia.

During the discussions, children identified several challenges, including food insecurity, poverty, and lack of access to clean water and sanitation. They proposed creative solutions such as establishing community gardens, implementing nutrition education programs in schools, and organizing cooking classes. The children emphasized the importance of involving the entire community and collaborating with local organizations to support their initiatives.

A key outcome was the children's desire to communicate their needs and ideas to powerholders, such as donors and government officials, to secure resources and support for their efforts. They set ambitious goals to improve nutrition and discussed ways to measure their progress and celebrate successes.

The workshop highlighted areas of divergence, such as prioritizing solutions, the role of technology, and the involvement of external stakeholders. These discussions provided a rich foundation for actionable plans to improve nutrition in Somalia, reflecting the children's deep understanding and commitment to creating a healthier future for their 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

Different methods were used; display of photographs, PowerPoint presentation, a paper airplane, group discussion and writing responses on a sticky notes.

ADVICE FOR OTHER CONVENORS

As a convener of the Children's Nutrition Workshop, I would advise fostering an inclusive environment where all children feel welcome and valued. Use child-friendly language to explain complex topics and engage children through interactive activities like group discussions, role-playing, and hands-on projects. Encourage creativity to generate innovative solutions and facilitate open, respectful dialogue to ensure all voices are heard. Highlight the real-world impact of their contributions to mot

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I would like to express my heartfelt gratitude to our generous donor, the Government of Germany, for their support under the Grow in Rich project. I also extend my sincere appreciation to our dedicated Health and Nutrition Team, including Nafisa Abdiwali, our project manager, and Zerihun Marera, our Technical Advisor in the sector. Additionally, I am grateful to our Protection Department for their invaluable support in ensuring that children were engaged seamlessly throughout the process.