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C. A. R. E.

Africa/Mideast Nutrition Planning Workshop
Final Report - 5/05/75

Reference: Grant No. AID/TA-G-1119
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I. Project Background

As a follow-up to the AID sponsored Nutrition Planning Workshop for voluntary agency personnel which was held at MIT from April 22-May 17, 1974, CARE is holding three regional nutrition planning workshops for all its country directors in 1975. In addition to country directors, the workshops are also open to other key CARE personnel and host country nationals involved in nutrition programming, as well as to invited representatives of other voluntary agencies working in nutrition in the region of the workshop.

The first workshop, was held for the Asia region in New Delhi, India, from January 7-13, 1975. The second workshop, which is the subject of this report, was held for the Africa/Mideast region in Nairobi, Kenya, from March 25-April 5. The final workshop for the Latin America region will be held in Bogota, Colombia from May 20-31, 1975.

II. Grant Objective

Training of CARE personnel at the nutrition planning workshop has been designed to help upgrade capability in nutrition planning by training key voluntary agency personnel.

III. Implementation

The Africa/Mideast Nutrition Planning Workshop extended for two weeks, following a Tuesday through Saturday full day schedule, with Sunday and Monday free in the middle. The course content was based partially on the subject matter presented at the MIT Nutrition Planning Workshop. However, the bulk of discussions centered around specific programming situations encountered by CARE and the other voluntary agencies represented.

III. Implementation (continued)

The Harvard case studies and other papers written expressly for the workshop with grant funds or gratis by various lecturers (as described in the final report on the Asia workshop) were also used at the Africa/Mideast workshop.

There were 19 full time participants on the final roster of the Africa/Mideast Workshop instead of the 21 originally anticipated. Due to Civil War in Ethiopia, it was impossible for Dr. Grietje Reitkerk to attend the workshop. Sharon Dave from Indonesia contracted meningitis just prior to the workshop and was also unable to attend. CARE country directors were from Liberia, Sierra Leone, Afghanistan, Sri Lanka, Indonesia, Jordan, Tunisia, Chad, Lesotho, Niger, Nigeria, Egypt, Kenya and Israel. CARE Deputy directors from India and Pakistan were also present. Non-CARE participants included representatives from the Organization for Rehabilitation Training (ORT) and the Government of Tanzania nominated by CVS. Observers from New York included Frank Goffio, Executive Director; F. Merton Cregger, Assistant Executive Director; Bertran D. Smucker, Assistant Executive Director; Ralph Devone, Director of the Program Department; Larry Delliquadri, Program Officer for the Mideast; and Mary Lewis, Medico Program Officer. Marshall French from CARE/Kenya and Dr. Donald Karinsky/Peace Corps/Kenya were also observers. See attached list as the final official roster of participants and observers at the Asia Workshop.

The workshop, as conceived, consisted of a basic faculty which was made up of Mary Ann Anderson, and Dr. Tina Crevat from CARE as well as Dr. James Austin (Harvard University) and James W. Pines (Transcentury Corporation). This basic faculty was then supported by a group of guest speakers which included: Dr. David Blankhart, Dr. Colin Forbes, Dr. D. Warren Harrison, Dr. Bruce Johnston, Dr. T. J. Maletlana, Dr. Donald S. McLaren, Dr. R. Orraca-Tatch and Mr. A.P. Vamoer.

III. Implementation (continued)

These speakers were chosen for their expertise in various areas of the nutrition field. Their presentations complemented the basic faculty lectures with specific experiences. For example, the guest lecture by Dr. Orraca-Tetteh on "Methodology for Assessing Nutrition Status", gave the class specific examples of unexpected practices that must be taken into account in conducting surveys in Africa, i.e., the consumption of caterpillars in Zambia and the use of black hair dye to conceal hair changes due to malnutrition. The Africa Basic Foods experience with developing indigenous weaning foods from soybeans as described by Dr. Harrison gave the participants a feeling for factors that are crucial to the success of indigenous food projects. Dr. McLaren challenged the group to reassess the emphasis on high protein content in indigenous blended foods due to increasing evidence of greater prevalence of marasmus and pronounced caloric insufficiency than of kwashiorkor.

See attached list for names and affiliations of the guest speakers and faculty. Centered on the presentations of the faculty, the workshop proceeded through several channels simultaneously including: 1) the Process of Planning, 2) Implementation, 3) Simulation Exercises, and 4) Individual Guest Lectures and Meetings. The majority of the time was spent on the process of planning described step by step: defining the nature, magnitude and causes of malnutrition, setting targets and goals; comparing various interventions; and finally evaluation. Full details on the workshop agenda can be seen in the attached schedule.

In addition to the official scheduled sessions there were three optional informal evening sessions where people could socialize and discuss the topics as presented during the daytime lectures. We felt this would take the place of official luncheons and provide a more informal atmosphere.

III. Implementation (continued)

During the workshop the participants were divided into 3 teams to spend part of the time working on simulated nutrition planning exercises for Kenya, Sierra Leone, and Tunisia. It was in these work sessions that a great deal of the learning process was extended out of the lecture situation into reality. For each team's final presentation, some outside "experts" were invited to critique the nutrition plan developed. The idea for the simulation exercise grew out of a similar work session included in the MIT workshop.

IV. Evaluation

The workshop was evaluated by distributing questionnaires to all the participants at the end of the two-week session. Completed questionnaires were returned by 17 of the participants and their consensus was that the workshop was well done and structured suitably, and that the appropriate topics were covered.

There was a feeling that the schedule was too full to allow for ample time to digest the subject matter. The actual schedule of the workshop was lengthened considerably due to informal meetings in the evenings arranged by the members of the three country teams for the simulation exercise. Excess time was spent by these teams trying to come to a consensus on a nutrition plan for the particular country involved, and there was a feeling among some that the work was not fully rewarding because the nutrition plans they were developing were only for an "exercise." Due to this time pressure created by the simulation exercise and other unsatisfactory aspects of it, we have decided in the final workshop to shorten the requirements for the exercise. The directors will be divided into 3 teams but all teams will work on a plan for one country-Nicaragua. This will no longer be a "simulation exercise" but a planning session on Nicaragua which

IV. Evaluation (continued)

will suggest programming options for use in country after the workshop. We feel these revisions will favorably change the tone of the exercise.

There will also be more time set aside at the Latin America workshop for country directors to discuss plans for their individual countries as this was felt to be missing at the Africa workshop.

Again at this workshop as in India, the participants worked diligently at their assignments and all sessions were attended fully. Their enthusiasm for the subject matter was very encouraging. Several letters of appreciation have been received from participants at the workshop, copies of which are attached here.

Logistically speaking the hotel accommodations for the conference presented some problems of noise, lack of space and absence of an area where the participants could congregate informally. These problems were unavoidable because of heavy bookings in all Nairobi hotels around the time of the conference due to the East African auto safari. However, the participants adjusted to the drawbacks and they did not prove to be serious obstacles to the learning experience. Further details on the participants' response to the evaluation questionnaire can be found by reading the attached evaluation summary sheet which is derived from the total responses to each question. Special attention should be paid to #3 in this summary which describes the participants' plans for application of the training in response to the questions: "Can you identify anything that you will do differently as a result of having been here?"

V. Conclusions

The Africa/Mideast Nutrition Planning Workshop was quite successful in achieving its stated goals. The simulation exercise was the only aspect of the agenda which was not entirely satisfactory and it will be modified accordingly for the Latin America workshop.

ATTACHMENT "A"

C. A. R. E.

NUTRITION PLANNING WORKSHOP (AFRICA)

LIST OF PARTICIPANTS

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18. Mr. George Taylor
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19. Dr. Miller Van Pelt
Public Health Physician
Chief ORT Maternal &
Child Health/Family Planning Project
Kinshasa
ZAIRE

ATTACHMENT "B"

C. A. R. E.

NUTRITION PLANNING WORKSHOP (AFRICA)
(March 25-April 5, 1975, Nairobi)

LIST OF OBSERVERS

1. Frank Goffio
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C. A. R. E.

NUTRITION PLANNING WORKSHOP (AFRICA)
(March 25-April 5, 1975, Nairobi)

FACULTY

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3. Dr. Tina Grewal
Nutritionist
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4. James H. Fines
Vice President
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GUEST SPEAKERS

1. Dr. David Blankhart
Medical Research Centre
(Department of Royal Tropical Institute
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2. Dr. Colin Forbes
Professor of Community Health
Faculty of Medicine
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3. Dr. D. Warren Harrison
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4. Dr. Bruce Johnston
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C. A. R. E.
NUTRITION PLANNING WORKSHOP (AFRICA/MIDEAST)
(MARCH 25-APRIL 5, 1975, NAIROBI)

SCHEDULE OF WORKSHOP

DAY - 1

TUESDAY - MARCH 25

- a.m. 9:00 1. Opening Remarks: Frank Coffio, Executive Director of CARE and Charles J. Nelson (USAID)
2. Overview of the Workshop
3. "Applied Nutrition as a Focus for Nutrition Awareness by Governments" by (Dr. R. Orraca-Tetteh/University of Ghana)
- Noon LUNCH
- p.m. 2:00 Rationale for Nutrition Planning (Jim Pines/Transcentury Corporation)
- 3:30 Simulation Exercise-Introduction (Tina Grewal/CARE)

MUST READING:

1. Glossary of Terms (Nutrition Planning)
2. Guidelines for Simulation Exercise

RECOMMENDED READING:

1. CARE Multi-year Planning (MYP) Manual =
2. Planning National Nutrition Programs: a suggested approach (AID) Volumes I and II.
3. "Nutrition and Development Revisited: The Dynamics of Commitment" by John Field and F. James Levinson.

BACKGROUND INFORMATION:

1. The Nutrition Factor by Alan Berg.
2. "Food and Nutrition - A new view of an old problem," FAO Nutrition Newsletter.

WEDNESDAY - MARCH 26

- a.m. 9:00 Steps in Nutrition Planning (Pines)
- 10:30 Defining Nature and Magnitude of the Problem
(Mary Ann Anderson/CARE)
- noon LUNCH
- p.m. 2:00 Economic Factors in the Causality of Malnutrition
(Bruce Johnston/Institute for Development Studies
NAIROBI)
- 3:00 Causality of Malnutrition (Anderson)
- 4:00 The Nutrition System (Pines)

JUST READING:

1. "Malnutrition in El Salvador: A statement of the Problem" by Mary Ann Anderson
2. "Defining the Nature, Magnitude and Cause of Malnutrition" by Mary Ann Anderson

RECOMMENDED READING:

1. "The Etiology of Malnutrition in Rural Pre-school Children in India" by Tina Grewal.
2. "Objectives and Scope of a Food and Nutrition Policy" by Bruce F. Johnston.

DAY - 3

THURSDAY - MARCH 27

a.m. 9:00 Methodology of Assessing Nutrition Status
(Orraca-Tetteh)

10:00 Emergency Relief Operations (Dr. Colin Forbes/
Faculty of Medicine, University of Nairobi)

Noon LUNCH

p.m. 2:00 Nutrition System (Pines)

3:30 Setting Targets and Goals (Pines)

RECOMMENDED READING:

1. "A Brief Guide for Organizing and Conducting Nutritional Assessment and Diet Surveys" by Thomas Zopf.
2. Summaries of Nutrition Programmes
3. "Simplified Field Assessment of Nutritional Status in Early Childhood" by Center for Disease Control Georgia.
4. "Epidemiology and Disasters" by William H. Foote, M.D.,

BACKGROUND INFORMATION:

"Problems in Surveys of Dietary Intake" by Victor Jesudason.

DAY - 4

FRIDAY - MARCH 20

a.m. 9:00 Simulation Exercise

Afternoon Free

DAY - 5

SATURDAY - MARCH 29

a.m. 9:00 Intervention Selection (Pines)
10:30 Nutrition Education (A.P. Vamboer, Director,
Zambia Food and Nutrition Commission)
Noon LUNCH
p.m. 2:00 Theory of Evaluation (Pines)

RECOMMENDED READING:

1. Summaries;
Nutrition Program Evaluations.
2. "Nutrition and Fertility" by C. Gopalan
and Naidu.
3. "Population and Nutrition: a Case for
Integration" by James E. Austin and
F. James Levinson.

DAY - 6

TUESDAY - APRIL 1

- a.m. 9:00 1. Indigenous Foods (James Austin/Harvard University)
- 11:00 2. Agro-Nutrition (Austin)
- Noon LUNCH
- p.m. 2:00 Integrated Programs (Dr. D.M. Harrison - Africa Basic Foods, Inc.)
- 3:30 Nutrition, Health Agriculture
Examples of Evaluation (Grewal)
- 8:30 Optional Movie on Malnutrition in the
Phillipines "Children of Darkness" (60
minutes)

MUST READING:

1. High Protein Product Development in Thailand case by Christopher Mock and James Austin.
2. CARE Guatemala case by James Austin.

DAY - 7

WEDNESDAY - APRIL 2

a.m. 9:00 Simulation Exercise

Noon LUNCH

p.m. 2:00 Nutrition Deficiencies of the Africa/Mideast
Region and Possible Interventions (Dr. Donald
S. McLaren/American University of Beirut)

3:30 Fortification (Austin)

MUST READING:

Sugar Fortification in Guatemala - case by
James Austin.

DAY - 3

THURSDAY - APRIL 3

- a.m. 9:00 Installation of CARE's Multi-Year Planning System (F. Merton Gregger and Paloh Devone/CARE)
- 10:30 Utilizing Technical Resources (Austin/Pines)
- 11:30 Activities of the Office of Nutrition AID/ Washington (James Greene/AID)
- Noon LUNCH
- p.m. 2:00 1. "Identification of Malnutrition by arm circumference and Rehabilitation (Dr. David S. Blankhart, Medical Research Centre Nairobi)
- 3:30 Enhancing Nutritional Impact of Existing Programs (Austin)

MUST READING:

1. CARE - Sri Lanka - case by Christopher Lock and James Austin.
2. CARE MYP Manual
3. "Developing and Using Technical Resources" by K. B. Kothari

DAY - 9

FRIDAY - APRIL 4

a.m. (9:00) "Nutrition in Maternal and Child Health
Planning" (Dr. T.S. Saletnena/Tanzania
Food and Nutrition Centre)

10:00 Tanzania National Women's Campaign
(Freda Chale/Tanzania Food & Nutrition Centre)

10:30 Finalizing Simulation Plan

Noon LUNCH

p.m. 2:00 FREE

3:30 Presentation of Tunisia Plan (Team)

DAY - 10

SATURDAY - APRIL 5

a.m. 9:00 Presentation of Sierra Leone Plan (Team)
10:30 Presentation of Kenya Plan (Team)
12:00 Wrap-up and Discussion Follow-up Plans
LUNCH

CARE AFRICA/MIDEAST
NUTRITION PLANNING WORKSHOP
(March 25-April 5, 1975)
NAIROBI, KENYA

EVALUATION SUMMARY OF THE WORKSHOP

1. Average Score (0=poor, unsatisfactory, 10=good, valuable, etc.) of each of the portions of the workshop.

1st week	8.2
2nd week	7.3
Simulation	4.6
Individual sessions	6.3
Guest Speakers	8.0
Overall structure and quality	8.2

2. Changes recommended in course format.

- i) Restructure simulation exercise - more rigid/well defined; smaller groups; better source data; reduce time; use actual AIPs.
- ii) More time for individual sessions/free time.
- iii) Schedule lectures/classroom session in the morning, group work in afternoon.
- iv) Discuss individual country programs
- v) Start with the more familiar case material, e.g.: Sri Lanka

3. Subject matter of the workshop

- A. Emphasis on different topics.
Right - 14
No - 3 (not enough on Kenya, PL 430 foods).
- B. Irrelevant/unnecessary topics.
Yes - 5 (too scientific, too many cases, emergency relief, Tanzania)
No - 10
- C. Topics on which too much time was spent.
Yes - 6 (simulation particularly on analysis of data, fortification, cases, repetitive).
No - 6

3. (continued)

D. Important topics not developed well enough.

- Yes - 9 Installation of WFP, selling nutrition programs to govts., CARE nutrition programs, introducing new foods, emergency relief, rationale for sugar fortification in Guatemala, protein vs. calories controversy
- No - 8

E. Important topics that were not covered at all.

- Yes - 10 Anthropological aspects of intervention selection; PL480 ration analysis and food availability; cost of nutrition programs, role of women in development, nutritional assessment of feeding programs
- No - 7

F. Topics found most useful.

1. Planning Process - 10
2. Case Studies - 4
3. Nutrition System - 2
4. Assessing nutrition needs and interventions - 2
5. Presentations on "ground-up" approach and related problems.

G. Topics found least useful.

1. Zambia nutrition education
2. Tanzania
3. Clinical nutrition
4. "Scientific" material
5. Poshok
6. Simulation
7. Nutrition Surveys

4. Best Speakers

Pines - 15
Austin - 11
Orraca-Tetteh - 10
Harrison - 6
Blankhard - 6
Maletnema - 2
McLaren - 6

Unsatisfactory Speakers

Vander - 5
McLaren - 4
Johnston - 4
Blankhart - 3
Maletnema - 3
Forbes - 2

5. Readings

A. Percentage of "must" readings completed.

15 more than 90%

2 less than 75-90%

B. Percentage of "recommended" readings completed.

6 more than 75%

8 less than 50%

C. Reading material found to be useful.

Yes - 17

D. Irrelevant, unsatisfactory readings.

No - 13

E. Particularly valuable readings

CARE case studies (5)

Nutrition Factor by Berg (2)

Nutrition and Development Revisited (2)

Glossary

Guide for Conducting Surveys -

Nutrition System

Bibliography

Nutrition and Fertility

	Satisfactory	No.
6. Arrangements:	Hotel - 6	9
	Meals - 4	9
	Other - 5	7

7. a. Suggestions for improving the simulation exercise.

Objective: state clearly whether realistic or ideal plan; limit to identification of problems, proposed interventions and targets/goals; make more realistic by using an actual situation; clearly state - that ongoing programs be included.

Data: more up-to-date; nutrition - specific
more copies

Format/
Structure: correlate with Lecture Sessions; select teams carefully; provide more guidance; individual plans rather than one group plan. (3) - reduce time.

7. a. (continued)

Presentation more emphasis on the process followed than content.

b. Suggestions for improving individual sessions. Allow more time (8); do not structure (2) schedule wrap-up sessions for follow up plans of each director, (1) have more review of the nutrition situation in each country.

8. a. In what ways has the workshop helped you? -

1. To learn a logical analytical planning process.
2. Recognition of complex interrelationships in nutrition, especially with health and broadened perspective on nutrition interventions.
3. Importance of data and periodic assessment as part of ongoing programs.
4. Information on actual experiences in implementing programs.
5. Stimulated "bottom-up" thinking in planning.
6. To know where resources for planning are available.

b. Can you identify anything that you will do differently as a result of having been here? -

1. Analyze current approach and new programs more logically.
2. Will regard nutrition as a more basic development issue.
3. Try to bring urgency into local government's involvement in nutrition.
4. Work out a nutrition system for the country.
5. Seek more baseline data.
6. More practical evaluations.
7. More competence to listen and exchange views with nutritionists.
8. Will increase efforts to involve the mission in non-food nutrition programming.

9. Other Comments

1. Need for a behavioral scientist to include in program planning considerations such as human/social, national values.
2. Schedule a day at the end for discussion by participants.
3. Avoid repetition - more specific guidelines to guest speakers. Include at least one Kenyan speaker.
4. Simulation needs redoing.
5. Reading materials should have gone out earlier.