

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Health and Nutrition Workshop - Stakeholder Dialogue
DIALOGUE DATE	Friday, 26 June 2026 09:00 GMT +05:45
CONVENED BY	Bidhya Thapa, NCG Officer, NNSWA Kanchanpur
EVENT LANGUAGE	Nepali
HOST LOCATION	Kanchanpur, Nepal
GEOGRAPHIC SCOPE	Community (Municipality) Level
AFFILIATIONS	World Vision International Nepal
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60573/



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	38
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PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	1	19-29
30	30-49	8	50-74	0	75+

PARTICIPATION BY GENDER

23	Female	15	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
3	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	3	Food Producers (including farmers)
11	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)	3	Parents and Caregivers
0	Science and Academia	2	Small/Medium Enterprises
14	Sub-National/Local Government Officials and Representatives	0	United Nations
2	Women's Groups	0	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue involved key male and female stakeholders of the community responsible for the protection and well-being of the children. Participants included municipal representatives, health coordinators, health professionals, FCHVs, women's groups, teachers, farmers, businessmen and parents and caregivers. This diversity helped explore different dimensions of nutrition during the dialogue.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The session began with a brief introduction to the Nutrition Dialogue Campaign, elaborating the importance of being actively involved in the session in order to achieve the meeting objective focusing on promoting healthy nutrition behaviors. Participants were oriented on the purpose of the meeting, which included raising awareness on nutrition and identifying practical, community-led solutions to nutritional status of the community. The discussion was interactive and participatory, allowing participants to share experiences and their ideas for improvement of nutritional practices.

DISCUSSION

The session included discussion regarding major nutrition related priorities and issues. The key topics discussed in the session were related to the understanding of nutrition among the stakeholders and the existing situation or nutritional status of the people in the community. Similarly, the discussion further included the nutrition related challenges perceived/ observed by the participants, through which the major priorities for improvement of the nutritional status of the community people, especially children were identified.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The dialogue revealed several challenges existing in the sector of nutrition contributing to hindrance in achievement of progressive nutritional status of the community. According to the discussion and activities conducted among the stakeholder, the major challenges identified were as follows:

- Lack of Awareness Regarding Nutritious Food
- Limited understanding of balanced diets and proper nutrition contributes to poor food choices and unhealthy eating habits
- Poor Financial Status/ Poverty
- Poverty remains a primary factor limiting access to nutritious food.
- Excessive Intake of Unhealthy Food (Junk Food)
- Due to busy lifestyles, time constraints, and changing habits, many people prefer instant and ready-made meals instead of preparing nutritious home-cooked food
- Inaccessibility and Unavailability of Healthy Food
- Poor Sanitation and Hygiene Practices
- Childcare and Feeding Practices
- Many children are cared for by grandparents due to parental absence. Similarly, many parents also are not well aware and educated regarding proper, healthy and nutritious food, leading to inconsistent or inadequate feeding practices
- Traditional Practices/Beliefs and Superstition
- The traditional harmful practices existing in nutrition related areas such as avoidance of intake of certain kinds of food during menstruation and pregnancy contribute to poor nutritional status of women
- Sedentary Lifestyle
- Lifestyle changes, combined with reduced motivation and time, have led to a decline in efforts to prepare nutritious meals even among those who have the ability to do so
- Unavailability of Quality Nutrition Services
- Lack of trained health workers, especially related to nutrition related services, such as nutrition counselling, growth monitoring and promotion

URGENT ACTIONS

The participants of the dialogue identified several urgent actions to address child nutrition in Kanchanpur District. First, they emphasized the need for stronger collaboration among stakeholders, proposing a formal multi-stakeholder coordination platform to align efforts across health, agriculture, and social welfare. Nutrition related awareness and education programs/campaigns were seen as critical, with calls for continuous community sensitization and practical demonstrations to challenge harmful cultural practices and promote dietary diversity. Promotion of healthy food and feeding practices through adequate availability of food crops in the community and discarding the production as well as consumption of unhealthy (junk) foods. Similarly, use of organic manure for the production of crops instead of use of harmful pesticides. The services related to nutrition should be improved through the enhancement and provision of quality service availability and accessibility. The health sector stakeholders should expand coverage of maternal, infant, and young child nutrition services, including breastfeeding promotion, complementary feeding counseling, micronutrient supplementation, growth monitoring, and management of acute malnutrition. At the same time, agriculture and food system stakeholders should promote the production, availability, and affordability of diverse and nutritious food. All stakeholders should strengthen nutrition information systems, regularly monitor nutrition indicators, and use data for timely decision-making and accountability. By working collaboratively and focusing on high-impact, nutrition-specific and nutrition-sensitive interventions, stakeholders can accelerate progress in reducing all forms of malnutrition and enhancing the overall nutritional status of the community people.

AREAS OF DIVERGENCE

The opinions were not differed as all the participants have good knowledge and background on nutrition interventions.

OVERALL SUMMARY

The stakeholders' dialogue on nutrition in Kanchanpur District provided an important platform for participants from different sectors to discuss the prevailing nutrition situation, major challenges affecting nutritional outcomes, and priority actions required to improve the nutritional status of community members, particularly children. The discussion highlighted stakeholders' understanding of nutrition and explored existing nutrition-related issues within communities, enabling participants to identify key barriers and opportunities for strengthening nutrition interventions.

Participants identified several factors contributing to malnutrition, including limited awareness of nutritious foods, poverty, increasing consumption of junk foods, lack of access to healthy foods, poor sanitation and hygiene practices, inappropriate childcare and feeding practices, traditional beliefs and misconceptions, sedentary lifestyles, and inadequate access to quality nutrition services.

To address these challenges, stakeholders emphasized the need for stronger multisectoral coordination among health, agriculture, education, and social welfare sectors. They recommended implementing continuous nutrition awareness and behavior change campaigns, promoting healthy and diverse diets, increasing local production of nutritious foods through sustainable agricultural practices, and discouraging the consumption of unhealthy foods. Participants also highlighted the importance of improving the availability and quality of nutrition services, including maternal and child nutrition interventions, strengthening nutrition information systems, and using data for informed decision-making. Overall, participants agreed that through enhanced collaboration, community engagement, improved nutrition services, promotion of healthy diets and food systems, and sustained awareness efforts, Kanchanpur District can make significant progress towards reducing all forms of malnutrition and improving the nutritional well-being of its population.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Dialogue strongly reflected the Principles of Engagement by ensuring inclusivity, transparency, and respect for diverse perspectives. Stakeholders were carefully selected to represent community members, farmers, local government officials and health workers, ensuring that voices from different socio-economic, cultural, and institutional backgrounds were heard. The session was conducted in an interactive and respectful manner, encouraging open discussion. Continuous coordination and collaboration was conducted in order to ensure active participation and smooth implementation of the dialogue. All participants were provided with an opportunity to share their perspectives on challenges, issues, and potential solutions within an open and inclusive discussion.

METHOD AND SETTING

The discussion was held in a formal setting in a meeting hall. The dialogue used structured group discussions, dividing participants into three stakeholder groups. Facilitators guided open discussions to encourage honest input. Sessions were held in a formal, participatory setting with separate groups to promote openness, while key insights were documented.

ADVICE FOR OTHER CONVENORS

Convenors should engage diverse stakeholders and create safe, well-structured spaces for open discussion. Proper preparation and context awareness are key to managing differing views.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to sincerely acknowledge the support that made this Stakeholder's Nutrition Dialogue possible. Special appreciation goes to World Vision International Nepal and Krishnapur Municipality for their valuable support and coordination for contributing to the smooth conduction of the dialogue. Our heartfelt appreciation goes to the dedicated staffs of NNSWA Kanchanpur for their continuous effort, collaboration, and commitment to making this event successful.