

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Learning & Reflecting about Nutrition
DIALOGUE DATE	Friday, 20 December 2024 09:30 GMT +01:00
CONVENED BY	World Vision Angola Event announced on behalf of the Convenor by: Nidia Klein. Technical support Feedback published on behalf of Convenor by: Nidia Klein. Technical Support
EVENT LANGUAGE	Portuguese
HOST LOCATION	Lubango, Angola
GEOGRAPHIC SCOPE	Community level
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/56649/



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

17

PARTICIPATION BY AGE RANGE

0 0-11

0 12-18

9 19-29

8 30-49

0 50-74

0 75+

PARTICIPATION BY GENDER

10 Female

7 Male

0 Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, Youth Groups and Students

5 Educators and Teachers

0 Financial Institutions and Technical Partners

0 Healthcare Professionals

0 Information and Technology Providers

0 Marketing and Advertising Experts

0 News and Media (e.g. Journalists)

0 Science and Academia

0 Sub-National/Local Government Officials and Representatives

4 Women's Groups

2 Civil Society Organisations (including consumer groups and environmental organisations)

0 Faith Leaders/Faith Communities

0 Food Producers (including farmers)

0 Indigenous Peoples

0 Large Business and Food Retailers

0 National/Federal Government Officials and Representatives

6 Parents and Caregivers

0 Small/Medium Enterprises

0 United Nations

1 Other (please state)

OTHER STAKEHOLDER GROUPS

The participants work in different areas, including rural areas; these are the teachers who serve schools located farther away.

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

Most of the participants live in urban and peri-urban areas of the municipality of Lubango, in southern Angola, one of the regions most affected by drought. Most of them also belong to the middle class but have differences in economic power depending on the professional activities they engage in. Among the participants were teachers, leaders of women's groups and civil society, people with university and secondary education levels.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The meeting began with the presentation of concepts of nutrition and malnutrition, statistics on the nutritional status of children in the country, poverty rates among the Angolan population, access to micronutrients, and the effects of El Niño on the region where they live, which has experienced one of the worst droughts of the last decade. Since most of the participants were teachers, there was a highlight on school feeding and how this affects children's performance and continuity in their studies. Support materials such as 'in three years...' were presented, and this was one of the topics that generated the most debate among the participants.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2024/12/FOME-E-MALNUTRICA0-INFANTIL-EM-ANGOLA-1-4.pdf>

DISCUSSION

What do you know about nutrition? Do you know the meaning of malnutrition? Did you hear about El Niño? What do you think the climate changes can affect your diet? Watching this statistics about malnutrition in Angola, what are the factors to fight to change this scenario? When you see these pictures, what feelings and reflections come to your mind?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The challenges pointed out by the participants focus on economic issues that make it difficult to access more nutritious foods, causing the population to prefer those that provide satiety, such as porridge. Cultural issues, especially in the rural areas where they work, also hinder dietary diversification, as the inhabitants of these areas often do not know how to prepare healthier meals using the vegetables they produce.

The fact that most schools in the province do not offer school meals and lack water access infrastructure leads to low student performance and high dropout rates. The participants, especially the teachers present in the group, highlighted the issue of drought as a significant factor in the high dropout rates among children from the age of 8, who start helping their parents in the fields or with animal herding. Girls suffer the most during these periods as they need to stay home to take care of their younger siblings.

The participants have a good understanding of the realities of the communities where they work and noted that during drought periods, children become very malnourished, and the government does little or nothing to assist families in this situation. These families end up relying on external aid, such as social projects in the region.

Another issue raised by the participants is that the initiatives being implemented in the region, especially the distribution of water through river dams, have benefited large farmers more than small farmers, who continue to have great difficulty accessing water.

URGENT ACTIONS

Create local groups that can organize workshops to teach techniques for growing vegetables, preparing iron-rich foods, or even making preserves and jams from local fruits. These recommendations should always be adjusted to the community's needs, available resources, and culture.

Participants mentioned that making use of local resources is very important, such as cultivating home gardens and valuing typical foods from each region that are rich in nutrients like cassava, sweet potatoes, corn, and beans.

Teach which foods are rich in vitamins, minerals, proteins, and carbohydrates, explaining their importance.

Raising small animals: Support initiatives for raising chickens, goats, or pigs to obtain proteins and other essential nutrients.

The government should invest in improving the prices of staple foods. Teachers in schools could have more content about nutrition to promote the topic among students. Schools could offer monthly sessions with parents to also exchange information about nutrition, hygiene, and food preparation.

School meals should be mandatory in all schools in the country, but with nutritious meals and not with the distribution of cookies and industrialized juices, as is currently offered by the government.

AREAS OF DIVERGENCE

OVERALL SUMMARY

Participants highlighted several challenges, including economic issues that limit access to nutritious foods, leading people to choose foods that provide satiety, like porridge. Cultural factors, especially in rural areas, also hinder dietary diversification as residents often lack knowledge on preparing healthier meals with their own produce.

The lack of school meals and water access infrastructure in most schools results in low student performance and high dropout rates. Drought significantly contributes to dropout rates, with children, especially girls, leaving school to help at home. During droughts, children become malnourished, and government assistance is minimal, leaving families to rely on external aid.

Participants suggested creating local groups to teach vegetable growing, iron-rich food preparation, and making preserves. They emphasized using local resources, such as home gardens and nutrient-rich regional foods like cassava and sweet potatoes. They also recommended teaching about vitamins, minerals, proteins, and carbohydrates, and supporting small animal farming for essential nutrients.

The government should improve staple food prices, and schools should include more nutrition content and offer monthly sessions with parents. Nutritious school meals should be mandatory, replacing the current distribution of cookies and industrialized juices.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop was conducted in a way that allowed all members to participate, respecting each other's opinions, as all opinions are valid. Each participant had their moment to speak and express their views to avoid conflicts, under the moderation of the facilitator and the convener, following the rules of conduct presented at the beginning of the workshop.

METHOD AND SETTING

Based on the principle that everyone should participate as freely as possible, open-ended questions and dialogue methods were used to engage all participants and achieve the desired objectives. The event was held at the World Vision office, and the participants sat in a semi-circle to allow everyone to see each other and interact more easily.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS