

RETURN FORM OFFICIAL

WORKSHOP TITLE	Nutrition Forum: Let's Listen to the Voices of Children
DATE OF THE WORKSHOP	Friday, October 25, 2024 3:00 PM GMT +01:00
SUMMONED BY	Arielle Besse Event announced on behalf of the organizer by: {advertiser_name}. {explanation}
LANGUAGE OF THE EVENT	Sango (local language) and french
HOST CITY	Bangui, Central African Republic
GEOGRAPHIC SCOPE Community level	
AFFILIATIONS	World Vision
EVENT PAGE FROM THE WORKSHOP	https://nutritiondialogues.org/fr/dialogue/54929/



The outcomes of the children's workshops will help develop and identify the most urgent and powerful ways to improve nutrition for all, with a particular focus on children and youth. Each workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues portal Available as public data on the "Explore
- Feedback" page of the Nutrition Dialogues portal Publicly available in an .xls file with all data from the feedback form for advanced analysis Synthesized into reports
- that cover the nutrition challenges faced, the urgent actions that need to be taken, and how to move them forward – in particular, ahead of the Nutrition for Growth
- Summit in Paris in March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

20

PARTICIPATION BY AGE GROUP

9 12-15

11 16-18

PARTICIPATION BY GENDER

13 Female

07 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The Nutrition Dialogue activity session benefited from a diverse participation in terms of age, with the presence of children and adolescents from different age groups, between 12 and 18 years old. In addition, participants came from different districts of the city of Bangui, including the 2nd, 3rd, 4th, 5th and 6th districts, which reflects a varied geographical representation.

SECTION TWO: FRAMEWORK

During the workshop, children were invited to participate in focus group discussions on several key nutrition-related issues, including their understanding of good nutrition, risk factors for malnutrition, and local concerns about nutrition in their community. The workshop approach aimed to encourage the active participation of children and young people in an age-appropriate conversation, thereby fostering the sharing of perceptions, ideas, and potential actions to improve nutrition in their community. Each focus group, consisting of up to eight participants accompanied by a facilitator and a session recorder, explored the above topics in a safe sharing space, using the "Chatham House Rule." Children were encouraged to listen to each other, welcome diverse perspectives, explore both synergy and divergence, and identify promising avenues for action. Following the group discussions, a summary of key points was presented. The workshop closed in two parts: first, each facilitator summarized the points of agreement and disagreement and actions expressed in their discussion group, followed by an overall summary of the main points raised and possible actions to be taken. Participants were encouraged to continue to foster the connections made. This Nutrition Dialogues program is based on a set of Principles of Engagement aimed at ensuring meaningful dialogues in influencing the ways to improve nutrition for all. These principles promote commitment to improving nutrition, multi-stakeholder diversity and inclusiveness, respect for different perspectives, openness to sharing and learning, and urgent action to defend equity and the rights of all, especially women and children.

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

Participants in our Nutrition Dialogue workshop, comprised of children and youth aged 12 to 18, spoke frankly and directly about the nutritional challenges they face in their communities.

These young people highlighted their concern about the prevalence of malnutrition in different forms. Some spoke about the difficulty of accessing nutritious food, mentioning that the quality and availability of food in their community represented a major obstacle to maintaining a healthy diet.

Through their discussions, participants shared concerns about food pollution and seasonal challenges in securing fresh, nutritious food. Some also highlighted that significant economic constraints in their communities limited access to adequate food. They emphasized that these local realities had a direct impact on their nutrition and overall well-being.

By highlighting their daily experiences, these young people shed light on the complex and multifactorial challenges they face in relation to nutrition. Their reflections highlighted the urgent need to support awareness raising, education and community initiatives to address these challenges and improve the quality of life of children and young people in their communities.

These points highlight the importance of giving voice to children and young people in discussions on nutrition, highlighting their vital role in formulating solutions adapted to their reality and in creating initiatives aimed at strengthening nutritional health within their communities.

URGENT RECOMMENDATIONS FOR ACTION

Participants in our Nutrition Dialogue workshop identified several urgent actions to improve nutrition in their community. Among these actions, raising awareness of a balanced and nutritious diet was considered a major priority by participants. They highlighted the importance of nutrition education and promoting healthy food choices for children and families through educational workshops, information sessions and awareness campaigns.

In addition, participants emphasized the need to increase access to nutritious foods, including by promoting the availability of fresh, quality foods in their communities. They proposed initiatives such as creating community gardens, organizing local farmers' markets, and establishing nutritious food distribution programs for disadvantaged families.

Furthermore, participants expressed the need to actively involve children and young people in promoting good nutritional practices. They suggested the creation of nutrition clubs in schools, the organization of fun and educational activities focused on nutrition, as well as the encouragement of awareness-raising initiatives led by young people in their communities.

Regarding the implementation of these actions, participants proposed to collaborate with local authorities, schools, community organizations and civil society actors to make these initiatives a reality. They advocated the creation of sustainable and inclusive partnerships in order to mobilize the necessary resources, benefit from local expertise and ensure effective implementation.

AREAS OF DIVERGENCE

First, there was a notable divergence regarding the underlying causes of the nutritional challenges faced by the community. Some participants focused on economic factors, highlighting the impact of poverty on access to adequate food, while others stressed the importance of sustainable agricultural practices and the availability of quality local foods. This divergence highlighted a gap in interpretation of the roots of the problem, highlighting different perspectives on the solutions to be prioritized.

In addition, divergences were also observed regarding the approaches advocated for improving nutrition within the community. Some participants emphasized the importance of education and awareness-raising, advocating educational programs targeting children, youth and families. In contrast, others stressed the importance of public policies oriented towards equitable access to nutritious foods, thus emphasizing the role of local and national authorities in addressing these nutritional challenges.

In addition, there were divergences in the allocation of responsibilities. Some participants stressed the importance of community involvement, emphasizing the role of families, schools and local organizations, while others argued for greater government responsibility in creating environments that support healthy eating.

Despite these divergences, it is worth noting that the discussions identified points of convergence. Participants recognized the importance of access to nutritious food, nutrition education and community mobilization. These convergences served as a basis for finding common ground and developing concerted solutions.

GENERAL SUMMARY

****Summary of the event "Nutritional Dialogue Workshop for Children"**

The Children's Nutrition Dialogue Workshop, held on Friday, October 25, brought together children and youth aged 12 to 18 to discuss nutrition challenges in their community. The day was marked by a series of lively discussions, fruitful exchanges and expressions of sincere concerns from participants. The diversity of perspectives, opinions and experiences allowed for an in-depth exploration of nutrition issues, highlighting the complexity of the challenges facing the community.

Participants shared a variety of perspectives on nutrition challenges, highlighting different underlying causes such as poverty, limited access to nutritious foods, and local dietary practices and policies. These discussions highlighted a notable divergence in understanding the roots of the problem, highlighting the importance of considering the multiple facets of nutrition issues when developing solutions.

Furthermore, participants identified a number of urgent actions to improve the nutritional situation in their communities. They highlighted the need to strengthen nutrition education, promote access to nutritious foods, and actively involve children and youth in promoting good nutritional practices. Their commitment to these actions demonstrates a clear desire to contribute to tangible and sustainable solutions.

Despite the differences, participants also identified areas of convergence, recognizing the importance of education, awareness raising and community mobilization in addressing nutritional challenges. These convergences served as a basis for constructive discussions aimed at developing inclusive solutions that address the diverse needs of the community.

The event took place in an atmosphere of openness and mutual respect, encouraging the free expression of ideas and concerns. The active participation of children and young people was at the heart of this workshop, demonstrating their ability to contribute meaningfully to discussions on such crucial issues as nutrition. The organizers ensured that a safe and inclusive space was created, thus encouraging the free flow of ideas and the taking of voices of each.

In sum, the Children's Nutrition Dialogue Workshop was a dynamic forum that highlighted the diversity of children and youth experiences and perspectives on nutrition issues. The insights and recommendations from this event will serve as a valuable source of information for the synthesis report to be developed in advance of the Nutrition for Growth Summit in March 2025, providing an authentic perspective of the nutrition reality as perceived by youth in our community.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

PRINCIPLES OF COMMITMENT

The Children's Nutrition Dialogue Workshop fully reflected several aspects of the Principles of Engagement. First, the principle of inclusion was upheld throughout the event. We created a safe and inclusive space where children and young people were encouraged to express themselves freely, fostering diversity of voices and experiences. Furthermore, the principle of equity was implemented by ensuring that everyone had the opportunity to participate equally and meaningfully in discussions, regardless of their socio-economic background or status. Furthermore, the Workshop demonstrated a commitment to transparency by encouraging open and frank exchanges, fostering the free flow of ideas and concerns.

METHOD AND FRAMEWORK

The Children's Nutrition Dialogue Workshop was organized using a participatory approach that fostered open exchanges and the full participation of children and young people. The recommended methodology incorporated group discussions, interactive activities and brainstorming sessions to encourage active participation. We have taken care to comply with child protection standards.

TIPS FOR OTHER CONVENERS

When organising a Children's Workshop as part of the Nutrition Dialogues, it is crucial to adopt an inclusive approach, encouraging children's free expression and active participation. Ensure that you create a safe environment, encouraging mutual respect and tolerance. Incorporate interactive and playful methods to encourage children's engagement, while ensuring that discussions are age-appropriate.

RETURN FORM: INFORMATION ADDITIONAL

THANKS

I would like to express my gratitude to the members of the Advocacy and Communication teams for their exceptional dedication in planning and delivering this workshop. Their commitment was essential to its success. I would also like to thank our funders for their continued support for children's nutrition education. Finally, a big thank you to our service providers for their invaluable contribution to the logistics and coordination of the event.

RELEVANT LINKS

- Amplifying Children's Voices: A Call to Action for Improved Nutrition and Parental Involvement <https://www.wvi.org/stories/global-hunger-crisis/amplifying-childrens-voices-call-action-improved-nutrition-and>
- Amplifying Children's Voices: A Call to Action for Better Nutrition and Parental Involvement <https://www.wvi.org/stories/central-african-republic/amplifying-childrens-voices-a-call-to-action-for-better-nutrition-and-parental-involvement>

ATTACHMENTS

- Consent forms for images https://nutritiondialogues.org/wp-content/uploads/2024/10/Fiches-de-consentement-des-enfants_Octobre2024.pdf
- Summary article <https://nutritiondialogues.org/wp-content/uploads/2024/10/Article.docx>
- Photo 1 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.00-1.jpeg>
- Photo 2 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.00.jpeg>
- Photo 3 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.01.jpeg>
- Photo 4 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.01-3.jpeg>
- Photo 5 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.01-7.jpeg>
- Photo 6 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.01-2.jpeg>
- Photo 7 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.02.jpeg>
- Photo 8 <https://nutritiondialogues.org/wp-content/uploads/2024/10/WhatsApp-Image-2024-10-28-at-12.09.01-1.jpeg>