

Understanding Nutrition

A participatory film from Satkhira District, Bangladesh

In early 2014, community activists and nutrition workers were trained in Participatory Video (PV) skills to capture stories about how different aspects of their lives impact on their nutrition status.

PV is a set of techniques to involve a group or community in shaping and creating their own film. The idea behind this is that making a video is easy and accessible, and is a great way of bringing people together to explore an issue.

This process can be very empowering, enabling a community to identify problems and also to communicate their needs and ideas to decision-makers. PV can be a highly effective tool to engage and mobilize people to set their own sustainable development agenda based on local needs.

This participatory film highlights the complex underlying causes of undernutrition in Satkhira, a district in south-west Bangladesh which is prone to water logging and severe climate conditions.

In local peoples' own voices, aspects of community and household life are described to illustrate the context of undernutrition in the area. These personal testimonials captured by community film-makers clearly define the complexity of undernutrition and how it is a direct consequence of a number of interconnected factors.

These include aspects of:

- girl's and women's status and rights
- diet and care during pregnancy
- infant and young child feeding practices
- dietary diversity
- food availability
- income and livelihoods
- environment
- water, sanitation and hygiene

Length: 23 mins

Audience: policy makers, civil society, academics, district leaders, communities and development partners.

This film is a snapshot of undernutrition in Satkhira, but it also carries a common message for districts throughout Bangladesh which suffer from a high burden of undernutrition. The causes and consequences of undernutrition are many and they require people to work together to develop sustainable solutions that work – from the community level to the highest political levels.

This film is a call to action for partnership and effective collaboration. There is an urgent need to build a wide-scale and genuinely shared understanding of the nutrition problem, its consequences and ways to tackle it, so that children can live happy, healthy and prosperous lives. If they can reach their full potential, Bangladesh can reach its full potential.



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