

OFFICIAL FORM OF FEEDBACK

WORKSHOP TITLE	Nutrition Dialogues workshop with children and adolescents from Piedecuesta
WORKSHOP DATE	Friday, 27 December 2024 14:00 GMT -05:00
CALLED BY	World Vision
EVENT LANGUAGE	Spanish
HOST CITY	Piedecuesta, Colombia
GEOGRAPHIC SCOPE	Community
AFFILIATIONS	World Vision
EVENT PAGE OF THE TALLER	https://nutritiondialogues.org/es/dialogue/57532/



The results of the workshops for children will contribute to developing and identifying the most urgent and powerful forms of improving nutrition for all, with a focus on children and young people. Each workshop contributes in four different ways:

- Published as publicly available PDF files on the Nutrition Dialogues Portal
- Available as public data on the “Explore Feedback” page of the Nutrition Dialogues Portal
- Publicly available in a .xls file along with all feedback form data for analysis advanced
- Synthesized in reports covering what nutritional challenges are faced, what actions are urgently needed and how they should be carried out, in particular, before the Nutrition for Growth Summit in Paris, March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

34

PARTICIPATION BY AGE RANGE

23 12-15

11 16-18

PARTICIPATION BY GENDER

19 Female

15 Male

0 Other/Prefer not to say

ADDITIONAL DETAILS ON THE DIVERSITY OF PARTICIPATION

Children and adolescents participating in World Vision Sponsorship from the management groups of the peace and feminine power, being a diverse group of women and men.

SECTION TWO: FRAMING

The Nueva Colombia settlement has electricity, a community sink, and some homes consume water from the river. They use gas from a pipe and dump waste water directly into the river, while nearby warehouses pollute the water. The area is humid, prone to landslides and river flooding. Fruits and vegetables are also grown in the community. Consuming contaminated water is a risk. Another risk mentioned by participants was food waste and insufficient food. On the other hand, in the local context of the settlement, consumption and sale of psychoactive substances occurs, which participants see as a risk that does not allow for safety in the community.

SECTION THREE: RESULTS OF THE WORKSHOP FOR CHILDREN

CHALLENGES

The participants see the following challenges as care for water supplies, promoting the right to food for the neediest people, since it is not only about giving food but also about giving them the opportunity to work or earn a living. Promoting the consumption of healthy diets that balance vegetables, flour and meat. Another challenge is taking care of the diet of young people so that when they become older they do not suffer from so many diseases that are controlled when they do not overindulge in food.

URGENT RECOMMENDATIONS FOR ACTION

It is necessary to be clear that one must rest and eat a balanced diet to be healthy and for the body to grow. This was achieved by sleeping 8 hours a day and eating 3 times a day of proteins, vegetables, calories, cereals and flour. Do not waste food or share it with those who need it most. In search of improving food distribution by being aware and doing so in daily life. Reaching out to the neediest people. Through food aid, but not forgetting that giving them the opportunity to work or earn a living allows these people to afford to buy their own food. The need for greater promotion of healthy habits and education on nutrition issues is highlighted.

AREAS OF DIVERGENCE

That obesity was not only due to overeating, as many people knew, was due to thyroid health problems or psychological disorders. And that in Colombia it was seen more due to health issues. Regarding whether oatmeal and eating fruit were healthy for the body, some said that eating it could be bad and cause diseases such as diabetes, others commented on how rich in nutrients it was, and another opinion was that everything in excess is bad, the important thing was to eat what you need. The hamburger can be considered a healthy dish because it has protein, vegetables and flour. Another opinion considered that it was not healthy. Another person commented that if it was from the street or from a restaurant it was not healthy because it was greasy. Another commented that if it was cooked with low fat content and eaten once in a while it was fine.

GENERAL SUMMARY

It started with a presentation, a brief socialization of Safeguardia. From there, we move on to the activity in which each participant brings an image that deals with malnutrition, nutrition, food security, among others. Where comments are made: in which we saw imaginaries in which drug consumption made consumers thin, that vegetarians were thin because they did not eat enough, in which we saw a lot of knowledge about anemia, diabetes, hypertension, what malnutrition was, food security, access to food and nutrition.

After this, the participants looked for solutions and ideas to improve nutrition through collages or posters. The reflections they came up with were the following:

Group 1: "Increase fiber consumption", "Increase calcium and vitamins", "Add more potassium", "Limit added sugars", "Replace saturated fats", "Eating healthy is good for your health", "Provide food to people in need to help with their nutrition and malnutrition to achieve good nutrition", "Promote talks about malnutrition and poor nutrition to let people know things they don't know about and so they are alert and pay more attention to the symptoms", "Eat balanced foods to have a good diet", "Provide information to people who know nothing about the subject so that they can learn what it is about and share the information with people who know nothing about the subject", "Greater dissemination and promotion of information on how to prevent malnutrition and undernutrition", "Be more efficient in the distribution of resources to improve nutrition in Colombia", "Greater attention to this big problem", "We must be aware of our nutrition controlling our daily diet, including fruits and vegetables, not consuming too many calories, carbohydrates, etc.", "Investigate and be informed about the foods that provide us with proteins and nutrients", "We can collect information and provide it to people who need it, whether they are thin or obese people", "Having good physical activity also means eating well, not eating at odd hours, having vitamins to improve health, having a mid-afternoon snack
... have balanced diets and sleep well."

Group 2: "To develop a dream and healthy nutrition, we must stop eating so many calories", "Finally we can say that if we do not eat well or healthily we can reach the point of having a very serious illness for our health", "Although this is a provocative food, it is not highly recommended to eat it frequently since it contains many calories, fats and can cause obesity and other diseases", "To achieve a dream or healthy nutrition we must from time to time take some time to think", "Thanks to doctors we know what we suffer from and how we can solve it through pills, healthy foods, exercises, going for walks and also thanks to them we can save other people by donating blood and organs or giving money to help those most in need", "To achieve a dream or healthy nutrition the first thing we could do is eat healthy or eat fruits".

Group 3: "Nutrition is what helps us stay healthy, strong and energetic," "Why is nutrition good?"
Because it helps us strengthen our lives to move forward," "Nutrition is important because without nutrition, our body would stop working and we would die."

Group 4: "A good healthy meal is made up of a balanced amount of protein, calories and nutrients", "It should have a good amount of flour, meat, grains and also vegetables", "For this, farmers must know how to grow and also know how to take care of the crops", "Poor nutrition can cause overweight and with it various problems such as heart problems", "It can also cause malnutrition if you don't consume enough", "And if you consume too much it can cause diabetes, fatigue or you can end up like the image with an exaggerated weight", "Talk to the large food chains so that they don't throw away food that is not consumed at the end of the day. Instead, it can be given to homeless people".

The active participation and commitment shown by children and adolescents is highlighted. The visual activity was effective in illustrating the effects of poor nutrition and generating motivation for proposals in eating habits, daily life and optimizing resources.

SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

PRINCIPLES OF COMMITMENT

The workshop reflected respect for each perspective, they were committed to carrying out the activities, they were diverse groups from the settlement of children, girls and adolescents, each of them shared their ideas, creativity and learnings and the aim was for each one to find a way to care for or protect their food and resources.

METHOD AND SCENARIO

The call was made using a community methodology through World Vision's sponsorship alliances with neighborhood volunteers in search of the most interested population. All of this was based on child safeguarding standards, seeking voluntary participation, consent for participation of children and parents, risk assessment, requirement of not having a criminal record, safeguarding awareness (PEAS), and reporting mechanisms (suggestion box).

ADVICE FOR OTHER CONVENTORS

That the time of the call is done in advance. Reduce the use of so many consent forms to one so that it is easier to fill out. Promote more nutrition workshops in the same population to strengthen better nutritional habits.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Thanks to the entire team of volunteers, collaborators and participants.

RELEVANT LINKS

- Fotos de Collage
https://wvi365-my.sharepoint.com/:f/r/personal/nathalia_meneses_wvi_org/Documents/Dialogos%20de%20nutricci%C3%B3n?csf=1&web=1&e=uMwVSS

ATTACHMENTS

- Workshop Registration
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Registro-del-taller-de-ninos-y-ninas-1-1.pdf>