



**FIGHTING MALNUTRITION IN TIMES
OF THE CORONA VIRUS PANDEMIC**

**Youth Alliance
for Nutrition - ADN:**

**Action that
makes an impact**

“Joining Forces for Nutrition in Peru”.
CARE’s work in 7 regions.



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Fighting malnutrition in times of the pandemic

Youth ADN: ACTION THAT MAKES AN IMPACT

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“Joining Forces for Nutrition in Peru” CARE’S work in 7 regions

Lima, December 2020

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This text was prepared by the team of the “Uniting Forces for Nutrition in Peru”, project led by Paul Lucich, Head, Nutrition, CARE Peru, with the support from Fiorella Oneeglio, Advocacy Specialist, and Alcides Navarro, Capacity Building Specialist, and additional support from the Scaling Up Nutrition Common Fund - Movement for the Promotion of Nutrition (SUN)

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We also appreciate the participation of each of the leaders of the involved regional organizations:

- ADN Juvenil - Madre de Dios (Youth ADN - Madre de Dios)
- ADN Juvenil - Pasco (Youth ADN - Pasco)
- ADN Juvenil – Puno (Youth ADN – Puno)
- Nutrisan - Acción Juvenil Región Lima (Nutrisan - Lima Region Youth Action)
- Colectivo Juvenil Regional Alianza Grau de Piura (Piura Regional Alianza Grau Youth Collective)
- Colectivo por la Nutrición Huk Kallpalla de Moquegua (Moquegua Collective for Nutrition Huk Kallpalla)
- Colectivo Juvenil por la Nutrición Lambayeque (Lambayeque Youth Collective for Nutrition)



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Glossary

ADN Juvenil:	Alianza de Nutrición Juvenil Perú / Peru Youth Nutrition Alliance
ADSCIL:	Asamblea de Delegados de Sociedad Civil de Lambayeque / Assembly of Civil Society Delegates of Lambayeque
COREJU:	Consejo Regional de Juventudes / Regional Council of Youths
DIT:	Desarrollo Infantil Temprano / ECD: Early Childhood Development
DIRESA:	Dirección Regional de Salud / Regional Health Directorate
ENDES:	Encuesta Demográfica y de Salud Familiar / Demographic and Family Health Survey
FAO:	Food and Agriculture Organization of the United Nations
FED:	Fondo de Estímulo al Desempeño / Performance Stimulus Fund
IDI:	Iniciativa contra la Desnutrición Infantil / Initiative against Child Malnutrition
MCLCP:	Mesa de Concertación para la Lucha contra la Pobreza / Roundtable against Poverty
MIDIS:	Ministerio de Desarrollo e Inclusión Social / Ministry of Development and Social Inclusion
MIMP:	Ministerio de la Mujer y Poblaciones Vulnerables / Ministry of Women and Vulnerable Populations
MINAGRI:	Ministerio de Agricultura y Riego, hoy Ministerio de Desarrollo Agrario y Riego / Ministry of Agriculture and Irrigation, today Ministry of Agrarian Development and Irrigation
SDG:	Sustainable Development Goal
WHO:	World Health Organization
NGO:	Non-Governmental Organization
OSCE:	Organismo Supervisor de las Contrataciones del Estado / State Procurement Supervision Agency
PERUSAN:	Iniciativa por la Seguridad Alimentaria y Nutricional / Initiative for Food and Nutritional Security
PNAIA:	Plan Nacional de Acción por la Infancia y la Adolescencia / National Plan of Action for Children and Adolescents
SEACE:	Sistema Electrónico de Contrataciones del Estado / Electronic State Procurement System
SENAJU:	Secretaría Nacional de Juventudes / National Secretariat for Youth
SIEN:	Sistema de Información del Estado Nutricional / Nutritional Status Information System
SUN:	Scaling Up Nutrition

Youth Alliance for Nutrition - ADN:

Action that makes an impact

“Joining Forces for Nutrition in Peru”.
CARE’s work in 7 regions.

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Executive Summary



“Joining Forces for Nutrition in Peru” by CARE

In coordination with groups from Áncash and Metropolitan Lima

ADN Juvenil Perú

Stunting and anemia are invisible diseases that, together with obesity, leave sequelae in girls and boys who suffer these conditions, delaying their physical growth (low height and weight) and affecting their cognitive development (reading comprehension, mathematical and logical thinking, etc.). stunting, anemia and obesity have become the three major problems of malnutrition in Peru and the world¹.

Regional Networks

- ADN Juvenil - Madre de Dios
- ADN Juvenil - Pasco
- ADN Juvenil - Puno
- Acción Juvenil Región Lima
- Colectivo Juvenil Regional Alianza Grau - Piura
- Colectivo por la Nutrición Huk Kallpalla - Moquegua
- Colectivo Juvenil por la Nutrición Lambayeque

Young people joined efforts and organized the **ADN Juvenil Perú** national platform

¹ Instituto Nacional de Salud. (2019). “Desnutrición, anemia y obesidad son los principales problemas de malnutrición infantil en el Perú”. November 19, 2019, at:

<https://observateperu.ins.gob.pe/noticias/278-desnutricion-anemia-y-obesidad-son-los-principales-problemas-de-malnutricion-infantil-en-el-peru>

Project pillars



SURVEILLANCE

COOPERATION

PARTICIPATION

COMMUNICATION

Goal

Contributing efforts to reduce malnutrition and join efforts to meet the SDGs with a view to the 2030 agenda. In view of the pandemic, the nearest objective would be to encourage authorities to consider nutrition as a priority in interventions in response to Covid-19.

"Uniting Forces for Nutrition in Peru" is an initiative by CARE Peru at the national and subnational levels since 2018 to strengthen youth organizations by providing them with tools to promote actions against malnutrition, especially stunting and anemia.

The project, financed by the Common Fund of the SUN Movement (Scaling up Nutrition), seeks to promote national, regional and local advocacy efforts to achieve the Sustainable Development Goals (SDG), especially SDG 02 "Zero Hunger" and allow, a decade from now, by 2030, to free the world from malnutrition in all its forms.

STUNTING and anemia

In Peru, the prevalence of stunting, according to the National Demographic and Health Survey (ENDES), affected 12.2% of girls and boys under five in 2019. Compared to 2014, it stunting decreased by 2.4 percentage points (from 14.6%). By area of residence, chronic malnutrition affected more girls and boys in rural areas (24.5%), that is, 16.9 percentage points more than in urban areas (7.6).

The prolonged health alert caused by Covid-19, and the ensuing economic crisis resulting from the contraction of the markets, suggests that in 2020 there will be a setback in the battle against malnutrition, that will hurt girls and boys in the poorer areas and adversely impact the development of the country and the region as a whole.

The effects of malnutrition resulting from deficit nutrient intake during childhood are devastating because they delay growth and cognitive development, thus determining boys and girls will enter the circle of poverty and inequalities since their early childhood,

Change agents

Present in seven regions and through plans to expand their participation throughout Peru, the young people of ADN Juvenil Peru have become agents of change that foster efforts and public policies to promote good nutrition and mitigate the prevalence of stunting and anemia, and more recently obesity, another major malnutrition issue.

Goals:

- End of poverty.
- Zero Hunger.
- Health & Wellness.

Approaches:

- Gender.
- Interculturality.
- New masculinities.

Achievements

ADN Peru leaders can boast national and sub-national achievements. The main one is to encourage ADN Juvenil Perú platform with a nationwide and international projection and which, at the moment, is the only Peruvian young people network focused in nutrition and early childhood development issues.

Another achievement was the signing of Regional Governance Agreements. In coordination with other instances of civil society organizations, they were able to place the issue of malnutrition on the agenda of the candidates for regional governors and district mayors, and to set key indicators, baselines and goals.

The regional networks and groups promoted by the project have become benchmarks on issues related to Chronic Infant Malnutrition and anemia, collaborative surveillance, communication and information.

In the context of the Covid-19 pandemic, in all the regions of the project scope, the organizations were summoned to join regional initiatives, developed prevention actions against the disease and the promotion of nutrition, the fight against anemia and prevention of DCI.

The use of virtual media and social networks allowed, even during the lockdown period due to the health emergency, to manage the information on public spending and efforts in favor of nutrition.

The groups have been integrated at the behest of the civil society of their localities, and the leaders have become regional references in the fight against malnutrition.

Projection

For 2021, amidst the health crisis due to Covid 19 and general elections – to elect the President of the Republic, Congress and Andean parliamentarians - the members of ADN Juvenil Peru that are part of the so-called Bicentennial (of Peru's Independence) Generation, face two challenges: first, to advocate subnational authorities to guarantee the priority of nutrition in their public policies and, secondly, to promote interventions in response to the novel coronavirus.

Youth organizations will encourage government commitments (national and sub-national) to foster actions in favor of nutrition. They plan to cover the entire national territory and cross international borders.

Lima. December 2020

Foreword



CARE: Betting on young people

"Uniting Forces for Nutrition in Peru" has mobilized young people from seven regions (states) across Peru. It is an initiative by CARE Peru that has been working for 2 years to strengthen youth organizations by providing them with the tools they need to promote efforts against malnutrition, especially against stunting and anemia.



The project, which is funded by the Common Fund of the SUN Movement (Scaling up Nutrition), seeks to promote national, regional and local advocacy efforts to achieve the Sustainable Development Goals (SDG), especially SDG 02 Zero Hunger, and allow within a decade, by 2030, to free the world from malnutrition in all its forms.

2020 has been a very difficult year for the world. According to the map of confirmed cases of Covid in the Americas, Peru is the second country in Latin America most affected by the coronavirus pandemic –with almost one million confirmed cases and more than 35 thousand deaths. However, Covid-19 has also created an opportunity to position messages on the importance of healthy eating and place the fight against anemia at the center of the attention of governments and citizens.

The fight against stunting and anemia requires a coordinated effort between the State and civil society. The ultimate goal is to ensure that every boy and girl has the opportunity to get the best nutrition, thus ensuring their future and, consequently, the future of society as a whole. The role of youth is essential to advance this effort.

The bet on young people has borne fruit and the most concrete evidence is that, in the midst of a pandemic, the leaders of the organizations participating in the project set up the Peru Youth Nutrition Alliance Platform (ADN Juvenil), which aspires to become a forum for advocacy in favor of nutrition of national and international scope.

The novel coronavirus will have consequences and leave wounds on the health and economy of all countries. The work of young people to advocate against malnutrition is a civil society-led effort that contributes to improving the health of children, to accomplish better nutrition throughout the life cycle.

A few months before the 200th anniversary of the declaration of the Independence of Peru, we want to share the project's experience, recognize its protagonists, members of the so-called Bicentennial Generation, for their effort, devotion and shared dreams. We appreciate their commitment, volunteering work, and advocacy efforts before the sub-national bodies within their jurisdictions.

Thank you young people for being agents of change.

Paul Lucich Osorio, Head

Nutrition Projects, CARE Peru

Presentation



ADN juvenil: action that leaves a mark

In Peru, according to the ENDES 2019 National Demographic and Health Survey, stunting affected 12.2% of girls and boys under five years of age, or 2.4 percentage points less than 2014's 14.6%. By area of residence, chronic malnutrition affected more girls and boys in rural areas (24.5%), that is, 16.9 percentage points more than city children (7.6%).

The prolonged health alert caused by Covid-19, and the economic crisis resulting from the contraction of markets suggest that in 2020 there will be a setback in the battle against malnutrition, harming girls and boys in the poorer areas of the nation, and affecting the development of the country and the region as a whole.

The effects of deficit malnutrition in childhood are devastating because they delay growth and cognitive development, thus marking the entry of boys and girls, from early childhood, into the cycle of poverty and inequalities.



"Uniting Forces for Nutrition in Peru", financed by the Common Fund of the SUN Movement and implemented by CARE Peru, directs its efforts to youth and, since 2018, coordinates actions with youth leaders from Lambayeque, Lima Region, Madre de Dios, Moquegua, Pasco, Piura and Puno.

This publication describes how the young participants built their capacities through tools that empower them as agents for social change and how, in a peculiarly difficult year due to the Covid-19 pandemic, they built the ADN Juvenil Perú national platform.

CARE Peru used digital resources to successfully encourage the leaders of ADN Juvenil Perú to strengthen their capacities and, on this basis, promote advocacy efforts on public policies and collaborative surveillance, from an equity and gender approach, and incorporating their sentiment and regional contexts.



The project's pillars are participation, surveillance, cooperation and communication. With them, these youths seek the common goal of contributing with actions to eradicate malnutrition in their regions and, in addition, join efforts to achieve the SDGs with a view to the 2030 agenda. In the nearest time horizon, they propose to assure that authorities set a priority on nutrition as a priority in connection to responses to Covid-19.

This document tells how these youths have supported, promoted and contributed to public policies against child malnutrition, through their youth organizations and in alliance with social actors and the State.

The project has strengthened youth organizations for their intervention and initiatives as contributors to public policies. Their participation transitioned from assistance and volunteering, to concrete advocacy tasks, such as collaborative surveillance, consensus building and creating alliances.

A conceptual map is also presented that explains how young people prepared initiatives against malnutrition. Their work is leaving a mark at the subnational level, with plans to go national and cross borders.

How are we?



Situation of Childhood Chronic Malnutrition and anemia in Peru

stunting and anemia are invisible diseases that, together with obesity, leave sequelae in girls and boys including stunting (low levels of height and weight) and impaired cognitive development (reading comprehension, mathematical logical thinking, etc.). stunting, anemia and obesity have become the three major problems of malnutrition in Peru and the world².

The effects of malnutrition are serious, those who suffer from it are bound to walk down the poverty lane, where inequities and gaps are perpetuated. Their sequelae are aggravated in rural areas and in cities' peri-urban marginal areas³.

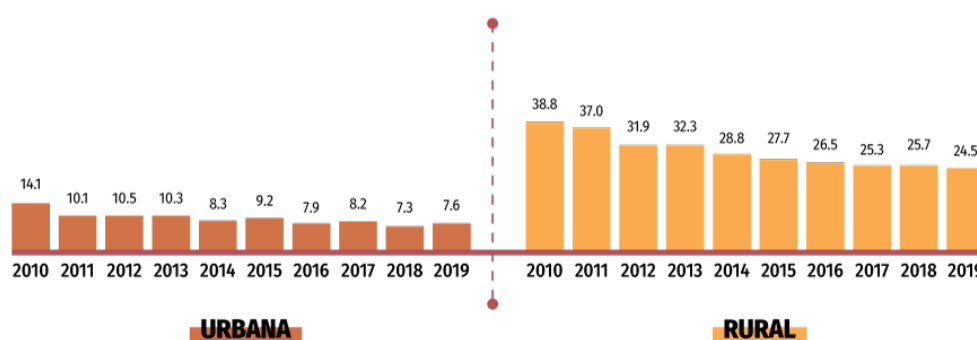
The consequences of child malnutrition are complex, multidimensional and interrelated; they affect the greatest value of any country, its people. These consequences on human capital pose an additional obstacle on the path of countries towards development.

In Peru, the stunting gap between the rural and urban sectors is abysmal, as indicated in the ENDES 2019 survey: "By area of residence, in the last five years the percentage of stunted growth girls and boys fell 4.3 percentage points in rural areas and 0.7 percentage points in urban areas".

² National Institute of Health. (2019). Malnutrition, anemia and obesity are the main problems of child malnutrition in Peru. November 19, 2019, at <https://observateperu.ins.gob.pe/noticias/278-desnutricion-anemia-y-obesidad-son-los-principales-problemas-de-malnutricion-infantil-en-el-peru>

³ UNICEF. (2019). The State of the World's Children 2019. 19 Nov 2019, at <https://www.unicef.org/reports/state-of-worlds-children-2019>

PERU: CHRONIC MALNUTRITION AMONG GIRLS AND BOYS UNDER 5 YEARS OLD, BY AREA OF RESIDENCE, 2010-2019⁴



In Peru, since the late 1990s, nutrition has been a priority social policy. Governments have implemented plans and strategies to reduce child malnutrition and, since 2008, the Articulated Nutritional Strategic Budget Program (PAN) is ongoing.

Named “Childhood First” the guidelines to promote Early Childhood Development (ECD) were approved In 2016. The National Plan for the Reduction and Control of Maternal-Child Anemia and Chronic Child Malnutrition in Peru 2017-2021 was approved a year later, with the initial goal of reducing childhood anemia to 19% and stunting to 6.4% by 2021.

Later, in 2018, Supreme Decree 068-2018 declared the fight against anemia in girls and boys under 36 months of age was declared a “national priority” and enacted the Multisectoral Plan to Fight Anemia involving not only social sector ministries, but also the Economy and Finance, Housing Construction and Sanitation, Agriculture and Irrigation, Transportation and Communications, Environment, Culture, Interior and Defense ministries.

In 2019, 12.2% of girls and boys under five years of age suffered chronic child malnutrition, with heights shorter than expected for their age, and no change compared to 2018, as confirmed in the ENDES 2019⁵.

INEI (ib id.) specifies that between 2010 and 2019, the percentage of minors with chronic malnutrition decreased by 11.0 percentage points, as a *result of the actions implemented by the national government*; However, in the last five years the chronic malnutrition of girls and boys under 5 years of age fell only 2.4 percentage points.

In the last decade, the prevalence of childhood anemia decreased 10 percentage points⁶. The greatest decrease occurred between 2010 and 2015, but childhood anemia is still a severe public health issue.

In 2019, a decrease of 3.5 percentage points occurred which had not been seen since 2014, and, at the same time, a gap 1.3 percentage points gap remained between rural and urban areas⁷.

⁴ INEI. (2020). Chapter XIII: SDG Indicators. Demographic and Family Health Survey 2019 - National and Departmental. November 19, 2020, at: https://www.inei.gob.pe/media/MenuRecursivo/publicaciones_digitaless/Est/Endes2019/

⁵ Ib id.

⁶ Marini A andy Rokx C, Gallagher P. (2017). Dando la Talla. November 19, 2020, at: <http://documents1.worldbank.org/curated/en/891441505495680959/pdf/FINAL-Peru-Nutrition-Book-in-Spanish-Oct-11.pdf>

⁷ INEI. (2020). Demographic and Family Health Survey 2019 - National and Departmental. November 19, 2020, at: https://www.inei.gob.pe/media/MenuRecursivo/publicaciones_digitaless/Est/Endes2019/

The pandemic

The Covid-19 pandemic, raging the world since December 2019, escaped any prediction and completely transformed the world, including policies for childcare. Peru is the second most affected country in Latin America, with more than 850 thousand cases and more than 33 thousand deaths⁸ (to the third week of November), second only to Brazil⁹.

The measures adopted by the Peruvian government included an initial quarantine from March 16 to July 1, four months during which the health services of the first level of care for children and pregnant women were suspended and vulnerable populations had limited access to food and nutritional supplements.

In this sense, the projections regarding the fight against malnutrition are not encouraging. WHO estimates that the pandemic will considerably increase the total number of undernourished people in the world and that food insecurity may worsen the quality of diets, due to the low intake of foods rich in nutrients and iron¹⁰.

Meanwhile, FAO points out that hunger and malnutrition can be severe in the interior of Peru, in areas where child malnutrition more than doubles the national average. And in rural areas, stunting is considerably more prevailing than in urban areas, with gaps exceeding 50%¹¹.

The Covid-19 pandemic has also degraded mental health. Stress has risen across the people and so have anxiety, fear, powerlessness, guilt, sadness and anger, among other issues problems¹².

To alleviate the effects of the pandemic, Peru took emergency economic measures directly related to efforts to secure food for the people.

They include Supreme Decree 046-2020-PCM that allowed transit to buy, produce and supply food, including storage and distribution for public sale, and Urgency Decree 027-2020 that enacted financial measures to protect vulnerable households against the risk of contagion and spread of Covid-19.

In addition, a series of emergency decrees concerned various monetary subsidies targeting different segments of the vulnerable population: Emergency Decree 033-2020, which allowed drawdown of work time compensation (CTS in Spanish) and private pension plan account funds, on a voluntary and extraordinary basis.

⁸ MINSA. (2020). Situation Room Covid19-Peru. November 19, 2020, at: https://covid19.minsa.gob.pe/sala_situacional.asp

⁹ PAHO (2020). Mapa de Casos confirmados de Covid en las Américas. 19 noviembre 2020, at: <https://who.maps.arcgis.com/apps/webappviewer/index.html?id=2203b04c3a5f486685a15482a0d97a87&extent=-20656313.6818%2C-3596894.43>

¹⁰ WHO. (2020). With rising hunger and the persistence of malnutrition, achieving zero hunger by 2030 is doubtful, warns a United Nations report. 19 Nov 2020, at: <https://www.who.int/es/news/item/13-07-2020-as-more-go-hungry-and-malnutrition-persists-achieving-zero-hunger-by-2030-in-doubt-un-report-warns>

¹¹ FAO. (2020). Food Security in the COVID-19 Pandemic. Nov 19, 2020, at: <http://www.fao.org/3/ca8873es/CA8873ES.pdf>

¹² MINSA. (2020). Mental Health Plan 2021. Nov 19, 2020, at: <http://bvs.minsa.gob.pe/local/MINSA/5092.pdf>



Another measure – praised by FAO¹³ - was taken by the Ministry of Agriculture and Irrigation (MINAGRI), in coordination with regional governments, to help create traveling market fairs throughout the country, that would ensure people’s access to a balanced diet and protect the economy of small farmers.

MINAGRI has also designed adopted measures to provide direct financing to small producers for productive projects (plant and animal) nationwide. Likewise, and in coordination with Agrobanco and Agroperú, debts were rescheduled.

Likewise, Emergency Decree 033-2020, allows local governments to purchase and distribute basic products comprised in the Basic Family Basket for vulnerable families.

In November 2020, Peru was still under the health emergency provisions, resulting in restricted mobility, shrinking markets and growing multidimensional poverty.

This is the backdrop for the activities carried out by the young people involved in the project.

¹³ FAO. (2020). Food Security in the COVID-19 Pandemic. Nov 19, 2020, at: <http://www.fao.org/3/ca8873es/CA8873ES.pdf>

Present times: Young people as agents of change

2

A young perspective on the problem of malnutrition in Peru

The State and civil society often say that young people are the “future of the world”. This concept has changed because young and women leaders have demonstrated that their participation now is vital to promote the development of their regions and their countries.

The National Youth Council (CONAJU) considers the population between 15 and 29 years old to be young; This population in 2019 represented a little more than eight million people and it is precisely the leaders of this segment of the population who participate in the project "Uniting Forces for Nutrition in Peru".

Present in seven regions (states) and planning to expand throughout Peru, they have become agents of change to promote actions and public policies to promote good nutrition and reduce the prevalence of stunting and anemia, and obesity, another creeping malnutrition issue.

What does it mean to be an “agent of change”?

An agent of change is a leader who evaluates the present and, from there, projects into the future, motivated to contribute positively to their environment, based on principles of defense of human rights, transparency and access to information and reinvention.

The objectives of the project point to the 2030 Agenda and the achievement of the first three SDGs:

- End of poverty
- Zero Hunger
- Health & Wellness

The project sponsored by CARE Peru, in addition to strengthening the capacities of youth organizations, places special emphasis on recognizing that any development approach must address gender, interculturality and new masculinities issues.

The project, which was promoted by the Initiative against Child Malnutrition (IDI, today the Food and Nutritional Security Initiative, PERUSAN), went through three phases that have

promoted, made visible and supported political and social advocacy initiatives during its two years of life.

In 2018, in a first stage during a period of regional and municipal elections, advocacy, assistance and participation actions were promoted by youth organizations in the Regional Articulation Instances (IAR in Spanish) that made possible to promote, in alliance with other civil society actors, Governance Agreements at the local and regional level.

These sub-national governance agreements included visible baselines and clear goals to reduce malnutrition, with emphasis on indicators on the prevalence of stunting and anemia.

The project, at the initiative of young people, determined that compliance with these commitments required support and active participation of young people. In turn, this required tools that would allow them to contribute to political advocacy to reduce anemia and the stunting and track public spending.

From that starting point, the young people joined a first training—through a virtual platform and workshops module – on issues regarding the fight against malnutrition, and the effects of stunting and anemia on the development of girls, boys and on pregnant mothers.

The technical training module provided them with tools anchored in the following areas:

- Surveillance: Collaborative monitoring of the execution of the public budget.
- Cooperation: Generation of alliances.
- Participation: Meetings with authorities, officials, etc.
- Communication: Dissemination of messages, educational activities (forums, webinars, etc.).

Their voices and feelings were heard; and they discussed and shared their experiences. This work allowed them to become empowered and convinced that their actions could contribute to the development of their regions.

The practical tools and their close relationship with young people allowed them to become passionate about the fight against stunting and anemia.

The Covid-19 pandemic was not an obstacle or impediment for the participants to continue with their activities, on the contrary, in the face of this extraordinary situation that impacted the food and nutritional security of children and vulnerable populations, project participants promoted the creation of the ADN Juvenil Perú platform: Alianza de Nutrición Project Juvenil Perú.

This platform brings together groups of young people from seven regions, with their own personal characteristics. Each one of the project's participants has encouraged setting up regional groups and their members intend to reach all of Peru and cross borders.

In November 2020, the second training module on advocacy skills began and has been complemented with a second training module on Covid-19 and Nutrition.

Post-quarantine opening of activities has started in all ADN Juvenil Peru regions, so young people have been planning face-to-face efforts that will further strengthen their regional presence.

Peruvian political developments have brought young people on the public agenda. They are called the Bicentennial Generation. Added to this are upcoming presidential and congressional elections scheduled for April 2021. The project will run until mid-2021 posing several remaining challenges that remain to be met.

Young people feel that they need to leave a legacy. For the new generations to make commitments, capacities have to be built, an objective that is precisely at the heart of this project.

Concrete evidence

The most concrete evidence of the work of the young people can be shown through social networks. The youth organizations were strengthened, they were able to resort to the friendly consultation of the Public Budget and take stock of the investment in their regional governments, and present and discuss it.

Young people can and should ask their authorities why no investments have been made, and why so little has been executed. But it is also possible to be more proactive and propose an improved execution of the budgets to address issues related to the fight against stunting and anemia.

The balance sheets, graphs and infographics are in the public domain in the social media managed by each organization consolidated by ADN Juvenil Perú.



Paul Lucich

Head, Nutrition Projects, CARE Peru

Weaving support networks

Working with young people, in the current environment, makes us hope that everything can change. We cannot keep looking at them as the future, they are the present. At this time, the most powerful weapon is learning, and therefore, capacity building is the most important asset that we can deliver to them, with which they will be able to contribute to the sustainable changes that we seek to accomplish.

As we walk with them, we see the new authorities and leaders in them, but this also confirms the need to weave support networks to get to know them and foster change.

Each project participant faces different problems and deficiencies; however, they all have a passion for pursuing their ideals and being agents of change. Together with them, we understand that we can continue generating changes, as long as we do it with energy and from our heart.



Fiorella Oneaglio

Advocacy Specialist

The role of the teacher



Strengthening the capacities of the youth participating in the project on nutrition issues has been one of the pillars in the educational processes with them. Our methodology allowed us to get closer; an added value that sets us apart from the traditional learning model.

We listen to them and build knowledge with them, reflect and internalize the information, linking it to their reality. This helped to better develop their potential to engage in advocacy efforts on nutrition issues.

The energy and youthful passion that each one puts into the project to try to change their regions demonstrates their commitment to the common good. For some, the topics discussed were not related to their profession or public work,

but they found that the nutritional issue is cross-cutting and that fostered their interest in continuing to strengthen their capacities, and filled them with optimism about the responsibility and possibility of promoting changes in their regions and contribute to reducing social gaps that affect girls and boys.

Alcides Navarro

Capacity Building Specialist

Regional actions

3

Protagonists for change

The work of young people to reduce malnutrition is increasingly visible. We share below the experiences of leaders from seven regions across Peru where the project was implemented. These created the Alianza de Nutrición Juvenil Perú (ADN Juvenil Perú) platform which Áncash region also joined recently.

These young people plan to expand their work to all regions of Peru and cross borders in order to connect with other youth initiatives in the task of promoting and contributing to the 2030 Agenda and the fulfillment of the SDGs.

CARE Peru, with the support of the SUN Movement, is willing to promote youth organizations, providing support and technical assistance to strengthen them, recognizing that the main protagonists and agents of change are the young members of ADN Juvenil Peru.

The advocacy strategies implemented by youth organizations include collaborative surveillance, participatory advocacy, promotion of alliances and communication. Important elements of these four strategies, are their decentralized, sharing of experiences and creation of spaces to meet the proposed goals. The positive sub-national experiences of youth organizations can be replicated to contribute to advocacy processes.



Lambayeque



Creating spaces for "nutritional literacy"

Youth Collective for Nutrition - Lambayeque



Facebook: <https://www.facebook.com/Colectivo-Juvenil-por-la-Nutrici%C3%B3n-Lambayeque-105909457779881>

Members:

- Red Interquorum Lambayeque.
- Killa Perú.
- Red de Mujeres Interamericanas Lambayeque.
- Helpers Chiclayo.
- Watay.
- Voluntades Chiclayo.
- Solidaridad Ferreñafana.
- Consejo Distrital de Juventudes - Mórrope.
- Red de Energías Renovables Lambayeque.
- Runa Hayñi.
- Inspira Perú.
- + Integración Pátapo.
- Nic Maish - Centro de Empoderamiento Social Comunitario.
- Estudiantes Líderes en Acción.
- Asociación Civil Transparencia.
- Semillero de Investigación TUKUY Sociología.
- Red Internacional de Promotores ODS Lambayeque.
- ORG. Clown Educa.
- Asociación de Líderes Unidos por Monsefú.



The **Lambayeque Youth Collective for Nutrition** is part of ADN Juvenil Peru. The 19 organizations that make it up have included the issue of malnutrition and the goals of reducing the prevalence of stunting, anemia and obesity in their work agendas.

The project has been working in this northern region since 2018, but the collective that makes up the platform was set up in February 2019. The pandemic forced to change their agenda and strategy and focus their work on virtual activities, despite which members have shown unwavering permanent commitment.

"We promote advocacy, monitoring and observation of public spending by executing units, in order to make visible and optimize the proper use of resources for social

development," explains Diego Llontop, who came to the project as a member of the Transparency Civil Association. He adds that other advocacy strategies include preparing informative flyers, arranging meetings with political actors and promoting debate on stunting and the reduction of anemia.



"ADN Juvenil Perú is a democratic and tolerant platform that respects the diversity of opinions and has a very clear objective: the fight against malnutrition," adds Diego Llontop. The network involves young people from different departments so that they can work on joint projects, although always recognizing regional individualities.

"We are convinced that, to break the cycle of poverty and reduce malnutrition, it is necessary to work with various actors; however, we recognize that poverty is a structural issue that implies inequality and lack of access to basic services, such as health and education," says Diego.

"The possibility of having a good diet gives girls and boys greater opportunities for physical and intellectual development; if we know that a child is well nourished, if the mother and father know the effects of stunting and anemia, the efforts will gain support so a kind of nutritional literacy is necessary", underscores the leader from Lambayeque.

He underlines that *"young people are working for nutritional literacy; we monitor the information that supports the fight against anemia and stunting, we are the first group that has this work as a fundamental piece of our agenda because Lambayeque has serious such cases."*

Milagros Vega, who represents Red Interquorum Lambayeque, added that they prepared an informative report on monitoring PAN¹⁴, with data drawn from Treasury's (MEF) Economic Transparency portal. The report was published on their socials.

Both leaders said that thanks to training, and in order to share part of the acquired knowledge, they are planning to publish a magazine sponsored by the Lambayeque Youth Collective for Nutrition to disseminate research on nutritional policies, opinion articles and the results of the monitoring of the public budget.

In addition, they explained that, as a consequence of the pandemic, they have not been able to hold face-to-face meetings, but that they have reinforced their communicative impact through social media and sought allies in regional forums, such as the Assembly of Civil Society Delegates of Lambayeque (ADSCIL) and the Roundtable Against Poverty (MCLCP).

"But we not only build alliances with civil society. We also approach state entities, such as the Regional Council of Nutritionists of Amazonas-Lambayeque-CNP-III, the Provincial Municipality of Lambayeque (MPL), the Provincial Municipality of Chiclayo (MPCH) and the regional coordination office of MIDIS," Milagros said.

"At present, young people are looking towards other agendas, we are realizing the importance of health and nutrition and thanks to the CARE Peru project we have been trained, we are training in leadership and advocacy in order to work for the poorest communities", he remarked.

"Participating in ADN Juvenil Perú also gives us the opportunity to get to know other realities, within our own region and throughout Peru. So, we have learned that, if we advocate, if we monitor and organize, we can transform the lives of families and our communities," he added.

¹⁴ PAN seeks to reduce chronic malnutrition in children under the age of five. Run by MINSA, it is executed at the national, regional and local levels. Details can be found at https://www.mef.gob.pe/contenidos/presu_public/ppr/prog_presupuestal/articulados/0001_nutricional.pdf



Milagros Vega

23 y/o

Sociology student

“The fight against child malnutrition requires the participation of young people, we have opportunities and the powers to work for our population. Maybe we can't change the world, but we must persevere in helping; Let us remain brave young people, capable of rising to any challenge”.

Diego Llontop

22 y/o

BSc, Political Science

“Fighting child malnutrition is investing in the present and the future. Young people and civil society can influence public decisions to fight anemia and, indirectly, against poverty, which is a structural problem. Today it is up to young people to do it”.



Lima Región



Setting the agenda - Lima Region Youth Action



Facebook: <https://www.facebook.com/Nutrisan-Regi%C3%B3n-LIMA-361130381248668/>

Progress in PAN budget execution as of November 18: 82.6%

Members:

Acción Juvenil Región Lima

Boards:

- Asociación Inspira Up
- Ecología, Voluntariado Ambiental
- Directorio de Ética Región Lima
- Directorio de Nutrición: Nutrisan
- Aestur Ecológica Social Turística

Acción Juvenil Región Lima was born in 2017; in 2018, several of the members of the youth groups joined CARE's "Uniting Forces for Nutrition in Peru". The organization works on various development fronts, but specifically addresses nutrition and healthy eating issues for which they have set up an ad hoc board, called Nutrisan, through which they joined the ADN Juvenil Perú platform.

The basic objective of this board is to make the issue of child nutrition visible on the public agenda and design joint efforts against stunting, anemia and obesity, including government, civil society and the private sector, in coordination with organizations from the provinces of Oyón, Huarura, Barranca and Huaral.



Acción Juvenil Region Lima

"It seeks to contribute to the reduction of anemia and malnutrition among pregnant women, and girls and boys in our region because it is a serious public health problem that affects the development of childhood; children are future citizens and they will be the next leaders that our region and our country will have", points out Nayla García, leader of this organization.

"The training received from the project reinforced the search for regional spaces and alliance. In this way we have been included in the Regional Executive Committee of the MCLCP, and from that position we began coordinating with the regional managers of MIDIS and the Regional Health Directorate (DIRESA), the XXIV Regional Chapter of the Lima Region Nurses Association and the V Regional Chapter of the Peruvian Nutritionists Association", details Nayla García.

Abner Renojo, another Nutrisan leader, added that they have a close relationship with the Regional Youth Sub-management, the National Youth Secretariat (SENAJU) of Lima Region and the Regional Youth Council (COREJU).

"Before there was no space for young people, but little by little we have set the agenda and now we can be heard," he underscored, after specifying that the CARE Peru project provided them with tools to join these forums, develop, grow and understand the importance of participation.

Both leaders said indicated that, due to the state of emergency, they engaged in efforts to carry out concrete actions against Covid-19: *"Despite the emergency we managed to meet with DIRESA and organized joint efforts to carry out dissemination and awareness work through their Health Education division",* Abner said.



"We work with our regional allies to engage in strategies and actions that contribute to improving the nutrition of girls and boys in Lima Region, through the proper execution and application of national policies," adds Nayla.

Abner specifies: *"There is also work with civil society organizations to monitor public policies and thus ensure compliance; promote agreements in favor of child nutrition and put the fight against malnutrition and anemia on the agenda in different groups of civil society".*

Nayla points out that, thanks to the accompaniment of CARE Peru, collaborative surveillance actions have been reinforced and the public budget is monitored, through Treasury's¹⁵. Friendly Query web site. *"So we can send alerts to the different institutions in our region about their*

¹⁵ An open platform providing real time data on each government agency's budget execution and project progress. <https://www.gob.pe/802-seguimiento-de-la-ejecucion-presupuestal-consulta-amigable>

budget allocations", not only on the nutritional issue but also on the different actions related to the pandemic.

In addition to the use of friendly consultation, "we access other virtual platforms for monitoring and surveillance of our authorities, such as the OSCE State Procurement Supervisory Agency and the State Electronic Procurement System SEACE, which are platforms where we can see the reality of the contracts and management of our resources," said Abner.

The youth leaders of the Lima Region added that another of the strategies developed is the programming of nutritional orientation talks, whose target audience is mothers and fathers, in order to make them aware of the importance of the fight against anemia and the DCI. For this, virtual platforms have been used - such as Google Meet and Zoom - and virtual teaching materials.



These actions allowed, in the midst of a state of health emergency, the Lima Region Youth Action has been summoned to join the Region's Covid Command, to support the dissemination of messages to the community and social actors, with the organization of webinars and preparation of videos, notes, messages and testimonials.

"We are setting the agenda. Among our achievements we can present the having placed

nutrition as a priority among the issues developed by the Regional Health Council and the commitment of the Regional Government to create a specific Work Table on the issue of nutrition; in addition, we are preparing an ordinance proposal so that the offer can be made," said Abner.

"In 2018, with the support of our organization, the current regional governor, Ricardo Chavarría Oría, signed the Regional Governance Agreement that indicated, among other goals, those related to the fight against DCI and anemia," added Nayla.



Abner Renojo

27 y/o

Business administrator

Consultant

“We young people have the capacity to promote public policies to combat child malnutrition and for this, digital media today have become very friendly tools; thanks to them we can show our reality, sensitize the population and, at the same time, advocate for our authorities”.

Nayla García

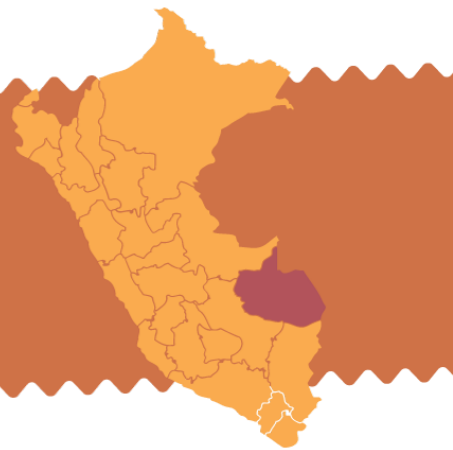
22 y/o

Nutritionist

“We young people set the public agenda and we can contribute to reducing anemia and DCI in our children since they can become the new leaders of our country. It is a way of investing in the present and the future and promoting the development of our region and our country”.



Madre de Dios



From solidarity to the regional parliament

ADN Juvenil Madre de Dios



Facebook: <https://www.facebook.com/ADN-Juvenil-Madre-de-Dios-108593200924000/>

Members:

- Organización Democrática Mundial por el Desarrollo Región Madre de Dios
- Consejo Regional de la Juventud Madre de Dios
- Educación Inclusiva por un mundo conservador
- Jóvenes con Prácticas Morales
- Asociación de Estudiantes de Farmacia y Bioquímica

In this region of Eastern Peru, Madre de Dios ADN Juvenil consolidated in April 2020. The leaders of the youth groups had been participating in the Project “Uniting Forces for Nutrition in Peru” of CARE Peru and, from There, they became involved in different articulation processes that led them to integrate into spaces that incorporate the fight against anemia and DCI on the public agenda.



“Our goal is to make political, communicational and strategic incidence, through the articulation of the different instances, collaborating with the public, private sector and civil society; and also do collaborative surveillance, follow-up, for the fulfillment or creation of public policies in favor of early childhood”, remarks Shadia Burga, leader of the World Democratic Organization for the Development of Madre de Dios - ODM/MDD.

He added that the goals of ADN Juvenil Madre de Dios *“...are the reduction of anemia and DCI, respecting the Governance agreements that we help to promote, and that the actions are focused on the National Plan of Action for Children and the Adolescence (PNIA) and the National Policy for the Reduction of Anemia and DCI”*.

The leader commented that before joining the Project, her organization worked on issues of the fight against illegal mining, women's rights, social and academic projects, among others, and that she had no prior knowledge about how important it is to invest in the first childhood, how crucial the issue of nutrition is and all that it represents for the development of girls and boys.



Heber Tecsi Ferro comments that he went a different process. Before, he participated in COREJU, which looked at issues related to his career, Law, but after the training process he received in the Project “Uniting Forces for Nutrition in Peru” of CARE Peru, he was inspired and promoted and founded the organization Youth with Moral Practices, which today is part of the ADN Juvenil Madre de Dios.

The youth leaders specified that CARE Peru invited them to participate in the Project and that it is from this training that they rediscovered themselves and joined in working in favor of early childhood, promoting joint actions with institutions such as DIRESA and the Regional Government.

“In 2018, we were not yet organized as ADN Juvenil, but since we had already participated in the CARE Peru trainings and as vice president of the Regional Youth Council, we joined the Desk against Fight Anemia and the stunting in Madre de Dios and in the Regional Instance for Early Childhood Development, initiatives of the Regional Government in which all public institutions that see development issues of Madre de Dios participate,” said Shadia.

“With CARE Peru we have also learned to develop collaborative advocacy actions to learn about and follow up on the PAN. In March of this year, already organized in ADN Juvenil Perú and, despite the health emergency and lockdown, we were able to carry out this work and we became



stronger as a youth organization, which led to setting up the Madre de Dios ADN Juvenil”, added Shadia.

“CARE Peru has guided us, provided us with technical tools, opened our eyes, and now we have the tools. They are always accompanying us and advising us,” Heber Tecsi remarked, after specifying that not only a regional agenda was set up but also a national agenda, because this forum has allowed him to meet and interact with young people from various regions across Peru.

“Now we are part of the MCLCP, we coordinate with MIDIS and MIMP, and together with the Social Development Department we are working on a regional ordinance that places early childhood care and the fight against anemia and DCI as a priority”, says Shadia, who added that they have also coordinated with various NGOs that work on this issue in the region.

The youth leaders indicated that the pandemic affected all the institutions and paralyzed the activities of the Desk against Anemia, but that after the quarantine was lifted, they have coordinated with the regional president, Luis Hidalgo Kimura, this initiative can resume.

Shadia added that, in parallel to their advocacy efforts, they assist La Buena Semilla, a shelter for vulnerable abused boys and adolescents and give them better living conditions. The work in coordination with the Municipality of Tambopata and the Ladies Committee of the Regional Government.

Heber added that *"support for this organization is important and that, thanks to our advocacy work, the shelter has received assistance."*

"Youth organizations generally started with assistance and volunteer activities, but with training, little by little we have grown and now we are building alliances; the authorities listen to us, we propose actions and programs in favor of children, we have transformed and evolved; today I sit in the regional parliament", Heber said.

Shadia Burga

27 y/o

Forestry Engineering Student

"We have understood that early childhood is the crucial period for the integral development of all people and that which determines the future of the country. As young people, we must bet on guaranteeing the development of the future citizens of our region; this is starting at the root. Intervening in early childhood is the best long-term investment".



Heber Tecsi Ferro

18 y/o

Law and Political Science Student

"With ADN Juvenil Perú we are conquering different spaces, we have made ourselves visible, we have engaged in various initiatives promoted we advocate. Thanks to the training we have received, we can transform our region and our country. Now authorities know that we are present and that we know how the public budget is used".

Moquegua



Doing school



Huk Kallpalla for Nutrition collective

Facebook: <https://www.facebook.com/Kallpalla>

Members:

- ONGD Atisun
- Red Universitaria Ambiental Perú
- Fundación Unión Global por la Democracia

The Quechua language phrase Huk Kallpalla means "A single force." The Huk Kallpalla Collective for Nutrition has adopted this name so its members are trained to contribute their knowledge to their communities through training workshops to strengthen their capacities and skills for political advocacy and hold technical meetings with regional and local authorities.

The regional chapter of ADN Juvenil Peru in this southern Peruvian region has a record of work that started in 2018 to promote public policies and led to the signing of the Regional Governance Agreements of 2019-2022.



The regional liaison, Leodan Apaza, explains that in 2018 CARE Peru began the first phase of the "Uniting Forces for Nutrition in Peru" project which allowed the leaders of youth organizations that belonged to COREJU to have a first approach to the issues of the fight against CMI and anemia.

The support and accompaniment of CARE Peru allowed organized youth to meet and convene various forums and workshops with the participation of youth organizations from the entire

Moquegua region. There they began building regional agenda against CMI and anemia. Later, their proposals were included specifically the Governance Agreements.

“From there we began to develop policy advocacy activities through collaborative surveillance in the follow-up of the Governance Agreements within the framework of the National Policy for Anemia and CMI Reduction, articulating the actions with SDG 02,” said Leodan.

“In 2019, thanks to the training, we learned about different sources of financing, and gained a better appreciation of budget and management issues. We have set up coordination meetings with the new authorities”, Leodan mentioned.

“Young people have knocked on the door of the Planning and Budget Management, advocating to reactivate the actions to eradicate anemia and stunting. But given that no meetings were called, they had no reports, or files. But, through our advocacy, the first meeting of the Instance for Regional Articulation was finally convened in October and we were invited to participate. In this way we have made young people visible, because in these forums only the government participated so far and there was no participation of civil society”, he said.



The leader of ADN Juvenil in Moquegua highlighted that, thanks to the support and accompaniment of CARE Peru, his organization can present as achievements the creation of the Regional Office for Youth, Culture and Sports of Moquegua, the signing of the Governance Agreements 2019- 2022, including youth and anti-anemia and stunting policies, and having been invited to the First Macro Interinstitutional Moquegua Meeting called under the motto Together we fight anemia and stunting.

He remarked the voice of youth was finally heard when they joined the Regional Articulation Instance, as members, and in the invitation to participate in the meetings of the 2020 Regional Health Committee.

“We do collaborative surveillance, which is a staggered process. First, civil society identifies local conditions in communities, reviews the context of public policies. Then, we press for fulfillment of agreements and commitments by authorities and other social actors. We follow up their work to ensure the goals of reducing stunting and anemia are accomplished”, he explained.

“This year the Covid-19 pandemic led us to redesign our work. Through social media we raised raise awareness about anemia and stunting and disseminated alerts on budget spending”, added Leodan.

To do this, he said they are in permanent contact with their allies, including the -Moquegua Region Poverty Rundtable, the MIDIS regional liaison, the Regional Health Directorate, the El

Algarrobal District Municipality and the Ilo Health Network, in addition of the Regional Government.

"We use Facebook and other social media, we publish posts on our page with messages such as "Something you should now", and provide recommendations or evidence of the importance of early childhood care, anemia and stunting. During the pandemic, the Facebook platform has allowed us to actively engage in social media and use virtual connection platforms such as Google Meet and Zoom, to interact and share the trainings", he specified.

Leodan said that, before, in Moquegua, young people did not talk about these issues. *"It is true that state policies are a priority, but there was youth were not involved in nutrition issues. Now, with the project and ADN Juvenil Perú, we setting the agenda, because we have to participate and gain visibility in civil society and government forums".*

The leader added that the young people in his organization have verified that, due to the pandemic, many mothers have not received their iron supplement, nor hemoglobin tests, "because they were reluctant to leave their homes, for fear of getting infected". To face this issue, they are planning local solutions.

"For example, in El Algarrobal it has been proposed that the municipality itself take care of the logistics of home-to-home delivery and a vaccination campaign has been promoted with very young children and older adults," he explained.

"It is true that youth organizations did not have the issue on their agenda. They were more interested in social, environmental or sexual and reproductive health issues. Anemia and stunting were not discussed, there were not an agenda item for the meetings, but that has changed. At ADN Juvenil Peru we are taking this agenda seriously because now we know that, if we pay attention to children during their first 36 months, they will develop all their potentialities", she concluded.

Leodan Apaza

28 y/o

Public Management and Social Development graduate.

Works in the District Municipality of El Algarrobal, province of Ilo.

"Young people are agents of change; if we develop our capacities, we can contribute to reduce anemia and stunting. **"Uniting Forces for Nutrition in Peru"** is a leadership and training school. It has trained and educated me. Now I, in my professional stage, I put to practice everything I learned".



Pasco



A comprehensive and inclusive view



ADN Juvenil-Pasco

Facebook: <https://www.facebook.com/ADNJjuvenilPasco/>

Members:

- Red Interquorum Pasco
- Red Interquorum Huariaca
- EWA-Villa Rica
- EEKA-Puerto Bermúdez
- Comité de Desarrollo Gastronómico-Villa Rica
- ODM PASCO
- Alianza Juvenil Progresista Rancas
- CONNA REGIÓN PASCO
- CONNA PROVINCIA PASCO
- COREJU Pasco
- SUYAY JUN

Pasco has participated in “Uniting Forces for Nutrition in Peru” since 2018, when CARE Peru convened the youth organizations of Cerro de Pasco. They received training and participated in a National Encounter in Lima. Since then, subsequently youth leaders lobbied for the signing of the 2019-2022 Governance Agreements.

In 2019, the project invited youth organizations in the region to participate in a virtual course to place the issue of nutrition on young people organizations’ agenda. Organizations that worked on various environmental and cultural issues, native communities, adolescents and peasant communities joined and gradually they became aware of the importance of addressing nutrition issues.



Diana Condezo is the director of the Pasco Interquorum Network and assumed the leadership of the young people who participated in the Project. Together with the other members of the youth organizations, they managed to put the issue of child nutrition on the regional agenda and got the authorities interested and recognized the importance of investing in children. This impetus was also transferred to the national level, through coordination with the leaders of all participating regions.



This work of articulation and dialogue with organizations throughout the country allowed the youth leader, representing her region and Peru, to attend the 2019 World Meeting of the SUN Movement, which was held in Kathmandu, Nepal, in November. "It was an incredible experience, we met and exchanged experiences with youth organizations from all over the world," said Diana.

"Returning from Nepal, I thought: What is going to happen when the project ends? I know that we have the support of CARE Peru, but I thought it was necessary to consolidate ourselves. The opportunity was given to do so through a national platform that integrates young people, advocating for nutrition, to even try to reach international spaces. For this 2020, it was planned to attend the summit in Tokyo, but due to the pandemic the meeting was suspended, however, we remain in contact with all the organizations we met in Nepal," she said.

At that time, the formation of a national platform with international projection was consolidated, which was strengthened with the creation of ADN Juvenil Peru, a space that required a long process that was only possible thanks to the technical support and accompaniment of CARE Peru and it has to be sustainable over time.

The Pasco region native recognizes that the Project "Uniting Forces for Nutrition in Peru" helped them to understand how the State and public policies work, to know the subject of anemia with indicators and to train in public management, public policies, ethics and leadership.

In Pasco, another of the leaders is Aaron Guizado, representing the Villa Rica-Pasco Gastronomic Development Committee, who subscribes to everything indicated by Diana Condezo and adds that, from his professional training, since he is a chef, he promotes the need to reassess local ingredients to boost the fight against anemia and INN and strengthen food security.

"From our spaces, we must consider that Peru has a variety of cultures and products. Here, in Pasco, we have native Amazonian communities, it is necessary to recognize them and that their knowledge be integrated into public policy, for example, to ensure that they feed themselves properly to end DCI and anemia," says Aaron.

The youth leader states that, when he joined the Project, he saw budget and policy issues as remote issues, but with the training he has managed to understand and learn about the functioning of the state, the management of the public budget and the possibility of fostering alliances that allow improving the living conditions, first of the girls and boys and then of the entire community.

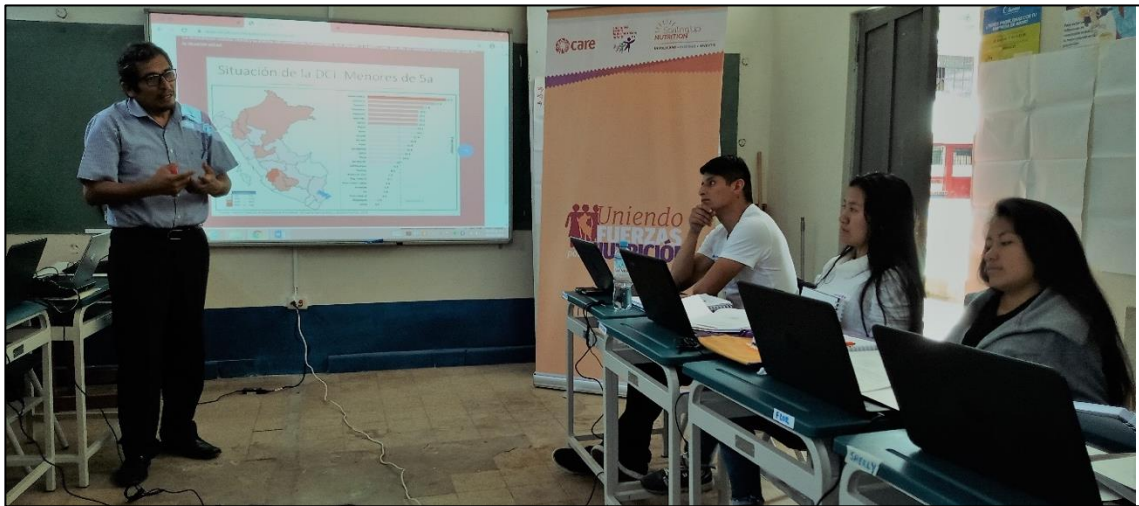
Diana and Aaron comment that, based on the training, they managed to articulate actions in coordination with the Regional Government, the -Pasco Region Poverty Round Table, the Youth

Program of the Regional Government, DIRESA and the regional liaisons of MIDIS and MIMP. "These actions are shared in ADN Juvenil Peru and we seek to project ourselves across borders, because we are convinced of the need to work in favor of nutrition and early childhood," Aaron said.

Diana explained: *"This sustained work has borne fruit that allows us to showcase our achievements; to date, ADN Juvenil Pasco is a member of the Regional Executive Committee of the Poverty Round Table and participates in implementing the Regional Concerted Development Plan, where it is positioning the problem of anemia and stunting, making the proposals and putting youth participation*

front and center".

"For Pasco, the health emergency posed a great challenge but we were not daunted. On the contrary, we strengthened virtual activities, training, coordination meetings and other spaces that have made it possible to strengthen youth organizations, a feat made possible thanks to the use of social networks," Aaron said.



During the Covid-19 quarantine, ADN Juvenil Perú consolidated. On its Facebook page it posted infographics on the monitoring of budget execution in the PAN, organized digital webinars and forums on Google Meet and Zoom, and other initiatives.

Diana commented that, after the quarantine, with an intersectoral coordination, they developed a solidarity activity to distribute fowl (live chickens) and tubers to the most vulnerable families of the three provinces of the region, contributing to the family basket.

"It was a 'mega-job', involving all social actors, regional and local authorities, the National Police of Peru, deputy prefects, DIRESA, civil society organizations, Support Committees, community security teams, NGOs. To do this, a profile of the beneficiaries and a mapping were drawn up in order to locate the most vulnerable families, an activity that reached the most remote corners of the region", she said.

"Young people are agents of change, sometimes the authorities simply see young people as something utilitarian, so that they appear and say that they are participating, but the Project has endowed us with tools and knowledge that have allowed us to bring our voice, know, debate, have position and contribute; now no one can manipulate or deceive us", Diana remarked.

Diana Condezo

22 y/o

Environmental engineering student

“We are the Bicentennial Generation that fights against child malnutrition, as a starting point for the development of the country we want to see. With ADN Juvenil Perú we have started scaling actions, reaching the national authorities to promote public policies to fight malnutrition”.



Aaron Guizado

25 y/o

Teacher, Gastronomy

“The fight against anemia and stunting also requires that the culture of each population be recognized, and local raw materials, sources of energy and protein, nutrients that can help improve health in early childhood. The political advocacy of young people can make these issues visible”.

Puno



Social media for development



ADN Juvenil Puno

Facebook: <https://www.facebook.com/ADN-Juvenil-PUNO-102417268215176>

Members:

- Misión SOS Healthy Heart
- Red Interqorum Puno
- International Federation of Medical Students' Association / Universidad Andina Néstor Cáceres Velásquez, IFMSA UANCV
- Chefs Asociados de Latinoamérica y el Caribe
- Sumaq Kawsay

The main objective of ADN Juvenil Puno is to contribute to the development of society, through the active participation of young leaders who are committed to influencing public policies within the framework of the Sustainable Development Goals and a commitment to educate and generate healthy habits in this Andean high plateau region.

"ADN Juvenil Puno focuses on prevention and promoting healthy eating habits, with emphasis on early childhood, which is the (stage) that determines the nutritional status of a person," says Yhiliam Juárez, one of its leaders. Prioritizing childhood does not mean neglecting the other stages of life: adolescents, adults, older adults and expectant mothers, she adds.



As in the other regions, CARE “Uniting Forces for Nutrition” project convened local youth organizations and began a training and education process that has allowed them to grow as institutions and engage in collaborative advocacy and surveillance efforts to foster good nutrition and the fight against anemia and stunting.

“Before joining the project, my organization, Mission S.O.S. Healthy Heart, was already working on nutrition issues, but we focused on aid, assistance, training and information activities, in coordination with the Association of Nutritionists”, Yhiliam specified, after commenting that, after the training, they reinforced their knowledge to rather engage in collaborative surveillance and advocacy.



Rocío Quispe, another of the Puno leaders, added: “Our added value is that, as nutritionists, we had a network of contacts in DIRESA and in the Micro Health Networks, who then accompanied us in advocacy tasks and allowed us to let us participate in the promotion of the Regional Governance Agreements 2019-2022, including the issue of tracking accomplishment of stunting and anemia goals”.

"By joining the CARE Peru project, we acquired the tools to learn how the budget is being executed, if the goals are being met by the local governments, the quality of spending, among other indicators," Yhiliam commented, and then noted: "There you realize if the PAN budget has positive effects in the fight against stunting and anemia."

Rocío explained: “This is how the idea of the national platform was born, at the initiative of Pasco. Through collaborative surveillance you can track how funds are spent in the region and wonder how we fare compared to other regions, the capital or a small town”.

The Puno leaders commented that this year, due to the pandemic, work meetings with the MCLCP, MIDIS and MINSa and with leaders of social programs such as the Glass of Milk (school breakfasts) were suspended, but youths resorted to social media and technology to keep working.

After the quarantine, in coordination with the Association of Nutritionists CR VII of Puno, the COVID-19 Youth Command of the Provincial Municipality of Puno was created, bodies with which it is currently working, as part of the Nutrition Brigade.



“With the Covid-19 Youth Command, we are now holding webinars, forums, conferences and, at the same time, we are also joining forces to train people in the barrios, to promote good nutrition and fight anemia, inform about its consequences and encourage parents to give their children iron rich foods, such as blood sausages,” added Rocío.

Yhiliam added “In the current ‘normality’ framework, I consider that social and digital media are great tools and ways to reach the people without direct contact with them. I use mostly Facebook and Instagram, two socials where you can interact with a large population segment and that are very useful to meet our objectives”.

Rocío specified “Participation in ADN Juvenil Perú is strengthening the institution in Puno so that it also grows in the interior. Currently, ADN Juvenil Puno is made up of five groups of young people, but we coordinate with more than 13 institutions, which we have invited to join the platform to work together”.

Both leaders thanked CARE Peru for its support and training that have allowed young people from Puno to participate and come forward with concrete actions for the benefit of young children. *“Young people play a fundamental role as agents of change, with our work we can collaborate in reducing poverty rates, helping to improve nutrition during early childhood, that is, managing actions that improve the quality of life of all the Puno”, mentions Yhiliam.*

“ ‘Joining Forces for Nutrition Peru’ not only brings together nutritionists but also young people from all professions. It is an active multidisciplinary team that engages in experience and knowledge sharing to build a stronger movement”, conclude the leaders.

Yhiliam Juárez

23 y/o

BSc, Nutrition

"I admire each of the members of ADN Juvenil Perú, because together with them we have changed our vision and we want to transform the fight against malnutrition.

"We have been trained, we have gained experience and we have grown as persons and institutions to change my region and Peru".



Rocío Quispe

25 y/o

Nutritionist



"We do comprehensive work, with professionals from all branches, and we also work to dispel some myths. In webinars, in virtual forums, parents ask us how to feed their children.

"During the pandemic we designed activities on social media to get closer to the community, not only with diptychs but also with videos and interaction".

Piura



Creating spaces in regional collectives



Grau Alliance Regional Youth Collective

Facebook: <https://www.facebook.com/colectivoalianzagrau>

Members:

- Escuela de Salud y Bienestar Social
- Asociación de Proyección Social Decídete Perú
- Jóvenes al Servicio de la Comunidad
- Red de operación 2030
- Intégrate Piura
- Red de Mujeres Interamericanas
- Red de Jóvenes Políticos
- Mujer Fuerte

Piura created a platform of organizations committed to influencing and intervening in immediate social spaces, from the local to the regional level, to contribute to the reduction of anemia and stunting and to liaise with government, industry and civil society organizations to promote collaborative surveillance.

Thus, in 2020, the Alianza Grau Regional Youth Collective was established as the regional chapter of ADN Juvenil Peru, confirming its regional identity.

“Uniting Forces for Nutrition Peru” works with young people from Piura since its onset in 2018. Young people have been trained in issues of advocacy, communication and collaborative surveillance.



Dan Urbina participated in the project as a member of the Decidete Peru Social Projection Association. Meanwhile, the province of Sullana is represented by Rafael Morales, a member of the 2030 Operation Network, a group that seeks to promote actions framed in the 2030 Agenda and the 17 Sustainable Development Goals.

Both leaders were trained by the project and provided with advocacy, collaborative surveillance and communication tools. They accompanied the drafting of the Governance Agreements and have promoted the monitoring of public spending by PAN, with information on the progress of the execution through periodic reports.

"Many of the young people in the group had no idea about the issue of the fight against anemia and stunting, or their to monitor the budget. Training gave us the knowledge and skills and now we are carrying out actions that will give results in the short, medium and long hauls", said Dan.

"In 2019 we participated in a national meeting and we discussed planned to create a regional organization, with the support of CARE Peru. This year we decided to form the group and want to strengthen it to engage more young people in the region and, also, to project ourselves throughout the country," he added.



"This year we defining our involvement with the Poverty Round Table, to formally request to participate in the Regional Executive Committee. We also coordinate with the Piura chapter of the Association of Nutritionists of Peru, Association of Psychologists and the Piura Interquorum Network, which has become a strategic ally of our group," said Dan.

"During the pandemic and lockdown we were forced to virtualize our processes, our

actions moved to the virtual world, through virtual platforms where we organized webinars", explains Rafael.

Dan added: *"In the medium term, we plan to organize a series of webinars, related to the seven prioritized results of the ECD, there we will apply a pre-test and post-test to the attendees, in order to have an input that allows us to do an analysis of the level of knowledge they have on the subject and, from there, propose a diagnosis and proposal for an action plan".*

"We must recognize that, at this time, youth organizations in the region are weak. At ADN Juvenil Peru we seek to strengthen the movement, in order to make our voice heard and raise the issue of malnutrition, which is our priority, on the regional agenda," added Dan.

He concluded that the ADN Juvenil Perú national platform is establishing itself as a serious forum and an alternative of national organization that will be sustainable over time, due to the commitment of its members.

The regional leaders, in a review of their activities, concluded they have grown institutionally, since evolved from isolated activities to more articulated work and finding allies in local governments that gave birth to the Grau Collective. *"We have evolved and grown as youth organizations in Piura,"* they highlighted.

Rafael said: *“Young people can start a storm that opens the eyes of the authorities and manages to raise awareness about the importance of ending anemia and malnutrition; our experience has shown we can participate, promote and sensitize the population about the importance of addressing malnutrition through specific policies and actions ”.*

Dan Urbina

29 y/o

Manager

Administrative Technician, October 26 District.
Municipality

“Fighting child malnutrition is investing in the present and the future; the young people of today must act for the young people of the future who (today) are early childhood.

“The fight against anemia and stunting is the best thing we can do for children to guarantee their full development and society’s as a whole”.



Rafael Morales

28 y/o

Computer and Systems Engineer

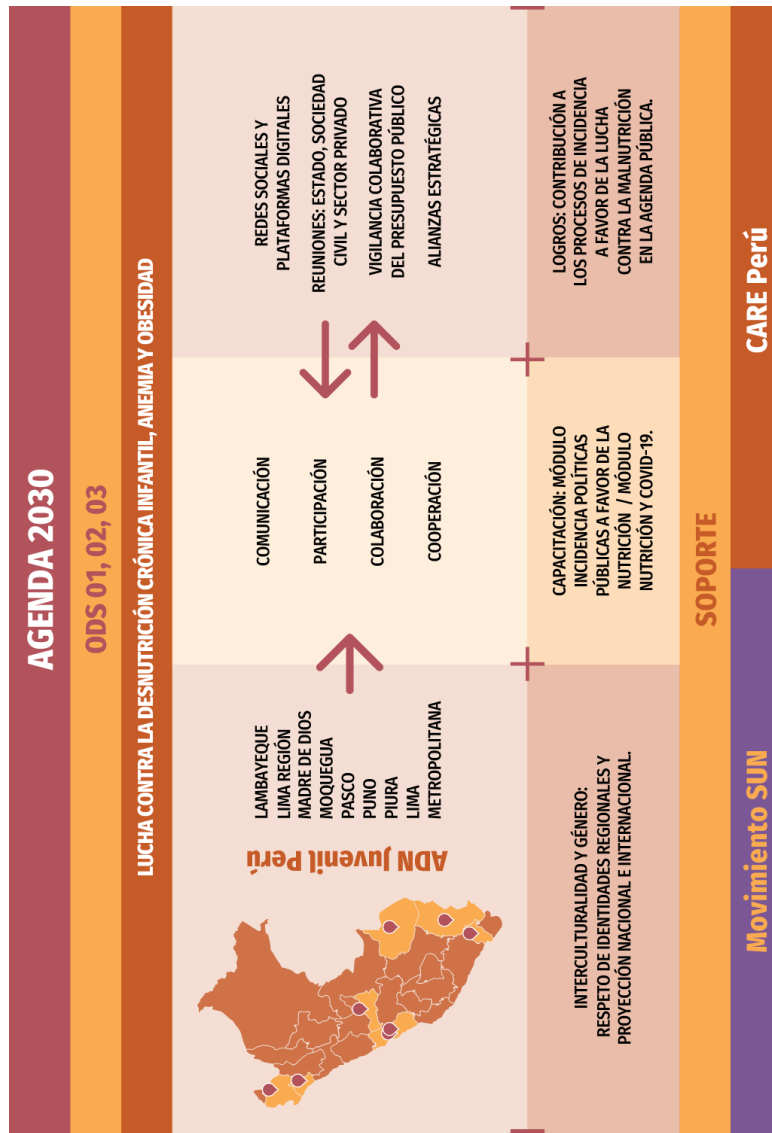
META 4 Leader, Provincial Municipality of Sullana

“Belonging to ADN Juvenil Perú is a challenge to articulate actions in favor of young children, laying the foundations for the new future. We can tell young people, “Young man, you have this space, here is a team that wants to work for children and it is throughout the country!”.

Conceptual map



Youth and the fight against malnutrition



Leaving a trace



Project conclusions and recommendations

The impact on development, the economic consequences, and the social and medical burden of global malnutrition are severe and durable for individuals and their families, for communities and for countries¹⁶.

- ⇒ Today's Youth Agenda includes the issues of malnutrition (stunting, anemia and obesity). Young people understand that the issue is cross-cutting and must be made visible to guarantee the integral development of society.
- ⇒ Malnutrition cuts across all strata, cultures, genders and social sectors. To fight it, we must adopt a comprehensive approach for the state to promote public policies; civil society to assume the role of collaborative monitoring and surveillance; parents to practice daily good eating and health habits; and the private sector to assist in creating food security.
- ⇒ CARE Peru, by training young people and equipping them, managed to strengthen organizations and empower their members. Young people take these inputs, assume and transform them, create new spaces, seek new horizons and projecting their actions across borders, to reach national and international level.
- ⇒ The training and support to organization, collaboration and cooperation activities, together with access to information on the effects, consequences and problems of malnutrition, promoted by CARE Peru, allowed youth organizations to recognize the importance of advocacy and collaborative surveillance. The Youth Agenda previously had as a priority volunteer activities, activism and assistance; today its members have been empowered through actions that contribute to political advocacy.
- ⇒ The Covid-19 pandemic did not stop the work of youth organizations; these digital natives, knew how to adapt to needs, reinvent themselves and create new spaces. The clearest evidence is the constitution of ADN Juvenil Perú, which brings together groups from all over the country and seeks sustainability and growth.
- ⇒ Social media and digital platforms have become tools that guarantee virtual connectivity between youth organizations. These technological resources allow them to debate, discuss, organize, prepare and develop plans and actions for the promotion

¹⁶ WHO. (2020). Malnutrition: facts and figures. November 20, 2020, at: <https://www.who.int/es/news-room/fact-sheets/detail/malnutrition>

and advocacy of public policies to combat malnutrition. However, we must recognize that not all organizations have the financial and technical access to Internet and telephony, which limits - but does not annul - their participation.

- ⇒ The leaders of ADN Juvenil Peru aim to achieve sustained political commitments from authorities, influence public policies so they promote better nutrition practices, and lobby an increase in public resources for national programs' budget, such as the National Articulated Program. All this without ruling out assistance actions for targeted groups, in coordination with the private sector.

In the project's two years of execution, the following objectives have been met:

- Youth organizations acquired, strengthened and consolidated their capacities to advocate better nutrition and fight malnutrition.
- Youth organizations use social media and other communication channels to disseminate information and awareness of the importance of nutrition on the public agenda, contributing to advocacy processes.
- Youth organizations carry out political advocacy efforts with sub-national authorities to guarantee nutrition shall be a priority in their public policies, in 2020. They also promoted interventions in response to the Covid-19 emergency.
- Youth organizations contribute to (national and subnational) government commitments through actions in favor of nutrition.

Scaling Up Nutrition / SUN Movements¹⁷

SUN brings together leaders from 62 countries whose objective is to end malnutrition in its different forms around the world, based on the recognition that good food and good nutrition are a right.

Peru joined the SUN Movement in November 2010; the focal point in the country is MIDIS.

In Peru, one of the projects it supported since 2018 is CARE Peru's "Joining Forces for Nutrition in Peru", whose main achievement is the strengthening of capacities of youth organizations to contribute to political advocacy processes. Within this youth dynamic, young people created the ADN Juvenil Perú national platform of organizations to fight malnutrition.

¹⁷ <https://scalingupnutrition.org/es/>

Peru ADN Juvenil

Decalogue

6

In order for youth organizations and groups to promote initiatives that contribute to achieving compliance with the SDGs and the 2030 Agenda, a decalogue of actions has been drawn up that seeks to achieve impact in the short and medium terms.

- Promote and establish the right to healthy food and nutrition with the implementation of community programs.
- Advocate authorities to invest in innovation, technology and digital transformation.
- Promote consuming native products to fight malnutrition, in addition to enriched or fortified foods.
- Encourage the formation of alliances with the state and civil society to end hunger.
- Make visible the importance of food security and improved nutrition.
- Foster sustainable plant and animal farming, and fishing.
- Make the voice of young people heard in sub-national and national spaces.
- Act against malnutrition with due respect for existing knowledge and from an intercultural approach.
- The gender approach should be considered across the board and promoting new masculinities.
- Capacity building is at the heart of developing youth potential and impacting advocacy processes.



CARE Perú

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