Welcome to the 4th issue of the ENACT project newsletter, where we share news about the ENACT and ENAF projects.

The ENACT module is a 10-11 week undergraduate course in planning, promoting and implementing effective nutrition education and communication. The module has been developed by the Food and Agriculture Organization of the United Nations (FAO), together with partner universities in seven African countries.

Piloting of the face-to-face version of the ENACT module has been successfully completed in all seven African countries.

Revision of nearly all ENACT course units now completed, following the analysis of extensive piloting feedback.

Two versions of a sample unit of the ENACT online module have been prepared and tried out. Further units are currently being developed.

A promotion/orientation package that covers a ¾-day to one day training workshop is now ready.

ENACT tutor training workshops are planned for West Africa and Central/South Africa in 2015.

ENAF, the new project for Francophone Africa, is now underway.

WHERE ARE WE NOW?

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- A promotion/orientation package that covers a ¾-day to one day training workshop is now ready.
- ENACT tutor training workshops are planned for West Africa and Central/South Africa in 2015.
- ENAF, the new project for Francophone Africa, is now underway.

1 Please see the first issue of the newsletter for more information on the ENACT project: http://www.fao.org/ag/humannutrition/nutritioneducation/69725/en/

The ENACT and ENAF projects are funded by the German Ministry of Food and Agriculture (BMEL).
The Aim of workshop was “Orientation for anyone interested in using the ENACT course.” The day turned out to be great learning experience for both participants and those already familiar with ENACT. The response from participants was very positive.

Most of the participants expressed interest in introducing the ENACT course to their universities, and in following a longer tutor-training course in order to do so. Many people expressed interest in using the online course.

Some participants were also interested in doing the actual ENACT course themselves, “I want to be a student first...”; “I am motivated to go through the entire course content and identify ways of introducing key concepts to Public Health Nutrition students.”

There were requests for the course to be made available to other health professionals such as nursing and medical students, Public Health Nutrition students, and also offered at diploma and postgraduate levels.

Mistaken food beliefs and practices are part of the ground on which new perceptions have to be built when carrying out nutrition education. Participants started off by looking at a few common myths, and sharing beliefs from their own countries:

“Young children shouldn’t be given meat and eggs, as it makes them steal” (Nigeria and Ghana)

“Colostrum is dirty and should be discarded” (Egypt)

“Turkish immigrants don’t consider oil to be fat, only butter is fat” (Sweden)

“Feeding children snails make them sluggish” (Nigeria)
The symposium was attended by over 80 people from Anglophone and Francophone Africa, with all seats taken, standing room only! The audience was interested and the discussion was lively, with many people expressing interest in using the course.

Piloting partners from five countries (Dr Gloria Otoo, Prof. Maria Nnyepi, Prof. Joyce Kinabo, Prof. Ignatius Onimawo, Mr Charles Nkwoala, Prof. Judith Kimiywe and Dr Dorcus Mbithe), together with Dr Paul Amuna, and Ellen Muehlhoff, Ramani Wijesinha-Bettoni and Yvette Fautsch from the FAO ENACT team, delivered brief presentations on various aspects of the ENACT project. The session was opened by Anna Lartey, Director of the FAO Nutrition Division.

In order to keep the interest of the audience and make maximum use of the allocated time, different speakers covered various aspects of ENACT, such as student reactions to the approach; outside (in-the-field) activities; the student project (working through the process of an educational intervention on a small scale); interactive tutorials; and the potential for future use of the module.

The highlight of the event was when five students from the University of Ghana shared their ENACT piloting experiences.

**WHAT WILL YOU REMEMBER OF THIS ORIENTATION SESSION?**

- “First, the very good spirit of the team: motivation and enthusiasm...”
- “The need for nutrition education in Africa is more pressing than before. This requires smarter ideas to solve the problems. ENACT fills this gap.”
- “The differences between the (ENACT) approach and routine teaching.”
- “The practical and down-to-earth and usefulness of the “content” as a whole.”
- “That having gone through a nutrition course does not necessarily make you an educator. Nutritionists need a practical feel on exactly how to go about educating ourselves and the public...”
- “The interactive nature of the session, which was excellent.”
After ANEC VI, the editorial team of Africa Nutrition Matters, the Newsletter of the Africa Nutrition Society, contacted ENACT with a request to contribute to a special issue on the ANEC VI conference. The invitation was based on the ENACT events having been “one of the feature events of the conference, having strong potential to impact nutrition in the African continent”. A write up regarding the ENACT events at ANEC VI will appear in the next issue (Combined issue ANEC and December 2014).

The ENACT team wishes to thank Dr Francis Zottor, Dr Paul Amuna, and the rest of the ANEC Secretariat, our Ghanaian tutors, and colleagues in the FAO RAF office for all their assistance in organizing the ENACT events at ANEC. Without your help, it would not have been possible!
3. ENACT presentation at the 44th Annual Conference of the Nutrition Society of Nigeria held in Owerri, Imo State from 2nd - 6th September 2014

Nigerian tutors Mr Charles Nkwoala and Prof. Ignatius Onimawo presented the project to their fellow nutritionists in Nigeria, many of whom had already heard about ENACT during the ANEC symposium and had expressed interest.

They reported that the response was extremely good, and that as expected, everyone was willing to be part of the course!

The current proposal is to replace the nutrition education component of nutrition courses offered at all Nigerian universities with ENACT, in addition to having ENACT as a in-service training programme.

"Every nutritionist at the conference acknowledged the need to use the ENACT course."

"The participants also wanted to know when implementation of the ENACT course will commence, and how they can participate in the training."

Charles Nkwoala
4. Funding for two longer tutor-training workshops next year in Africa

We are very happy to report that the German Ministry of Food and Agriculture (BMEL) has approved our request to extend some aspects of the project until September 2015.

The new grant includes funding to hold two workshops in the first part of 2015. Currently the plan is for these to run over 4-5 days, targeting 20-25 participants. One workshop will be for West Africa (organized by the University of Ghana, with Nigerian participation), while the other will cover South and Central Africa, organized by Kenyatta University, Kenya.

Please contact us (ENACT@fao.org) if you are seriously considering introducing ENACT to your university curriculum, and would like further training. Priority will be given to those who attended the Orientation workshop at ANEC. More news to follow!

**PILOTING IS FINISHED, WHAT’S NEXT?**

**Update from Dr Esi Colecraft, University of Ghana**

“Gloria and I have started our process of integrating the course. Our first step was to do a seminar in the department to share what we have done and get reactions to our proposal for adopting the course as one of the courses in our programme.

We managed to do the seminar this semester in October and both faculty and students were enthusiastic and thought it was an excellent idea. One of our faculty members even suggested that the course should be ‘just the beginning’ and the big picture would be for the course to ultimately evolve into a major component of our program, so that we eventually have a Nutrition Education major or minor that students can opt for. We were very pleased with the positive reactions.

Next we need to do the modifications that will enable us to implement the ENACT course in the context of how courses are structured in our department. We are thinking of having one of the students from the pilot, who has graduated and is available, to assist us with the re-packaging.”

*Well done, Esi and Gloria! Nigeria has also confirmed that they will be using ENACT with a new batch of students: “We just commenced a new session and we intend using the ENACT course to teach nutrition education and communication (NUD415).”*
OTHER ENACT NEWS

ENAF — the expansion of ENACT to Francophone African countries

After a competitive selection process that included scoring of proposals and an interview, five universities in Francophone Africa were selected:

- University of Abomey-Calavi, Benin
- University of Ouagadougou, Burkina Faso
- University of Ngozi, Burundi
- University of Dschang, Cameroon
- Centre Régional Spécialisé en Agriculture (CRESA), University Abdou Moumouni, Niger

Letters of agreement have been issued for each university to conduct an enquiry of their own country needs and capacity in nutrition education and nutrition education training, and to pilot the ENAF course (the French version of the ENACT course). Two lecturers from each university have been invited to participate at a first briefing of the ENAF project that will take place from the 4-6 February 2015 in Rome. Lecturers will be briefed on the organization and expected outcomes of the national enquiry, that includes i) a review of nutrition issues, nutrition education interventions and materials, policies, programmes and action plans, and the influence of publicity and the media, and; ii) an expert consultation aiming at collecting perceptions of the professional community on the actual status of nutrition education and nutrition education training in their country.

Piloting of the ENAF course is expected to start in June 2015. The ENACT materials are currently being revised by the ENAF team, and are being translated into French. The materials are expected to be finalized in April 2015 and will be presented at a pre-piloting workshop in May 2015.

With this new project, we hope to build on the ENACT partners’ experiences and successes, thus putting nutrition education on the agenda of training institutions in Francophone Africa.

Development of ENACT Online Course

The process of adapting the ENACT module to an online version is currently under way. Moodle (a type of Learning Content Management System) has been chosen as the learning platform due to its versatility and zero cost. A pilot unit has successfully been developed in consultation with experts in online course design.

The development of the online version has proved to be challenging, since the methodology used by ENACT, which involves a great deal of student activity, discussion and exploration, is not compatible with traditional online courses. Therefore we have had to develop and redesign most of the tasks to fit the online platform chosen, while keeping true to the learning objectives of the original face-to-face version. The online course is expected to be piloted by the end of 2015.

The online version of the ENACT module will allow for wider dissemination of ENACT, reaching international audiences working in Africa, as well as African universities with an interest and capacity in e-learning technology. We hope that the design of the course can also awake interest and possibly imitation in other areas of the world.
ENACT Promotion package
The material used for the Orientation Session at ANEC VI and at the Post-piloting workshop held in Addis Ababa in April 2014 has been revised, and is now ready for partners who wish to use it. This covers a ¾ day to 1 day workshop and provides a preliminary introduction to ENACT.

NESA FaceBook page
ENACT students continue to contribute news items on the NESA (Nutrition Education Students, Africa) FaceBook page, which now has over 700 likes. Jolly Buttowski (one of our Ugandan piloting students) recently wrote: “In fact quite a number of students in Uganda are carrying out their final year projects on nutrition education in various sectors like schools, hospitals etc. It is very encouraging that people are taking the topic seriously.” https://www.facebook.com/NutritionEducationStudentsAfricaNesa

International Home Economics Conferences 2015 (19-21 March 2015, Malta)
We have been invited to present ENACT at this conference. The conference theme is “Action for Family and Consumer Wellbeing: Home Economics Literacy bringing Skills to Life”. Jane Sherman and Ramani Wijesinha-Bettoni will be attending.

Farewell and welcome
Farewell and Welcome We are very happy to welcome Doris Rittenschober, Florence Tonnoir and Bianca Carlesi. Doris will be working on the online project while Florence is engaged on the ENAF project. Bianca Carlesi is supporting both ENACT and ENAF projects in a variety of ways. Amélie Baillargeon has finished her time with us and returned to Canada.

Our best wishes to Getenesh Berhanu, one of our Ethiopian ENACT tutors, on the birth of her new baby Abel!

THE SECOND INTERNATIONAL CONFERENCE ON NUTRITION (ICN2)
19-21 November 2014, FAO Headquarters, Rome, Italy

The Second International Conference on Nutrition (ICN2) was a high-level intergovernmental meeting that focused global attention on addressing malnutrition in all its forms. Over 2 200 participants from governments, civil society and the business community attended the conference. The two main outcome documents—the Rome Declaration on Nutrition and the Framework of Action —were endorsed by participating governments at the conference, committing world leaders to establishing national policies aimed at eradicating malnutrition and transforming food systems to make nutritious diets available to all.

The Framework lays out accountability mechanisms, including monitoring frameworks to track progress as well as nutrition targets and milestones based on internationally agreed indicators. Signatory countries should achieve specific results by 2025, including existing targets for improving maternal, infant and young child nutrition, and for reducing nutrition-related risk factors for non-communicable diseases such as diabetes, heart disease and certain cancers.
The role of food systems – the way food is produced, processed, distributed, marketed, prepared and eaten – is crucial in the fight against malnutrition. Many of the recommendations adopted by countries focus on ensuring that food systems become more sustainable and promote diverse and healthy diets. To this end, governments are encouraged to strengthen local food production and processing, especially by smallholder and family farmers, giving special attention to the empowerment of women.

While a food systems approach is important, other actions are also needed to complement and reinforce efforts to ensure that food security translates into improved nutritional outcomes. This is where nutrition education and information has a key role to play. Following the Rome Declaration on Nutrition and the ICN2 Framework of Action, Governments are urged to educate and inform their citizens about healthier eating practices and to build professional skills in nutrition education and dietary promotion strategies.

To help transform the commitments and strategies endorsed at the Conference into concrete actions to fight malnutrition, FAO has established the Action for Nutrition Trust Fund. FAO will support countries through the implementation of its Strategic Framework, with a focus on increasing knowledge and evidence and enhancing capacity for action at country level.

As part of our joint ENACT/ENAF initiative, excellent progress is being made in developing capacities in nutrition education in 12 African countries to address the challenges of malnutrition and poor dietary habits. ICN2 is providing new impetus and encouragement for us to continue to build on current successes and to extend and multiply efforts to further scale up ENACT. In 2015, we would like to focus our attention on expanding ENACT to new countries in Africa and to strengthen our network of participating universities, trainers and nutrition education practitioners.

*The ENACT team thanks all partners for their commitment, enthusiasm and hard work. We look forward to our collaboration in 2015 and wish you a Merry Christmas and happy, healthy and successful 2015!*

Ellen Muehlhoff

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**ICN2 RECOMMENDED ACTIONS FOR NUTRITION EDUCATION AND INFORMATION**

- **Recommendation 19:** Implement nutrition education and information interventions based on national dietary guidelines and coherent policies related to food and diets, through improved school curricula, nutrition education in the health, agriculture and social protection services, community interventions and point of sale information, including labelling.

- **Recommendation 20:** Build nutrition skills and capacity to undertake nutrition education activities, particularly for front line workers, social workers, agricultural extension personnel, teachers and health professionals.

- **Recommendation 21:** Conduct appropriate social marketing campaigns and lifestyle change communication programmes to promote physical activity, dietary diversification, consumption of micronutrient-rich foods such as fruits and vegetables, including traditional local foods and taking into consideration cultural aspects, better child and maternal nutrition, appropriate care practices and adequate breastfeeding and complementary feeding, targeted and adapted for different audiences and stakeholders in the food system.
# THE ENACT TEAM AND OUR PARTNERS

## FAO ENACT Team

Ellen Muehlhoff, Senior Officer/Team leader  
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Anthony Jennings, Consultant  
Ramani Wijesinha-Bettoni, Consultant  
Yvette Fautsch, Consultant  
Melissa Vargas, Consultant  
Florence Tonnoir, Consultant  
Bianca Carlesi, Consultant  
Doris Rittenschober, Consultant  

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<th>Botswana (University of Botswana)</th>
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<td>Prof. Maria Nnyepi</td>
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<td>Dr Esi Colecraft</td>
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<td>Mr Esayas Bekele</td>
<td>Prof. Archileo Kaaya</td>
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<td>Ms Getenesh Berhanu Teshome</td>
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<td>Dr Dorcus Mbithe</td>
<td>People’s University</td>
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Dr Paul Amuna from **Greenwich University (UK)** advises the ENACT team.

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