

# RETURN FORM OFFICIAL

<b>WORKSHOP TITLE</b>	Kikula children's perspective on nutrition
<b>WORKSHOP DATE</b>	Tuesday, December 17, 2024 2:00 PM GMT +02:00
<b>SUMMONED BY</b>	Christelle Mulanga and Didier Lwamba Event announced on behalf of the organizer by: {advertiser_name}. {explanation}
<b>LANGUAGE OF THE EVENT</b>	Swahili and French
<b>HOST CITY</b>	Likasi, Democratic Republic of Congo
<b>GEOGRAPHIC SCOPE</b>	Community Level
<b>AFFILIATIONS</b>	World Vision
<b>EVENT PAGE</b> FROM THE WORKSHOP	<a href="https://nutritiondialogues.org/fr/dialogue/56704/">https://nutritiondialogues.org/fr/dialogue/56704/</a>



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

11 12-15

9 16-18

## PARTICIPATION BY GENDER

7 Female

13 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The children who participated are part of the most vulnerable class. All are children from the Kikula community who came from different schools in the area and were motivated to participate in this dialogue to understand the challenges of malnutrition and give their contributions through recommendations to improve the situation of malnutrition in their community. All without exception were unanimous that this suffering from malnutrition must stop and this must stop faster.

## SECTION TWO: FRAMEWORK

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The Session with the children took place in the premises of the Methodist church which works in partnership with World Vision/DRC, after the prayer and presentation of each participant and facilitators in the form of an icebreaker. Each child gave his or her name, position, first and last name, as well as his or her background and level of education. The workshop began with the aim and objective of the dialogue on nutrition, after the definition of the concepts of good nutrition by the children from the different communities (Kikula, Kisunka and Simba). The participants gave the challenges and suggested urgent solutions, points of convergence and divergence in the discussion groups, and made commitments in solving problems related to malnutrition. Low household income, lack of employment of parents, lack of knowledge on adequate feeding practices, ignorance and negligence by some child care workers, lack of land for growing crops, lack of access to drinking water and poor hygiene conditions are factors that prevent good nutrition within the communities. They were divided into two discussion groups afterwards to have enough time to discuss issues of malnutrition between them. As everywhere else, each group was facilitated by a Lead Facilitator and a Secretary whose role was to take notes and ensure that all the points expressed by the participants were included in the report to be presented in plenary. They displayed an attitude of concentration in what they were doing and showed themselves committed to serving as ambassadors for the fight against hunger and malnutrition in their home communities.

# SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

## CHALLENGES

After pooling the resolutions of the children's reflections on nutritional deficiencies in Kikula, the following challenges were identified by the children:

- Poor nutrition of children due to low household income
- Parents do not have enough means to cultivate large areas of land
- Imposing non-nutritious food on children by parents (without vegetables or fruits)
- There are diseases that arise in children, which are caused by poor nutrition
- We eat very badly because we eat once a day, food without sufficient oil and only with vegetables and without drinking water
- We eat very badly due to lack of means in families
- Lack of means in our families
- Lack of jobs for parents
- Increase in food prices
- The economic crisis in the country
- Lack of peace (Ex: they give me food by hitting me or scolding me)
- Parents do not have work
- Low salary of our parents
- Food is expensive, the borders are closed
- Price increase of food
- Closure of borders
- Monetary instability and increase in the price of the dollar
- Cultivating without having good agricultural production
- Our parents' salary is not sufficient
- Parents do not have the means to buy fertilizers and other inputs to cultivate well
- No access to drinking water which is the basis of many diseases in our communities

## URGENT RECOMMENDATIONS FOR ACTION

The children made the following recommendations:

- Parents should have well-paid jobs
- Mothers should also work if possible to contribute to household expenses
- Fathers should stop hiding money
- Parents should give their body and soul to provide for their children
- In case the father is unemployed and the mother works, she should avoid listening to the bad advice saying that it is only the husband who should feed the family
- Father should stop polygamy
- Support parents in their agricultural activities
- Give families agricultural products
- Make drinking water and electricity available for the conservation of certain foods
- Create profitable commercial activities for parents
- Have a spirit of love
- Have a spirit of job creativity
- Do field work
- Do livestock breeding
- Put plenty of food in the house
- Do fishing
- We must live in peace and unity in our homes to be healthy
- Parents should treat children with dignity and give them food appropriate to their ages.

## AREAS OF DIVERGENCE

- That parents learn to give children food appropriate to their ages.
- Raise awareness in households about hygiene and nutritional education.

While some children pointed out that their parents do not take into account the quality of the food they give them, others felt that parents have no choice, because due to poverty and lack of employment, they cannot have the opportunity to meet the nutritional needs of their children properly. For them, this group of children added, the main thing is to reassure that the children have eaten, without taking into account the quality of the meals they eat.

Another point of divergence was the fact that for some children, parents play their role as parents to the fullest, while for others, there are parents who have become irresponsible, that is, who no longer take care of their children, to the point that even if the children do not eat, or if they eat poor quality food, it does not mean anything to them.

## GENERAL SUMMARY

The session of the dialogue on nutrition with the children of the Kikula community went well with the active participation of children representing all categories of children in the community, however, the session started at 13:00 and ended at 15:00.

The introduction focused on the aim and objective pursued by the workshop on nutritional dialogue, in particular to understand the context of hunger and malnutrition among children in Kikula, to address the challenges and suggest urgent solutions, to identify points of convergence and divergence in the discussion groups, to make commitments in resolving problems related to good nutrition.

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The facilitator emphasized the goals and objectives of the dialogue workshop, including understanding the perspective of Kikula children on good nutrition. Participants gave challenges and suggested urgent solutions, points of convergence and divergence in the discussion groups, and made commitments to solve the problems.

As for urgent actions to be taken and how to do it, the children made the following recommendations:

- That parents should have well-paid jobs

- Mothers should also work if possible to contribute to household expenses
- That fathers should stop hiding money
- Parents should give their heart and soul to provide for their children
- In case the father is unemployed and the mother works, she should avoid listening to the bad advice that it is only the husband who should feed the family
- That the father should stop polygamy
- Support parents in their agricultural activities
- Give families agricultural products
- Make drinking water and electricity available for the conservation of certain foods
- Create profitable commercial activities for parents
- Have a spirit of love
- Have a spirit of job creativity
- Do field work
- Do livestock breeding
- Put plenty of food in the house
- Do fishing
- We must live in peace and unity in our homes to be healthy
- Parents should treat children with dignity and give them food suitable for their ages.

The children also thanked World Vision for organizing this dialogue which allowed them to discuss issues that directly concern them as children and that prevent them from growing and developing as they should. They wished to have such opportunities for exchanges even in non-formal settings to enrich their reflections and help others understand the challenges of malnutrition and to commit themselves to becoming actors of change in terms of awareness in the communities where they live.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

## PRINCIPLES OF COMMITMENT

The children of Kikula community, have committed to sensitize other parents to improve child nutrition and to act urgently. The children of Kikula community have agreed to initiate advocacy for solutions requiring the involvement of local political administrative authorities; territorial and provincial and have committed to improve nutrition for all, especially for women and children and recognize that the nutritional status of each has multiple determinants. They have welcomed the diversity and inclusiveness of stakeholders, including youth and have promised to respect different perspectives while cultivating trust between stakeholders while being open to share and learn from others and to act with integrity and ethically. They are determined to act with the commitment to respect equity and the rights of all women, men and children without discrimination.

## METHOD AND FRAMEWORK

The methodology used was participatory, children were encouraged to express themselves freely out loud and to feel comfortable with the Swahili and French languages. Children were given the opportunity to express themselves in the language of their choice to feel free. They were given the floor in turn according to whether each of them wanted to express themselves and this created a climate of understanding among the children throughout this dialogue. The framework was formal.

## TIPS FOR OTHER CONVENERS

We advise other colleagues to be on time at the location where the dialogue session will take place. That they invite people well in advance and that they follow up with the invitees to make sure that everyone will be present. Experience has shown us that the more participants there are, the more ideas and proposals as well as recommendations that come out of the dialogue. They must also prepare all the logistics and recognize that it is in the community.



# RETURN FORM: INFORMATION ADDITIONAL

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## THANKS

Our thanks go particularly to the team of the World Vision DRC National Office, and in particular to Mr. Serge Lungele, the Advocacy Manager at the National Office who accompanied us from the preparations, to the organization of this dialogue, including the announcement on the portal. We thank the children who made themselves available and committed to participate in this dialogue and for their contributions that will help improve the nutrition situation in Kikula.

## ATTACHMENTS

- Consent Children Kikula 1 <https://nutritiondialogues.org/wp-content/uploads/2024/12/CONSETEMENT-Enfant-Kikula.pdf>
- Consent for children Kikula 2 <https://nutritiondialogues.org/wp-content/uploads/2024/12/CONSETEMENT-Enfants-Kikula-2.pdf>
- List of Attendance Kikula 1 <https://nutritiondialogues.org/wp-content/uploads/2024/12/Liste-de-presence-Dialogue-AP-KIKULA-1.pdf>
- Attendance list Kikula 2 <https://nutritiondialogues.org/wp-content/uploads/2024/12/Liste-de-presence-Dialogue-AP-KIKULA-2.pdf>
- Photos [https://nutritiondialogues.org/wp-content/uploads/2024/12/Enfants\\_Kikula\\_Salle.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/Enfants_Kikula_Salle.jpg)
- [https://nutritiondialogues.org/wp-content/uploads/2024/12/Enfants\\_Kikula\\_Salle-1.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/Enfants_Kikula_Salle-1.jpg)