

Report on the

**Technical consultation to finalize the
training module on management of nutrition
programmes for senior health managers**

Cairo, Egypt
3–5 July 2006



**World Health
Organization**

Regional Office for the Eastern Mediterranean

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1. INTRODUCTION

The World Health Organization (WHO) Regional Office for the Eastern Mediterranean (EMRO) organized a technical consultation to finalize the training modules on management of nutrition programmes for senior health managers at the Regional Office in Cairo, Egypt, from 3 to 5 July 2006. The consultation was attended by six temporary advisers, each expert in the delivery of nutrition programmes at national level, and a representative from the United Nations Children's Fund (UNICEF) Regional Office for Middle East and North Africa.

In his message to the technical consultation, Dr Hussein A. Gezairy, WHO Regional Director for the Eastern Mediterranean, welcomed the participants and pointed out the importance of effective management of nutrition programmes. Dr Gezairy noted that not more than 50% of the countries of the Region would likely achieve the first Millennium Development Goal, which called for a reduction by half of the malnutrition rate among young children.

Insufficient understanding and inappropriate application of the concepts of nutrition interventions remained major impediments towards an effective management of nutrition programmes. The objective of the technical consultation was to finalize the training module to assist Member States to establish effective management of national nutrition programmes. The training module also had the potential to serve as a reference material for those interested in undertaking advocacy and sensitization of policy-makers and programme managers for nutrition promotion.

Dr Mahendra Sheth and Dr Habiba Wassef were elected Chairpersons for the consultation, and Dr Shashi Gupta served as the Rapporteur with technical assistance provided by the Secretariat. The agenda, programme and list of participants are attached as Annexes 1, 2 and 3, respectively.

In her introductions of each of the eight modules, Dr Shashi Gupta, the primary author of the training modules, highlighted the key technical issues in each module. Every introduction was followed by discussion.

2. DISCUSSION OF MODULES

2.1 Module 1: Overview of nutrition in development

Highlights

- importance of nutrition for human resource development with special reference to health, productivity, economic growth and national development
- considering nutrition as a national development agenda
- integrating nutrition concerns in developmental planning and programming
- history of nutrition programmes including International Conference on Nutrition (ICN), MDGs

Recommendations

- Module 1 should include intersectoral coordination mechanism at different levels, building alliances and a list of all international events relating to nutrition since 1990.
- The text on ICN and MDGs including indicators should be in the annex.
- Community participation, globalization and poverty and malnutrition relationship should also be incorporated in this module.
- Two flow-charts on intersectoral coordination from the WHO/EMRO technical publication no 15 (1990) should be incorporated in the module.
- The nutrition situation should be described and a plan of action drawn.

2.2 Module 2: Multifaceted nature of malnutrition

It was decided to designate Module 3 as Module 2.

Highlights

- relationship between nutrition and health
- malnutrition – a manifestation of socio-economic deprivation
- determinants of malnutrition including the ‘invisibility of malnutrition
- social dimensions of malnutrition including lack of awareness of malnutrition

Recommendations

- The module needs to be rewritten in an abridged form.
- Issues such as community nutrition equation and nutrition–environmental–immunization nexus are to be deleted.
- The internationally accepted causality diagram on malnutrition should be incorporated in the module.

2.3 Module 3: Nutrition assessments and interventions (revised title to replace *Nutrition scenarios*)

Highlights

- overview of nutrition situation analysis in the Region
- diet and nutrition surveys for assessing nutrition status
- other indicators for assessing nutrition status
- assessment of nutritional deficiencies in field conditions
- programme development and partnerships with stakeholders

Recommendations

- The data tables should be updated to reflect regional development, health and nutrition situations.

- Success stories from Member States should be included that reflect improvements in nutritional status of the population – Islamic Republic of Iran, Oman.
- Information on the new growth charts should be included.
- Cut-off levels for various deficiencies should be mentioned.
- Issues relating to low birth weight and perinatal mortality should be discussed.
- Zinc, folate, vitamin D and calcium deficiencies should be included.
- The issue of optimal fetal development should be included.
- Fast foods and globalization should be discussed.
- Importance of trend analysis should be discussed.
- Private–public partnership should be highlighted, along with the involvement of civil societies in local food production.

2.4 Module 4: National nutrition policy

Highlights

- what is a nutrition policy
- essential component of a nutrition policy
- basic requirements for formulating a nutrition policy
- putting nutrition policy into operation
- formulating national plan of action on nutrition
- intersectoral coordination mechanism at various levels

Recommendations

- The module should be prescriptive in nature with its size reduced.
- The figure depicting the vicious cycle of poverty should be deleted.
- Appropriate references should be provided.
- ‘Box items’ on national nutrition policy/strategy from Bahrain, Islamic Republic of Iran, Jordan, Oman, Pakistan should be included.
- The term ‘horticulture’ should be replaced by the term ‘agriculture’.
- Policy issues related to food, education and agriculture sector must be included.
- The introduction of nutrition as a discipline in academic activities at the school, college and university levels should be mentioned.
- Noncommunicable diseases and the life-cycle approach should be discussed.

2.5 Module 5: Nutrition of different population groups

Highlights

- importance of infant and young child nutrition
- developing a national strategy and program on Infant and young child feeding
- making low cost nutritious foods available at community level in partnership with the industry and community
- nutritional needs of preschool and schoolchildren
- nutrition of adolescents, pregnant and lactating women and elderly

Recommendations

- The focus should be on family.
- The life cycle approach, diet-related chronic diseases, healthy eating and physical exercises should be included in the module.
- A list of iron, vitamin A and vitamin C-rich foods should be included.
- Early childhood care and feeding and development should be included.
- Nutrition of adolescents should focus on obesity, feeding habits, behavioural issues.
- The current recommended daily allowance (RDA) values indicated in the draft should be replaced with recent WHO/FAO references.

2.6 Module 6: Awareness generation on nutrition*Highlights*

- importance of nutrition advocacy and sensitization of political leaders and policy-makers
- capacity-building of programme managers and officials
- education of community for nutrition promotion
- mass media communication
- behavioural change communication
- development and dissemination of training materials
- healthy eating for preventing diet-related chronic diseases

Recommendations

- Nutrition should be included in the curricula of schoolchildren.
- Reference should be made to food-based dietary guidelines.
- The module needs the input of programme communication expert at a later stage.
- The first three paragraphs of the section on 'healthy eating for preventing diet-related chronic diseases' should be moved to Module 5.
- The section 'healthy tips' will receive inputs from Dr Nawal Al-Hammad.

2.7 Module 7: nutrition information and mapping system (revised)*Highlights*

- what is nutrition surveillance
- objectives of nutrition surveillance and monitoring
- indicators and 'triple A' approach
- community-based monitoring mechanism

Recommendations

- Examples should be included from the national nutrition programmes of Egypt, Kuwait, Somalia, Tunisia.

- The risk-related approach should be included.
- The triple A process cycle should be retained.
- The Iranian *behvarz* system based on growth monitoring should be included.
- The flow chart of community-based monitoring mechanism of Islamic Republic of Iran, Kuwait and Tunisia should be included.
- The generic model of community-based monitoring mechanism should be retained.

2.8 Module 8: Developing strategies for achieving nutrition goals

Highlights

- setting vision, mission and goals
- bringing nutrition issues centre-stage
- interventions required for achieving nutrition goals
- mobilization of partners
- administration and monitoring

Recommendations

- Nutrition should be brought to the forefront.
- The module should include mobilization of partners in place of bringing nutrition issues centre stage.
- The phases of life cycle approach should be used in place of age ranges.
- National nutrition infrastructures from Member States (Islamic Republic of Iran, Kuwait, Qatar, Sudan, Pakistan) should be included.
- The glossary of terms should be appended.

3. NEXT STEPS

The following additional comments and suggestions were made by the group:

- The duration of training should be of two working days.
- At a later stage, a shortened version of the training module of half-day duration to be developed for advocacy and sensitization of policymakers.
- All the eight modules will be used as a single training programme.

Time-line

- Feedback from temporary advisers to be provided to Dr Gupta by end July 2006.
- Revised module to be forwarded by Dr Shashi Gupta to EMRO by mid December 2006.
- Revised module for review at the second technical consultation on 19–20 February 2007 (provisional).

Responsibilities

Dr Habiba Wassef will provide the following information:

- structure for nutrition policy coordination of Egypt;
- impact of globalization in the Middle East;
- dimensions of physical exercise;
- food intake monitoring system of Tunisia;
- text on life cycle approach.

EMRO will provide the following information:

- Jordan food and nutrition policy;
- Sudan nutrition infrastructure;
- Pakistan national food and nutrition policy;
- regional immunization and NID schedule for the Eastern Mediterranean and North Africa Member States (jointly with UNICEF MENARO).

Dr Sheikholeslam will provide the following information:

- national nutrition policy;
- national experience in nutrition monitoring through the *behvarz* system;
- case finding exercise and application of monitoring;
- use of vital horoscope;
- organizational chart for nutrition set-up;
- Iranian school meal programme.

Dr Nawal Al-Hammad will provide the following information:

- Kuwait experiences in nutrition monitoring and surveillance system;
- tips on healthy eating.

Dr Khairya Moosa will provide the following information:

- organization chart of nutrition set-up in Bahrain;
- coordination with various governmental and non-governmental organizations;
- draft national nutrition policy;
- how nutrition is integrated into family practice residency programme.

Dr Hamda Qotba will provide the following information:

- flow chart / organizational chart of nutrition department;
- experiences on surveillance system;
- how nutrition training is integrated into medical and nursing education.

Annex 1

AGENDA

1. Inaugural session
2. Overview of Module 1 Nutrition programming
3. Conclusion and recommendation for Module 1
4. Overview of Modules 2 and 3, Nutrition scenario and multifaceted nature of malnutrition
5. Conclusion and recommendation of Modules 2 and 3
6. Overview of Module 4 National nutrition policy
7. Conclusion and recommendation of Module 4
8. Overview, conclusions and recommendations of Modules 5–8
9. Growth monitoring and food aid in complex humanitarian emergencies – World Food Programme’s perspective
10. Closing ceremony

Annex 2

PROGRAMME

Monday, 3 July 2006

08:30–09:00	Registration
09:00–09:45	Inauguration Message of Dr Hussein A. Gezairy, Regional Director, WHO/EMRO Introduction of participants Election of Chairperson and Rapporteur
09:45–10:00	Overview of module 1 Overview of nutrition programming <i>By Dr Shashi Gupta, WHO Temporary Adviser</i>
10:00–12:00	Discussion
12:00–13:30	Conclusion and recommendation for module 1
13:30–13:45	Overview of modules 2 and 3 Nutrition Scenario and Multifaceted nature of malnutrition <i>By Dr Shashi Gupta, WHO Temporary Adviser</i>
13:45–16:00	Discussion

Tuesday, 4 July 2006

08:30–09:30	Discussion (cont.)
09:30–10:15	Modules 2 and 3: conclusion and recommendation
10:15–10:30	Overview of modules 4–National Nutrition Policy
10:30–13:30	Discussion
13:30–14:00	Modules 4: conclusion and recommendation
14:00–14:15	Overview of modules 5 and 6: conclusion and recommendation Different Population Groups and Awareness Generation on Nutrition <i>Dr Shashi Gupta, WHO Temporary Adviser</i>
14:15–16:00	Discussion

Wednesday, 5 July 2006

08:30–09:30	Discussion (cont.)
09:30–10:15	Module 5 and 6: conclusion and recommendation
10:15–10:30	Overview of modules 7 and 8 Nutrition Monitoring and Surveillance and Strategies for Achieving Nutrition Goals <i>Dr Shashi Gupta, WHO Temporary Adviser</i>
10:30–15:00	Discussion
15:00–15:30	Module 7 and 8: conclusion and recommendation
15:30–15:45	Closing Ceremony

Annex 3

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