

# RETURN FORM OFFICIAL

<b>WORKSHOP TITLE</b>	Dialogue on Nutrition with students from Saint BERNARD College in Kananga in RDC	
<b>DATE OF THE WORKSHOP</b>	Friday, December 13, 2024 2:00 PM GMT +01:00	
<b>SUMMONED BY</b>	ESTHER MUBOZA Event announced on behalf of the organizer by: {advertiser_name}. {explanation}  Feedback posted on behalf of the organizer by: NGOY LUHAKA DAVID. Technical support	
<b>LANGUAGE OF THE EVENT</b>	French/Tshiluba	
<b>HOST CITY</b>	Kananga, Democratic Republic of the Congo	
<b>GEOGRAPHICAL SCOPE</b>	Saint Bernard College in the Tshikaji health zone,	city of KANANGA in DRC
<b>AFFILIATIONS</b>	WORLD VISION	
<b>EVENT PAGE</b> FROM THE WORKSHOP	<a href="https://nutritiondialogues.org/fr/dialogue/58157/">https://nutritiondialogues.org/fr/dialogue/58157/</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

8 12-15

12 16-18

## PARTICIPATION BY GENDER

7 Female

13 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The participants in this dialogue are all students from Saint Bernard College in the Tshikaji health zone. They are young people whose ages vary between 12 and 18 and all attend the same school. They are all witnesses to the deterioration of the nutritional situation in the health zone where they live. Some parents were present without participating because they had already been in a nutritional dialogue dedicated to them and in the same site.

## SECTION TWO: FRAMEWORK

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This dialogue began with the introduction of the participants (the organizers and the guests) and to collect information, we introduced the exchanges with these young students on Nutrition with an emphasis on food insecurity, hunger and malnutrition. Then, we divided the students into discussion groups by encouraging the active participation of all in French or in Tshiluba (local language spoken in Kananga). Each discussion group, composed of 10 students accompanied by a World Vision Staff facilitator should meet and reason on the following points: Understanding Good Nutrition Nutrition Problems encountered in their respective environments Ideas or actions to be undertaken to improve Nutrition in their areas After work in the discussion group, the 2 groups met to present the results of their work by validating the actions raised in each discussion group to improve nutrition in this Health Zone.

# SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

## CHALLENGES

Here are the different challenges raised by the students:

- Low parental income
- Poverty
- Malnutrition or undernutrition, leading to health problems such as stunted growth in children
- Limited Access to Nutritious Foods: In many areas, access to fresh, nutritious foods is limited by economic, geographic or logistical factors.
- Intercommunity conflicts

## URGENT RECOMMENDATIONS FOR ACTION

The following actions were raised:

- Government and international support: Strengthen public policies and obtain funding for sustainable nutritional initiatives
- Regulate Food Policies: Implement policies that promote access to healthy and affordable foods, such as subsidies for nutritious products
- Regulations: Regulate food prices to make them more accessible to low-income populations
- Develop water sources and equip health facilities with medicines and nutritional support to treat cases of malnutrition

## AREAS OF DIVERGENCE

In the focus groups a divergence emerged regarding the causes of poor nutrition in this Health Zone.

Some participants focused on economic factors, highlighting the impact of poverty on access to adequate food, while others highlighted the conflicts recently experienced in Kasai leading to loss of valuable assets and the displacement of some households who have now become very vulnerable.

## GENERAL SUMMARY

This dialogue held on December 13, 2024 at the Saint Bernard College in the NKONKO 1 health area in the Health Zone Tshikaji's meeting took place in a calm and mutual atmosphere, encouraging the free expression of ideas and concerns. The active participation of children and young people was at the heart of this workshop, demonstrating their ability to contribute significantly to discussions on such crucial issues as nutrition. The organizers have ensured that a safe and inclusive space was created, thus encouraging the free flow of ideas and the speaking out of everyone. In the course of the Dialogue, the moderator announced the session in four main areas, namely the presentation of the participants, the content of the nutritional dialogue, the work in the crossroads and the sharing

The content of the dialogue was presented by the team of facilitators in six points, the key concepts the most important groups affected by malnutrition, factors exacerbating malnutrition and famine, the importance of good nutrition determinants of good nutrition some clarifying questions were asked by the , impacts of improved nutrition in children. After this presentation, i children. And immediately after the children were put in two working groups to respond to four key points of the nutritional situation in the region nutrition in Kananga, propose identify challenges related to the urgent actions to be taken to come to a good end of these challenges take at the community level for an already share commitments local management of malnutrition in the region. It was also asked participants to highlight the divergent and convergent points.

This dialogue was held by Alain MPIANA, Nutrition Officer and Esther MUBOZA, MEAL Assistant

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

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## PRINCIPLES OF COMMITMENT

Before and during the organization of the dialogue we took into account the principles of inclusion and equity allowing participation for all and giving each participant the chance to express themselves freely. And downstream although children dialogue can benefit from close . The participants monitoring. highlighted the principles of monitoring the recommendations and hoped that the results of this

## METHOD AND FRAMEWORK

The methods and approaches put forward are: the active participation of all, in the work in the discussion groups then the presentation in plenary

## TIPS FOR OTHER CONVENERS

Organizing a dialogue with children requires adopting an inclusive approach, promoting free expression and active participation of children and creating a safe environment, encouraging tolerance and free expression.

# RETURN FORM: INFORMATION ADDITIONAL

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## THANKS

We thank the prefect of the Saint Bernard College for the time and the framework which allowed us to hold this activity.

## ATTACHMENTS

- Attendance list Colleague St Bernard  
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