

# RETURN FORM OFFICIAL

DIALOGUE TITLE	CHILDREN'S WELFARE COMMITTEE SPEAK OUT
DATE OF DIALOGUE	Thursday, November 28, 2024 1:00 PM GMT +01:00
SUMMONED BY	SYLVAIN KAYUMBA Event announced on behalf of the organizer by: {advertiser_name}. {explanation} Feedback posted on behalf of the organizer by: SYLVAIN KAYUMBA. Principal facilitator
LANGUAGE OF THE EVENT	French and Lingala
HOST PLACE	Gemena, Democratic Republic of the Congo
GEOGRAPHIC SCOPE	community level
AFFILIATIONS	world vision
EVENT PAGE OF DIALOGUE	<a href="https://nutritiondialogues.org/fr/dialogue/56087/">https://nutritiondialogues.org/fr/dialogue/56087/</a>



# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

50

## PARTICIPATION BY AGE GROUP

0 0-11	0 12-18	5 19-29
30 30-49	10 50-74	5 75+

## PARTICIPATION BY GENDER

16 Female	34 Male	0 Other/Prefer not to say
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## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, youth groups and students	0 Civil society organizations (including consumer groups and organizations environmental)
4 Educators and Teachers	4 Religious leaders/Religious communities
0 Financial institutions and technical partners	14 Food producers (including farmers)
0 Health professionals	0 Indigenous peoples
0 Information and Technology Providers	0 Large food companies and retailers
0 Marketing and Advertising Experts	0 Government officials and representatives national/federal
0 News and Media (e.g. journalists)	10 Parents and Caregivers
0 Science and Universities	0 Small/Medium Enterprises
18 Government officials and representatives local/sous-national	0 United Nations
0 Women's Groups	0 Other (please specify)

## OTHER STAKEHOLDER GROUPS

Members of the Ledia Sponsorship Program Wellness Committee

## ADDITIONAL DETAILS ON PARTICIPANT DIVERSITY

The session of this dialogue on nutrition is characterized by a heterogeneous participation of 50 adults and diversified in terms of Neighborhood Chief, Street Chief, Pastors of Churches from 9 neighborhoods of Gemena, invited to a workshop to revitalize the well-being committee, as part of the sponsorship program; All layers of the population were represented there, from the richest to the poorest and even intellectuals and those who do not have studied a lot.

# SECTION TWO: FRAMEWORK AND DISCUSSION

## MANAGEMENT

The framework of the event, it is during a workshop to revitalize the Children's Well-being Committee in the sponsorship program, the training of new members and the management of complaints, in the meeting room of WV Gemena, which was an opportunity for us to lead this dialogue on nutrition; the facilitator's right hand placed on the heart, he made a brief introduction on the objective and the expected result of this dialogue, then a power point presentation was made giving the different contexts of the situation of hunger and malnutrition, we defined some key concepts such as hunger, malnutrition, food insecurity. Then we explained the different types of malnutrition also including acute malnutrition, chronic malnutrition, underweight and micronutrient deficiencies with the prevalence and number of people affected; that is why my hand remained on the heart to indicate to the participants that the situation was serious at all levels. The triggers of this malnutrition, the symptoms and the consequences were demonstrated, as well as the behaviors to adopt to fight against malnutrition and thus improve the situation of the members of the communities of Gemena, most of whom recognized the fact that they suffer from malnutrition without knowing it. The explanations being clearly given, the participants were formed into 5 discussion groups, focused on four major questions in particular: why is it always children and women who are affected by malnutrition? Their perceptions/opinions and considerations, related to nutrition/malnutrition were collected; What are the challenges encountered? What actions/commitments for nutrition should be taken? The participants liked the presentation by asking to share the module with them because the result of the group work

## PRESENTATION OF THE NUTRITIONAL SITUATION

<https://nutritiondialogues.org/wp-content/uploads/2024/12/Presenation-Introduction-du-Dialogue-sur-la-Nutrition-Nov-2024-Ledia-Sylvain.pdf>

## DISCUSSION

The children participating in the nutritional dialogue cited the causes of malnutrition and hunger in Gemena, summarizing them as follows: - Poor diet, food monotony, lack of food hygiene - Low food intake or insufficient food - Unemployment of fathers; - Failure to respect family planning - Climate change with disruption of the seasons - Lack of drinking water in certain neighborhoods - Increase in food prices; - Very large household size (overpopulation) - Unpaid wages - Rural exodus - Conflicts, war Among the many actions to be carried out quickly, these are priorities: Raise awareness and train household leaders in agriculture and livestock; in plot gardens; Strengthen the capacities of the Relays Community to intensify household awareness on good key family practices in nutrition and health; Eating balanced in quality and quantity; Granting agricultural and livestock credits; Creating paid work with guarantees for young people and parents; Reducing unwanted births; Raising awareness among the population on self-care and responsibility; Empowering women; Reorganizing agriculture, livestock, fish farming; Varying the diet in households; The Congolese state must support its population and monitor its support; Improving the soil (the land) by providing chemical fertilizers to guarantee agricultural production; Taking care of children; Resting women who are overloaded;

# SECTION THREE: RESULTS OF THE DIALOGUE

## CHALLENGES

The challenges can be summed up in these few lines: The irresponsibility of the State to take care of its population, leads to unemployment and implies the low level of income within households; Unwanted births no awareness in most men and women, as there is no work the only distraction of adult parents remains pleasure or sexual activity;

Women are too overloaded by the fact that their husbands are irresponsible within the households; The laziness of some parents; The poor quality of seeds for food crops, not allowing a good yield at harvest; The land to be cultivated at a short distance is no longer arable (poor soil for agriculture), people so much that they do not have the means, they cannot travel long distances to go and cultivate;

Poverty (lack of means, possibilities, money);

The work and income that rural women bring do not allow to cover the varied nor sufficient diet; Parents return home late to prepare for the children; hence the children do not eat well because at late hours they are already asleep;

## URGENT ACTIONS

Among the many actions to be carried out quickly, these are proving to be priorities:

Raise awareness and train household leaders in agriculture and livestock; in plot gardens; Strengthen the capacities of Community Relays to intensify awareness among households on good key family practices in nutrition and health; Eat balanced in quality and quantity; Grant agricultural and livestock credits; Create paid work with guarantees for young people and parents; Reduce unwanted births;

Raise awareness among the population on self-care and responsibility to avoid dependency; Empower women by giving them the chance to participate in management and decisions; Reorganize agriculture, livestock farming, fish farming which will increase food production and income; Vary the diet in households to avoid food monotony; The Congolese state must support its population and monitor its support; Improve the soil (land) by providing chemical fertilizers to guarantee agricultural production; Take care of children by ensuring their nutrition; Rest the woman who is overloaded by the weight of the household;

## AREAS OF DIVERGENCE

All participants are touched by this theme of raising awareness of the dialogue on nutrition, but it also caused a divergence in the opinions collected by taking notes during the pooling of group discussions: Although the Congolese State is irresponsible for taking charge of its population by granting a good well-paid job, others think that parents should come out of their laziness and sleep to even practice the plot garden, fish farming; it is recognized that polygamy is in full swing for some, and others say that it should not be a way to neglect the nutrition of children and women, hence both parents should fight to find something to feed their children; we should give children the chance to live well and be healthy because they are our replacements in the future;

## GENERAL SUMMARY

This nutritional dialogue carried out in the AP Ledia of the Gemena Cluster, was part of the logic of the "Enough" campaign which means that we can seize any opportunity for activities (training workshop, awareness-raising) with WV or with the Partners to organize this; this is why the main facilitator took care to go around different offices (all the TP: Education Protection, CESP, Wash...) for the partners (the Central Office of the Health Zone, the CVA coordination, the Provincial Coordination of the National Nutrition Program) to sensitize them to share their schedule of activities with me, which was done from where this dialogue is the fruit; we managed to persuade 50 participants including 16 women and 34 men at the end of their workshop to give us their time to talk to them and listen to their side of the story; they came from different structures in the community, it took place in the meeting room of the WV Gemena office; The first gesture of attracting the audience was the facilitator's right hand placed on the heart to make the participants understand that WV and he were also affected by the nutritional situation and hunger in a very critical national, international and local context, and that we would like to join them to collect their points of view for a broad advocacy at all levels in order to obtain solutions to the problems of hunger and malnutrition that affect more than one family or several households. It is about listening to the participants to know their perceptions or the causes of malnutrition, the actions to be taken, in what way to achieve it, thus creating a space for debates and exchanges by constituting discussion groups so that everyone can have the opportunity to express themselves freely and openly. This is how the facilitator proceeded to present the Powerpoint to explain certain material planned to be the subject of exchanges and debate, these include the key concepts (hunger, malnutrition, food insecurity), the different types of malnutrition (acute malnutrition, chronic malnutrition, overweight, underweight, and also explained obesity and micronutrient deficiencies) but also we made the participants understand the factors constituting malnutrition (the causes), the number, the categories of people most affected by this malnutrition. After these explanations, comes the time for open debate following their two questions asked with an attempt at response by the participants themselves to see their level of understanding; five groups formed, followed by group work with discussion questions were shared with each of these groups, including: What are the nutritional challenges identified by each group in light of the realities in their respective contexts - What are the urgently needed actions and how should they be taken? They themselves chose for each group a facilitator and a secretary to take notes in order to help the facilitator obtain elements of synthesis during the presentation in plenary in order to develop his report of the dialogue. While the points of convergence and the points of divergence emerging from the discussions in the groups, were collected during the pooling in plenary by the facilitator himself. The general conclusions after the discussions, were drawn on the basis of the synthesis: by asking the question what can we learn from this dialogue. It is here that the facilitator urged the participants to say things clearly so that everyone comes away with an idea retained from our exchanges for the improvement of nutritional conditions in their communities. At the end, the facilitator put his right hand on his heart signifying the joy of having the points of view of the members of the sponsorship well-being committee and placed a word of thanks and gave the floor to the organizer of the workshop to close by ordering to go and serve themselves the meal that they had prepared as part of their activity; too bad I had missed the family photo because people were in a hurry to leave.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

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## PRINCIPLES OF COMMITMENT

A commitment to the principles was observed and noted throughout this dialogue, including: 1. Participants resolved to take charge of themselves and be responsible in the life of the family; 2. Strengthen the community health system through awareness-raising by community relays on good key family practices; 3. Respect family planning by reducing unwanted births; 4. Trust women and make them independent; 5. Improve nutrition by eating balanced in quality and quantity within the household, but also by varying the diet for the whole family. 6. Improve the soil by cultivating arable land to guarantee agricultural production and have enough food for households; 7. Strengthen awareness to have everyone in their own plot a garden. 8. The dialogue welcomed the diversity and inclusiveness of stakeholders, including young people.

## METHOD AND FRAMEWORK

. The methodology used was andragogical and participatory and that the principles are those related to their interest and real need for their community in light of the shocking, touching statistics at the global, national and provincial/Health Zone levels that were presented to them in record time (less time with a precise/concise, and key message;

## TIPS FOR OTHER CONVENERS

By grafting onto an activity to carry out a nutritional dialogue, the essential thing is to capture the attention and maintain the participants in a climate of trust beyond the time allowed without remaining too distracted from all the requirements of the dialogue in a normal sense, i.e. the participants are summoned just for that; When the PowerPoint presentation is finished, the questions asked are selected by asking the assembly to try to answer them to reassure themselves that the material is well

# RETURN FORM: INFORMATION ADDITIONAL

## THANKS

We would like to thank firstly the DF CWB who agreed to give me space and time to lead this dialogue at the end of the workshop he organized and to which I joined; but also to the members of the groups chosen to lead and take notes during the discussions and finally to the Cluster Manager for his encouragement and follow-up in a difficult context for our Gemena office; and to all those by whom this nutritional dialogue was made possible.

## RELEVANT LINKS

- DN link  
<https://nutritiondialogues.org/fr/portail/edit-dialogue/>

## ATTACHMENTS

- photo in discussion group <https://nutritiondialogues.org/wp-content/uploads/2024/12/PHOTO-DN-COMITE-BIEN-ETRE-2-scaled.jpg>
- consent form  
[https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form2-Adulte-DN-COMITE-BIEN-ETRE-Gna\\_200101\\_01015524-1-4.pdf](https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form2-Adulte-DN-COMITE-BIEN-ETRE-Gna_200101_01015524-1-4.pdf)
- consent form  
[https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form2-Adulte-DN-COMITE-BIEN-ETRE-Gna\\_200101\\_01015524-5-8.pdf](https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form2-Adulte-DN-COMITE-BIEN-ETRE-Gna_200101_01015524-5-8.pdf)
- consent form  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form1-Adulte-DN-COMITE-BIEN-ETRE-Gna-1-5.pdf>
- consent form  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Consent-Form1-Adulte-DN-COMITE-BIEN-ETRE-Gna-6-10.pdf>