

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	MAKING BALANCED MEAL COUNT IN THE FIGHT AGAINST MALNUTRITION
DIALOGUE DATE	Thursday, 10 September 2026 08:00 GMT +02:00
CONVENED BY	CARITAS DIOCESE OF BYUMBA/CARITAS BYUMBA Event announced on behalf of the Convenor by: DIOCESE CATHOLIC OF BYUMBA/CARITA BYUMBA . IMPLEMENTING PARTNER OF WVR Feedback published on behalf of Convenor by: DIOCESE CATHOLIC OF BYUMBA/CARITAS BYUMBA. IMPLEMENTING PARTNER OF WVR
EVENT LANGUAGE	ENGLISH AND KINYARWANDA
HOST LOCATION	Byumba, Rwanda
GEOGRAPHIC SCOPE	GICUMBI DISTRICT
AFFILIATIONS	WVR
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60098/



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	98
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PARTICIPATION BY AGE RANGE

0	0-11	39	12-18	54	19-29
5	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

54	Female	44	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

33	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
12	Educators and Teachers	0	Faith Leaders/Faith Communities
2	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
49	Healthcare Professionals	0	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
2	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	0	Other (please state)

OTHER STAKEHOLDER GROUPS

Other stakeholder groups included community health workers, National Women Council representatives at all levels, local leaders, caregivers, and community members involved in nutrition promotion and the prevention of child malnutrition.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

Participants came from different socio economic backgrounds, households, and represented both rural and urban communities across Gicumbi District. The dialogue also brought together participants from different sectors and community groups, ensuring diverse experiences and perspectives on child nutrition, feeding practices and malnutrition prevention.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The Dialogue was introduced in the context of ongoing efforts to prevent child malnutrition in Gicumbi District. Participants discussed the importance of improving young children's diets using locally available foods, particularly among households with limited resources. The discussion highlighted common nutrition challenges such as limited dietary diversity, inadequate feeding practices, poverty and seasonal availability of some foods. Families may have access to nutritious foods but may not always know how to combine, prepare and serve them appropriately for young children. The introduction also emphasized that malnutrition is influenced not only by food availability, but also by hygiene, safe food preparation, feeding frequency, the quantity given to children and timely access to health and nutrition services. Participants were encouraged to share practical experiences and identify positive practices already existing within their communities. The Dialogue built on the Positive Deviance Hearth (PDH) approach implemented through collaboration between World Vision Rwanda, Caritas Byumba/Diocese of Byumba and Gicumbi District, and the subsequent training of community health workers and National Women Council representatives at different levels. The overall framing encouraged participants to move from nutrition knowledge to practical household actions that can contribute to improved child growth and wellbeing.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2026/09/PROPER-NUTRITION.pdf>

DISCUSSION

The discussion focused on improving child nutrition through locally available foods. Questions explored how families can increase dietary diversity, combine different food groups, prepare food safely, provide appropriate portions and feeding frequency, and identify positive practices that help prevent malnutrition. Participants also discussed challenges faced by caregivers and how community health workers can support families.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Participants highlighted poverty and limited access to diverse and nutritious foods as major challenges. Other concerns include inadequate knowledge of appropriate child feeding practices, seasonal food shortages, food price increases, recurrent childhood illnesses, poor hygiene and sanitation, and limited access to health and nutrition services. Climate-related shocks such as irregular rainfall and crop losses also affect household food security and children's nutrition.

URGENT ACTIONS

Participants identified the need to strengthen nutrition education for caregivers, promote dietary diversity and improve access to health and nutrition services. They proposed working closely with local leaders, health workers, community health workers and community groups to provide regular awareness sessions and follow-up support to vulnerable households.

They also recommended promoting household food production through kitchen gardens, livestock rearing and climate-resilient farming practices. Participants emphasized supporting vulnerable families with practical knowledge and appropriate resources to improve food availability and children's nutrition.

These actions should be taken forward through stronger collaboration between communities, local authorities, health facilities and development partners, with regular monitoring to ensure that identified nutrition challenges are addressed.

AREAS OF DIVERGENCE

There was generally a high level of agreement among participants on the main nutrition challenges and the need for urgent action. However, views differed slightly on the causes of malnutrition and the most effective solutions. Some participants emphasized poverty and food insecurity, while others highlighted inadequate knowledge, feeding practices, hygiene and access to health services. There were also different views on the level of support required from households, communities and local institutions. Despite these differences, participants agreed on the importance of collaboration and community-based solutions.

OVERALL SUMMARY

The Dialogue provided a valuable opportunity for participants to openly discuss the nutrition challenges affecting children and families in their communities, share experiences and identify practical actions that can contribute to improved nutrition outcomes. The discussion was participatory and constructive, with participants actively contributing their views, experiences and suggestions.

Participants highlighted poverty, limited access to diverse and nutritious foods, seasonal food shortages, inadequate knowledge of appropriate child feeding practices, recurrent illnesses, poor hygiene and sanitation, and limited access to health and nutrition services as key challenges. Climate-related factors, including irregular rainfall and crop losses, were also recognized as factors affecting household food security and nutrition.

The discussion emphasized that addressing malnutrition requires more than providing food. Participants stressed the importance of empowering caregivers with practical knowledge on dietary diversity, breastfeeding, complementary feeding, food preparation and hygiene. They also highlighted the need to strengthen household food production through kitchen gardens, livestock rearing and climate-resilient agricultural practices so that families can improve both food availability and dietary diversity.

Participants identified several urgent actions, including strengthening nutrition education, improving access to health and nutrition services, supporting vulnerable households and increasing collaboration among communities, local authorities, health workers, community health workers and development partners. They proposed that these actions should be implemented through regular community awareness activities, household follow-up, practical demonstrations and coordinated support to families facing the greatest challenges.

Although participants had slightly different views on the main causes of malnutrition and the most appropriate solutions, there was broad agreement that nutrition is a shared responsibility requiring coordinated action at household, community and institutional levels. The dialogue created space for these different perspectives to be heard and helped participants identify areas where joint action is possible.

Overall, the Dialogue felt open, engaging and solution-oriented. Participants demonstrated a strong willingness to contribute to improving nutrition in their communities and recognized the importance of turning discussion into practical and sustained action. The exchange also reinforced the value of community participation in identifying nutrition priorities and developing solutions that reflect local realities.

The Dialogue concluded with a shared understanding that continued nutrition education, improved household food security, stronger health and nutrition services, and collaboration among stakeholders are essential to reducing malnutrition and improving the wellbeing of children and families. The participants' commitment to working together provides a foundation for continued community-level action and follow-up.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Dialogue reflected the Principles of Engagement by ensuring inclusive, respectful and participatory discussions. Participants were given equal opportunities to share their experiences, views and recommendations, with particular attention to the perspectives of community members and stakeholders involved in nutrition and child wellbeing. The discussion was facilitated in an open and respectful manner, allowing different opinions to be expressed without discrimination. Participants were encouraged to focus on shared nutrition challenges and practical solutions rather than individual interests. Different perspectives were acknowledged, and areas of disagreement were discussed constructively. The Dialogue also encouraged collaboration among community members, local authorities, health and nutrition actors, and development partners.

METHOD AND SETTING

The Dialogue used a participatory and inclusive methodology, combining facilitated group discussion, open-ended questions and experience sharing. Participants were encouraged to identify key nutrition challenges, discuss differing perspectives and propose practical actions. The facilitator ensured that everyone had an opportunity to contribute and that the discussion remained respectful and solution-oriented.

ADVICE FOR OTHER CONVENORS

Plan the Dialogue carefully and invite participants with diverse experiences and perspectives. Share the objectives in advance and create a safe, inclusive environment where everyone feels comfortable contributing. Use simple, open-ended questions to encourage meaningful discussion and allow enough time for participants to share their experiences.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to sincerely thank all participants for their active engagement, openness and valuable contributions throughout the Dialogue. We also appreciate the facilitators and support team for their commitment to creating an inclusive and constructive space for discussion.

RELEVANT LINKS

- **X**
<https://x.com/CByumba/status/2093370332337868988?s=20>
- **X**
<https://x.com/CByumba/status/2093368965993013581?s=20>
- **Website**
<https://caritasbyumba.org/publications/6a959e5a738bdb402d9c088a>
- **X**
<https://x.com/CByumba/status/2093368109381939563?s=20>
- **X**
<https://x.com/CByumba/status/2093367174576460049?s=20>
- **X**
<https://x.com/CByumba/status/2093366529312133161?s=20>

ATTACHMENTS

- **PIC**
<https://nutritiondialogues.org/wp-content/uploads/2026/09/HQ0kOABXgAECr3g-1-scaled.jpg>
- **PIC**
<https://nutritiondialogues.org/wp-content/uploads/2026/09/HQ0kSFrXoAAIKSU-scaled.jpg>
- **PIC**
<https://nutritiondialogues.org/wp-content/uploads/2026/09/HQ0k6GLXUAEgz58-scaled.jpg>
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- **PIC**
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CORRECTIONS, ADJUSTMENTS, OR CHANGES

Title

MAKING BALANCED MEAL COUNT IN THE FIGHT AGAINST MALNUTRITION

Date

22/09/2026

ADJUSTMENTS BY AGE 0: 0-11 0: 12-18 39: 19-29 54: 30-49 5: 50-74 0: 75+