

OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Learning & Reflecting about Nutrition
DIALOGUE DATE	Sunday, 22 December 2024 13:00 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	Viana, Angola
GEOGRAPHIC SCOPE	Community level
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/56721/



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

10

PARTICIPATION BY AGE RANGE

0 0-11

0 12-18

10 19-29

1 30-49

0 50-74

0 75+

PARTICIPATION BY GENDER

5 Female

5 Male

0 Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0 Children, Youth Groups and Students

0 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

0 Women's Groups

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

10 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

0 Parents and Caregivers

0 Small/Medium Enterprises

0 United Nations

1 Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

The workshop group consisted of adults, both men and women, from various social backgrounds. Among them were leaders of youth associations, Sunday School teachers, choir members, and Bible students, all residing in different neighborhoods of the Viana municipality, a peri-urban area of Luanda, the capital of Angola.

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The workshop began promptly at 12:00 PM on December 22, 2024, in one of the rooms of the Josué United Methodist Church in Viana. It had the direct participation of 10 adults, with more people coming and going throughout the dialogue.

After a brief questioning about nutrition, some participants defined it as: Nutrients necessary for our body's functioning.

Healthy eating, knowing what we should eat. Good nutrition that helps our body function well and allows us to grow.

Regulated eating. Nutrients that foods contain. Eating a lot. During the dialogue, the adults also discussed malnutrition, defining it as: Foods that do not help our body function well. Not knowing the necessary time to consume each type of food. Consumption of unhealthy foods. Eating foods without nutrients and/or vitamins. The church recognizes its role as an agent of change in nutrition, periodically providing information to its members about healthy habits and foods. It also pointed out that the challenges identified in the communities where members reside will not be overcome if there are still privileged groups within the communities. Instead, the nutritional needs of everyone should be considered to ensure overall health.

NUTRITION SITUATION PRESENTATION

<https://nutritiondialogues.org/wp-content/uploads/2024/12/FOME-E-MALNUTRICA0-INFANTIL-EM-ANGOLA-1-3.pdf>

DISCUSSION

It was a healthy and open dialogue where everyone respected each other's opinions despite their socioeconomic differences. They had the freedom to express the realities of their communities, which were not much different from other communities. However, it is noteworthy that many were initially very skeptical and hesitant to participate in the dialogue, thinking they could only present "nice" words. In the end, everyone understood that they needed to express their realities and not invent concepts. From there, they spoke openly and without any resentment.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

The main challenges identified and highlighted by the stakeholders were:

- Lack of knowledge about nutrition and dietetics.
- Financial conditions of the populations, low economic power.
- Purchase of non-essential foods.
- Lack of potable water.
- Very large families (households with a very high number of members).
- Lack of basic sanitation.
- Lack of kitchen menus, whether monthly, weekly, or daily.
- The country's financial reality.
- High unemployment rate.
- High cost of the basic food basket.
- Some government policies that do not align with the reality of the communities.
- Damaged roads, making it difficult to easily obtain food from rural areas.
- Difficult access to agricultural inputs to encourage family farming.
- Families seeking subsistence in street dumps, even feeding there.

URGENT ACTIONS

The stakeholders described some urgent recommendations to address malnutrition, including:

- Promoting knowledge about nutrition and dietetics in communities through lectures and dialogue spaces like this.
- Identifying safer and more economical sources for acquiring essential and healthy foods.
- Improving the financial conditions of the populations with low economic power.
- Distributing or channeling potable water to communities.
- Disseminating information about family planning, aligning the number of children with the financial realities of families.
- Adopting good policies to allow affordable food prices, considering the minimum wage of the population.
- Promoting door-to-door cleanups in addition to collection by responsible companies.
- Planning meals over days, weeks, or months to ensure nutritional balance.
- Encouraging family farming and creating more job opportunities.
- Building and repairing damaged roads to facilitate easy access to food.
- Distributing soups or building community kitchens to help those in need.

AREAS OF DIVERGENCE

Overall, it was not possible to identify many divergent points, as participants mostly converged on the topics discussed in the workshop. The only notable difference was that some believed it was impossible to have a balanced diet with little money, while others argued that it was possible to make some meals, albeit not very dignified, but with some nutritional variety, even with limited resources.

Participants were unanimous and convergent in reporting the nutritional status of their community. One of the main points of convergence was the issue of poverty, which has somewhat limited the acquisition of quality food to ensure that children have an adequate diet. They also highlighted school meals as one of the main strategies to combat child malnutrition, considering not only the issue of infrequent daily meals but also the difficulty many families face in preparing timely meals for their children to eat at school. However, they emphasized that these school meals should be of high quality. By implementing quality school meals, they aim to combat not only malnutrition but also poor academic performance and school dropout rates.

OVERALL SUMMARY

Workshop Overview

Duration: Approximately 2 hours.

Participants: Adults from various social backgrounds, including leaders of youth associations, Sunday School teachers, choir members, and Bible students from different neighborhoods in Viana, Luanda.

Setting: Held at the Josué United Methodist Church.

Key Activities

Icebreaker: Helped participants feel comfortable and encouraged them to share their opinions.

Discussion Topics: Participants shared their understanding of nutrition and the realities of their communities. Many were initially skeptical but became more open as the discussion progressed.

Challenges Identified:

Lack of knowledge about nutrition and dietetics.

Financial constraints and low economic power.

Purchase of non-essential foods.

Lack of potable water.

Large family sizes.

Lack of basic sanitation.

Absence of kitchen menus.

Country's financial reality.

High unemployment rate.

High cost of the basic food basket.

Government policies not aligned with community realities.

Damaged roads hindering food access.

Difficult access to agricultural inputs.

Families seeking subsistence in street dumps.

Urgent Recommendations

Promote Nutrition Knowledge: Through lectures and dialogue spaces.

Identify Economical Food Sources: For essential and healthy foods.

Improve Financial Conditions: For low-income populations.

Provide Potable Water: To communities.

Disseminate Family Planning Information: Aligning family size with financial realities.

Adopt Good Policies: To allow affordable food prices.

Promote Door-to-Door Cleanups: In addition to company collections.

Plan Nutritional Menus: For days, weeks, or months.

Encourage Family Farming: And create more job opportunities.

Repair Roads: To facilitate food access.

Provide Community Kitchens: And distribute soups.

Conclusion

Global Issue: Nutrition is a global issue requiring participation from all entities, including the national government, NGOs, and the community.

Future Meetings: There is a need for future meetings to discuss specific topics such as nutrients, their types, importance, quantities, and nutritional needs, as well as balanced meals.

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 share 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

Starting from the principle that everyone should participate as freely as possible, methods such as questions and answers and dialogue were used to engage all participants and achieve the desired objectives. The participants sat in a semi-circle to allow everyone to see each other and interact more easily.

ADVICE FOR OTHER CONVENORS

It's important to ensure that everyone has the same opportunities to participate in a dialogue and to speak with care to avoid hurting others. This approach fosters a respectful and inclusive environment where all voices can be heard and valued.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

It's wonderful to hear that the church found the workshop very beneficial and has requested more sessions like this. Creating opportunities for open dialogue and community engagement can have a significant positive impact. Extensive thanks to WV, the Josué United Methodist Church, and the local Youth Directorate.