

RETURN FORM OFFICIAL

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| WORKSHOP TITLE | Malnutrition in Mutoshi: Children Speak Out |
| WORKSHOP DATE | Friday, December 6, 2024 2:00 PM GMT +02:00 |
| SUMMONED BY | Caline Ngoie Event announced on behalf of the organizer by: {advertiser_name}. {explanation} |
| LANGUAGE OF THE EVENT | Kiswahili and French |
| HOST CITY | Kolwezi, Democratic Republic of the Congo |
| GEOGRAPHICAL SCOPE | Mutoshi Community |
| AFFILIATIONS | World Vision |
| EVENT PAGE FROM THE WORKSHOP | https://nutritiondialogues.org/fr/dialogue/57493/ |



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

26

PARTICIPATION BY AGE GROUP

0 12-15

0 16-18

PARTICIPATION BY GENDER

20 Female

6 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The participants consisted of 26 children whose ages varied between 12 and 17 years old, among them schoolchildren and non-schoolchildren, young mothers and young people working in the mining areas. Whose standard of living is a little low and others whose standard of living is low. These children came from different schools in the area and responded to this dialogue, which confirmed their commitment to the process of getting involved in this fight against malnutrition.

SECTION TWO: FRAMEWORK

The meeting took place in the Adventist church. It was after an opening prayer by a participant that the activity began at 1 p.m. After the opening prayer, a presentation was given in turn to create the atmosphere in the room. After the presentation, the facilitators explained that it was a Nutritional Dialogue, i.e. a group/discussion space to find answers and solutions to solve problems related to nutrition. Four questions were asked to which the young people responded as follows: 1. What is hunger? - Lack of food in the body - Insufficient food in the house - It is the lack of food and energy which is like the fuel of the body, the lack of which leads to diseases. 2. What is food insecurity? - Lack of food supply in the house - Lack of sufficient quantity of food in the house - It is having food that does not meet the necessary vitamins 3. What is malnutrition? - It is an insufficiency or excess of vitamins in the body - The fact of not eating well 4. Nutrition - It is the complementarity of foods - It is the good diet that gives strength, intelligence and good health

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

- **Poverty:** The children acknowledged that poverty is a major factor that justifies the malnutrition situation in their environment. They acknowledged that Mutoshi is characterized by severe poverty that is manifested through the nutritional status of children in particular and all members of the community in general. They therefore recommended that the State should take responsibility and that parents should also engage in agricultural activities instead of concentrating on the mines, where even there they are not paid properly.
- **Lack of work of parents:** As said above, Mutoshi's children insisted on this case also of lack of work for most of their parents. Parents do not work and for the few who work, they are not paid according to the work they produce, which results in the inability to be able to feed their children while respecting the conditions related to good nutrition.
- **Divorce:** Divorce has also been cited as one of the challenges that underlie malnutrition in Mutoshi. There are many reported cases of divorce between parents, which impacts the health of children who are left to their sad fate. Most of these children end up on the streets, with no guarantee of their nutrition. This is a situation that should also challenge the leaders because there is a kind of neglect regarding the cases of divorces that continue to increase.
- **Death of a parent:** When parents die, it is observed that children, especially the youngest, are abandoned and find themselves in a situation where they no longer know who to turn to and this impacts their health, because they do not eat properly, especially with the absence of their deceased parents.
- **Lack of age-appropriate food:** Children do not have the means due to poverty and other causes already mentioned.

URGENT RECOMMENDATIONS FOR ACTION

- **Train households on climate-smart agriculture:** If households are trained on climate-smart agriculture, it will have a positive impact in improving their diet. Even with cheaper meals, children can at least have nutrient-rich meals and this can help them improve their health.
- **Create income-generating activities:** Mutoshi's parents, for the most part, do not have work and the few who do, are not paid as they should be. It is in this context that the children felt that if their parents could engage in income-generating activities, it could help them change their way of eating and have meals that meet their nutritional needs.
- **Train households on agricultural and livestock techniques:** Households should also benefit from this training on agricultural and livestock techniques to understand how to make meal combinations to give to their children. Training on agricultural and livestock techniques is an urgent action to take and everything should be put in place to have this training and for it to be spread to all entities, including the most remote ones.
- **Having arable land:** The problem of arable land is also another nutrition challenge in Mutoshi. The reality is that Mutoshi is a mining area where much more attention is paid to mining aspects. Unfortunately, this means that large areas of land are exploited by mining companies, thus making the space of land to be cultivated insufficient. This must be part of the government's priorities to make land available where the population can also cultivate.
- **Educating households on nutrition:** Children understood that households are not educated on nutrition issues, which leads them to do whatever they want.

AREAS OF DIVERGENCE

- Lack of nutrition education: For some children, nutrition education should be a priority in the government's plan, as it is the pride of a country when its citizens have good health.
- Train households on savings and petty trading: Households should be trained on savings and petty trading as this can be a palliative solution to improve this malnutrition situation. Once trained, households will be able to find other means of survival instead of focusing only on mining activities which are not as accessible to all.
- Lack of resources: As with the point mentioned above, income-generating activities are needed to meet the food needs of families effectively.
- Low household income: Agricultural and savings activities can help overcome problems related to malnutrition in families in the community.
- Lack of work - Lack of vitamin foods - Insufficient food - CLIMATE disruption - Train households on climate-smart agriculture - Support households with fertilizers - Climate change - Create AGRs and employment - Train households on savings and financial management - Train households on savings and small business - Support households with fertilizers

GENERAL SUMMARY

The dialogue took place at the Adventist Church and had as its theme DIALOGUE ON NUTRITION.

After the discussions in the discussion groups, the latter made presentations in plenary, the results of which were demonstrated above.

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Four questions were asked, to which the young people responded as follows: 1. What is hunger?

- Lack of food in the body - Insufficiency of food in the house - It is the lack of food and energy which is like the fuel of the body the lack of which leads to diseases.

2. What is food insecurity - Lack of food supply in the house - Lack of sufficient quantity of food in the house - It is having food that does not contain the necessary vitamins 3. What is malnutrition?

- It is a deficiency or excess of vitamins in the body - The fact of not eating well 4. Nutrition - It is the complementarity

of foods - It is the good diet that gives strength, intelligence and good health Urgent actions to be taken were also proposed by the children, among which we can cite: Train households on climate-smart agriculture: If households are trained on climate-smart agriculture, it will have a positive impact in improving their way of eating. Even with cheaper meals, children can have at least nutrient-rich meals and this can help them improve their health.

- Create income-generating activities: Mutoshi's parents, for the most part, do not have work and the few who do, are not paid as they should be. It is in this context that the children felt that if their parents could engage in income-generating activities, it could help them change their way of eating and have meals that meet their nutritional needs.

- Train households on agricultural and livestock techniques: Households should also benefit from this training on agricultural and livestock techniques to understand how to make meal combinations to give to their children. Training on agricultural and livestock techniques is an urgent action to take and everything should be put in place to have this training and for it to be spread to all entities, including the most remote ones.

- Having arable land: The problem of arable land is also another nutrition challenge in Mutoshi. The reality is that Mutoshi is a mining area where much more attention is paid to mining aspects. Unfortunately, this means that large areas of land are exploited by mining companies, thus making the space of land to be cultivated insufficient. This must be part of the government's priorities to make land available where the population can also cultivate.

- Educating households on nutrition: Children understood that households are not educated on nutrition issues, which leads them to do whatever they want.

Points of divergence were also noted, among others: Insufficient education on nutrition: For some children, education on nutrition should be a priority in the government's plan, because it is the pride of a country when its citizens are healthy.

- Train households on savings and petty trading: Households should be trained on savings and petty trading as this can be a palliative solution to improve this malnutrition situation. Once trained, households will be able to find other means of survival instead of focusing only on mining activities which are not as accessible to all.

- Lack of resources: As with the point mentioned above, income-generating activities are needed to meet the food needs of families effectively.

- Low household income: Agricultural activities, etc.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

PRINCIPLES OF COMMITMENT

The children who participated in this dialogue made a commitment to lead advocacy actions with decision-makers for the allocation of arable land to producers in order to enable them to produce. They committed to improving nutrition for all, especially for women and children. The reality that the nutritional status of each person has multiple determinants and welcomed the diversity and inclusiveness of stakeholders, including young people. Respect for different perspectives while cultivating trust between stakeholders was encouraged but also the children demonstrated being open to sharing and learning from others, while acting with integrity and ethics, acting with a commitment to respect equity and the rights of all women, men and children, acting with urgency but also protecting the events of the Nutrition Dialogues from any form of marketing and product promotion.

METHOD AND FRAMEWORK

The participatory method, question and answer to allow children to share their knowledge on nutrition, hunger and food insecurity. The facilitator behaved like a teacher in front of his students to whom he gave the opportunity to express themselves freely and share their points of view. Spaces for questions and answers were opened and this was very much appreciated by the children who took part in this dialogue.

TIPS FOR OTHER CONVENERERS

- Involve all levels of the community, and since it was about children, involve children from different schools in the environment. - Prepare the material in advance before facilitating a dialogue, - Allow the floor and let the children express themselves to have their ideas and proposals to advance the debate, - Respect the time allocated to each session of the dialogue so as not to tire the children, allow the children to use the language of their choice.

RETURN FORM: INFORMATION ADDITIONAL

THANKS

We thank the Department of Advocacy, Communication and External Engagement, as well as the Health Nutrition Specialist of the National Office for their guidance for the success of this dialogue. Our thanks to the children who responded to our invitation and for their ideas and proposals shared during the dialogue. The colleagues of Kolwezi for having supported as it should the holding of this dialogue. Thank you also to the manager who welcomed us for the organization of this dialogue.

ATTACHMENTS

- Attendance List and Consent Form <https://nutritiondialogues.org/wp-content/uploads/2024/12/Presences-et-Consentement-Enfants-Mutoshi.pdf>
- Photos <https://nutritiondialogues.org/wp-content/uploads/2024/12/Gpe-enfant-garcon.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/12/Gpe-enfant-Mutoshi-1.jpg>
- <https://nutritiondialogues.org/wp-content/uploads/2024/12/Presentation-enfant-Mutoshi.jpg>