

**TRIP REPORT**  
**CAIRO, EGYPT**  
**July 7-25, 1984**  
**and**  
**August 12-29, 1984**

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## **I. Purpose**

The trip was undertaken to:

- o assist in implementing expanded field trials of observational techniques for obtaining food intake data on individuals in Kalama households
- o assist in resolving problems and issues associated with household food intake methods, assist in resolving problems and issues associated with food analysis and food and nutrient computations, and assist in developing plans for determining the nutrient values of local foods
- o assist Co-PIs and Egypt Senior Investigators in responding to the site visit and project evaluation by two members of CRSP External Evaluation Panel
- o assist in expediting economic and sociodemographic updates in CRSP target households
- o assist in modifying field observational approaches (child care/care-giving, individual and household hygiene and sanitation, time use/allocation and aspects of toddler food intake) in order to achieve an integrated plan
- o participate in nutriethnographic research in Kalama during August; develop management principles and assist with local arrangements for project data entry in Egypt
- o assist investigators in training field workers in specific research activities
- o assist in implementing project data management procedures
- o assist with general CRSP management as needed

## **II. Achievements (Associated with Goals)**

1. Held extensive discussions with Dr. Wafaa Moussa (and some discussion with Co-PIs) on alternative approaches to obtaining more accurate data on individual food intake of targets, with special reference to the target toddler. Reviewed a modified "observational" approach which is now being used by three Kalama residents in their relatives' homes. Assisted in developing plans for continuing this work on twenty-three additional core and non-core households through September 15, 1984. We expect to have adequate data for comparing the current CRSP method (oral reports combined with weighing) with the alternative, systematic observation, recording and weighing of food preparation, distribution and consumption.
2. Held extensive discussions with Drs. Wafaa Moussa, Ahab Hegazi and Ahmad Dakroury on project needs for food analysis, identified 10 foods providing 70-90% of the caloric intake of Kalama residents and specified level of adequacy for the nutrient data base for these specified foods. We developed specific plans for sampling representative food patterns for analysis. Dr. Wafaa volunteered to prepare detailed step by step procedures (with examples) used in recording and computing food intake, Kcalories and nutrients in order to resolve misunderstandings about the present approach. Dr. Wafaa also

volunteered to obtain a group consensus on principles used by individual dietitians in estimating portions of food consumed by different individuals when sharing communal dishes, including bread.

3. Held excellent and fruitful discussions with Dr. Philip Payne and Jerry Keusch during the three-day site visit.
4. Economic and sociodemographic updates of all CRSP households will begin on August 1, 1984 with Mr. Ragae in charge. Instruments for update work (provided in February, 1984) were being used during my July trip by Mr. Ragae to train the three social workers responsible for the update work in the field. This means that updates will be done every six months (not every three months). Also, there will be no six-month interval update on the 60 households who entered the study between November, 1984 and January 1985. (These households should have been done in May, June and July on a six-month schedule, or in February, March and April on a three-month schedule. Updates on the first 60 households, currently out-of-phase, are planned for August, September, and October, 1984.) We expect that all core households, approximately 246, will be interviewed at regular intervals every six months. Data were being collected, successfully, during my August trip.
5. Assisted Dr. Hekmat Aly in developing an integrated plan for the observational works. An integrated plan for field observations is now in place. Measures of time use/allocations on target individuals will commence on August 1 and will be integrated with care-giving schedules. Quality control measures are automatically built in for both research components.
6. Assisted the Co-PIs with overall CRSP management activities, with special emphasis on data management, data flow and data resolution.
7. Initiated discussions with the third Egyptian data entry service in Egypt. Developed procedures for continuing the negotiations.

### III. Calendar of Events

Thursday, July 5	Left Kansas City for New York, 9:00 a.m.
Saturday, July 7	Left New York for Cairo, Egypt 9:00 p.m.
Sunday, July 8	Arrive in Cairo, 5:30 p.m.
Monday, July 9	Meeting with Dr. Galal and Dr. Harrison Meeting with Dr. Hekmat Aly
Tuesday, July 10	Meeting with Dr. Hekmat Aly Meeting with Dr. Wafaa Meeting with Dr. Galal
Wednesday, July 11	Meeting with Saneya Meeting with Raggia Meeting with Nancy Meyer
Thursday, July 12	Staff meeting, 10:30 a.m. - 3:30 p.m.

Friday, July 13	Holiday
Saturday, July 14	Village - Food intake data with new households
Sunday, July 15	EEP-NI and Kalama: Overview N.I. and at Kalama
Monday, July 16	EEP-NI and <u>Kalama</u> spec. F.I. 2 times and Data Management
Tuesday, July 17	EEP-NI and Nile Hilton, Galal and Harrison at N.I. and Hilton, Meyer at N.I.
Wednesday, July 18	Dr. Saneya and Mr. Ragae
Thursday, July 19	Dr. Hekmat at N.I. and Mr. Ragae
Friday, July 20	Holiday
Saturday, July 21	Dr. Wafaa at N.I. and Nancy Meyer and DMU
Sunday, July 22	
Monday, July 23	Revolution Day - Holiday
Tuesday, July 24	Meeting with Drs. Saneya Wahab, Wafaa Moussa, Osman Galal, Gail Harrison, and Ms. Nancy Meyer
Wednesday, July 25	Leave for Kansas City
Sunday, August 12	Arrive Cairo, Egypt, 2:40 p.m. Met with Drs. Galal, Harrison and Shaheen in dinner meeting at Dr. Galal's home
Monday, August 13	Nutrition Institute. Met briefly with many field workers and investigators, including Drs. Galal, Harrison, Shaheen, Gardner, for extended periods, and Moussa, Aly, Hegazi and Dakroury for shorter periods. Dr. Harrison's last day. Used time for turnover of responsibility.
Tuesday, August 14	Alexandria with Drs. Ahab and Gardner
Wednesday, August 15	Worked with Dr. Soheir Sukkary-Stolba in Kalama on procedures for reporting Nutriethnography. Brief discussion with Sawsan Abd El Ghany regarding her master's thesis on nutrition of adolescents in two different Egyptian villages. An attempt was made to delve into "food beliefs".
Thursday, August 16	Nutrition Institute. Worked with Angel on problems pertaining to sociodemographic update,

particularly to resolve problems arising from changes made independently on the instrument. Forty-four completed schedules will have to be corrected. Assisted DMU (Efat) in further resolving this problem.

- Friday, August 17** Worked with Dr. Hekmat on problems pertaining to Activity, Child-Care and Personal and Household Sanitation.
- Saturday, August 18** Worked with DMU on problems with change in respondent status and other sampling matters. Worked with Nancy Meyer - her first day back from vacation. Extended work with Dr. Hekmat Aly.
- Sunday, August 19** Al-Ahram Management and Computer Center to discuss data entry in Egypt. Conferred with Mustoffa Gholi - Head, Scientific Applications and with Aly Ghoneim - Center Director Accompanied by Nancy Meyer and Dr. Saneya Wabah.
- Monday, August 20** Kalama - fieldwork with Dr. Hekmat and her team  
- Conference with Dr. Soheir Sukkary-Stolba  
- Conference with Bev Beaton re format for Al-Ahram Computer Center.
- Tuesday, August 21** Worked with Jedd Gardner on status of RMR training and of the Dechman Cart. Dr. Morsy has been trained and is capable; however, there are problems with (1) the machine - Bechman/Geneva has been contacted to repair; (2) lack of electricity; however, generator is working; (3) gaining entrance to doctor's residence where machine is located.
- Wednesday, August 22** Worked on instrument updates with Dr. Hekmat Aly and her group  
Worked on proposal for the Computer Center with Nancy Meyer and Saneya Wabah. It seems that we should consider data input in Cairo for morbidity and food intake as top priority and phase in other data in time. Of course, the decision would have to be based on cost, logistics, and availability of N.I. staff to assist in data processing and verification.  
Conferred with Dr. Saneya Wabah on approaches to supplying missing data to the Kansas DMU. This matter will be discussed further with Senior Investigators at tomorrow's meeting.
- Thursday, August 23** Meeting with Dr. Wafaa Moussa on multiple issues

pertaining to food intake. Weekly meeting of investigators.

**Friday, August 24**

Trip to Kalama market and extended conference with Dr. Soheir Sulkary-Stolba and her assistants.

**Saturday, August 25**

Conference with Dr. Nargis Bassily concerning her printout.

**Sunday, August 26**

A series of meetings with Dr. Saneya Wabah and Nancy Meyer; Drs. Farouk Shaheen and Ehab Hegazi and Mr. Mustaffa el Koly of the Al Ahram Management and Computer Center.

**Monday, August 27**

Kalyub market with Dr. Soheir Sulkary-Stolba and her assistants. Meetings with Nancy Meyer and Saneya Wabah.

**Tuesday, August 28**

Meetings all day with Nancy Meyer, Drs. Wafaa Moussa, Ehab Hegazi, Farouk Shaheen, Wafaa Moussa and Osman Galal.

**Wednesday, August 29**

Left home at 5:30 a.m. for the U.S.A.

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