

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Nutritional Dialogue Phase 2- Stakeholder dialogue-Watawala-Sri Lanka
DIALOGUE DATE	Friday, 8 May 2026 14:00 GMT +05:30
CONVENED BY	Lavanya Suriyakumar (National Campaign Manager), Duminth Deshanth (Advocacy coordinator)
EVENT LANGUAGE	Tamil
HOST LOCATION	Watawala, Sri Lanka
GEOGRAPHIC SCOPE	Community level- Estate sector
AFFILIATIONS	Watawala Area Programme -World vision Lanka
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60266/



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	16
------------------------------	----

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	4	19-29
9	30-49	3	50-74	0	75+

PARTICIPATION BY GENDER

12	Female	4	Male	0	Other/Prefer not to say
----	--------	---	------	---	-------------------------

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

4	Children, Youth Groups and Students	3	Civil Society Organisations (including consumer groups and environmental organisations)
1	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	2	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)	4	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
2	Women's Groups	1	Other (please state)

OTHER STAKEHOLDER GROUPS

NA

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

All participants were from tea estate communities in the Watawala area. They belonged to socially and economically disadvantaged communities, with most households relying on employment in tea plantations as their primary source of livelihood. All participants were Tamil-speaking and represented the unique experiences and challenges faced by estate sector communities. The area faces several challenges, including economic pressure, limited access to nutritious food, and vulnerabilities caused

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue began with a friendly icebreaker activity and an introduction to the purpose of the discussion, helping to create a welcoming and comfortable environment for all participants. This encouraged them to openly share their views, experiences, and opinions throughout the session.

DISCUSSION

Before moving into the main discussion, participants explored the basic concepts of nutrition and food security to establish a common understanding of the topics. This helped ensure that everyone could actively engage in the conversation and contribute meaningfully to the discussion. The discussion then focused on identifying the key challenges related to nutrition and food security affecting children, women, and men within their communities. Participants shared their experiences and insights on the factors influencing nutrition outcomes and discussed potential actions that could help improve the well-being of families in the area.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Poor dietary habits and limited nutrition knowledge.
Heavy dependence on wheat flour-based foods.
Skipping or delaying breakfast.
Low consumption of protein-rich foods such as meat and eggs due to financial constraints.
Pregnant mothers avoiding nutrition supplements and tablets.
Increased consumption of fast foods and processed foods, including instant noodles, bread, and snack items.
Easy availability of unhealthy food items in local shops.
Poverty and low household income.
Limited employment opportunities.
Families purchase food only once or twice a week due to financial constraints.
Lack of motivation and commitment among some community members to engage in consistent income-generating activities.
Dependence on home gardening despite limited resources and land availability.
Land shortages limiting cultivation and self-employment opportunities.
Health-related issues and diseases affecting nutrition.
Consumption of chemically processed foods.
Limited access to nutritious foods, particularly for vulnerable groups.
Lack of proper government officers and technical support in the area.
Limited field visits, monitoring, and follow-up by relevant authorities.
Insufficient practical nutrition education and awareness.
Inadequate knowledge-sharing and technical guidance despite occasional relief support.

URGENT ACTIONS

Encourage regular attendance at work at plantations
Promote self-employment opportunities.
Support mushroom cultivation.
Promote candle production and other small-scale income-generating activities.
Provide skills training and practical guidance for livelihood development.
Create suitable spaces and facilities for poultry and chick rearing.
Improve access to nutritious foods for adolescents.
Ensure equal nutritional support for both boys and girls.
Strengthen agricultural and nutrition-related support services.
Increase field visits and follow-up by government officers and extension workers.
Conduct soil testing and provide technical agricultural assistance.
Conduct regular community pocket meetings.
Increase community engagement and participation.
Strengthen motivation and positive attitudes toward work and self-improvement.
Reduce school dropout rates.
Increase awareness programmes for parents on child nutrition and healthy eating practices.
Strengthen the involvement of Agrarian Service Centres.
Increase engagement of relevant government stakeholders.
Mobilize community organizations to support nutrition initiatives.
Enhance the role of NGOs and development partners in providing technical knowledge and practical guidance.
Improve household income as a strategy to address malnutrition.
Strengthen community awareness on healthy diets and nutrition practices.
Promote sustainable food production and home-based nutrition solutions where feasible.

AREAS OF DIVERGENCE

NA

OVERALL SUMMARY

The discussion revealed that malnutrition in the Watawala estate community is driven by a combination of poverty, limited livelihood opportunities, inadequate nutrition knowledge, and unhealthy dietary practices. Participants highlighted that many families struggle to afford nutritious foods, resulting in low consumption of protein-rich foods such as meat and eggs, while processed and fast foods are becoming increasingly common. Poor feeding habits, health-related issues, and limited awareness of balanced diets further contribute to poor nutrition outcomes among children and families.

Participants also emphasized that economic challenges significantly impact household food security. Limited land availability, low and unstable incomes, lack of employment opportunities, and insufficient motivation for self-employment activities were identified as major barriers to improving nutrition. In addition, inadequate technical support, limited government officer engagement, and insufficient practical guidance on agriculture and nutrition were seen as constraints to community development and food security.

To address these challenges, participants recommended strengthening livelihood opportunities, increasing nutrition awareness, and improving support services. Suggested actions included promoting income-generating activities, providing skills training, enhancing agricultural support, conducting regular community awareness programmes, and increasing stakeholder involvement from government agencies, community organizations, and NGOs. Participants stressed that improving nutrition in the estate sector requires a coordinated effort that combines economic empowerment, nutrition education, and stronger institutional support.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All participants were given equal opportunities to share their perspectives on the challenges, issues, and potential solutions related to nutrition and food security in an open, inclusive, and participatory environment. The discussion encouraged active engagement from all participants, ensuring that diverse experiences and viewpoints were heard and valued.

METHOD AND SETTING

Seating was arranged in a half-circle to encourage interaction, and the National Campaign Coordinator facilitated the discussion by guiding participants through questions on challenges, issues, and suggested solutions

ADVICE FOR OTHER CONVENORS

The timing of refreshments should be planned according to the participants' schedule. If participants are attending the session immediately after work, it is advisable to serve refreshments at the beginning of the programme. This can help participants feel more comfortable, refreshed, and energized, leading to better engagement, concentration, and active participation throughout the discussion.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the World Vision Lanka Area Development Programme, its staff members, and community volunteers for successfully organizing this workshop. We also extend our appreciation to Technical Advisor – Integrated Nutrition and Technical Specialist – Disaster Risk Reduction for their valuable support and guidance.