OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Importance of Nutrition Counselling and Exclusive Breastfeeding
DIALOGUE DATE	Friday, 31 July 2026 09:00 GMT +02:00
CONVENED BY	Florence Nkhoma, DF RMNCHAN, World Vision.
EVENT LANGUAGE	English
HOST LOCATION	Andrew, Zambia
GEOGRAPHIC SCOPE	Isoka District, Kapililonga ward, Kapililonga Rural Health Centre, Zambia.
AFFILIATIONS	World Vision
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/60945/





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

1

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	0	19-29
6	30-49	9	50-74	0	75+

PARTICIPATION BY GENDER

12	Female	3	Male	0	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	0	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	1	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	3	Food Producers (including farmers)
1	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)	5	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
5	Women's Groups	0	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The dialogue brought together a diverse group of stakeholders drawn from Kapililonga community and surrounding villages. Participants included caregivers of children under five years, community volunteers, health workers, SMAG members, farmers, and local leaders. The majority of participants were women due to their central role in infant feeding and childcare, while male participants contributed perspectives on household support and decision-making.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue focused on the importance of exclusive breastfeeding and optimal infant and young child feeding practices. Facilitators introduced the discussion by highlighting the importance of proper nutrition during the first 1,000 days of life and its influence on child growth, development, immunity, and learning outcomes. Participants discussed local nutrition challenges affecting children and examined actions families and communities can take to improve child nutrition outcomes. Participants acknowledged that while awareness of breastfeeding practices has improved, challenges relating to poverty, food insecurity, child neglect, and inadequate support systems continue to affect nutrition outcomes in Kapililonga. The discussion also explored the role of caregivers, fathers, health workers, and community groups in promoting proper infant feeding and nutrition practices. This was complemented by a visual exercise in which participants illustrated issues affecting child feeding and caregiving.

DISCUSSION

Major Discussion Topics 1. Importance of exclusive breastfeeding during the first six months of life. 2. Correct breastfeeding techniques and feeding frequency. 3. Nutritional requirements for breastfeeding mothers. 4. Appropriate complementary feeding after six months. 5. Prevention of stunting and malnutrition among children under five. 6. Causes of child neglect and inadequate care practices. 7. Effects of poverty and food insecurity on household nutrition. 8. Importance of male involvement in childcare and nutrition. 9. Community-based strategies for improving food availability and dietary diversity. 10. Strengthening community support systems for vulnerable children and caregivers.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Participants identified several factors contributing to poor nutrition outcomes within the community:
1. Persistent cases of stunting among children under five years.
2. Child neglect and inadequate caregiver support.
3. Limited male participation in maternal and child nutrition.
4. Household food insecurity resulting from low agricultural productivity and poverty.
5. Inadequate access to diverse and nutritious foods.
6. Behavioural and social challenges affecting childcare.
7. Limited household resources for purchasing nutritious foods.
8. Inconsistent application of nutrition knowledge despite awareness of recommended practices.

URGENT ACTIONS

1. Continue community sensitisation on exclusive breastfeeding and infant feeding practices.
2. Increase nutrition education sessions at health facilities and outreach points.
3. Strengthen follow-up and mentorship of Growth Monitoring and Promotion volunteers.
4. Promote establishment of household nutrition gardens to improve access to nutritious foods.
5. Encourage participation in savings groups to strengthen household resilience and food security.
6. Enhance support to breastfeeding mothers through family and community structures.
7. Increase male engagement in nutrition, childcare, and household decision-making.
8. Strengthen collaboration between health workers, volunteers, and community leaders.
9. Promote community-led initiatives aimed at preventing child neglect and malnutrition.

AREAS OF DIVERGENCE

While there was broad agreement on the identified nutrition challenges, participants expressed differing opinions regarding the most practical and sustainable interventions. Some participants prioritised savings groups and livelihood strengthening as the primary solution to food insecurity, while others considered nutrition gardens and agricultural production to be the most immediate and sustainable intervention. There were also varying views on strategies for increasing male involvement in child nutrition activities.

OVERALL SUMMARY

The Kapililonga Stakeholder Nutrition Dialogue provided a valuable platform for stakeholders to discuss infant and young child nutrition issues affecting the community. The dialogue confirmed that community members have basic knowledge of appropriate breastfeeding and feeding practices; however, practical implementation is often constrained by food insecurity, poverty, child neglect, limited male involvement, and inadequate support systems.
Stakeholders recognised that improving child nutrition requires coordinated action among caregivers, health workers, community volunteers, local leaders, and development partners. Participants resolved to strengthen nutrition counselling, promote household food production, support savings groups, and encourage greater male participation in childcare and nutrition activities. The dialogue reinforced a collective commitment to reducing stunting and improving the health and wellbeing of children in Kapililonga Ward.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The Kapililonga Stakeholder Nutrition Dialogue provided a valuable platform for stakeholders to discuss infant and young child nutrition issues affecting the community. The dialogue confirmed that community members have basic knowledge of appropriate breastfeeding and feeding practices; however, practical implementation is often constrained by food insecurity, poverty, child neglect, limited male involvement, and inadequate support systems. Stakeholders recognised that improving child nutrition requires coordinated action among caregivers, health workers, community volunteers, local leaders, and development partners. Participants resolved to strengthen nutrition counselling, promote household food production, support savings groups, and encourage greater male participation in childcare and nutrition activities. The dialogue reinforced a collective commitment to reducing stunting and improving the health and wellbeing of children in Kapililonga Ward.

METHOD AND SETTING

The meeting employed participatory facilitation techniques, including: • Guided group discussions • Experience sharing • Question-and-answer sessions • Community-led problem analysis • Visual participatory exercises A community drawing exercise was used to stimulate discussion around child feeding and caregiving practices. Participants used illustrations to highlight concerns relating to child nutrition and care.

ADVICE FOR OTHER CONVENORS

• Incorporate participatory tools such as drawings and visual storytelling to stimulate discussion. • Ensure representation of all stakeholder groups, including men and youth. • Link nutrition discussions to practical household actions and livelihood interventions. • Encourage commitments and follow-up mechanisms to support implementation of agreed actions. • Facilitate discussions that address both immediate and underlying causes of malnutrition.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

World Vision Zambia extends appreciation to the Kapililonga Rural Health Centre staff, Community Health Volunteers, Safe Motherhood Action Group members, community leaders, caregivers, and all stakeholders who actively participated in the dialogue. Special recognition is extended to: • Florence Nkhoma (DF RMNCAHN) • Enzo Mpundu (DF Livelihood) for facilitating and supporting the successful implementation for facilitating and supporting the successful implementation of the dialogue. The active en

ATTACHMENTS

- https://nutritiondialogues.org/wp-content/uploads/2026/07/Att_Stakeholder-Nutrition-Dialogue_Kapililonga.pdf