

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Local Context of Malnutrition and SDG Nutrition Targets: Stakeholder Dialogue
DIALOGUE DATE	Sunday, 21 June 2026 08:30 GMT +05:45
CONVENED BY	Anusha Prajapati, NCG Officer, SOSEC Nepal Event announced on behalf of the Convenor by: Anusha Prajapati. As an NCG officer at SOSEC Nepal, i coordinated and facilitated the stakeholder dialogue on the local context of malnutrition and SDG nutrition targets in collaboration with stakeholders. Feedback published on behalf of Convenor by: Anusha Prajapati. Facilitator
EVENT LANGUAGE	Nepali
GEOGRAPHIC SCOPE	Community
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60706/

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
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PARTICIPATION BY AGE RANGE

0	0-11	1	12-18	9	19-29
19	30-49	8	50-74	0	75+

PARTICIPATION BY GENDER

15	Female	22	Male	0	Other/Prefer not to say
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NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

1	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
7	Educators and Teachers	1	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
7	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)	0	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
14	Sub-National/Local Government Officials and Representatives	0	United Nations
1	Women's Groups	6	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

All participants were from different age groups, representing a balanced mix of male and female. They came from diverse groups such as FCHVs, teachers, various departments from the Palika, health professionals, child clubs, faith leaders, mother groups, and other community groups across different wards. The dialogue was conducted with a diverse mix of ethnic groups, including Dalit and Brahmin/Chhetri. We also included persons with disabilities to ensure inclusive participation.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

We started the dialogue with an orientation for the participants about the purpose of conducting the nutrition dialogue. We also shared the objectives of bringing together all sectors to understand the nutritional status of the community, identify challenges, and explore solutions to improve nutrition at both the community and national levels. In addition, we discussed the SDG goals and targets that should be achieved by 2030, noting that we are still far from meeting those targets. An open discussion was created to explore more about the nutrition status of the community. The dialogue began with a brief introduction about nutrition and its importance. Participants added their perspectives, emphasizing the significance of nutrition. The Chief Administrative Officer highlighted the main reasons behind malnutrition and discussed ways to overcome these challenges. He also stressed that both local and national governments need to give special focus to nutrition. He further shared that children should receive supplementation, adolescent girls should be provided with iron, and lactating mothers should be given nutrition packages. He also mentioned that Everest Club has already initiated work in the area of nutrition, which has provided additional support to these efforts.

DISCUSSION

The discussion was began with a introduction of all participants and the open ended questions were followed as: • Definition/ introduction of Hunger, malnutrition and food insecurity. • Current status of malnutrition of children and mothers in the community • Challenges they faced to end malnutrition • How they are managing malnourished child. • Solutions to end malnutrition

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

- High poverty rates lead to malnutrition as families couldnot afford diversified and nutritious food
- Lack of awareness about balanced diets and nutritious practices among households.
- High food prices in remote areas due to transportation challenges and lack of vehicles for delivery.
- Many mothers consume harmful substances and alcohol daily.
- Due to work overload in village, they couldnot give enough time to prepare diversified food daily
- Excessive consumption of junk food
- Lack of knowledge of locally available food/ crops
- Lack of positive parenting and awareness
- Harmful social norms and practices are still being followed.
- Lack of knowledge about regular GMP (Growth monitoring and Promotion)
- Many people are leaving their village home and migrate into urban for better facilities, so agricultural land is left unused and food production has become low.

URGENT ACTIONS

- The major actions to be taken in order to improve the status of nutrition are:
- Conduct awareness sessions about nutrition and its importance in the community.
 - Prohibit the sales and consumption of junk foods.
 - Encourage the use of locally available foods rather than packaged foods.
 - Encourage local production and establishment of kitchen gardens.
 - Promote higher food production and export, as the soil of Bhagwati RM is very good for agriculture.

AREAS OF DIVERGENCE

We have been promoting "Harek baar khana chaar"- encouraging every household to include four types of diversified food daily in every meal. We encourage all to promote carbohydrates, proteins, vitamins, minerals and fats in every meal which helps to be healthy and end malnutrition. Also, we promote for increase of local production of seasonal crops, kitchen garden.

OVERALL SUMMARY

The dialogue brought together 37 participants from different backgrounds, including teachers, health professionals, local government representative, women's group, child club, FCHVs, faith leaders. mix groups helps to get different views and helped the discussion feel balanced.

Participants shared that food insecurity, malnutrition have increase because families cannot get enough food throughout the year. There are limits to organic food, while junk food is used too much. Even when people produce food themselves, they often do not consume it properly. Other challenges include lack of awareness, changing lifestyles, difficult in producing food out of season, and the effects of climate change. Poor economic conditions, unemployment, and migration also make the situation worse. People often do not practice what they learn, and busy lives mean balanced meals are not eaten regularly. There is also a lack of health education, and nutrition is not given enough importance. These issues together make it difficult for communities to achieve good nutrition and healthy living.

Participants agreed that the main way to reduce malnutrition is through behavior change. people need to learn and practice healthy eating habits in daily life. Alongside this, policies should be made to improve the economic situation of families and to support farmers with better farming practices. Nutrition programs should be expanded and run in wider way. Every household should be encouraged to set a small home garden and pay attention to cleanliness. Policies should be made to reduce junk food, and door to door nutrition programs should be organized. Farmers should also be supported to produce more and export food, which can improve income. Nutrition discussions should be held more often in community groups, and regular health checkups should be encouraged.

One of the participants explained that in this municipality, the number of cases of malnutrition is higher among pregnant women and new mothers compared to children. She tells that maternal nutrition is a serious concern and needs more attention in local programs and policies.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The nutrition dialogue was inclusive, participatory, and respectful of diverse voices. It ensures representation from different age groups, genders, ethnicities, and person with disabilities. At the end of the dialogue, we took a personal commitment from the participants writing in meta card and after that we conclude and write in white paper which is very common and sign this commitment.

METHOD AND SETTING

The dialogue began in a formal setting with a few open-ended question-answer sessions. We provided metacards for participants to write their views according to the open-ended questions. Additionally, a nutrition focal person from the health department shared her perspectives that the number of malnourished mothers in our palika is higher than that of children.

ADVICE FOR OTHER CONVENORS

We should ensure inclusive participation, prepare clear objectives and encourage open discussion. We should give open space for everyone to express their views and opinions. We should focus on both immediate and long-term solutions.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to sincerely thanks to all the participants who contributed their times and ideas to this nutrition dialogue. Special appreciation goes to the local government, health professional, teachers, FCHVs, mother groups, child clubs and faith leaders for their active involvement.

ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2026/07/stakeholder-dialogue.jpeg>