

OFFICIAL FORM OF FEEDBACK

WORKSHOP TITLE	Learning about healthy eating
WORKSHOP DATE	Monday, 23 December 2024 23:08 GMT -05:00
CALLED BY	Angela Rodriguez, World Vision Colombia professional Feedback posted on behalf of the Convener by: Angela Rodriguez. Development Professional
EVENT LANGUAGE	Spanish
HOST CITY	Bogota, Colombia
GEOGRAPHIC SCOPE	Location 5 Usme in Bogota Colombia
AFFILIATIONS	World Vision
EVENT PAGE OF THE TALLER	https://nutritiondialogues.org/es/dialogue/58637/



The outcomes of the workshops for children will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and youth. Each workshop contributes in four distinct 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 as an .xls file together with all feedback form data for advanced analysis
- Synthesized into reports covering what nutrition challenges are faced, what actions are urgently needed and how they should be taken forward, in particular
- ahead of the Nutrition for Growth Summit in Paris, March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

25

PARTICIPATION BY AGE RANGE

20 12-15

5 16-18

PARTICIPATION BY GENDER

17 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAILS ON THE DIVERSITY OF PARTICIPATION

Group made up of girls and boys living in the town of Usme in the city of Bogotá. This territory is semi-rural and has an indigenous council, Ambiká Pijao. Below is a description of how they recognize themselves: "We were an Indian town, here are the archaeological remains; and now we are a peasant, mestizo town, which contributes other ways of living in the big city. We are the rural Bogotá that many do not know about" (Gutiérrez & Morris, 2012).

SECTION TWO: FRAMING

Malnutrition is related to inequality in food consumption, which is linked to lower socioeconomic status and low purchasing power, which affects the nutritional quality and quantity of the diet. Malnutrition in Latin America is estimated to affect one sixth of the population. When evaluating factors of malnutrition, other factors apart from extreme poverty and food shortages also play a role, such as lack of access to drinking water and insufficient sanitary facilities. Other conditions related to malnutrition are growth retardation and height insufficiencies that are often transmitted from one generation to another. In 2023, the District indicator of global malnutrition closed at 6.3% for children under 5 years of age, which is related to the effects derived from the pandemic and food price inflation. At the local level, it is observed that nine localities register proportions of overall malnutrition higher than the District, among which the following stand out: Usme 7.1%, San Cristóbal 7.0% and Ciudad Bolívar 7.0%. In the case of delayed growth in adolescence as a result of the cumulative effect of a poor nutritional status from the first years of life, which added to repeated infections affect adolescence with short stature. For the year 2023, the indicator continues to register an upward trend, increasing in the localities of Bogotá as follows: 5.6%. Sumapaz 7.9%, Usme 7.4% and Ciudad Bolívar 6.7%, were the localities that presented the highest proportions of stunting in height with respect to what was reported for the Capital District. Reference document <https://saludata.saludcapital.gov.co>

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

The total number of participants in the sessions are girls and boys who are linked to the education and health system, however, it was evident that this is not an easy topic to address with the population, because, although most of them studied these topics at school, they do not apply them when preparing or consuming food. And their opinions on the matter are not taken into account by the economic providers in the families in a high percentage.

In addition, within the home, food is consumed that the budget allows to buy, but it is not always the highest nutritional value. In addition, the people in charge of feeding have not had access to training spaces related to the subject, or their low level of education reduces their access to information concerning healthy eating, which is reflected in the low intake of vegetables and fruits and an increase in the amount of carbohydrates and sugars, which is reflected in the high level of infant morbidity and mortality. In this regard, it is important to mention the influence of the media, which promote the consumption of soft drinks, processed products with high fat content, and sugars with low nutritional value.

Added to this situation are reduced self-care habits, such as attending medical follow-ups, drinking water, a balanced diet or practicing sports, aspects that are reflected in the aforementioned figures related to the high level of malnutrition and morbidity in the most vulnerable population.

URGENT RECOMMENDATIONS FOR ACTION

The participants placed special emphasis on: In reference to the child and youth population: - That these issues are addressed in schools through play or with pedagogical tools that facilitate understanding of the subject.

- That their suggestions regarding the School Feeding Plan be taken into account in educational institutions, because when they express their dissatisfaction with expired products, too much sugar or foods where the cold chain is inadequately managed, what they do is change the supplier, which means that for a period of time they do not have access to this snack or lunch, and for many children it is the only food they eat during the day.

Although this is a government strategy to reduce malnutrition, the quality of the products is not the best, which increases the amount of food that is lost because children do not consume it.

That nutritional monitoring exists in schools - In families, they suggest that parents be trained in nutrition issues and how to guarantee it on a low budget - That parents and caregivers be more attentive

to campaigns such as the law against junk food.

- In communities: that the natural resources and diversity of fruits and vegetables produced in our country are valued and their consumption is encouraged, especially among the child population.

- That government entities: - Not only ensure the continuity of community dining rooms but also create training spaces related to the consumption of foods with greater nutritional value, because it has been shown that just as they supply a significant population group with greater vulnerability, users also waste a large amount of food - That they exercise greater control over the School Feeding Program.

Families who access government programs should be required to receive training on topics such as healthy habits.

AREAS OF DIVERGENCE

The participants in the activities correspond to a population group in a vulnerable condition, where they experience daily the difficulty of their parents or caregivers adequately covering their basic needs, however, when doing the exercise they identify others as a population at greater nutritional risk such as homeless people, Venezuelan migrants, families living in war zones, people who have intolerance to certain foods or who cannot eat properly due to an illness.

GENERAL SUMMARY

For the development of the workshop, World Vision coordinated processes with the health secretariat to ensure that nutrition and nursing professionals provided, in easy-to-understand language, notions related to the problem of malnutrition in the city, identifying the causes and consequences in terms of morbidity and mortality, especially in early childhood.

In a second stage, dynamic exercises were carried out where participants identified recommendations to ensure a balanced diet. These sessions were held in preliminary training spaces that managed to bring these notions to more than 80 children along with their caregivers in the territory.

In these spaces, those who wanted to participate in the exercise of nutrition dialogues were invited, and at a later date small groups were organized in different sectors of the town. These spaces were also carried out with the accompaniment of professionals from the health department, who in a playful way encouraged the identification of foods and the construction of a healthy plate.

At this time, the main conclusions of the participants are that there is a wide variety of food products in the territory, especially vegetables and fruits, however, in very few homes the consumption of these foods is promoted, there is a preference for cereals and carbohydrates.

It is also recognized that older adults have extensive knowledge of gastronomy and the medicinal use of many fruits grown in the territory, however this knowledge is not especially valued by young people who prefer social networks to oral tradition that allows the transfer of knowledge.

Participants are concerned about how the media promotes the consumption of processed foods with low nutritional content and how this influences children to consume sweets and ultra-processed foods, especially in the school context.

Another issue that generates concern is the waste of food in restaurants, community kitchens and even within many homes. They consider that there is no awareness about the correct management of resources, especially natural resources and water.

The group concludes that there are no guarantees for farmers who grow food in the area, and this has discouraged the new generations from learning this trade, which is gradually reflected in higher food costs and a reduction in agriculture.

Each participant had the option of making their contributions verbally or in writing, which fostered a fluid dialogue. At the end of the space, some parents and siblings of the participants shared their opinions on the topic.

SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

PRINCIPLES OF COMMITMENT

A community awareness-raising exercise on the subject was carried out and the participation of children in the age range required for the exercise was encouraged. The exercise included indigenous and Afro-descendant ethnic groups, with participants of both genders and from different places in the territory. At the time of the exercise, the opinion of each participant was respected and they were given the option of doing it verbally or in writing for those who do not find it easy to express themselves orally. People with a mild disability were included and the consent and accompaniment of parents and caregivers as spectators was taken into account.

METHOD AND SCENARIO

The methodology was educational and playful, guided by the parameters of the general manual, using audiovisual aids and encouraging debate within the groups. It is important to highlight that the previous training sessions allowed us to identify the participants who were interested in contributing to the dialogues. Additionally, the exercise was carried out during the school break to encourage the participation of the child and youth population.

ADVICE FOR OTHER CONVENTORS

None

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

To community volunteers and the Bogotá Health Department

ATTACHMENTS

- Food security https://nutritiondialogues.org/wp-content/uploads/2024/12/food_security_reports_s1-24.pdf