

RETURN FORM OFFICIAL

WORKSHOP TITLE	Echo of the children of Kintanu on malnutrition
DATE OF THE WORKSHOP	Wednesday, December 4, 2024 08:00 GMT -05:00
SUMMONED BY	Ngnda Chiza Philippe Event announced on behalf of the organizer by: {advertiser_name}. {explanation}
LANGUAGE OF THE EVENT	Lingala and French
HOST CITY	Colesville, United States
GEOGRAPHICAL SCOPE	Kintanu community in central Kongo, DRC
AFFILIATIONS	World Vision
EVENT PAGE FROM THE WORKSHOP	https://nutritiondialogues.org/fr/dialogue/55909/



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

21

PARTICIPATION BY AGE GROUP

21 12-15

0 16-18

PARTICIPATION BY GENDER

13 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The children who participated are part of 3 layers of the community. Those whose families have means, the middle class and the poor class. All are students and 80% are involved in the Kintanu children's parliament. It should also be noted that among the children who participated, a girl lives with a disability in her upper limbs, especially her hands; her contribution was very appreciated and very significant during the reflections in plenary and in the focus groups.

SECTION TWO: FRAMEWORK

The Session with the children took place in the Kintanu Holy Family Community Library, a 50-person framework built and equipped with the support of World Vision to house a library to enable the children of Kintanu to improve the quality of reading. After the introduction of each participant in the form of an icebreaker, where each child had to give their name, first name and last name, and then give the meaning of these names based on their traditional language; the workshop was first announced in connection with the ENOUGH campaign launched by WV DRC in September 2024, followed by the goals and objectives pursued by the dialogue workshop, including understanding the context of hunger and malnutrition by children in Kintanu, addressing challenges and suggesting urgent solutions, identifying points of convergence and divergence in the discussion groups, making commitments in resolving problems related to hunger and malnutrition. The session began by giving a summary of the global context of hunger and malnutrition in the world, in Africa and then in the DRC with simpler illustrations to allow children to understand the problem. For example, the definitions of the concepts of hunger, food insecurity and malnutrition in Lingala and in the traditional language; the factors of good nutrition as well as the explanation of the determinants of malnutrition and its consequences for individuals, the family, the community, society and the entire country. Parental poverty and lack of employment of parents are the key factors that maintain hunger and malnutrition, lack of knowledge, ignorance and negligence by some caregivers on the practices of adequate nutrition constitute a second category and finally the unhealthy environment, lack of access to drinking water and poor hygiene conditions are other factors.

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

After pooling the resolutions of the children's thoughts on nutritional challenges in Kintanu, the following challenges were identified by the children:

- The poverty of parents who do not know how to feed their children well - the lack of employment of certain parents which leads them to forced unemployment and neglect - The low salary received by civil servant parents - The ignorance of certain parents on the culinary principles and adequate nutrition (balanced, very nutritious and quality meals, diversification of foods and the frequency of meals beyond once a day)
- Overcrowding of households or numerous failures due to lack of respect for family planning - The death of parents, some children are not well fed by stepmothers because they are subjected to mistreatment with sometimes deprivation of meals and snacks.
- The unhealthy environment justified by the poor management of waste in the different districts

URGENT RECOMMENDATIONS FOR ACTION

The children made the following recommendations:

- That the State improves the salary of parents for those who are civil servants
- That the State lowers the prices of foodstuffs on the public market within the community,
- That the State tracks down and punishes members of families who have means but feed their children poorly
- That parents diversify their sources of income through trade and not be satisfied with the salary which is meager and irregular.
- That parents stop bringing many children into the world until there is enough to feed them and take care of them in terms of health, education and protection.
- Raising awareness among households about child protection and the importance of good nutrition
- Awareness of the harmful consequences of malnutrition on children, families and the community in Kintanu
- Raising awareness among other children about the importance of keeping the community environment healthy. Kintanu

AREAS OF DIVERGENCE

During the discussions, two areas of divergence arose:

- Overcrowding of households or large families: some children believe that having many children under the responsibility of a single head of household exposes them to hunger and malnutrition in the context of the Kintanu community;
- Religious beliefs in the sense of food prohibitions: in the Kintanu community according to a group of children, some churches prohibit the consumption of certain nutritious foods while they are beneficial for children, which can lead them to malnutrition; while another group thought that despite these prohibitions, there is the possibility of replacing them with other nutritious foods from the same food group.

GENERAL SUMMARY

The Dialogue Session on Nutrition with the Children of the Kintanu Community went quite well, we noticed the presence and active participation of all the children despite the bad weather conditions on the day in question; heavy rain had therefore fallen on the city with the risk of compromising the course of the session. Nevertheless, we noted a good representation of the children, with respect for gender and social inclusion.

Started slightly late around 3 p.m., the session took longer than expected (3 hours).

The introduction focused on the goals and objectives pursued by the dialogue workshop, including understanding the context of hunger and malnutrition among children in Kintanu, addressing challenges and suggesting urgent solutions, identifying points of convergence and divergence in the discussion groups, and making commitments to resolve problems related to hunger and malnutrition.

Then the global context of hunger and malnutrition in the world, in Africa and then in the DRC was summarized with simpler illustrations to allow children to understand the problem of hunger and malnutrition. The definitions of the concepts "Hunger", "Food insecurity" and "malnutrition" in Lingala and traditional language were given; the factors of good nutrition as well as the explanation of the determinants of malnutrition and its consequences in individuals, the family, the community, society and the whole country, were shared. This was followed by the random distribution of children into 3 discussion groups for the two activities to be carried out. First, the children's reflection on what they mean by good nutrition or good food in the context of the Kintanu community, then the reflection on the quotes related to hunger and malnutrition as well as the proposal of possible solutions for this Kintanu community.

From these moments of group reflection, the following elements emerged: For the first activity, good nutrition or good diet for children in Kintanu is summarized in that which helps to stay healthy and give energy for the whole day, it is also eating a variety of foods, eating a balanced meal, eating a meal that helps to grow and avoid diseases. It is also eating your fill, being satisfied; eating things of your choice, things that you like and that you can find easily, eating things rich in vitamins and proteins such as soy, meat, corn, eating 3 times a day, and eating things so that you do not get sick and it is also eating good things that give good health to the body. A good diet is knowing how to choose natural and fresh foods, instead of eating too many imported products.

For the second activity, the challenges related to hunger and malnutrition can be summarized as: Parental poverty and lack of employment of parents are the key factors that maintain hunger and malnutrition, lack of knowledge, ignorance and negligence by some caregivers of children on the practices of adequate nutrition constitute a second category and finally the unhealthy environment, lack of access to drinking water and poor hygiene conditions are other factors.

In short, the children recognized that hunger is a problem in Kintanu. It is a scourge that even prevents their development. They defined hunger as feeling a need to eat. Composed mainly of child parliamentarians accustomed to raising awareness and monitoring the situation of the children of Kintanu, the participants unanimously declared that **POVERTY** is the greatest nutritional challenge in Kintanu. Their parents have no other activities than the field. The rural products that take a long time to germinate and be sold are not going to solve the situation. Poverty materialized by the low salary of their parents is the very basis of malnutrition.

For them, solutions will begin to be found when the State improves salaries and especially when parents diversify their sources of income by stopping relying only on salaries, which are disappointing.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

PRINCIPLES OF COMMITMENT

Children from the Kintanu community, committed to improving nutrition by raising awareness among other children about good nutrition or good diet, especially for women and children. Children from the Kintanu community agreed to initiate advocacy for solutions requiring the involvement of local political and administrative authorities; territorial and provincial. The session welcomed the diversity and inclusiveness of the children (Children living with disabilities), and whose climate of exchange was done without any form of mistrust but rather acceptance; This session was also characterized by the spirit of openness in sharing, exchanges and learning from others during group discussions. Finally, no contribution was put aside, any reflection was considered good for the discussions. The different perspectives while cultivating trust between the children were respected in all respects.

METHOD AND FRAMEWORK

The methodology used was participatory, children were encouraged to express themselves freely either in writing or by diagram and to feel comfortable with the language they wished to use. A question and answer game was used in the discussion groups in order to encourage everyone to engage in the debate. A systematic and age-appropriate orientation by the moderator was useful to refocus the exchanges during the plenary.

TIPS FOR OTHER CONVENERS

We advise other colleagues to prepare well from the start because the dialogue session tends to drag on and take a lot of time, especially during discussions. It will also be necessary to be methodical and systematic during moderation. We strongly recommend using the electronic version of Word for the summary, which will facilitate rapid reporting in the publication site.

RETURN FORM: INFORMATION ADDITIONAL

THANKS

We would like to warmly thank the National Director of WVDRC for leading this . Ms. Aline Napon for her Leadership in the process; we also say thank you to the Director of Integrated Programs of WV DRC, Mr. Patrick Saah and to the Associate Director of Advocacy and Comm, Ms. Farida, for their coordination and finally to the team of the Kongo Central cluster for the good preparation and good organization of this session among many others. May God Almighty bless them all!

ATTACHMENTS

- List of children's presence AP kintanu <https://nutritiondialogues.org/wp-content/uploads/2024/12/presence-enfants.pdf>
- Consent Form <https://nutritiondialogues.org/wp-content/uploads/2024/12/consent-form.jpg>
- Presentation in plenary group 1 https://nutritiondialogues.org/wp-content/uploads/2024/12/20241204_1642481.jpg
- Presentation in plenary group 2 https://nutritiondialogues.org/wp-content/uploads/2024/12/20241204_1739101.jpg
- Presentation in plenary group 3 https://nutritiondialogues.org/wp-content/uploads/2024/12/20241204_1644351.jpg