

RETURN FORM OFFICIAL

DIALOGUE TITLE	NUTRITIONAL DIALOGUE WITH THE CHILDREN OF KAKANDA FOR THE PREVENTION OF MALNUTRITION
DATE OF THE DIALOGUE	Tuesday, July 21, 2026 17:31 GMT +02:00
SUMMONED BY	WORLD VISION DRC
LANGUAGE OF THE EVENT	SWAHILI AND FRENCH
HOST VENUE	Lualaba, Democratic Republic of Congo
GEOGRAPHIC SCOPE	KAKANDA/BAYEKE CHIEFTAINCY/LUBUDI TERRITORY/ LUALABA/ DRC
AFFILIATIONS	WORLD VISION DRC
EVENT PAGE OF DIALOGUE	https://nutritiondialogues.org/fr/dialogue/61041/

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS	25
------------------------------	----

PARTICIPATION BY AGE GROUP

0 0-11	23 12-18	2 19-29
0 30-49	0 50-74	0 75+

PARTICIPATION BY GENDER

8 Female	16 Male	1 Other/Prefers not to say
----------	---------	----------------------------

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

24 Children, youth groups and students	0 Civil society organizations (including consumer groups and organizations environmental)
0 Educators and Teachers	1. Religious Leaders/Religious Communities
0 Financial institutions and technical partners	0 Food producers (including farmers)
0 Healthcare professionals	0 Indigenous Peoples
0 Information and Technology Providers	0 Large food companies and retailers
0 Marketing and Advertising Experts	0 Government officials and representatives national/federal
0 News and Media (e.g., journalists)	0 Parents and Caregivers
0 Science and Universities	0 Small/Medium-Sized Enterprises
0 Government officials and representatives local/sous-national	United Nations
0 Women's Groups	0 Other (please specify)

OTHER STAKEHOLDER GROUPS

The children and young people who participated in the nutrition dialogue in Kakanda identified several stakeholders intervening in the fields of health, nutrition and food security. They specifically mentioned the service

ADDITIONAL DETAILS ON THE DIVERSITY OF PARTICIPANTS

The nutrition dialogue brought together a diverse group of children and young people, girls and boys, from different backgrounds. social aspects of the community. This representativeness was a major asset for the quality of the exchanges, because it allowed us to gather diverse experiences and better understand the realities that influence food and the Daily nutrition of children and adolescents. Participants came from households with low socio-economic backgrounds.

SECTION TWO: FRAMEWORK AND DISCUSSION

MANAGEMENT

The nutritional dialogue with children and young people, both girls and boys, took place in a participatory and friendly atmosphere that encouraged everyone to express themselves freely. The activity began with welcoming the participants, an important step that helped create a warm and inclusive environment. Upon arrival, participants were registered and given directions before the official start of the meeting. The session began with a prayer, marking the opening of the activity and inviting participants to a moment of reflection and contemplation. Following this, the facilitators offered welcoming remarks and outlined the objectives of the dialogue, emphasizing the importance of the active participation of children and young people in promoting good nutritional practices within their families and communities. A brief presentation of World Vision's history was then given. Participants were informed about the organization's mission, its presence in the community, and its main interventions to promote children's well-being. This presentation allowed participants to better understand the context of the activity and the organization's role in the fight against malnutrition. To ensure a shared understanding of the topic, the facilitators defined key concepts related to nutrition. Notions such as nutrition, balanced diet, malnutrition, food security, and good dietary practices were explained in a simple and age-appropriate manner. This step fostered informed participation throughout the discussions. Participants were then divided into working groups to reflect on various issues related to child and youth nutrition. The group discussions allowed everyone to share their experiences, concerns, and suggestions.

DISCUSSION

The nutritional dialogue with children and young people, both girls and boys, took place in a participatory framework designed to gather their perceptions and suggestions on improving nutrition within their households and communities. The activity began with welcoming the participants, followed by a welcome address intended to create a conducive atmosphere for discussion. An opening prayer was then offered to set the tone for the meeting as a time of reflection and collective commitment. In the first part of the meeting, the facilitators presented a brief history of World Vision, its mission, values, and interventions to promote children's well-being. This step allowed participants to better understand the organization's role in promoting child health, nutrition, and development. Subsequently, key concepts related to nutrition were defined and explained in a simple way, adapted to their level of understanding. The notions of nutrition, balanced diet, malnutrition, food security, and good dietary practices were addressed to ensure a shared understanding of the topic. Following this introduction, participants were divided into working groups to discuss two main questions: "How do children perceive or understand good nutrition?" and "What ideas do children have for improving nutrition?" The discussions allowed children and young people to share their knowledge, experiences, and observations about eating habits within their families. Regarding the first question, the majority of participants defined a good diet as one that is varied, balanced, and consumed at regular times. They cited the importance of consuming different food groups such as vegetables, fruits, grains, and legumes.

SECTION THREE: RESULTS OF THE DIALOGUE

CHALLENGES

Nutritional issues in the context of Kakanda

During the nutritional dialogue organized with children and young people in Kakanda, participants were divided into working groups to analyze the main factors affecting the nutritional situation in their community. The discussions identified several economic, social, and environmental factors that limit household access to sufficient, diverse, and nutritious food.

The first problem identified by participants is the poverty affecting a large proportion of households. According to children and young people, this situation is exacerbated by the high unemployment rate in the city, resulting from significant staff reductions in some companies and the closure of several subcontractors. This decline in family income considerably reduces households' ability to purchase varied and nutritious food, leading to often inadequate and unbalanced diets.

Participants also highlighted low agricultural production as a major challenge. This situation is primarily linked to the inadequacy or lack of agricultural inputs such as improved seeds, fertilizers, and production tools. Consequently, agricultural yields remain low, limiting food availability and increasing households' dependence on market purchases.

Another identified problem is dietary monotony. Many households regularly consume the same foods, without sufficient meal diversification. This practice limits the intake of essential nutrients necessary for the healthy growth and development of children and young people.

Participants also noted that fruit is rarely considered part of family meals. Despite its importance for health, its consumption

URGENT ACTIONS

Recommendations made by children and young people to improve nutrition in Kakanda

Following their group work, the children and young people proposed several solutions aimed at strengthening food security and improving the nutritional status of households in Kakanda. These recommendations are primarily focused on supporting agricultural production, improving family livelihoods, and increasing access to productive resources.

The first recommendation concerns facilitating parents' access to agricultural credit. Participants emphasized that many families are willing to farm but lack the financial resources to acquire the equipment, seeds, and other inputs necessary for production. They argued that establishing financing mechanisms tailored to small-scale producers would allow households to expand their agricultural activities, improve their incomes, and strengthen their ability to provide their children with a sufficient and balanced diet.

Children and young people also recommended facilitating parents' access to agricultural inputs, including improved seeds, fertilizers, and other essential production products. They observed that the lack or absence of these inputs is one of the main obstacles to increasing agricultural production. The availability of quality inputs would help improve crop yields, increase food availability in households, and reduce the risk of malnutrition in the community.

Another important recommendation concerns facilitating access to land for poor families. Participants noted that many households lack sufficient land for farming or developing income-generating activities related to food production.

AREAS OF DIVERGENCE

Analysis of the challenges related to low agricultural production and food security in Kakanda

During group discussions, children and young people emphasized that low agricultural production is one of the main challenges affecting household nutrition in Kakanda. According to them, local production is no longer sufficient to meet the population's food needs, forcing the community to rely heavily on food products from other, sometimes very distant, locations. This dependence leads to higher food prices in local markets due to transportation costs and supply difficulties.

Participants indicated that this situation particularly penalizes the most vulnerable families, those with limited incomes. Faced with rising food costs, many households struggle to access a regular diet that is sufficient, varied, and nutritious. In many cases, families are forced to reduce the number of meals consumed per day or to prioritize less expensive foods that are low in essential nutrients. This reality further exposes children and young people to the risks of malnutrition and other health problems related to inadequate nutrition.

Children and young people have also observed that a portion of the working population is gradually shifting towards artisanal mining, seen as a potential source of quick income. This situation is leading some households to abandon agricultural activities, which are nevertheless essential to the community's food security. The decrease in the workforce available for fieldwork is resulting in a decline in local agricultural production and further increasing dependence on external markets.

Furthermore, participants noted that income from artisanal mining is often unstable.

GENERAL SUMMARY

On Tuesday, July 21, 2026, a nutrition dialogue was held in the Kakanda United Methodist Church Primary School. This activity took place before noon, from 9:20 a.m. to 12:45 p.m., and brought together 24 participants, including 8 girls and 4 young men aged 18 to 19. Members of the Child Protection Committee, as well as children and young people from various social backgrounds within the community, also participated.

The session was facilitated by Dany Sahenga Hitshik, Child Wellbeing Development Facilitator (CWBF). Pierrot Katolo, Child Wellbeing Facilitator (CWB), and Patrick Mukekwa were in charge of taking the images, photos and videos, while moderation was provided by Esther Mwika.

The meeting began in a friendly atmosphere with a time of praise followed by a prayer. Participants then introduced themselves before listening to a brief presentation about World Vision, outlining its vision, mission, and core values. This step allowed participants to better understand the organization's commitment to promoting child well-being and combating issues affecting their development, particularly malnutrition.

Following this introduction, the day's theme was presented: "Nutritional Dialogue with the Child Protection Committee and Young People on the Prevention of Malnutrition." To facilitate understanding of the topic, several key nutrition concepts were defined and explained. Participants also received information on the global context of hunger and nutrition, the global nutritional situation, factors contributing to good nutrition, the expected outcomes of a balanced diet, and the different forms of malnutrition and their impacts on children's health and development.

The discussions then focused on the groups most at risk of malnutrition, as well as its consequences on children's physical growth, intellectual development, health, and academic success. Participants demonstrated great interest in the topics discussed and actively contributed to the conversation.

group work

After the introductory presentations, the participants were divided into working groups around the following questions:

What is the children's appreciation or understanding of good nutrition?
What are the children's ideas for improving nutrition?

The discussions encouraged broad participation and allowed children and young people to freely express their perceptions.

Regarding their understanding of good nutrition, participants indicated that it includes:

To consume clean and microbe-free foods; To eat foods rich in nutrients necessary for the proper functioning of the body; To have enough food; To regularly eat more than three meals a day; To have the opportunity to consume the desired foods; To consume plenty of fruit; To eat fish and meat; To regularly consume well-prepared vegetables; To eat eggs.

Regarding the ideas proposed to improve nutrition in the community, children and young people made several important recommendations:

Create more employment opportunities for parents to improve household incomes; Facilitate parents' access to agricultural inputs, including improved seeds and fertilizers; Support and guide families in livestock activities to improve access to animal protein; Encourage the planting of fruit trees in households and schools; Involve children more in decisions about the food to buy and consume in families.
Conclusion and commitment

At the end of the meeting, participants acknowledged the importance of a balanced and varied diet in preventing malnutrition. They pledged to share the knowledge they had gained with their families, friends, and communities. They also expressed their commitment to promoting the consumption of locally available, nutritious foods and to supporting initiatives that encourage agriculture, livestock farming, and fruit tree planting.

The session concluded with a summary of the main points discussed, words of thanks to the participants, and encouragement for...

SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

PRINCIPLES OF COMMITMENT

Commitment of Children and Youth Following the Nutrition Dialogue: Following the nutrition dialogue, the participating children and youth pledged to become agents of change in promoting good nutrition within their households and communities. They first recognized the importance of applying the knowledge gained during the session themselves by adopting good food and nutrition practices. The participants committed to promoting food hygiene through regular handwashing, drinking clean water, and preparing food under sanitary conditions to prevent illnesses related to poor hygiene. They also promised to encourage the balanced consumption of the three food groups—energy, protective, and building foods—to promote healthy growth and good health. The children and youth further expressed

METHOD AND FRAMEWORK

The nutrition dialogue session used a participatory method based on questions and answers, group work, sharing experiences, and respecting everyone's opinions. Held on July 21, 2026, at the Kakanda United Methodist Church from 9:20 a.m. to 12:45 p.m., it took place in a clean, well-ventilated, well-lit, and well-equipped room. All necessary materials were available. Thanks to this supportive environment, the children, young people, and chaperones actively participated in a

ADVICE FOR OTHER CONVICTORS

Participants expressed their satisfaction with the organization of the nutrition dialogue, but felt that the time allotted to the activity was insufficient to explore all the discussions in depth. They recommended the regular organization of awareness sessions in schools to reach a greater number of children and young people. They also suggested broadcasting radio programs on nutrition to strengthen community awareness and promote

RETURN FORM: INFORMATION ADDITIONAL

THANKS

The children and young participants expressed their sincere gratitude to World Vision for organizing this nutrition dialogue. They appreciated this opportunity, which allowed them to gain new knowledge about key nutrition concepts, better understand the causes and consequences of malnutrition, and learn about good dietary practices. They also emphasized the importance of meeting other children and young people and sharing their experiences.

ATTACHMENTS

-
-
-
-