

# OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Youth voices in nutrition
WORKSHOP DATE	Friday, 23 August 2024 12:59 GMT +02:00
CONVENED BY	Spectacular Gumbira
EVENT LANGUAGE	English
HOST CITY	Mutare, Zimbabwe
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	ZCSOSUNA
WORKSHOP EVENT PAGE	<a href="https://nutritiondialogues.org/dialogue/59998/">https://nutritiondialogues.org/dialogue/59998/</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	37
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## PARTICIPATION BY AGE RANGE

0	12-15	10	16-18
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## PARTICIPATION BY GENDER

21	Female	16	Male	0	Other/Prefer not to say
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## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Youth from Manicaland region. Attendees were out of school youth and college going youth (mostly from the local university Africa University) and a couple of formally employed. Most of the participants were from low to middle income households & of mostly Christian persuasion.

# SECTION TWO: FRAMING

The location is surrounded by a successful farming community including fruit plantation & a large contingent of communal farmers thus is a perfect cross section of the different socio-cultural classes. However the province records the highest stunting rates in the country. Though most households earn an above average income, the majority remains food insecure as they sell the premuim of their produce & leave the less desirable or nothing at all. Adoption of western diets by the rural & peri urban communities is also an interesting trend.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

Non- involvement of the youth in decision making on nutrition issues affecting them and poor dissemination of national nutrition decisions or programs  
In some instances the information is available of platforms accessible by the ordinary man on the street but to the learned and advantaged.  
The region has the highest levels of stunting and little is being done to raise awareness and encourage consumption of healthy foods and eating habits.  
Exclusion of vulnerable groups' specific needs on nutrition.  
Lack of nutrition information on the correct and healthy foods needed to meet the nutrition needs of the youths & vulnerable groups.

## URGENT RECOMMENDATIONS FOR ACTION

Inclusion of communities in nutrition issues and cascading of government decisions & programmes on nutrition issues to the common man so as to get buy in of communities. Inclusion of the youth at high stake holders platforms on nutrition issues  
Promotion of exclusive breastfeeding and proper foods on supplementary feeding of young children  
Education of communities on food fortification products in the market & the benefits.  
Nutrition education campaigns in communities, schools and also to vulnerable groups.

## AREAS OF DIVERGENCE

# OVERALL SUMMARY

Discussion was quite fruitful and the participants exhibited impressive knowlegdge on nutrition issues affecting their local areas & the nation as a whole. Participants were particularly concerned on the lack of inclusion of communities & poor dissemination of information on programmes concerning the youths and common people on the ground.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

## PRINCIPLES OF ENGAGEMENT

## METHOD AND SETTING

ensured voluntary, informed, and inclusive participation, obtaining explicit consent, conducting thorough risk assessment. Participants were educated on safe behaviors, and establishing a robust reporting mechanism for any incidents of abuse or misconduct. It is also essential to create a culture of safety.

## ADVICE FOR OTHER CONVENORS

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

Appreciation goes to Save the Children UK for the financial & technical support & the SUN global & SUN CSN network Youth leaders for nutrition initiative.