

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	The role of Nutritional volunteers in enhancing nutrition in the community.
DIALOGUE DATE	Friday, 10 April 2026 11:00 GMT +02:00
CONVENED BY	Alfred Mwita Event announced on behalf of the Convenor by: Alfred Mwita. Technical Support Feedback published on behalf of Convenor by: Rita Mapala. Area Programme Manager
EVENT LANGUAGE	English
HOST LOCATION	Chongwe, Zambia
GEOGRAPHIC SCOPE	Community
AFFILIATIONS	World Vision
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60200/



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

37

PARTICIPATION BY AGE RANGE

0	0-11	10	12-18	0	19-29
27	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

20	Female	17	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

10	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
1	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	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
0	News and Media (e.g. Journalists)	23	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	4	Other (please state)

OTHER STAKEHOLDER GROUPS

4 of the other stakeholders were traditional leaders.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The audience was diverse consisting of participants from the same ethnic group and was in a rural set up. Participants were of the same economic status, and their major source of livelihood is farming.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue started by discussing and reviewing how successful the 2025/2026 farming season has been in the area, additionally major crops grown and successfully harvested in the last farming season as compared to the previous farming seasons were also discussed. In terms of malnutrition prevalence in the area, the audience confirmed that the existence of malnutrition among under five children, this is despite the concerted efforts by the community and the Health Facility in combating malnutrition in the community. However, the participants also acknowledged that efforts have been there from the Nutritional Volunteers and other Women groups in sensitizing pregnant and lactating mothers on the importance of breastfeeding and recommended feeding practices and strategies on ending malnutrition at household level.

DISCUSSION

Discussion Topic: The role of Nutritional Volunteers in enhancing Nutrition at Community level. Open Ended questions: ☒ What do you think are some causes of malnutrition in our communities? ☒ What are the feelings or concerns about nutrition in our community? ☒ How can we ensure good nutrition for all in our community? ☒ What actions might be needed to ensure good nutrition for our community? ☒ Who needs to be involved to enable us to achieve good nutrition for all in our community

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Participants acknowledged that Malnutrition exists in the community due to food shortages, poor dietary choices, limited dietary diversity, irregular mealtimes, selling most household produce and poor household budgeting. Food is usually available during the harvest time, and a variety of crops are grown, however food shortages arise due to excessive selling of the harvested food, reasons for selling include raising money to support the household with basic needs since they have no other household income. Poor dietary choices result from limited knowledge on which foods constitute the best nutrition due to this, most households depend largely on foods that are high in carbohydrates. Furthermore, even in households where nutritious food is available, skills on food preparation are very low and then parents tend to leave under five children due to younger girl children as they embark on business activities, these young caregivers do not understand mealtimes, what to feed the under five children and hygiene during food preparation.

URGENT ACTIONS

Inappropriate feeding practices were identified as one of the causes of malnutrition urgent actions require educating mothers and caregivers on feeding times, food preparation and dietary diversity. In addition to this, male involvement in fighting malnutrition was identified as a critical step in achieving nutrition at household level, this is because currently males do not participate in nutrition care and support for under five children. The responsibility to care for children has been left with mothers only. The nutrition volunteers will work hand in hand with the traditional and faith leaders to sensitize the community during any community level platform. Furthermore, nutritional volunteers will report parents and caregivers who are failing to comply with the nutrition education messaging to the traditional leaders. Lastly, strengthening nutrition education, household food management and community support systems was identified as critical for reducing malnutrition and improving child health outcomes in the community.

AREAS OF DIVERGENCE

Overall, the women were of the view that men do not really participate in provision of nutrition care for children and tend to mis-manage both the household income and crops harvested. However, men also argued that some women lack adequate knowledge on household food management, nutrition provision, and tend to care for their fashion needs more than children. The area being rural still has strong traditional beliefs such that men feel those that help women with household chores are weaker and not men enough. This leads to most men staying away from household chores including supporting their families in fighting against malnutrition.

OVERALL SUMMARY

The nutrition dialogue went as planned and key matters affecting community nutrition were discussed. Among them are that food is grown yearly and at small scale, after which, households tend to sale some and keep some for-home consumption which is not adequate to reach up to next harvest. This leads to food insecurity at most households, hence continued cases of malnutrition in the community. secondly, food diversity still remains a challenge among most households. This is because of the limited field where to cultivate, then, also limited choices of crops to grow due to limited income to buy seed required for planting. Most crops grown are those supported by government through the fertilizer support program and are also easily marketed through the food reserve agency. As highlighted above, limited knowledge on which food to grow, to maximize nutrition security, poor food preparation skills and failure to observe the feeding times are major concerns and continue to negatively affect child health. Male participation has also been identified as a major cause of food insecurity at home, and many do not emphasize this role as it is viewed to be women's affair. It has also been identified that most homes wish to modernize by buying more of processed foods even for under five children. most of these processed foods have lower nutritional value, hence putting children at risk of malnutrition. Traditional leaders, faith leaders, parents and guardian's all do agree that malnutrition can be fought in an integrated manner in that leaving one stakeholder creates gaps, and failure to honor one's responsibilities. Quick actions are required to resolve the identified problems at community level. sensitization activities have been identified as one major way to spread the message and educate especially the expecting and breastfeeding mothers and their spouses to take charge of the fight to end malnutrition and ensure household food security. Community nutrition volunteers have been identified to play a critical role in ensuring that there is regular growth monitoring and nutrition counselling, skills building on food preparation and feeding timelines. furthermore, parents have been encouraged to bring their children for vaccination and other health related services at the designated outreach delivery point to ensure children's health is safeguarded.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

During the session, the facilitator ensured that there was respect for one's opinion, divergent views were accommodated, all participants were given equal opportunity to contribute their ideas and knowledge about nutrition. Youths, women were intentionally targeted to speak to ensure their views were heard.

METHOD AND SETTING

It was an open discussed, held in an outdoor and informal setting. The session was conducted under a tree within the community. The methods through question and answer. follow up questions were used to solicit further information regarding malnutrition in the community.

ADVICE FOR OTHER CONVENORS

The advice is that each convenor must prepare adequately and inform the community where the dialogue is to take place in advance so that people are prepared for the event. where necessary, a snack can be provided to the participants

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

I would like to acknowledge the Ministry of Health staff that participated in the event, the four traditional leaders and my colleagues at WV Chongwe Office for making this activity possible.

ATTACHMENTS

- **Attendance List**
https://nutritiondialogues.org/wp-content/uploads/2026/04/20260417_092152-rotated.jpg
- **Attendance List**
https://nutritiondialogues.org/wp-content/uploads/2026/04/20260417_092137-rotated.jpg
- **Photo**
<https://nutritiondialogues.org/wp-content/uploads/2026/04/shared-image-19.jpg>
- **Photo**
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