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Topic: Capacity development for public health nutrition

Title: Building competence in effective nutrition education training –an imperative for improved public health nutrition

Presentation Type: Workshop

Purpose: To build skills in effective nutrition education training.

The technical content: Concepts in nutrition education, communication, social marketing and communication. Proven teaching and learning strategies using blended learning techniques. Hands-on introduction to FAO/ Effective Nutrition in Action (ENACT) online training course.

Target audience: Participants engaged in teaching and training in food and nutrition at undergraduate level.

Means of engagement: Interactive presentations with 3-5 minute audio-visual clips to stimulate discussion and debate. Participants will be engaged in group work to complete scenarios and case-studies. Groups will provide feedback in using a variety of formats like role-play, flipchart, story-with-a-gap and demonstrations.

Motivation:

Technical merit: Through a literature review and needs assessment exercise, the FAO demonstrated the relevance of Nutrition Education and Communication (NEC) for successful food and nutrition security interventions as well as the need for professional training in NEC. In the former, the FAO has provided guidelines for the design and implementation of “good NEC” which includes; a process diagram integrating the essential features of current models, lists of attested strategies for successful NEC, and appropriate processes in formative research, learning design and evaluation. In the latter, for “good NEC training”, a checklist of recommended features, covering the design process, learning outcomes, curriculum and methodology are provided. Additionally, the FAO/ENACT course has been developed to contribute to addressing capacity gaps in professional training in NEC.

Relevance to the topics: Poor nutrition is a major public health problem, globally and is usually a consequence of inadequate availability and/or access to nutritious food options, and ignorance or both. This workshop will examine and explore the concepts of Food and Nutrition Education for sustainable Behaviour Change, with respect to improved dietary behaviours of individuals and groups.

Nutrition education is a tool for raising awareness, stimulating creative and innovative thinking to facilitate changes in behaviour and attitudes, and building skills and confidence people need to improve their dietary practices. However, the process of carrying out effective nutrition education must be learnt, internalized and practiced to achieve sustainable changes and improvements.

Engagement of diverse contributors: The presenting team includes tutors who have successfully completed the 4-day training workshop on ENACT professional training course in nutrition education and have applied it to the learning environment for students in contact and on-line modules, with skilled and experienced practitioners who have developed, implemented and evaluated nutrition education and communication programmes.

Active involvement of the audience: This is an interactive workshop using a blended teaching and learning approach with presentations and hands-on individual and group activities with the online materials.

(v) Tangible outcomes: A database of workshop participants will be established for follow up and feedback on using the FAO/ENACT resource materials and to establish a Nutrition Education and Communication Network. Participants will complete a skills and competency questionnaire for using blended learning techniques. All completed case-studies and scenarios will be compiled as a resource file for participants.

Conflict of interest: No Conflict of interest to disclose.