

**Sustainable Approaches to Nutrition in Africa**  
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**Final Program Report, Year Seven**  
(October 2001-June 2002)

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Academy for Educational Development



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## *Acronyms*

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ACC/SCN	United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition
AED	Academy for Educational Development
AFR/SD	Bureau for Africa, Office of Sustainable Development
BASICS	Basic Support for Institutionalizing Child Survival
CAFS	Center for African Family Studies
CRHCS	Commonwealth Regional Health Community Secretariat
CTO	Cognizant Technical Officer
DJCC	Directors Joint Consultative Committee
GHAI	Greater Horn of Africa Initiative
ECOWAS	Economic Community of West African States
FANTA	Food and Nutrition Technical Assistance Project
INP	Integrated Nutrition Program
IRSP	Institut Regional de Santé Publique
LINKAGES	Breastfeeding, Complementary Feeding, and Maternal Nutrition Project
MTCT	Mother-to-child transmission of HIV
NID	National Immunization Day
NGO	Nongovernmental organization
PLWHA	People living with HIV/AIDS
PMTCT	Prevention of mother-to-child transmission of HIV
PROFILES	Computer software for nutrition policy analysis and advocacy
RCHM	Regional Conference of Health Ministers
RCQHC	Regional Center for Quality of Health Care
REDSO	Regional Economic Development Office for USAID
SANA	Sustainable Approaches to Nutrition in Africa
SARA	Support for Analysis and Research in Africa
UNICEF/ESARO	United Nations' Children's Fund/East and Southern Africa Region Office

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## *Acronyms*

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USAID	United States Agency for International Development
UWC	University of the Western Cape
WAHO	West African Health Organization
WARO	West African Regional Office

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## **Introduction**

The Sustainable Approaches to Nutrition in Africa (SANA) project is a six and three-quarters year Cooperative Agreement between the Academy for Educational Development (AED) and the Bureau for Africa, Office of Sustainable Development (AFR/SD) of the United States Agency for International Development (USAID) to support program-oriented nutrition research and training in Africa.

The SANA project has worked in partnership with African institutions, networks, and nutrition centers of excellence to strengthen regional pre-service and in-service training programs in nutrition; to conduct and disseminate results of research to improve nutrition program design, management, implementation, and evaluation; and to improve nutrition information dissemination, advocacy, and networking in Africa. SANA's expected results are:

- ◆ Individual and institutional capacity for nutrition program design, implementation, management, and evaluation strengthened in Africa.
- ◆ Innovative nutrition training approaches institutionalized within existing African institutions, networks, and centers of excellence.
- ◆ Diffusion of lessons learned and better practices for nutrition improvement increased in Africa.
- ◆ Nutrition advocacy capacity and implementation enhanced in Africa.

These results, and the activities implemented in support of them, contribute to the following Bureau for Africa Nutrition Results (NR):

- ◆ Increased African commitment to addressing nutrition-related problems (NR 1).
- ◆ Strengthened African regional and national capacity to plan, manage, implement, and evaluate nutrition-related policies and programs (NR 2).
- ◆ Increased joint planning and programming with USAID partners and other donors on nutrition-related activities (NR 4).

As outlined in the Work Plan, SANA planned to complete these activities during Year 7, the final year of the project:

## *Introduction*

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### **In East and Southern Africa:**

#### With the University of the Western Cape:

- ◆ Preparation of a final report (*complete*)
- ◆ Dissemination of INP materials and lessons learned (*on going*)
- ◆ Revision of the distance learning materials (*complete*)
- ◆ Planning future partnerships under the SARA project (*on going*)

#### With the Commonwealth Regional Health Community Secretariat:

- ◆ Provide technical assistance for PROFILES monitoring and impact documentation (*not completed*)
- ◆ Provide technical assistance on the preparation of the ECSA regional nutrition focal points meeting (*in progress*)
- ◆ Conduct an evaluation of the Nutrition Briefs (*not completed*)
- ◆ Provide technical assistance to develop regional policy guidelines on nutrition care and support for people living with HIV/AIDS (*in progress*)
- ◆ Provide technical assistance, as needed, for activities being jointly supported by the SARA Project (*ongoing*)

#### With the Regional Center for Quality of Health Care/Makerere University:

- ◆ Provide technical assistance on nutrition and HIV/AIDS for development of regional guidelines and on regional workshops (*completed*)

### **In West Africa:**

#### With the BASICS/Regional Office:

- ◆ Finalize, produce, and disseminate the Regional Nutrition Essentials training modules (*completed*)
- ◆ Assist with the facilitation of the workshop to disseminate nutrition tools and approaches to pre-service training institutions and NGO networks at the IRSP (*completed*)

#### With the WAHO/Nutrition Focal Point Network:

- ◆ Participate in the planning of the 7<sup>th</sup> Annual Nutrition Focal Points meeting to be held in Banjul, Gambia in 2002 (*completed*)

- ◆ Provide technical assistance to WAHO for Strategic Planning on the Role of Nutrition in the WAHO (*completed*)
- ◆ Provide technical assistance for the evaluation of the Nutrition Focal Point Network (*in progress*)

### With the Africa Nutrition Leadership Initiative:

- ◆ Assist WAHO with the organization and hosting of a workshop on Nutrition Advocacy (*in progress*)

### **In the Home Office:**

- ◆ Finalize, produce and disseminate the West Africa Nutrition Briefs (*completed*)
- ◆ Finalize, produce, and disseminate the SANA Impact Reviews (*completed*)
- ◆ Finalize and disseminate the SANA evaluation and lessons learned (*completed*)
- ◆ Finalize and disseminate the results of the PROFILES evaluation (*in progress*)
- ◆ Develop a closeout plan for the project, including the incorporation of SANA into the SARA project (*completed*)

## *Year Seven Activities and Accomplishments*

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### **Year Seven Activities and Accomplishments**

This report describes the activities and accomplishments of SANA in its last year of operation, and it describes the closeout plan for SANA activities.

SANA and its partners were able to complete most of the planned activities for Year 7. All activities not completed by the end of the project (June 30, 2002), and related follow-up technical assistance will be taken over by the SARA project.

The activities, accomplishments, and constraints are described below.

#### **In East, Central and Southern Africa:**

SANA succeeded in implementing all planned activities for Year 7 as described below.

##### **1. The University of the Western Cape (UWC)**

###### **A. Finalizing Volume 2 of the Integrated Nutrition Programming (INP) Manual**

SANA provided technical assistance in Year 7 to finalize Volume 2 of the INP manual. The Manual was produced by UWC in April 2002, and it is now being distributed by UWC. A limited number of copies are available from AED if requested.

###### **B. Dissemination of INP Materials and Lessons Learned**

The two volumes of the INP Manual, together with the manuals on how to conduct a situation assessment and the management of severely malnourished children, are being used for training district level health workers in the nine provinces in South Africa. The INP Manual is also being used as the main text for twice-yearly short courses offered by UWC in its summer and winter school programs, as well as for a distance learning certificate program. Students in these courses come from various southern African countries.

During this project year, SANA provided assistance to UWC to develop a strategy for further dissemination of the INP Manuals and other SANA tools and training packages. This plan includes assisting universities and training institutions to incorporate the INP Manual in pre-service training curricula for public health workers, nurses, clinical officers, and nutritionists. Enquiries have already been received from Lesotho, Mozambique, and Zimbabwe. The plan also envisions contacting nongovernmental organizations (NGOs) that are working on nutrition programs to introduce the materials and explore opportunities for their use. Possible NGO partners include Helen Keller Worldwide, with offices and programs in South Africa and Mozambique, CARE, and

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## *Year Seven Activities and Accomplishments*

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other South African organizations. Finally, the plan includes sharing information and materials with the Commonwealth Regional Health Community Secretariat (CRHCS), the Regional Center for Quality of Health Care (RCQHC), the Center for African Family Studies (CAFS), and other USAID partners, in order to increase the use of these materials in the East African region.

SARA will provide continued assistance to UWC for dissemination of these tools in East and southern Africa.

### **C. Testing and Revision of the Distance Learning Materials**

UWC produced revised versions of the nutrition modules for the distance learning program in May 2002. The first three modules for the diploma in community nutrition are currently being used by 120 students who are enrolled in the UWC distance learning program. These modules include: 1) primary health care; 2) health systems research; and 3) management for health promotion.

Other modules that have been developed and are being used include:

- ◆ Nutrition Programming (3 sessions)
- ◆ Practicum
- ◆ Health Promotion (4 sessions)
- ◆ Community Participation
- ◆ Technical Situation Assessment (1 session)
- ◆ Management Information Systems (4 sessions)
- ◆ Monitoring and Evaluation (6 sessions)
- ◆ Human Resource Development (4 sessions)
- ◆ Triple A and Conceptual Framework (1 session)
- ◆ Targeting, Coverage (1 session)
- ◆ Financial Management and Resources (3 sessions)
- ◆ Advocacy/Policy (6 sessions)
- ◆ Integrated Nutrition Program (1 session)

The distance education programme of the UWC has great potential for reaching large numbers of health workers in southern Africa. Distance education has been accepted as an alternative measure to respond to growing educational and training needs which are not easily met or which are impossible to meet in traditional forms of education. Distance education methods have the advantage of being able to provide educational and training opportunities to a large number of adults who have been deprived of an educa-

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tion or have had their education cut short. The UWC Public Health Programme has realized the potential of distance education to set up cost effective programs for large numbers of learners and benefit from economies of scale. This has been done in order to reach learners at all levels, in scattered communities covering large geographical areas and to train health care providers, extension officers and others who are already working and cannot be away from their jobs for more than a few weeks.

UWC will use other resources to continue developing its distance learning program for nutrition. No further support from SANA is envisioned at this time.

### **D. Planning Future Partnerships**

UWC has requested continued support from the SARA project for technical assistance in the area of HIV and infant feeding. UWC is part of team that is carrying out an evaluation of the impact of the national prevention of mother-to-child transmission of HIV (PMTCT) program on HIV transmission and infant feeding and caring practices. Previously, under SARA I, AED provided technical assistance on HIV and infant feeding formative research. UWC would like to continue this support in a future partnership and a CTO letter has already been presented for SARA support of this activity.

## **2. The Commonwealth Regional Health Community Secretariat (CRHCS)**

SANA provided technical support to CRHCS for the implementation of activities currently supported by the SARA project, and joint activities with LINKAGES/GHAI. These are described below.

### **A. PROFILES Monitoring and Impact Documentation**

CRHCS, in conjunction with USAID/REDSO, LINKAGES, and SANA, conducted two regional PROFILES analysis and advocacy training of trainers workshops in East and southern Africa in 1999 and 2001 (in 1999: Eritrea, Ethiopia, Kenya, Tanzania, and Uganda; in 2001: Malawi, Mauritius, Seychelles, Zambia, and Zimbabwe). In addition, national-level PROFILES training was conducted in Ethiopia, Kenya, Tanzania, and Uganda during this time period.

In the current sub-contract between CRHCS and AED, implemented through the SARA project, CRHCS has requested technical assistance to develop a PROFILES monitoring tool to gather information in order to inform member governments and to improve or modify PROFILES work in the future. The CRHCS-AED/SARA agreement includes development of the monitoring tool; support for training focal points in its use; and dissemination of annual monitoring and evaluation reports. To date, no activities have been undertaken in the region to routinely monitor PROFILES impact. Instead, a large

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assessment of the impact of PROFILES in Africa has been undertaken. (*See section on evaluation of the impact of PROFILES in Africa for details.*)

CRHCS would still like to monitor and document the impact of the regional and country-level training. This activity will be taken up by the SARA project in collaboration with the LINKAGES project.

### **B. Preparation for the Nutrition Experts/Focal Points Meeting**

CRHCS periodically convenes a meeting of their nutrition focal points and members of their expert sub-committees on training and research to discuss strategic issues and provide guidance to the Secretariat and Health Ministers on issues relating to food and nutrition in the region. This year, CRHCS planned to hold a Nutrition Experts meeting to discuss the regional nutrition strategy in light of the HIV/AIDS epidemic.

SANA provided technical assistance to CRHCS to plan this meeting, which was originally scheduled for October 2001. Unfortunately, at that time sufficient resources could not be mobilized to hold the meeting as originally planned. The meeting was postponed until July 2002.

The overall objectives of the meeting are to share state of the art information and best practices, and to identify strategies for CRHCS and member countries to meet needs for information dissemination of lessons learned, best practices, and nutrition training tools, and for capacity building on issues related to mother-to-child transmission of HIV (MTCT), and HIV/AIDS and nutrition/food security in the region. The meeting hopes to provide an effective and varied learning experience, making optimal use of participant's own experiences. Emphasis will be on participatory learning.

The specific objectives of the meeting are:

- ◆ Share updates, experiences, tools and better practices on nutrition and issues of food security in the context HIV/AIDS in the region.
- ◆ Review what countries have done in response to the recommendations and resolutions on nutrition and HIV/AIDS from the Maputo 1999 meeting, DJCC and RCHM meetings and their follow up plans.
- ◆ Strengthen/develop networking and partnerships in food and nutrition in the region by compiling and sharing a register of consultants with expertise in the area of HIV/AIDS and nutrition/food security and PMTCT within the region.
- ◆ Identify available tools in the region and ways in which these tools and other tools developed by CRHCS and partners can be used and disseminated for capacity building in nutrition in the region.

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- ◆ Review results of the draft guidelines process on nutrition care and support for people living with HIV/AIDS (PLWHA).
- ◆ Develop/update plans for a sustainable process to promote the development and adaptation of generic guidelines on nutrition care and support of PLWHA.
- ◆ Review and identify what policies are available to help countries apply their national nutrition care and support guidelines for people living with HIV/AIDS.

Expected outputs of the meeting are:

- ◆ Countries will have a follow up action plan for nutrition and HIV/AIDS.
- ◆ A list of experts in nutrition, food security and HIV in the region will be compiled.
- ◆ A list of tools for capacity building in nutrition will be compiled and used to create a database by CRHCS.
- ◆ Policies and gaps with regards to application of nutrition care and support guidelines for people living with HIV/AIDS in the region will be synthesized.

The products of this meeting will be presented to regional collaborators and partners, CRHCS advisory committee, DJCC and the Conference of Health Ministers. The SARA Project will take up technical support to CRHCS for this meeting.

### **C. Updating and Evaluating the Nutrition Briefs**

CRHCS initiated an evaluation of the use and dissemination of the Nutrition Briefs, an advocacy brochure developed in collaboration with the SARA project. SANA worked with CRHCS to develop the questionnaire, which was sent to known recipients of the Briefs in July 2001.

CRHCS expected to have responses to this questionnaire by mid-October 2001, but unfortunately, the response rate has been very low. SANA and CRHCS attempted to contact the respondents by telephone but this too has not been a successful strategy. CRHCS plans to follow-up with recipients at upcoming nutrition meetings in the region, including at the Nutrition Experts meeting in Dar es Salaam, Tanzania, July 2002, and at the Nutrition Network Meeting in Durban, South Africa, August 2002.

Support for the dissemination of the final report on the use of the Briefs will be taken up by the SARA project.

3. The Regional Center for Quality of Health Care/Makerere University

A. Technical Assistance on Nutrition and HIV/AIDS

During the April 2001 ACC/SCN workshop “Nutrition and HIV/AIDS” a number of countries expressed a need for guidance on the development and dissemination of guidelines on the nutrition care and support of PLWHA.

In response to this the Regional Center for Quality of Health Care (RCQHC) organized two consecutive workshops in the region on the development of national guidelines on nutrition care and support for PLWHA. The first workshop was held in Jinja, Uganda in November 2001 and was attended by country teams from Kenya, Malawi, Tanzania, and Uganda with support from USAID/REDSO, UNICEF/ESARO and FANTA. The second workshop was held in Lusaka, Zambia in May 2002 with country teams from Botswana, Lesotho, Namibia, South Africa, Swaziland, Zambia, and Zimbabwe with support from UNICEF/ESARO and USAID/REDSO.

SANA Nutritionist, Ms. Dorcas Lwanga, assisted with the planning and facilitation of these workshops. She also delivered a key technical presentation on *Nutrition care and support of people living with HIV/AIDS with special considerations for women and children: What we need to consider in developing guidelines* at both workshops. SANA Project Director, Dr. Ellen Piwoz, also provided technical support to the RCQHC HIV/AIDS advisor for the preparation of a presentation on HIV and nutrition.

Additional workshops on HIV and nutrition are planned in the ESA region in August and October 2002. SARA will provide technical assistance as requested.

In addition to technical support at the workshops themselves, SANA also provided follow-on technical assistance. After the first workshop in Jinja, Uganda, RCQHC together with other collaborating partners developed a handbook on developing national nutrition care and support guidelines for PLWHA. Ms. Lwanga, provided technical assistance for the development and technical review of this handbook. The handbook will be finalized and disseminated by July 2002. SARA will continue to provide technical assistance for this activity.

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### **In West Africa:**

#### **1. BASICS II, West Africa Regional Office**

##### **A. Finalizing the Nutrition Essentials Training Modules**

In Year 7, the SANA West Africa Regional Advisor, Ms. Kinday Samba Ndure, continued to work with Drs. Serigne Diene and Ismael Thiam, of the BASICS II, West Africa Regional Office (WARO) to finalize the nutrition essentials training modules for the region.

The final modules incorporate lessons learned from an August 2001 training on the use of the modules, which was held in Mali, as well as comments from external reviewers. The modules cover the following topics:

- ◆ Module 1: Importance of Nutrition in Socioeconomic Development and National Health
- ◆ Module 2: Key Nutrition Interventions
- ◆ Module 3: Strategy for Including Nutrition as Part of Health Care
- ◆ Module 4: Importance of Appropriate Nutrition Counseling in Achieving Effective Behavior Change
- ◆ Module 5: Nutrition as Part of Health Management Information Systems

The modules have been reviewed and edited in English and French by SANA. BASICS II will support the costs of production and dissemination of the final modules, expected to be completed by August 2002. The modules will be disseminated at the annual meeting of the West African Nutrition Focal Point Network to be held in Banjul, The Gambia in September 2002, and they will be shared with pre-service training institutions addressing nutrition issues.

SARA will provide technical and related support for the dissemination and use of the Nutrition Essential Training Modules in West Africa.

##### **B. Facilitate Introduction of Existing Nutrition Tools and Approaches to Pre-service Training Institutions in the Region**

In Year 7, Ms. Samba Ndure, worked in collaboration with Drs. Serigne Diène, Ismael Thiam and Momadou Sene of the BASICS II/WARO to facilitate a five-day workshop for the expanded dissemination of approaches and tools in nutrition developed by USAID-funded projects. This activity was part of a joint BASICS-SANA initiative to increase utilization of these approaches and tools by introducing them to trainers from pre-service

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public health training institutions, and program managers and nutritionists working with NGOs in the region.

Twenty-five participants from 17 Schools of Public Health in the West and central Africa region, and two NGO networks from Benin and Senegal met in April 2002 at the Regional Public Health Institute (IRSP) in Ouidah, Benin to review current strengths and gaps in the nutrition content of existing training programs, review the content of new nutrition approaches and tools available through USAID-collaborating partners, and discuss modalities and steps for integrating elements of these approaches and tools into existing curricula.

The approaches and tools presented included:

- ◆ *Nutrition Essentials*, and its tool, the Checklist for District Health Managers
- ◆ Consultative Research Methodology, and its tool, *Designing by Dialogue*
- ◆ Tools to strengthen nutrition programming and advocacy, including:
  - The reference document – *Best Practices and Lessons Learned for Sustainable Community Nutrition Programs*
  - The training manual – *Monitoring and Evaluation of Nutrition and Nutrition-related Programs*
  - *Introduction to Advocacy*
  - PROFILES as a tool for nutrition policy analysis and advocacy.

There was a general acceptance of the relevance of the approaches and tools presented for strengthening the nutrition content of health worker training programs. At the end of the workshop, participants developed plans of priority actions to be undertaken in the next six months and made recommendations to move the initiative forward. These included:

- ◆ The expansion of the initiative to reach more NGOs
- ◆ The establishment of a network of training institutions with programs in nutrition under the coordination of IRSP
- ◆ The training of trainers and field supervisors on the use of the approaches and tools presented, and the provision of technical and material assistance to training institutions to support the integration process.

IRSP also informed the meeting of its intention to establish a Masters in Public Health course majoring in nutrition by 2003.

The SARA project will take up support for this initiative and facilitate its strengthening through linkages with the Africa Nutrition Capacity Development Initiative and through

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partner institutions such as WAHO. SARA will continue work on this activity with BASICS II by developing a follow-up plan to ensure effective integration of the tools and approaches into the curriculum of the schools that participated at the workshop.

### **2. The West Africa Health Organization (WAHO) and its Nutrition Focal Point Network**

#### **A. Planning for the Annual Nutrition Focal Point Meeting in Banjul**

SANA has continued to provide technical assistance to WAHO on planning the annual Economic Commission of West African States (ECOWAS) Nutrition Focal Point meeting. This is the annual meeting of nutrition focal points from the West Africa Region. Ms. Samba Ndure participated in the January and May 2002 meetings of the International Planning Committee, which is responsible for the planning and overseeing of the technical and administrative aspects of the meeting.

This year's meeting, which has now been upgraded to a Nutrition Forum, will take place in Banjul, The Gambia, September 2-6, 2002. The theme for the meeting is "Nutrition as a Key to Sustainable Human Development". The World Bank will be providing support for the technical update on this theme. Other issues to be addressed at the meeting include sessions on the status of nutrition programs in the region, and presentations on the African Nutrition Capacity Development Initiative. The forum will also develop further the strategic plan for the network. This process was initiated at the 2001 annual meeting in Accra and will include an evaluation of the network.

#### **B. Strategic Planning on the Role of Nutrition in the WAHO**

In March 2002, Ms. Samba Ndure, was invited to participate in a meeting of the Task Force for the Development of Program Activities for the Strategic Plan of the West African Health Organization (WAHO). The purpose of the meeting was to develop a five-year program for each of the eight program domains of WAHO to be implemented during the strategic period 2002-2007. The domains include HIV/AIDS/STI/TB, malaria, prevention of blindness, nutrition, drugs, control of epidemics, child survival, and training.

The specific objectives of the meeting were as follows (for each domain):

- ◆ Identify WAHO core interventions
- ◆ Formulate a five-year program goal
- ◆ Identify target groups, institutions and/or organizations
- ◆ Define specific program objectives and indicators of achievements

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- ◆ Identify products, activities and input
- ◆ Decide on major hypothesis/assumptions constraints
- ◆ Design a follow-up, evaluation and reporting plan

To achieve the above objectives, working groups were established for each domain and terms of reference were provided. The main objective of the strategic plan developed by the nutrition working group is to support the implementation of sustainable priority nutrition programs in ECOWAS member states through the prevention and control of micronutrient deficiencies.

### **C. Evaluation of the Nutrition Focal Point Network**

In 2001, one recommendation emerging from the 2001 annual meeting of nutrition focal points was the need to conduct an assessment of the network in order to document successes and better identify future challenges. BASICS and SANA, two of the longest serving partners to the network, were asked to provide technical guidance and assistance to conduct an evaluation of the network as part of the strategic planning process currently being undertaken.

In Year 7, the BASICS II Regional Nutrition Advisor and Ms Samba Ndure, have developed terms of reference for the evaluation. The main purpose of the evaluation will be to:

- ◆ Document the evolutionary process through which the network was formed and is operating, highlighting major milestones and accomplishments; and
- ◆ Assess the direct and indirect impact of the network and the annual meetings of the network on national nutrition policies and programs, human capacity building and institutional strengthening in the region and beyond.

The collection of information for the evaluation will take place during and after the 7<sup>th</sup> Annual ECOWAS Nutrition Forum scheduled to take place September 2-6, 2002 in Banjul, The Gambia. The SARA project will be asked to take up this activity and provide technical support since SANA is ending.

### **3. The Africa Nutrition Leadership Initiative**

Ms. Samba Ndure has played a key role in the development of a proposal and action plan for Capacity Development in Nutrition in West and Central Africa as part of the African Nutrition Leadership Initiative. This proposal has been presented to and endorsed by the ECOWAS Nutrition Focal Points network at their annual meeting in 2001 and is now being coordinated under the leadership of WAHO. Ms. Samba Ndure is currently assisting WAHO with the organization of a series of workshops to develop capacity in nutrition advocacy for nutrition program managers and trainers at nutrition

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institutions from West and central Africa. The first series of workshops for trainers is scheduled to take place July 29 - August 10, 2002.

The SARA project will continue to support Ms. Samba Ndure's technical assistance for this Initiative.

### **In the Home Office:**

#### **1. The West Africa Nutrition Briefs**

In collaboration with WAHO, a series of West Africa Nutrition Briefs were adapted for use in the region, based on the series of Nutrition Briefs for East, Central and Southern region. The Nutrition Briefs provide background information for policy makers on why and how to integrate nutrition policies, regulations, and programs in key sectors. The topics covered in the Nutrition Briefs include:

- ◆ The Heavy Burden of Malnutrition
- ◆ Educational Success Depends on Adequate Nutrition
- ◆ Better Health Through Improved Nutrition
- ◆ Investing in Nutrition Promotes Sustainable Human and Economic Development
- ◆ Nutrition and HIV in West Africa
- ◆ Collaborating with Private Industry to Combat Malnutrition

During the last year of SANA, the West Africa Nutrition Briefs were developed, edited, translated, and produced for dissemination in the region in both English and French.

The Nutrition Briefs will be introduced at the annual meeting of the Nutrition Focal Points in Banjul, The Gambia in September 2002. WAHO will take on the responsibility of disseminating the Nutrition Briefs within the West Africa region. WAHO will also work with the ECOWAS Nutrition Focal Points to update and expand on the briefs overtime to reflect changing priorities and realities of the pressing nutrition problems in the region. SARA will provide technical assistance and support as requested.

#### **2. SANA Impact Reviews**

SANA prepared a series of Impact Reviews to document activities and lessons learned during the lifetime of the project. These reviews were first developed as part of the SANA final evaluation. Final versions were prepared in Year 7, covering the following topics:

- ◆ Integrated Nutrition Program: Capacity Building in Southern Africa

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- ◆ Nutrition Program Monitoring and Evaluation
- ◆ Nutrition Advocacy
- ◆ West Africa Nutrition Networking
- ◆ Consultative Research

Below are some highlights and key findings and lessons described in the impact reviews:

- ◆ Capacity Building in Processes of Change

SANA addressed a long-term goal of African nutritionists—building the capacity of organizations to inform and influence decision-makers that nutrition problems are real and solvable. SANA provided technical support and/or assistance at four key points in the overall process of effecting program and policy changes: (i) generating and analyzing qualitative data; (ii) training in using a tool for nutrition data analysis and presenting findings on specific nutrition issues; (iii) engaging in advocacy communication; and (iv) monitoring and evaluation of nutrition program.
- ◆ Fostering Collaboration

SANA effectively leveraged its limited resources by collaborating actively with other USAID projects and non-USAID agencies. Some of the closest and most sustained collaboration occurred with the SARA, BASICS, and LINKAGES projects, all of which shared a common interest in expanding nutrition coverage in Africa. Collaboration with non-USAID agencies occurred with the East and Southern Africa Regional Office of UNICEF, Helen Keller International/West Africa, the newly formed WAHO, and with CRHCS.
- ◆ Resource Development

SANA supported the development of written materials for African audiences. With SANA support, eight major documents were prepared and disseminated. The documents include training manuals on program-related skills, such as consultative research techniques, conducting district-level nutrition situation assessments, infant feeding practices, and nutrition monitoring and evaluation, as well as syntheses of promising practices such as community nutrition programming.
- ◆ Strengthening Regional Networks

SANA sought to foster several regional networks in East, southern, and West Africa. The most successful support has been to the West Africa Nutrition Focal Points Network whose institutional base has evolved over a six-year period to encompass 16 countries in the region. This network is now situated as a part of the new WAHO. Members of the network have taken their roles seriously, agendas for annual meetings have been practical and action-oriented, and on-going support and technical

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assistance by SANA and others have enhanced information sharing across countries. SANA has demonstrated an ability to shape nutrition programs and policies across Africa through effective collaboration and support for networking and training. As a result, the outcomes are both tangible and larger than could be achieved by a single project with limited resources.

The SARA project will take over the dissemination of the Impact Reviews to collaborating partners, USAID and other organizations interested in capacity building in Africa.

### **3. The SANA Final Evaluation**

A final evaluation was carried out in SANA Year 6 in accordance with the SANA contract and deliverables. After consultation with USAID/AFR/SD, Dr. Milla McLachlan, World Bank Nutrition Advisor, was selected as the evaluation team leader. She was assisted by Dr. Mohamed Ag Bendesh, West Africa Regional Advisor for Helen Keller International (formerly of the Ministry of Health, Mali), and a steering committee comprised of members of USAID, the SARA project, African partners, and the African Nutrition Leadership Initiative.

The goals of the evaluation were to document lessons regarding the effectiveness, sustainability, and impact of the capacity building approaches used in the project, and to make recommendations to USAID (and other interested donors) for future support to achieve the nutrition results of the agency.

The draft report was submitted to SANA in June 2001 and it was reviewed by the steering committee. A revised draft was resubmitted in October 2001, and the final report was submitted to SANA in March 2002.

The SANA evaluation team concluded that SANA-supported activities resulted in the creation and dissemination of useful tools for advocacy, training, program-oriented research and program design, implementation, monitoring and evaluation. They said:

*“SANA set a standard for good practice in partnerships by building on existing capacity, and providing ‘challenging support’ to local agendas. SANA also demonstrated good practice in training programs, being concerned with both good process and sound technical content. Not all partnerships succeeded, however, and in those cases the intended goals were not met. To sustain learning and program impact of capacity development activities such as those supported by SANA, partnerships need to be with established organizations, not only with individuals, and direct links with programs need to be established.*”

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*SANA-supported activities also had a positive impact on policies, programs, and projects in several instances, though the extent of this impact is difficult to quantify. Personal accounts of increases in technical skills, particularly training skills, and examples of changes in policies (e.g., vitamin A in NIDs) and practice were recorded.*

*Context and content determine whether regional structures are the most appropriate channels for capacity development activities—no hard and fast rules exist, but lessons from SANA experience suggest that regional structures with strong links to country-level networks and actual programs can play important coordinating, facilitating, and advocacy roles.*

*SANA experience also shows that capacity development initiatives need to be of sufficient size, scope, and duration to warrant time commitments from the partners, and to show results.*

*Due in no small measure to SANA's activities, nutrition issues have gained greater legitimacy among decision makers, partners, and communities in West, East, and Southern Africa during the past few years. Ministers of Health are asking more informed questions about nutrition at regional meetings of the Commonwealth Regional Health Community (ESA). Similarly, in West Africa, SANA's ongoing support for nutrition activities, such as PROFILES and the Focal Points meetings, have given nutrition higher visibility, and predisposed WAHO to making nutrition one of its priority concerns. There is greater understanding of the multisectoral nature of nutrition, and a greater recognition of the impact of malnutrition on health, learning, and poverty reduction.”*

Key findings and recommendations are for SANA to:

- ◆ Step up dissemination of existing information/tools;
- ◆ Consolidate promising initiatives and broaden and deepen their reach and impact;
- ◆ Address the issue of in-country networking, skills-sharing and information dissemination;
- ◆ Broaden the focus of capacity development activities;
- ◆ Maintain and mainstream good partnership practices;
- ◆ Reject dichotomy between achieving results and building capacity; and
- ◆ Help build a common vision for nutrition action in Africa.

The SARA project will take up these recommendations and disseminate the findings of the SANA Evaluation. Key audiences for this evaluation report and lessons include

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USAID, the World Bank, the Africa Nutrition Leadership Initiative, African partners, and others interested in sustainable capacity development in Africa.

### **4. The PROFILES Evaluation**

Beginning January 2001, Ms. Lwanga, Ms. Samba Ndure, and SANA Regional Advisor for East and Southern Africa, Ms. Debbie Gachuhi participated in several meetings to plan and implement the evaluation of PROFILES in Africa.

The main objectives of the evaluation were to understand the impact of PROFILES related training and advocacy on capacity development, and on nutrition programs and policies, and to make recommendations on how PROFILES can be improved in the future. This assessment was carried out in collaboration with the WAHO and CRHCS.

During the course of the evaluation, qualitative information was gathered through interviews of over 50 key informants from African regional and national institutions and other PROFILES collaborators. The topics covered included the nutrition environment prior to PROFILES training and advocacy; the impact of PROFILES on policies, programs, and capacity within countries; and lessons learned from the PROFILES experience.

SANA staff including Ms. Lwanga, Ms. Gachuhi, and Ms. Samba-Ndure assisted in conducting and analyzing of the key informant interviews for the PROFILES evaluation. The data are being analyzed and a final report of the evaluation is forthcoming (expected in August 2002).

Dissemination of the evaluation findings and recommendations will be taken up by the SARA project.

### **5. Dissemination of SANA Materials and Lessons Learned**

SANA produced several documents in this final year of the project:

- ◆ *Integrating Nutrition into Health and Development Programs: A Training Guide Volume 2* by UWC Public Health Program.
- ◆ *West Africa Nutrition Briefs* by Dorcas Lwanga, and Ellen Piwoz (available in English and French).
- ◆ *SANA Impact reviews* (Integrated Nutrition Program, Nutrition Monitoring and Evaluation, Nutrition Advocacy, West Africa Nutrition Networking, and Consultative Research) by Bill Rau, Ellen Piwoz, Kinday Samba-Ndure, Debbie Gachuhi, and Dorcas Lwanga.

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- ◆ *SANA Final Evaluation Report* by Milla McLachlan and the SANA Evaluation Team.

These documents have been actively disseminated at several meetings and workshops including:

- ◆ Regional workshop on developing national nutrition guidelines on nutrition care and support for people living with HIV/AIDS workshop (Jinja, Uganda, November 2001)
- ◆ Regional workshop on developing national nutrition guidelines on nutrition care and support for people living with/affected with HIV/AIDS workshop (Lusaka, Zambia, May 2002)
- ◆ Training of field investigators of the Malawi Safe Mother-Safe Baby Study (Lilongwe, Malawi, March and May 2002)

These documents are also available from AED and are mailed free on request from end-users. The SARA project will continue active dissemination of these documents and will include structured dissemination to pre-service training institutions and NGO networks.

## Close Out Plan for SANA Rollover into SARA

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### **Close Out Plan for SANA Rollover into SARA**

Below is a description of the SANA close-out plan and steps to incorporate SANA follow-on activities in to the SARA project.

#### **1. Staff**

SANA staff were reassigned to new project activities in March-April 2002.

- ◆ SANA Regional Advisor for East and Southern Africa, Ms. Debbie Gachuhi, is now working for the CHANGE Project and on REDUCE/ALIVE advocacy activities. She will provide technical services to the SARA project on a task order basis.
- ◆ SANA Regional Advisor for West Africa, Ms. Kinday Samba-Ndure, will continue her work in support of nutrition capacity development and information dissemination with West African institutions and networks through the SARA project.
- ◆ SANA Nutritionist, Ms. Dorcas Lwanga, will continue her work backstopping the West Africa advisor and providing technical assistance to African institutions and networks in East and southern Africa (particularly in the areas of dissemination and use of nutrition tools, and nutrition and HIV/AIDS) through the SARA project.
- ◆ SANA Project Director, Dr. Ellen Piwoz, will continue her work as the SARA nutrition advisor and Director of AED's Center for Nutrition. She is also working on several research studies related to nutrition, infant feeding, and HIV/AIDS.

#### **2. Rollover of SANA Partnerships and Activities into SARA**

##### UWC

- ◆ SARA will continue to support UWC for dissemination of nutrition tools and materials, and HIV and infant feeding evaluation studies.

##### CRHCS

- ◆ SARA will continue to support and provide technical assistance for activities under the SARA-CRHCS sub-contract agreement.

##### RCQHC

- ◆ SARA will continue to provide technical assistance on nutrition and HIV/AIDS to the RCQHC, including support for the development of national guidelines and the

## *Close Out Plan for SANA Rollover into SARA*

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handbook on nutrition care and support; and for the regional pre-service training workshop on nutrition and HIV/AIDS (scheduled for 2002).

### BASICS II/WARO

- ◆ SARA will continue to support and provide technical assistance for follow up to IRSP training.

### WAHO/Nutrition Focal Point Network:

- ◆ SARA will continue to provide technical assistance and support for the planning of the 7<sup>th</sup> Annual Nutrition Focal Points meeting, and will also provide technical assistance in the evaluation of the network.

### Africa Nutrition Leadership Initiative

- ◆ SARA will provide technical assistance to WAHO for the training of trainers workshop (July 2002) on Nutrition Advocacy and related follow-up.

### Home Office Follow-Up

- ◆ SARA will disseminate the West Africa Nutrition Briefs, the SANA Final Evaluation and Impact Reviews, the PROFILES evaluation, and other SANA tools and materials to partners, NGOs and USAID and other organizations, as requested.
- ◆ SARA will continue support for capacity development on program-related nutrition training and research.