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Education for Effective Nutrition in Action **ENACT**



ENACT- Newsletter n ° 3 June 2014

Welcome to the 3rd issue of the ENACT project newsletter, where we share some of the piloting highlights, outcomes from the post-piloting workshop and other news.

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 countries¹

PILOTING HIGHLIGHTS

● **Very positive responses**

All partners agreed that the ENACT module was worth having: “a must-have” (Ghana). 83% of piloting students thought it essential for their professional training.

● **Requests for other versions**

All 7 partners want to adopt the ENACT module. They would also like to have a short course for in-service training of health workers, NGO staff, ministry staff etc., and a postgraduate course.

● **Disseminating ENACT**

Partners agreed that the use of ENACT should be expanded, first to other staff at their own universities, and then to other African universities.

WHERE ARE WE NOW?

- Piloting of the face-to-face version of the ENACT module has been completed in six African countries, with Nigeria on its way to completion.
- Over 100 students have successfully completed the ENACT module.
- Fourteen tutors (two from each country) are proficient in delivering the module.
- A post-piloting workshop was held in Ethiopia in April 2014, to share experiences and future plans.
- We are now analysing the piloting feedback, revising the module and developing the online version.
- The piloting partners are exploring ways in which they can use the ENACT course and integrate it into their university curricula.
- We are also discussing how to promote ENACT to other institutions and countries, with a promotion/orientation package being prepared.
- A new project for Francophone Africa (the ENAF project) was launched in January 2014.

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 FINAL PILOTING EXPERIENCES

Notes from Botswana, Ethiopia, Kenya, Nigeria and Tanzania

(Read about the piloting experiences of Uganda and Ghana in previous newsletters.)



A Nigerian ENACT student interviewing a student to find out about nutrition education activities at school.



Kenyan students conducting a nutrition awareness survey at a local market



An Ethiopian student interviewing a boy

Outside activities

Each unit of the ENACT module contains an “outside activity”, which gives students an opportunity to practise their new knowledge and skills in a real life context.

In one outside activity students interviewed mothers attending local clinics.

A Nigerian student reported....

Report on local maternity services

The health workers are doing fairly well in giving information, advice and support. They teach mothers to do exclusive breastfeeding as well what kinds of foods to eat...but they do not explain why mothers should eat what they are told to eat.

In Unit 2, students interviewed an elderly lady to find out about changes in diet over the years.

Botswana tutors commented:

“This was a good exercise because we cannot talk about a healthy diet without finding out what people eat.”





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Student project

Later in the course, the outside activities become a nutrition education micro-project, with needs assessment, planning, implementation and evaluation. Students find their own participants and prepare and document all stages of the project. Project teams consist of 2-3 students and there are 6-9 outside participants in each project group.



Tanzanian students with some project participants

Excerpts from an Ethiopian student's project situation analysis report:

Most of them do not eat fruit and vegetables even once in a week, rather they buy them for their children.

Surprisingly, most participants could explain the link between fruit and vegetable consumption and their health, although they don't consider them as foods.

...One of them said, "Here in my work I earn 14 birr (USD 0.70) a day, that is 420 birr (USD 21.5) a month. So how can I afford to eat fruit and vegetables at least once a day?"



One of the project participants from Botswana talking to other participants about the benefits of marula fruit





A Tanzanian student recruiting a project participant

From a Tanzanian student's project diary

I went to the motorcycle drivers and talked to them. They were so happy to be involved in a university project because they complained that they had never been involved in any project before....

It was one of their dreams to participate in the activities which are taking place at (the university).

I noticed the older the person is, the more he is committed to improve his health and that of his family, unlike the young adults...



ENACT students from Botswana presented their project work at the African Food and Nutrition Forum held at the University of Botswana, March 2014.

ENACT students continue to use the NESAs (Nutrition Education Students, Africa) FACEBOOK PAGE, which now has over 600 likes. Please feel free to visit, browse, contribute and like!

<https://www.facebook.com/NutritionEducationStudentsAfricaNesa>





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POST-PILOTING WORKSHOP, ADDIS ABABA ETHIOPIA, 7-11 APRIL 2014

Key outcomes

- The tutors reported that both students and tutors have greatly benefited from doing the ENACT course.
- The partners enjoyed trying out a sample module of the ENACT online course.
- The ENACT Orientation/promotion workshop was tried out on 12 participants from the Ministry of Health, NGOs and universities.
- The University of South Africa (UNISA) expressed interest in adopting ENACT for both face-to-face and online use.

Attending the workshop:

Twelve tutors from the seven partner universities, Dr Paul Amuna from the University of Greenwich, Dr Tertia van Eeden from the University of South Africa (UNISA) and members of the ENACT team.

Tutors presented feedback on the piloting, which included successes and challenges.

More about the workshop

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Tutors presented and discussed plans for integration/ use of ENACT (online or face to face) in their own institutions.

The ENACT team presented the analyses carried out on feedback received during the piloting. Course materials revised to date were reviewed, together with a new mini-unit on nutrition education theory, and further ideas for revision were collected.

Ideas were discussed for promoting the ENACT course and extending the ENACT network in order to ensure more widespread use of the course.

Dr Tertia Van Eeden from the University of South Africa (UNISA) made a presentation on UNISA's e-learning courses. UNISA is interested in adopting ENACT for both paper-based and online use. They can also offer the ENACT partners the possibility of being facilitators for their own online user communities.



What the tutors said

(Summary of tutor presentations)

- Tutors were very satisfied with the materials and appreciated the ENACT approach: hands-on and learner-centred, with exposure to real life situations.
- This approach made students less dependent on tutors, fostered independent thinking and boosted students' confidence.
- Tutors reported that they had increased their knowledge in the subject matter and learned new facilitating skills.
- The module needs to be reduced to fit into a regular university semester.

ENACT orientation session

The workshop included a half day “ENACT orientation session” for local non-project participants.

Feedback collected from the participants showed that they had enjoyed the session; they all felt that there was a need for ENACT in Ethiopia.

We would like to thank all our guests who attended the orientation session, our tutors Mr Charles Nkwoala (Nigeria) and Dr Christine Magala-Nyago (Uganda) who facilitated the session, the Kenyan tutors for their presentation, and our Ethiopian tutors for their presentation and all their help.

Feedback received from this trial session has been very useful for revising the contents and programme. A revised version of the ENACT orientation and promotion package (which consists of a half-hour presentation and a half-day workshop) will soon be available to partners for use.

Kenyan tutors used the half-hour presentation at the International Nutrition Conference in Kenya (see Box on page 7). Nigerian tutors will be using this presentation at the 44th Annual General Meeting & Scientific Conference of the Nutrition Society Nigeria this September.



Possibility of ENACT being adopted across Kenya

- Kenyan tutors gave a briefing on their ENACT presentation at the International Nutrition Conference in Kenya in March 2014.
- Feedback received was excellent.
- The Kenya Nutritionists and Dieticians Institute (KNDI) requires all universities teaching Nutrition to offer Nutrition Education as a core unit at undergraduate level. KNDI suggested that the ENACT module should be adopted wholesale.
- A committee has been formed to follow this up with KNDI.

(Kenyan Tutors' presentation)

OTHER ENACT NEWS

ENAF (Le projet ENACT en Afrique francophone)

The ENAF project—the expansion of ENACT to Francophone African countries—has officially started. Once the ENACT materials have been fully revised and are in their final format, they will be translated into French for use in the ENAF project.

The selection of partner institutions is now under way. A call for proposals has been sent to 13 universities in francophone Africa.

Four partners from different countries will finally be selected to pilot the ENAF course (the French version of the ENACT course) and provide feedback on adaptation needed, successes, challenges and lessons learnt.

National consultants will be hired to undertake an enquiry of their own country needs and capacity in nutrition education and nutrition education training.

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. We are also hoping to link up with regional initiatives such as the West Africa Nutrition Capacity Development Initiative (WANCDI; UNICEF-WAHO) to exchange experiences and lessons learnt.

Evidence that the ENACT approach works?

Prof. Maria Nnyepi, who also teaches a course on therapeutic nutrition at the University of Botswana, made the following observation:

"About 8 of the 30 students in the therapeutic nutrition course were also in the ENACT course.... ENACT students were far stronger (than the other students) in developing nutrition care objectives for the various diet-related interventions that the client needed.

As they worked on the interventions/management/counselling, they were also much stronger in formulating clearer, more feasible and measurable nutrition actions that the client needed to take. So the ENACT course has added value in student performance even in other courses."



6th African Nutrition Epidemiology Conference (ANEC VI), Ghana, July 2014

- Symposium session

Title: FAO: Training in Nutrition Education and Communication

Date: Wednesday, 23rd July, 2014.

Time: 1.15pm-3.15pm

Chairpersons: Ms Ellen Muehlhoff and Dr Paul Amuna
Our tutors from Botswana, Ghana, Kenya, Nigeria and Tanzania who are already attending the conference, will be speaking, together with Dr Paul Amuna and members of the ENACT team.

<http://nutritionghana.org/anec6/index.php/scientific-programme/symposia>

- Orientation/promotion workshop

Title: NEW undergraduate module in Nutrition Education and Communication from FAO: HANDS-ON WORKSHOP for staff from universities/training institutions

Date: Sunday, 20th July, 2014.

Time: 10.00am – 2.30pm

Chairperson: Mr Mohamed AgBendech

Facilitators: Dr Gloria Otoo and Prof. Judith Kimiywe

Purpose of this workshop: To provide a course orientation for staff interested in introducing or upgrading the Nutrition Education and Communication element in their capacity development programme. The workshop is free, but please apply early if you would like to attend, as places are limited.

<http://nutritionghana.org/anec6/index.php/scientific-programme/pre-conference-symposium>

Society of Nutrition Education and Behaviour (SNEB) Conference (June 28 - July 1 2014, USA)

Ellen Muehlhoff has been invited to speak at the 2014 SNEB Annual Conference **Nutrition Education Impact: Local to Global**. The title of her presentation will be: "The Food and Agriculture Organization's ENACT Project: Capacity building and professional training approaches in nutrition education".

Farewell and welcome

Cristina Alvarez, who has been a part of the ENACT team right from the start, will be leaving to start her PhD at Columbia University. She will be working with Prof. Isobel Contento, the world-renowned expert on nutrition education. We wish Cristina every success, and will miss her very much.

We welcome Yvette Fautsch, a nutrition consultant who has been with FAO for two years working on different projects related to nutrition education. She joined the ENACT team in January 2014 and is now coordinating the activities of the ENAF project.

We also welcome Amélie Baillargeon, who is doing her MSc in Nutrition at Université de Montréal (Québec, Canada). Amélie joined us in February and will be with us until mid-August. She is involved in both ENACT and ENAF projects.



Melissa's thesis

Melissa Vargas has completed her Masters thesis on students' perceptions of effective nutrition education. She analysed the feedback received from 28 ENACT piloting students, and developed a tool that can be used by future ENACT tutors.

A big thank you to all the ENACT tutors and students who collaborated in validating her questionnaire.

AJFAND paper

Our paper titled "Undergraduate module on Nutrition Education and Communication for Africa: profiles of potential students" has been accepted for publication in the African Journal of Food, Agriculture, Nutrition and Development (<http://www.ajfand.net/Volume14/No3/index3.html>). Our sincere thanks to all the students who completed the questionnaires, and for tutors who helped in collecting the data.

CONDOLENCES

We were extremely sad to be informed that Ms Michelle Kamau, one of our Kenyan ENACT piloting students, had passed away. Our thoughts are with her family and friends at this difficult time.

Michelle was full of joy and had such a pleasant smile. She had an excellent academic record — first class material. She contributed immensely to the FAO ENACT module piloted at Kenyatta University. She had a peculiar style of critiquing things/issues-that provoked useful discussions. She made ENACT tutorial sessions lively. She was a responsible and honest student. Since we had become the ENACT family, her ENACT colleagues referred to her as "Our Michelle" — something we now miss. We thank God for giving us the opportunity to interact with Michelle and to learn from her.

Rest in peace Michelle.

Dr Dorcus Mbithe, on behalf of the ENACT team,
Kenyatta University, Department of Foods, Nutrition
& Dietetics, 2014.

ICN2
Second International
Conference on Nutrition



THE SECOND INTERNATIONAL CONFERENCE ON NUTRITION (ICN2)

ICN2 is an inclusive inter-governmental meeting on nutrition, jointly organized by FAO and WHO. It will be held at FAO headquarters in Rome from 19-21 November 2014.

The conference will review progress made towards reducing hunger and malnutrition since the first conference in 1992, and will address global nutrition challenges covering both over- and undernutrition. Participants include government leaders and high-level representatives from agriculture and health sectors, as well as leaders of UN agencies, researchers and representatives of civil society. Additional information can be found at:

www.fao.org/ICN2



THE ENACT TEAM AND OUR PARTNERS

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Prospective partners for the online piloting

University of South Africa (UNISA)

People's University

Dr Paul Amuna from **Greenwich University (UK)** advises the ENACT team.

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