



Nutritional Dialogues

WORLD VISION LANKA

Stakeholder Dialogues

May 2026



Nutritional Dialogues

- Phase 2 continues to advance inclusive, action oriented Nutrition Dialogues across local, national, and global levels.
- The initiative brings the lived experiences of children, faith leaders, and vulnerable communities directly to the center of national and global discussions.
- Communities transition into active participants, driving collaboration to identify and accelerate locally-led solutions for food justice and child undernutrition.
- The dialogue process produces robust, community-informed data to effectively guide policies, programs, and decision-making.
- The initiative contributes directly to advocacy efforts by developing engaging policy briefs and mobilizing a national pool of young advocates.
- Dialogues bring together governments, NGOs, businesses, to elevate nutrition as a critical development priority.
- Phase 2 integrates seamlessly with the mid-line assessment of the ENOUGH campaign to track progress and ensure local nutrition outcomes improve.

The Nutrition Dialogues programme consists of

1. Stakeholder Dialogues (Duty bearers and Community Leaders)
2. Children's Workshops

Outputs And Impact

The outcomes of Nutrition Dialogues will be synthesized and presented as key messages and evidence based recommendations.

These outcomes will contribute to policy level advocacy, increased and improved donor commitments, (Nutrition financing, baseline etc.)

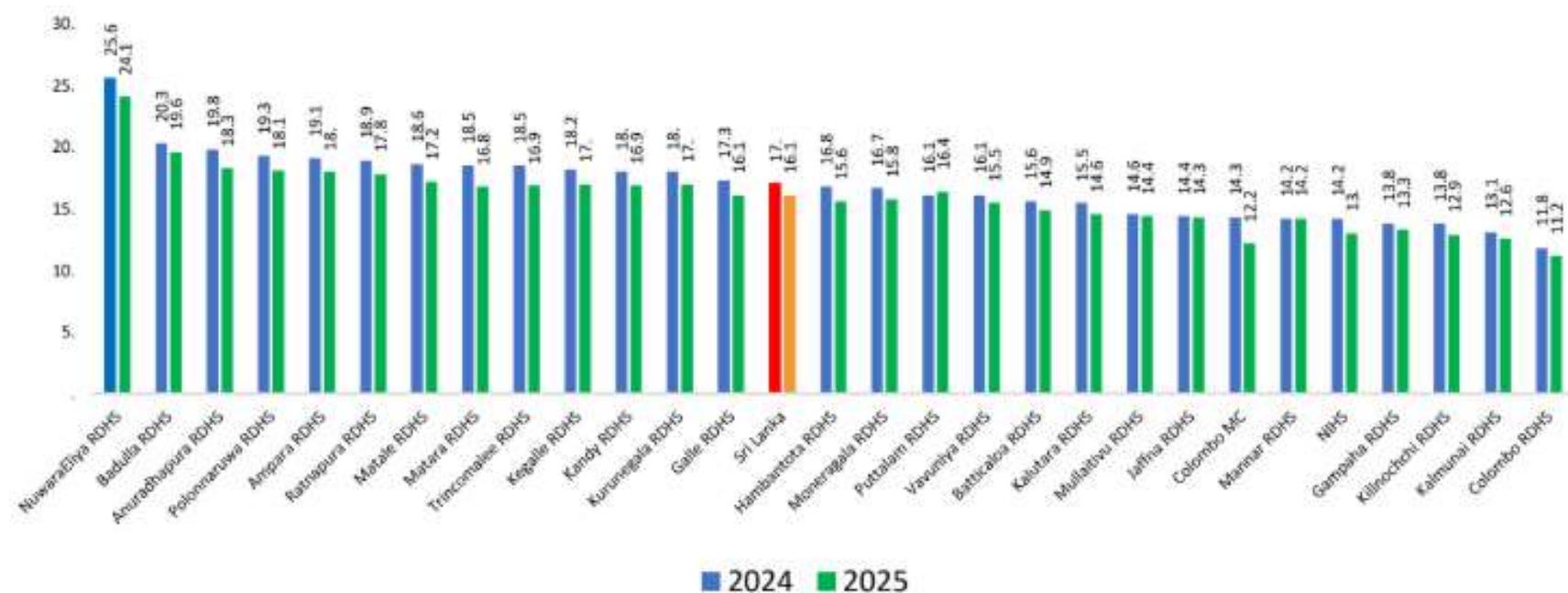
Initiating partners



Mobilising partners

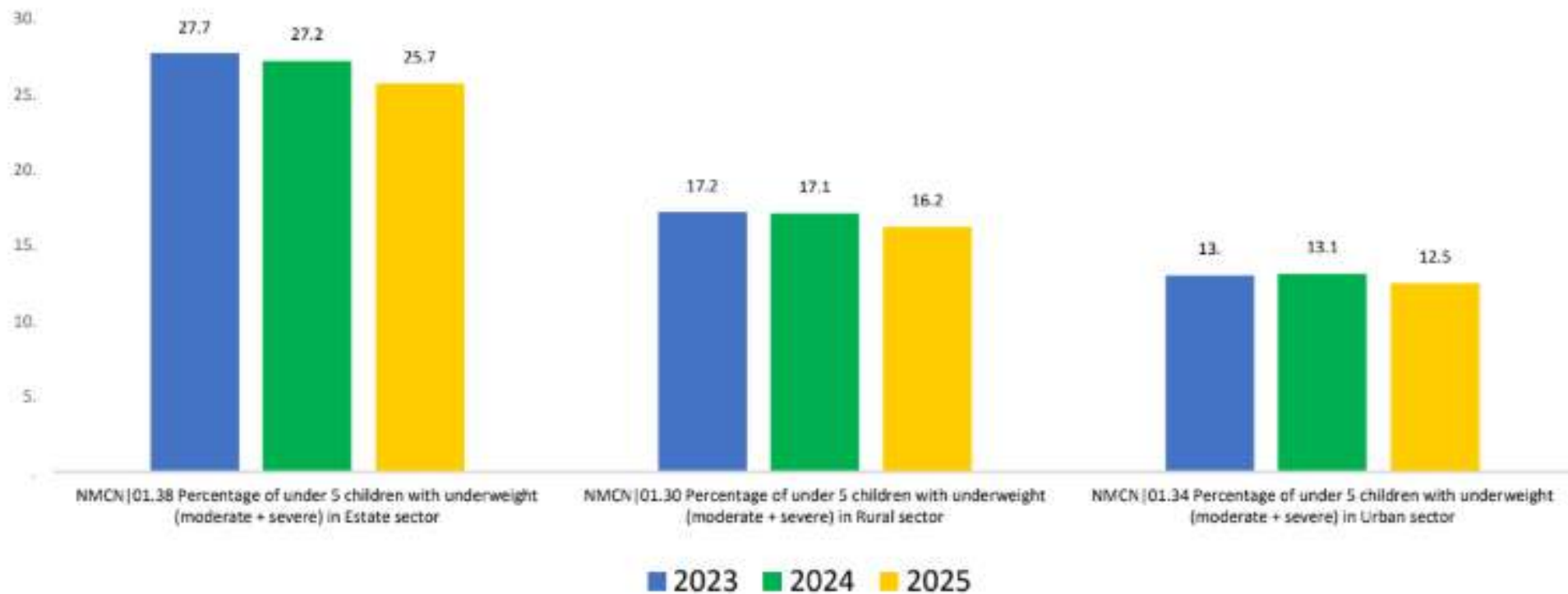


Situation in Sri Lanka



Source: eRHMS 2025

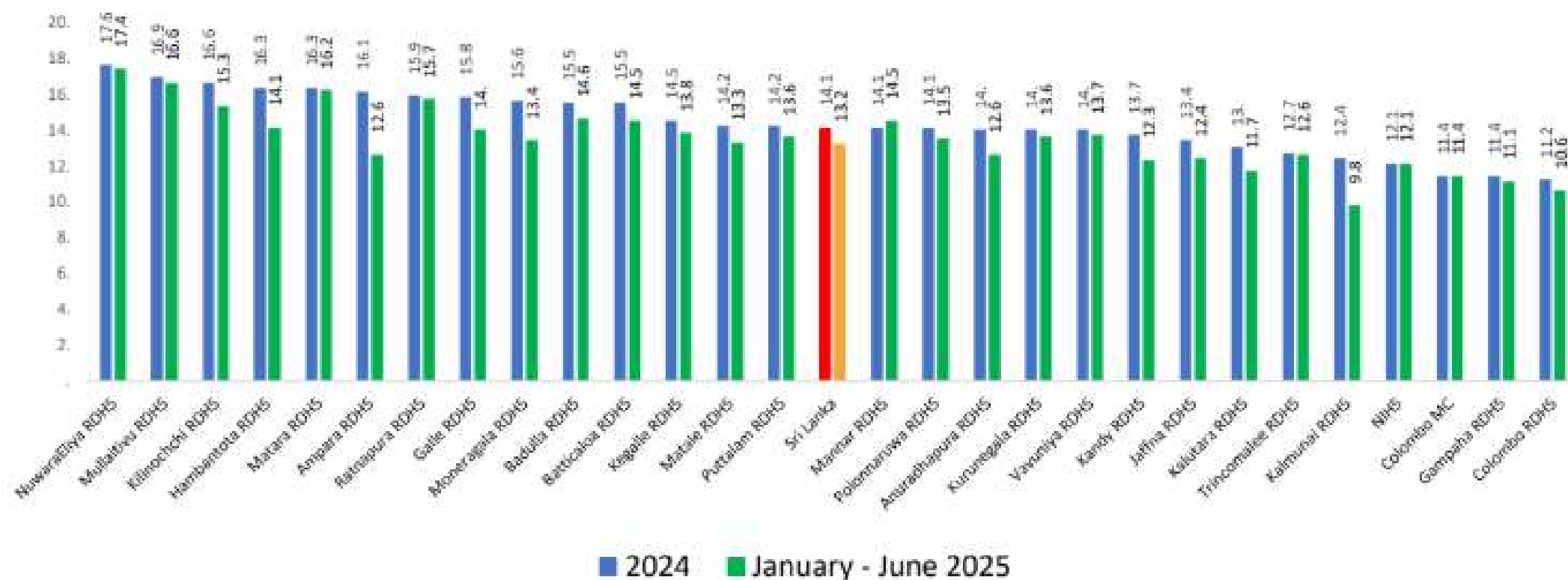
Figure 3: Percentage of children under 5 years with underweight (moderate + severe) by district



Source: eRH MIS 2025

Figure 4: Percentage of children under 5 years with underweight (moderate + severe) by Sector

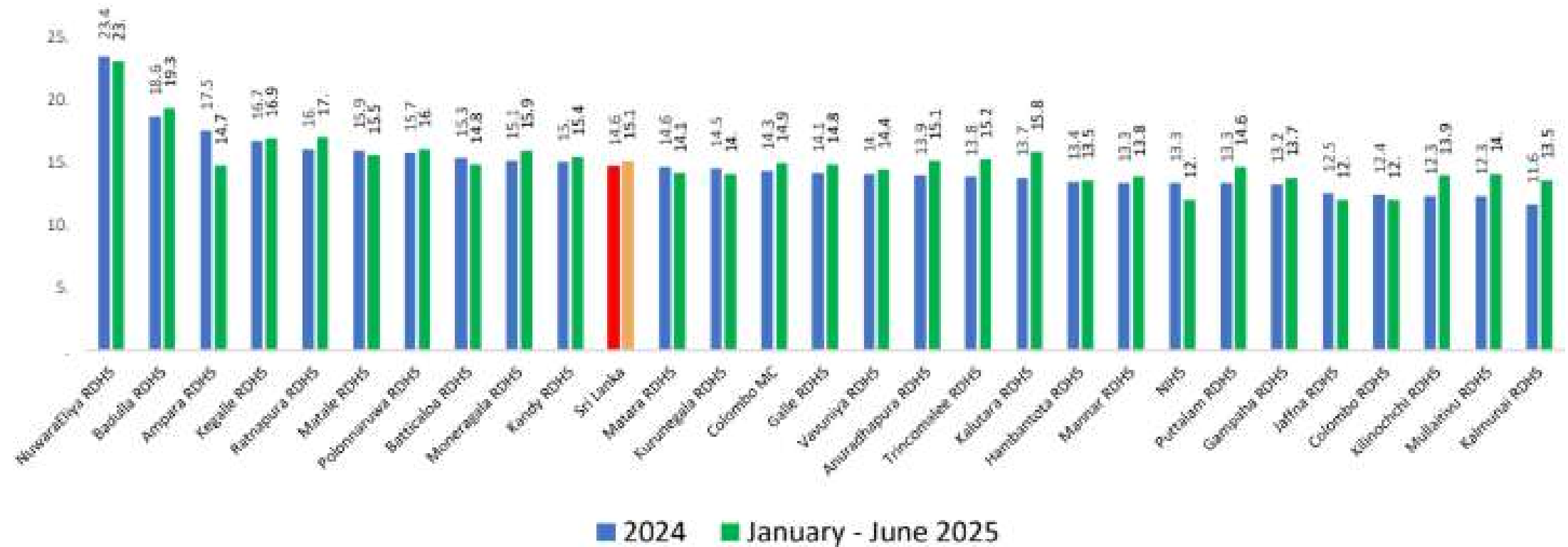
3.2.1. Pregnant women with low Body Mass Index



Source: eRH MIS 2025

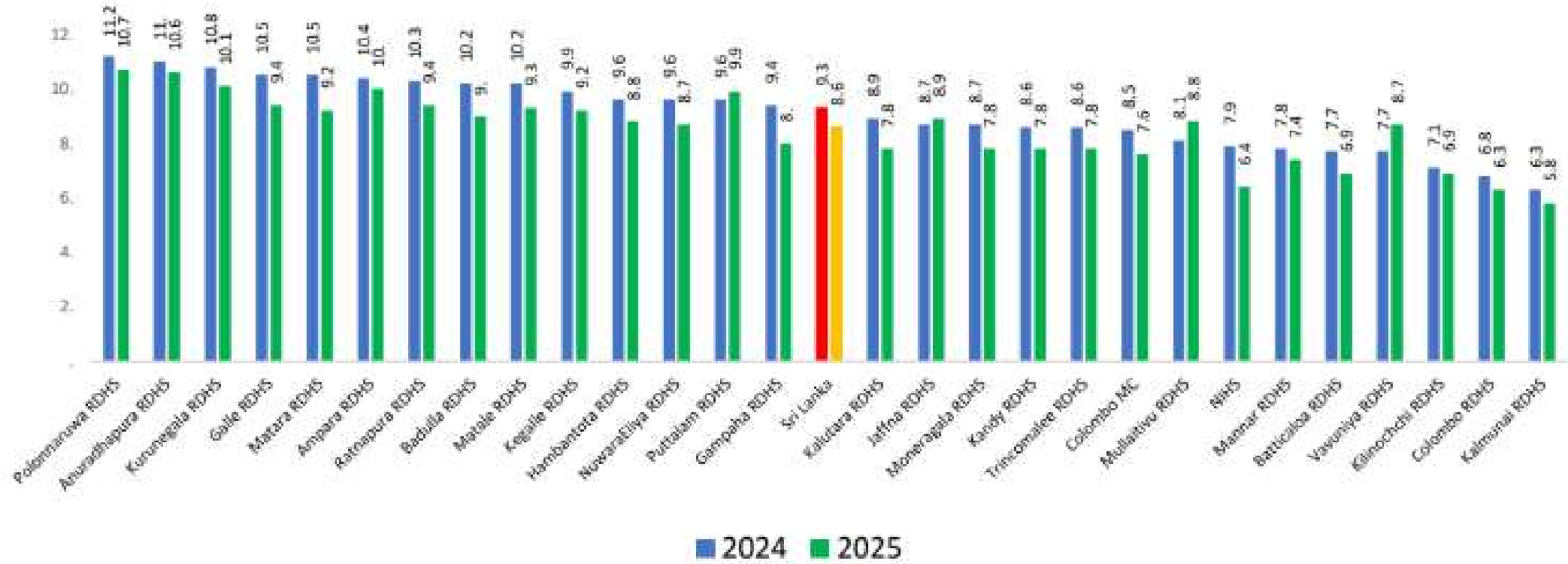
Figure 20: Percentage of pregnant mothers with BMI < 18.5%

3.2.3. Low Birth Weight reporting



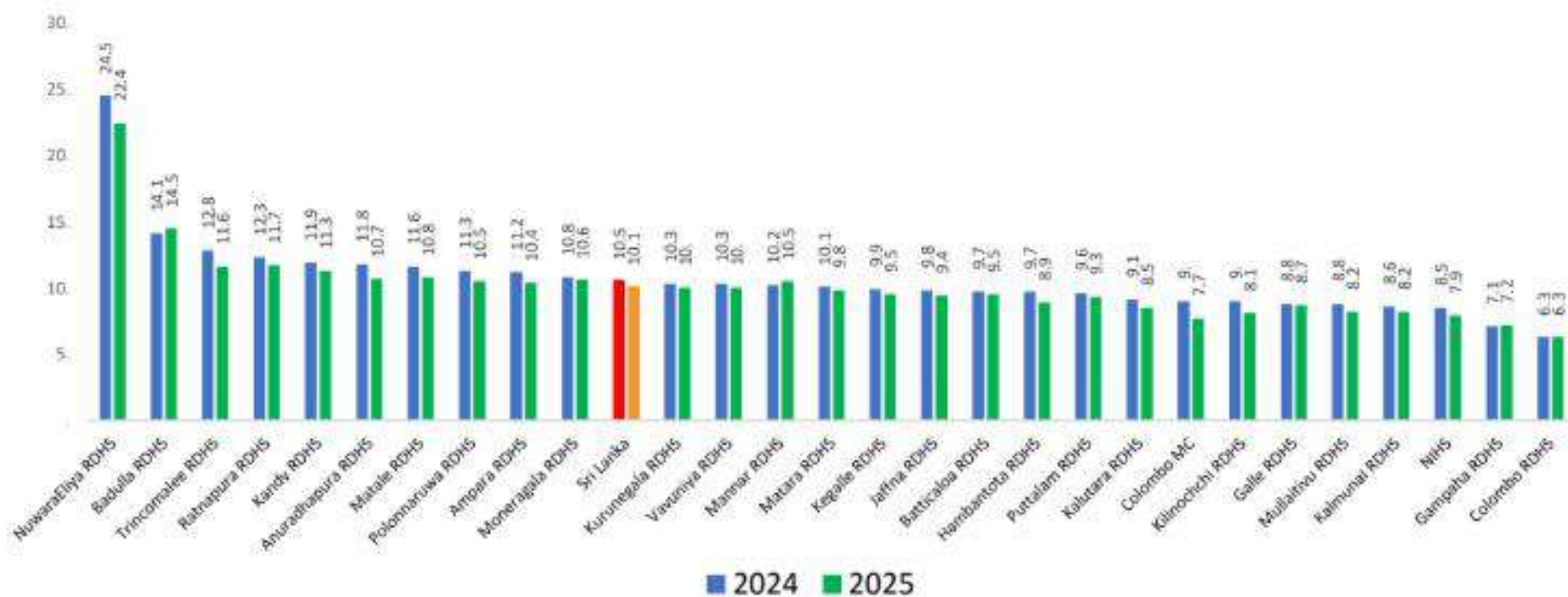
Source: eRHMS 2025

Figure 23: Percentage of babies with low birth weight



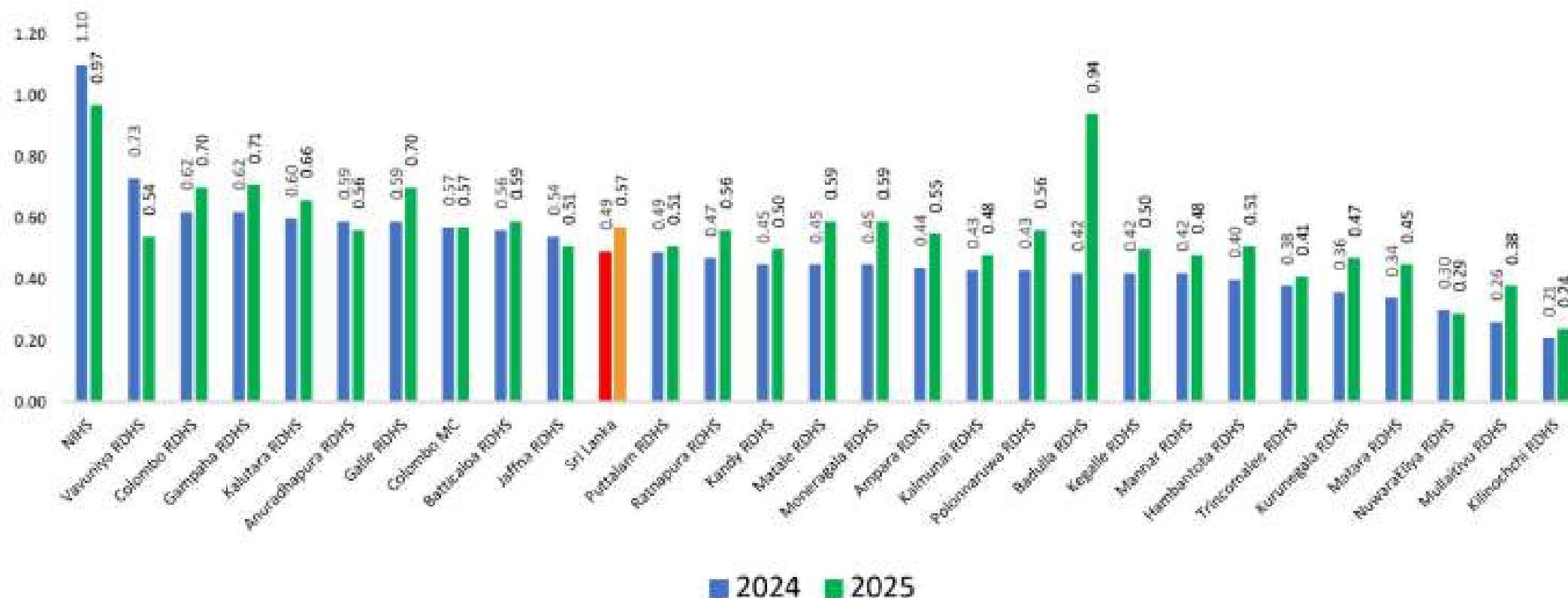
Source: eRHMS 2025

Figure 5: *Percentage of children under 5 years with wasting (SAM + MAM) by district*



Source: eRHMS 2025

Figure 10: Percentage of under 5 children with stunting (moderate + severe) by district



Source: eRHMS 2025

Figure 12: Percentage of children under 5 years with overweight and obesity by district

- 16 percent of households are estimated to be moderately food insecure.
- 38% of households used coping strategies to deal with food shortages.
- Nearly 27% of households were consuming inadequate diets in early 2025.

(WFP Sri Lanka Country Brief, 2025)



Defining Hunger, Food Insecurity and Malnutrition



Three different concepts:

Hunger = physical discomfort/pain from not eating enough calories

In the 2024 Global Hunger Index, Sri Lanka ranks 56th out of the 127 countries

Food Insecurity = lack of regular access to safe, nutritious, sufficient, affordable, appropriate foods all year round

24 percent of households are estimated to be moderately food insecure in Sri Lanka (2023)

Malnutrition = not having the right amounts or being unable to properly use calories, nutrients, and/or micronutrients due to poor diet or care

Sources: FAO, IFAD, UNICEF, WFP and WHO. 2024. The State of Food Security and Nutrition in the World 2024.

Global context for hunger and nutrition



- Over the past years, a succession of shocks, including the COVID-19 pandemic, extreme weather such as Drought, and Regional conflicts caused economic shocks affected countries around the world.
- This has led to high food prices and a cost-of-living crisis, and set the world further off track to end hunger and malnutrition in all its forms by 2030.
- Millions of people, in particular women, children and vulnerable groups, are pushed into malnutrition and hunger. Without urgent action, policies and investments, the consequences could last for generations.

The Dialogues Programme is focused on people's nutrition



NUTRITION is...

- related to food, health, education, care, water, sanitation and hygiene, gender, climate, investment and more.
- a right for all.
- central to the achievement of the Sustainable Development Goals. At least 12 SDGs are highly relevant to nutrition.

What contributes to good nutrition?



Determinants of nutritional status of children

- Availability of nutritious food
- Access to affordable nutritious food
- Essential nutrition, health, education, sanitation and social protection services
- Age-appropriate feeding and caring practices (incl. breastfeeding)



Nutritional status
of children

Based on UNICEF's [Conceptual Framework](#) on the Determinants of Maternal and Child Nutrition.

Outcomes from improved nutrition



IMPROVED

- **Health and wellbeing**
- **Education**
 - Physical growth and cognitive development of children
 - School readiness and performance
- **Livelihoods**
 - Productivity
 - Economic growth and prosperity
- **Empowerment of women**
- **Social cohesion in societies, including reduced inequality**

Malnutrition



Different forms of malnutrition:

- **Undernutrition:**
 - Stunting (too short for age) - chronic form of undernutrition
 - Wasting (too thin for age) - acute form of undernutrition
 - Underweight (low weight for age)
- **Micronutrient deficiencies** (vitamins, minerals) - 'hidden hunger'
- **Overweight and obesity**, and resulting diet-related non-communicable diseases

Impact of malnutrition



- Developmental (physical and cognitive)
- Economic
- Social, and
- Medical

impacts are serious and lasting, for individuals, their families, communities and countries.

Malnutrition - who is at risk



- Every country in the world is affected by one or more forms of malnutrition.
- **Women, infants, children, and adolescents** are at particular risk of malnutrition.
 - Optimizing nutrition early in life – including the 1000 days from conception to a child's second birthday – ensures the best possible start in life, with long-term benefits.
- **Poverty** amplifies the risk of, and risks from, malnutrition.

ANATOMY OF A STAKEHOLDER DIALOGUE

OPENING



20-30 mins

In Plenary:

The **Curator** opens the Dialogue and sets the scene.

Guest speakers can provide framing remarks that include a description of the nutrition situation in the community.

DISCUSSION GROUPS



75-90 mins

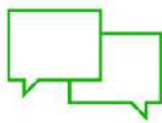
Each Discussion Group has:

8-10 diverse pre-selected Participants who bring different perspectives.

A trained **Facilitator**, supported by a **Record Keeper**, ensuring every voice is heard.

BREAK: 15 MINS

CONSOLIDATION



45-60 mins

In Plenary:

Each **Facilitator** reports back a summary of their Discussion Group.

The **Curator** provides a powerful synthesis of the discussions and memorable observations.

The **Curator** closes the dialogue.

ANATOMY OF A CHILDREN'S WORKSHOP

OPENING & ICEBREAKER



15 mins

In Plenary:

The **Facilitator and Participants** introduce themselves

Short **Icebreaker** activity to help participants feel at ease and get to know each other

Present common principles to engage in the workshop

EXPLORATION OF GOOD NOURISHMENT



30 mins

Facilitator introduces key concepts and facts on nutrition

Exploration Activity 1: Participants reflect on photographs

Exploration Activity 2: Participants write/draw and share their appreciation of good nourishment

Facilitator summarizes key points

IDEAS AND SOLUTIONS TO IMPROVE NOURISHMENT



30 mins

Facilitator introduces next activity

Ideas Activity 1: Participants make a **collage** (photos, drawings, text) of ideas to improve nourishment

Ideas Activity 2: Display all collages on the wall/floor

Participants explain their collage to the group

CLOSING



5 mins

Facilitator summarizes key points

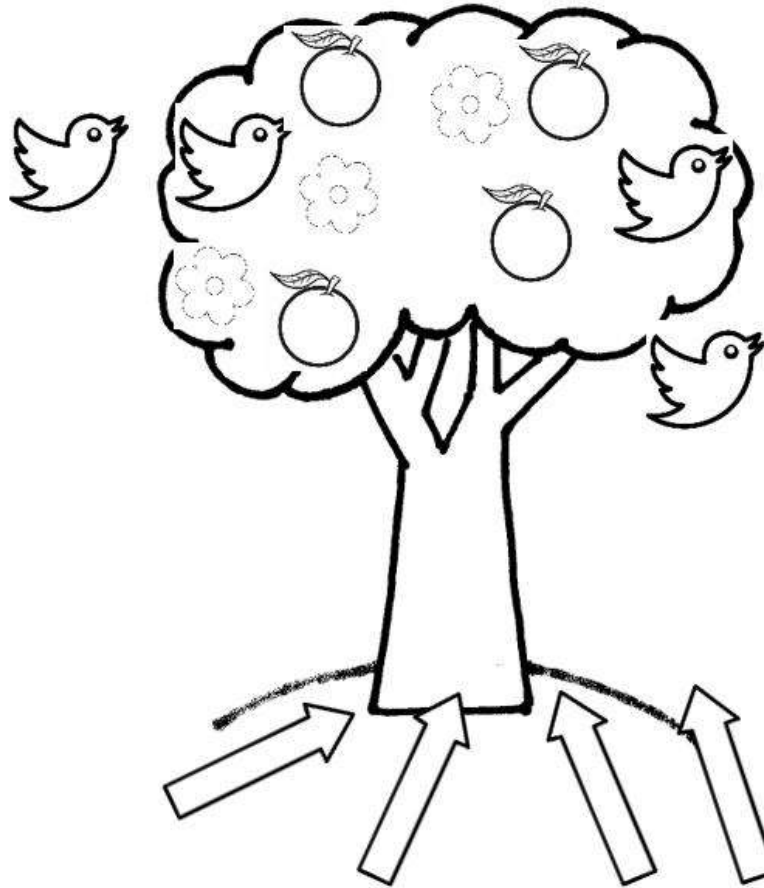
Facilitator closes the workshop

BREAK: 10 MINS

Stakeholder Dialogue

Steps

1. Introduction (What, Why, How, Situation of the country, district, village etc.)
2. Ice breaker
3. Group activity (photographs)
4. Presentation of the group (recording the points/ photographs)
5. Closing (group photograph)



- Tree- Community
- Flower- Current situation
- Fruits- Hope for the future
- Arrow/roots- Actions
- Birds- Challenges/concerns
- Branches/trunk- key stakeholders

Plan- WVL

No	Type of Dialogue	Stakeholder	Description	APs	Timeline
1	Stakeholder Dialogues	Community level Stakeholders Dialogue 1.Mother Support Group members 2.PDH parents (including fathers) 3.Producer group members (including farmers) 4.VCDC members 5.Child Development Officers 6.Preschool teachers 7.Faith leaders 8.Community influencers	8 to 10 people per group	Rideegama Neluwa Wattala Vakarai Watawala Kalpitiya GIK Rathnapura	4th - 8th May & 12th - 14th May 2026
2	Stakeholder Dialogues	Government/organization level Stakeholder Dialogue 1.Grama Niladari 2.Development Officer 3.Agrarian Officers 4.CRPO 5.PHMs 6.Principals 7.Teachers 8.ECD officer 9.Psychosocial support officer 10.Estate Management representative 11.. NGO representative	8 to 10 people per group	Bibile Chava	4th - 8th May & 12th - 14th May 2026

	Stakeholder Dialogues- Community	Stakeholder Dialogues- Government
Convenor	Lavanya/Johann	Lavanya/Johann
Facilitator	Lavanya/Johann	Lavanya/Johann
Record keeper	Dinushi/Jennifer/Deshanth	Dinushi/Jennifer/Deshanth
Supporter	Volunteers/S4T facilitator	SNP facilitator/S4T facilitator
Participants	Community members	Officers

Things to remember

- Group photo
- Discussion photos
- Flip chart photos
- Attendance sheet
- Feedback form



Questions & recommendations



Thank
You

