



SANA

Sustainable Approaches to Nutrition in Africa (AOT-0561-A-00-5232)

Annual Program Report, Year Three
(October 1997–September 1998)
and

Annual Work Plan, Year Four
(October 1998–September 1999)

Ellen G. Piwoz, Sc D
Project Director
Academy for Educational Development

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AED	Academy for Educational Development
AFR/SD	Africa Bureau Office of Sustainable Development
AGETIP	Agence d'Execution des Travaux d'Interet Public contre le Sous Emploi
ANP	Applied Nutrition Program
BASICS	Basic Support for Institutionalizing Child Survival
CRHCS/ECSA	Commonwealth Regional Health Community Secretariat for East, Central and Southern Africa
DANIDA	Danish International Development Agency
FAO	Food and Agricultural Organization
ICN	International Congress of Nutrition
IDRC	International Development Research Center
IMCI	Integrated Management of Childhood Illness
NAPHI	Network of African Public Health Institutions
NUTRINET	Network of Nutrition Research and Training Institutions
ORANA	West African Food and Nutrition Organization
SANA	Sustainable Approaches to Nutrition in Africa
SARA	Support for Analysis and Research in Africa
SOMANET	Social Science and Medicine Network
TIPs	trials of improved practices
UNICEF/ESAR	United Nations Childrens Fund/East and Southern Africa Region
USAID	United States Agency for International Development
UWC	University of the Western Cape
WHO/AFRO	World Health Organization/Africa Regional Office

Introduction

The Sustainable Approaches to Nutrition in Africa (SANA) Project is a four-year cooperative agreement between the Academy for Educational Development (AED) and the Africa Bureau Office of Sustainable Development (AFR/SD) of the U S Agency for International Development to support program-oriented nutrition research and training in Africa

The SANA Project works 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 operations 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

- ◆ Capacity for nutrition program design, management, evaluation, and advocacy is strengthened within existing African institutions and networks
- ◆ Nutrition training is institutionalized within existing African institutions and networks through curriculum and material development and use
- ◆ Networking functions (i e , information dissemination, communication, advocacy, and support for nutrition programs) of existing African health and nutrition networks are strengthened

As outlined in the Work Plan, SANA planned to accomplish the following activities during Year 3

In East, Central, and Southern Africa

- ◆ With the Social Science and Medicine Africa Network (SOMA-Net), complete the training guide on consultative research, carry out the regional training, and fund country teams to do consultative research as part of existing programs
- ◆ With the University of the Western Cape (UWC), finalize the content of an in-service training course for nutrition program managers and draft the training package
- ◆ With the Network of African Public Health Institutions, implement program constraints assessments in at least two countries and make recommendations for training and research based on findings

Year Three Activities and Accomplishments

- ◆ With the Network for Nutrition Training and Research Improvement (NUTRINET), participate in the steering committee meeting(s) and support at least one follow-up activity

In West Africa

- ◆ Assist with the preparation and facilitation of the annual meeting of ORANA/CRAN focal point network
- ◆ Provide technical assistance for country-level follow-up on the IMCI food box adaptation/consultative research training
- ◆ Provide technical assistance for the regional community nutrition initiative and workshop
- ◆ Provide technical assistance for the preparation and facilitation of the regional workshop on nutrition policy analysis and advocacy
- ◆ Finalize the IMCI food box adaptation curriculum, translate it into English, and disseminate it to relevant African institutions

In the Home Office

- ◆ Recruit and hire a nutrition assistant
- ◆ Implement the recommendations of the SANA midterm review
- ◆ This annual program report and work plan describes SANA's progress in implementing these activities, and outlines activities for Year 4, the final year of the project

Year Three Activities and Accomplishments

East, Central, and Southern Africa

SANA succeeded in implementing nearly all planned activities for Year 3, and also supported additional activities which were not previously envisioned, including collaboration with the UNICEF Regional Office for East and Southern Africa on a regional consultation on anemia, support to the Nutrition Society of Southern Africa, and support to the University of Nairobi Applied Nutrition Programme and Tufts University for a short course on nutrition program monitoring and evaluation. The planned and additional activities are described below.

I Collaboration with the Social Science and Medicine Africa Network (SOMA-Net)

During Year 3, substantial progress was made in implementing activities under the subagreement with SOMA-Net and all the planned activities have been implemented. SANA Regional Advisor, Debbie Gachuhi, SANA Project Director, Dr Ellen Piwoz, and SANA consultant, Dr Abiud Omwega have worked closely with the Network to carry out the following activities

A Completion of the training guide

A draft training guide for the short-course on consultative research methods (based on the manual *Designing by Dialogue*) was prepared at the January 1997 workshop at Lake Baringo, Kenya (described in last year's report). This guide was further refined by SOMA-Net and SANA and was used as the basis for the regional training course that was held in Mombasa in February 1998. The training guide was subsequently modified based on the Mombasa experience and on suggestions made by course facilitators.

The training guide provides step-by-step instructions, including all technical content, handouts, and overheads, for implementing a participatory training program on consultative research methods to improve young child feeding. The guide contains sections on the following topics:

- ◆ Course Orientation
- ◆ An Overview of Consultative Research
- ◆ Reviewing Existing Information
- ◆ Designing Consultative Research
- ◆ Exploratory Research Methods
- ◆ Trials of Improved Practices
- ◆ Checking Research
- ◆ Synthesizing and Presenting Research Results
- ◆ Using Results for Strategic Program Planning
- ◆ Preparing the Research Proposal
- ◆ Course Evaluation

Year Three Activities and Accomplishments

The final guide is now being reviewed by SOMA-Net and will be produced in final form by the end of 1998

B Regional workshop on consultative research

The regional workshop was held in Mombasa, Kenya in February 1998, for 24 participants from eight countries (Kenya, Tanzania, Uganda, South Africa, Zimbabwe, Ghana, Ethiopia, and Malawi) Each country was represented by a multi-disciplinary team that included participants from nutrition programs and research/training institutions The course facilitators, most of whom were involved in the process of developing the trainers' guide, came from Kenya, Uganda, Tanzania, Zimbabwe, and Ghana

The training workshop was approximately three weeks long By the end of the workshop, participants were expected to have 1) acquired in-depth knowledge and skills on counseling and behavior change regarding young child feeding using consultative research methods, and 2) developed a proposal aimed at improving the implementation of existing nutrition efforts in their respective countries Considerable effort was placed on the second objective and, by the end of the workshop, all teams were able to develop proposals that could be submitted for seed funding by SOMA-Net and matching grants by local institutions

C Consultative research in countries

Following the workshop, all teams were given an additional month to finalize and submit their research proposals to SOMA-Net This additional time was allowed so that teams could present their proposals to their local institutions for feedback and approvals All of the teams submitted proposals, which were subsequently reviewed by SOMA-Net, SANA, and one course facilitator The proposals covered the following topics

- ◆ Uganda - using consultative research to explore methods for encouraging active feeding among children 6-24 months old (for IMCI and community programs)
- ◆ Ghana, Tanzania, and Kenya - using consultative research to explore ways to increase the practice and duration of exclusive breastfeeding in urban (Ghana, Kenya) and rural (Tanzania) areas as part of national programs to improve child nutrition
- ◆ Malawi and Ethiopia - using consultative research to improve the feeding practices of children 6-12 months of age

Year Three Activities and Accomplishments

- ◆ Zimbabwe - using consultative research to improve nutrition counseling skills and messages in one district of a nationwide growth monitoring and nutrition education program
- ◆ South Africa - using consultative research as a training method for improving counseling and negotiation skills as part of a community-based, well-child initiative

To date, seed grants have been provided to all country teams except Ethiopia (because research was to be done in the area affected by the war with Eritrea) Field work has begun in Kenya, Uganda, and South Africa and it is scheduled to start in the next two months in the remaining countries Course facilitators will be providing supervision and technical assistance, as needed, to each country team and guidelines for this assistance have been drawn up and circulated A follow-up workshop to discuss research findings and how they will be used to improve these programs is scheduled for February 1999

2 Collaboration with the University of the Western Cape

The original agreement between SANA and the University of the Western Cape called for the review and updating of a regional short course on planning community nutrition programs, which was completed in Year 2, and for the development of a replicable training module for a more in-depth course on skills for nutrition program managers, which was to be completed in Year 3

The planned cooperation between SANA and the UWC was modified slightly this year to take advantage of an opportunity to work on a field-based training activity being financed by a local foundation (The Health Systems Trust) to increase the capacity of provincial, regional, and district-level workers to design and implement integrated nutrition programs with active participation by communities This project is being carried out in Mt Frere Health District in the Eastern Cape Province of South Africa The change in plans means that now, instead of developing a block-release course for nutrition program managers that would be offered centrally (i.e. at the university) the current plan is to develop and implement a field-based course which can be offered in flexible modules and which addresses the real-life challenges and needs of district-level workers who are being asked to carry out bottom-up planning with various sectors, including the community

To meet this challenge, over the last year, SANA has provided technical assistance to the UWC to develop the content for this course and to document the training process so that the course can be replicated in other provinces, regions, and countries SANA regional advisor, Debbie Gachuhi, has worked closely with the UWC team

Year Three Activities and Accomplishments

and their regional and district-level counterparts to structure and provide training in the following areas

- ◆ An overview of the causes of malnutrition and the nutrition situation in the country
- ◆ The UNICEF conceptual framework and the role of food, health, and care for nutrition
- ◆ Assessing the quality of programs (growth promotion, health services, environmental, school-based, etc)
- ◆ Mobilizing and sensitizing communities about nutrition using participatory methods
- ◆ Analyzing the nutrition situation and prioritizing problems and actions
- ◆ Planning and implementing programs
- ◆ Team building and advocacy

This training has been divided into 5 sessions, ranging from 3-5 days per session. To date, four of the five sessions have been completed and the remaining session is scheduled for early November. Each session is followed by a 1-3 month interval, when teams are expected to use the skills acquired to carry out program and community activities. Although this training is being designed for the Mt. Frere District, the content is relevant for other districts and countries that are struggling with similar issues of improving the quality of nutrition services in health programs, integrating programs across sectors, and engaging communities in self-assessment, analysis, and action.

In September UWC and SANA held a 3-day workshop to review the training experience and complete the trainer's guide, including all steps to be followed, technical content (in facilitator's notes), as well as handouts and overheads that can be used for future course offerings. Participants in this workshop, which included visitors from the Ministries of Health and Education of Lesotho who are in the process of developing various in-service nutrition training programs, worked in pairs to complete each training module. Although substantial progress was made, not all modules were completed and each person was assigned tasks to complete their topics. The complete first draft of the guide will be assembled in October 1998, and reviewed by all team members. The trainer's guide, with revisions, should be completed by December 1998.

In the future, UWC plans to pilot the trainers guide by organizing an orientation workshop for future trainers (e.g., regional and provincial level health and nutrition workers). It is hoped that with such an orientation (3-5 days duration), these trainers will be able to implement the course in their own regions/provinces. UWC is preparing to offer the course through distance learning and it will be part of a distance education certificate program currently being developed by the UWC Public Health Programme.

3 Carry out nutrition program constraints assessments in two countries through the Network of African Public Health Institutions (NAPHI)

In May 1997, SANA supported the Network of African Public Health Institutions in its regional workshop to introduce the nutrition program constraints assessment methodology as an approach for making training in nutrition, through public health institutions, more relevant to program needs. Participants at that workshop were from Uganda, Tanzania, Zimbabwe, and South Africa.

In year 3, SANA planned to support constraints assessments in Uganda and Zimbabwe, the two countries which submitted proposals through NAPHI. Unfortunately, these activities have not been completed due to communication and administrative obstacles.

In May 1998, SANA consultant, Dr. Abiud Omwega, who was involved in last year's workshop, traveled to Uganda to visit the team at Mbarara University to assess their progress with the assessment. During this visit, he learned that the team had been unable to access the funds for the assessment, and this problem has not yet been rectified. SANA Project Director, Dr. Ellen Piwoz, met with the Zimbabwe team in June 1998, and learned that they had encountered similar problems. Since that visit, the Zimbabwean team did obtain the needed support and field work for the assessment was completed in September 1998. An assessment report will be available in October, 1998.

4 Participation in the Steering Committee meeting for the Network of Nutrition Research and Training Institutions (NUTRINET) and follow-up activities

The NUTRINET was established in October 1996, to facilitate intra-regional communication among training and research institutions and programs in East and Southern Africa, and to develop joint activities to improve program-related research and training. In November 1997, SANA regional advisor, Debbie Gachuhi, participated in the first steering committee meeting of the Network held in Nairobi, Kenya. During this meeting, the network identified several priority activities.

Year Three Activities and Accomplishments

- ◆ To improve linkages among institutions and individuals involved in nutrition training, research, and program implementation through
 - developing and implementing an advocacy strategy to promote linkages among the stakeholders, based on experience in the region,
 - establishing sound relationships with other networks, notably ECSA and SOMA-Net, and
 - strengthening in-country networking through decentralising some activities to country focal points,
- ◆ To share information on experiences in program-driven training and research for more effective programming, initially through a quarterly letter from the co-ordinator to focal points, and then through focal points informing each other on relevant publications and events, using available communication channels,
- ◆ To accelerate the application of research findings and program experience on issues such as anaemia control and micro-nutrient interventions for example through the development, testing and dissemination of a protocol for the rapid assessment of anaemia status and causation, and testing a protocol for the rapid assessment of multiple micro-nutrient deficiencies, and
- ◆ To develop a longer term strategy for information sharing

To date, SANA has not been able to support any follow-up activities by the network. Two members of the steering committee, from the Tanzania Food and Nutrition Centre and the Ethiopian Health and Nutrition Research Institute, received funding from UNICEF to develop and test the rapid assessment protocol for anemia. The protocol and results of these field tests were presented at the 17th biennial meeting of the Nutrition Society of Southern Africa (with support from the SARA Project) with much interest.

Members of the NUTRINET steering committee submitted a proposal to SANA in July of this year for a regional meeting to disseminate the protocol, lessons learned, and future plans for anemia control in the region. However, questions remain about the goals and objectives of the proposed meeting and how it might complement other activities in the region. Therefore, feedback from other organizations working in anemia control and micronutrients has been requested (e.g. UNICEF, the Micronutrient Initiative, and USAID).

5 Nutrition Society of Southern Africa

Participants at the SOMA-Net training on consultative research methods, together with the South African Member of the NUTRINET steering committee requested support from SANA to hold a one-day workshop on consultative research methods to improve young child feeding to be held at the 17th biennial congress of the Nutrition Society of Southern Africa. The purpose of the workshop was to give an overview of consultative research, define appropriate feeding practices for young children, and discuss how these methods have been used to improve programs in Africa. The workshop was attended by more than 60 participants from seven countries. Workshop organizers and resource persons were from Uganda, South Africa, and Kenya.

SANA Project Director, Dr. Ellen Piwoz, prepared and presented a paper at the workshop titled *Improving young child feeding practices in developing countries: Lessons learned and expected impact*, which she co-authored with Drs. Laura Caulfield and Sandra Huffman. An expanded version of this paper was submitted for journal publication. Other papers detailing young child feeding-related research and programs in the region were also presented. The workshop was an opportunity to introduce and disseminate *Designing by Dialogue*, *Facts for Feeding*, and other relevant materials on nutrition programs, policies, and advocacy in Africa. The workshop proceedings will be available in October 1998, and will be widely disseminated by the Nutrition Society.

6 University of Nairobi and Tufts University

The need for improved capacity for training and implementing nutrition program monitoring and evaluation activities has been frequently cited by nutrition and health workers as a high priority in East and Southern Africa. To meet this need, SANA established new partnerships with Tufts University and the University of Nairobi Applied Nutrition Programme (ANP) to develop a short course on nutrition program monitoring and evaluation that can be offered regionally and by various institutions in Africa.

The short course is based on a nutrition project monitoring and evaluation manual developed by Tufts for the World Bank. Development of the course has involved the following activities:

- ◆ preparation of a draft trainers' guide by Tufts, ANP, and SANA (completed April-July 1998),
- ◆ a workshop for potential course facilitators to review the draft, provide feedback, and complete unfinished areas (held in August, 1998),

Year Three Activities and Accomplishments

- ◆ development of a course marketing plan to attract students who are expected to find their own support (planned for September 1998-February 1999),
- ◆ implementation of the course (planned for March 1999) and
- ◆ monitoring follow-up activities in the countries

Potential course facilitators who attended the workshop in August include representatives from the Institute of Public Health at Makerere University, the Tanzania Food and Nutrition Centre, the University of Nairobi Applied Nutrition Programme, the Public Health Programme of the University of the Western Cape, the Department of Nutrition at the Medical University of South Africa, the Institute for Economic and Social Research at the University of Zambia, as well as representatives from Tufts University and SANA. The team was multi-disciplinary, including nutrition experts, public health practitioners, program planners, and monitoring and evaluation specialists.

The training guide includes the following units

- ◆ Introduction
- ◆ Course Orientation
- ◆ Overview of Monitoring and Evaluation
- ◆ Selecting Indicators for Monitoring and Evaluation
- ◆ Conceptualizing and Designing a Monitoring System
- ◆ Conceptualizing and Designing an Evaluation
- ◆ Data Collection Methods
- ◆ Data Analysis
- ◆ Report Writing
- ◆ Dissemination and Use of Monitoring and Evaluation Results
- ◆ Preparing for Monitoring and Evaluation Activities
- ◆ Workshop Evaluation

Year Three Activities and Accomplishments

Dr Abiud Omwega of the University of Nairobi has taken a sabbatical this calendar year to take charge of completing the trainers' guide and preparations for the short-course and organizing the course in March 1999. The draft trainers' guide should be completed by November 1998, which is when the course brochure will be circulated.

7 Other activities

In November 1997, SANA regional advisor, Debbie Gachuhı worked with Dr Olivia Yambi, Regional Nutrition Advisor for UNICEF/ESAR, to plan and facilitate the UNICEF regional consultation on anemia that was held in Arusha for 51 participants from 16 countries in East and Southern Africa. The objectives of the meeting were

- ◆ To raise awareness on the problem and consequences of anemia,
- ◆ To review the status of the anemia prevention and control programs in the region,
- ◆ To discuss the mix of interventions appropriate to the prevention and control of anemia in the region, and
- ◆ To develop a work plan and recommend specific follow-up actions

Recommendations from the meeting are summarized in a SANA Trip Report and in the meeting proceedings. This meeting was the first formal cooperation between UNICEF and SANA to carry out a regional nutrition activity. Hopefully, in year 4, there will be further opportunities for cooperation.

West Africa

1 Preparation and facilitation of the ORANA focal point meeting

For the third year in a row, SANA, in collaboration with BASICS and SARA has supported the annual meeting of ORANA focal points, who are the heads of nutrition from the nine francophone West African countries (Benin, Burkina Faso, Côte d'Ivoire, Guinea/Conakry, Mali, Mauritania, Niger, Senegal, Togo). This year's meeting included a review of activities from the preceding year and planning for future activities on community nutrition and the nutrition minimum package (MinPak), which is being developed and implemented by BASICS. The meeting also included a technical update on vitamin A, given by Helen Keller International regional advisor, Shawn Baker.

Year Three Activities and Accomplishments

Among the outcomes of the focal point meeting were the decision to rename the network, which has now become the ORANA/CRAN focal point network (CRAN, based in Lomé, is a sister OCCGE institution to ORANA, that works primarily on micronutrient-related issues), the identification of two programs to be included in the community nutrition initiative assessment (in Niger and Guinea) with assistance from the local focal points, and the decision to hold the 1998 meeting in Abidjan with a technical update on iron interventions and anemia control. As follow-up to the meeting, CRAN agreed to prepare an advocacy document on vitamin A programs in West Africa, with support from BASICS.

2 Follow-up technical assistance for the IMCI food box adaptation

In year 3, SANA regional advisor, Lamine Thiam, working in collaboration with BASICS, provided technical assistance to the Ministries of Health in Morocco and Senegal to train local teams to carry out consultative research and adapt the IMCI nutrition materials. In both countries, Mr. Thiam assisted the teams who participated in the July 1997 regional food box adaptation training. Other countries, such as Mali and Niger, have completed food box adaptations with technical assistance from BASICS.

In addition to this IMCI-related work, SANA consultant, Maty Ndiaye, assisted the BASICS regional office with training on consultative research in Benin. In this instance, the team that was trained in July organized consultative research on infant feeding and compliance with iron supplementation by women in Borgou Province in northern Benin. Ms. Ndiaye assisted with organizing the local training on consultative research methods, and she co-facilitated the post-research workshop to develop messages for improving these practices. The outcomes of the research and these activities are described in greater details in her reports.

3 The Community Nutrition Initiative

The Community Nutrition Initiative is a collaborative effort with the World Bank, BASICS, ORANA, SARA, and SANA to document lessons learned from successful community nutrition programs in Africa. AGETIP, an organization currently running a World Bank-supported community nutrition program in Senegal, has taken the lead with this initiative by hiring a consultant, Idrissa Diop, who worked with the team in year 2 to develop an assessment tool that documents key practices and lessons learned from these programs.

This year, SANA consultant, Maty Ndiaye, participated in a UNICEF regional workshop on community participation in health and nutrition programs, held in Mauritania in November 1997. She participated in this meeting to obtain input on

Year Three Activities and Accomplishments

the design of the community nutrition workshop and to identify programs in West Africa that might be included in the assessment

In January 1998, SANA regional advisor, Lamine Thiam, traveled to Niger and Guinea to identify and train local consultants to carry out community nutrition program assessments, with assistance from the country's ORANA/CRAN focal point. Two consultants, Mr. Aboulaye Sow from Guinea and Mr. Boukary Seidou from Niger, were hired by SANA to complete this activity with the program managers and staff working in each of these programs.

The Community Nutrition Initiative workshop was held in Dakar in March 1998, to share the findings from the Guinea and Niger assessments, as well as findings from similar assessments of community programs in Senegal and Madagascar, and to discuss lessons learned and the essential steps for carrying out community-based nutrition programs. There were 43 participants from ten countries (Senegal, Mauritania, Guinea, Niger, Mali, Côte d'Ivoire, Benin, Ghana, Togo, and Madagascar), including representatives from governments, the programs being discussed, and non-governmental organizations. One recommendation from the workshop was the need to prepare a reference document on lessons learned and better practices for community nutrition. Such a document is currently being developed by SARA and SANA consultants Kinday Sambe Ndure and Maty Ndiaye, and will be completed by year 4.

4 Nutrition advocacy workshop

SANA consultant, Maty Ndiaye, participated in the two-week advocacy training workshop offered by the African Studies Center for Administration and Management (CESAG) in February 1998. Her participation was in preparation for the regional training on nutrition policy analysis and advocacy, which SANA is helping to organize, in collaboration with BASICS, SARA, and Linkages.

The regional training will introduce principals of advocacy and the PROFILES software for nutrition analysis and advocacy. Experience using PROFILES in Senegal, Mali, and Ghana will also be shared with participants. The workshop, originally scheduled for June 1998, has been postponed until December 1998.

5 Completing the training guide for the IMCI food box adaptation workshop

The IMCI regional food box adaptation workshop was held in Dakar in July 1997. Materials developed during that course were also used in country-level training courses in Benin (June 1998), Senegal (September 1998), and Morocco (October 1997), as noted earlier. It was hoped that the training guide would be updated this year based on the regional and country-level trainings, and disseminated to other

Year Three Activities and Accomplishments

organizations for their use. Unfortunately, this was not completed on schedule. The revised training guides, which will be translated into English, should be available in February 1999.

In the Home Office

1 Recruiting and Hiring a Nutrition Assistant

After a lengthy recruitment process, SANA has hired Micheline Nturu as the project's nutrition assistant. Ms. Nturu, who will work part-time for SANA and part-time for SARA, was born in Uganda and has worked in Zambia and Madagascar. Ms. Nturu holds a masters degree in nutrition from Tufts University School of Nutrition Science and Policy and she speaks French, English, and Kiswahili. She plans to begin working in November 1998.

2 Implementing other mid-term review recommendations

The SANA mid-term review was carried out last year by Dr. Jim Levinson of Tufts University. Among his observations and conclusions were the recommendations to extend the project for an additional two years (to the Year 2001) and to focus efforts on making sure that the existing agreements are brought to fruition and result in high-quality research and training.

As noted throughout this report, substantial progress was made in year 3 to develop and carry out high-quality training and research using sustainable and replicable approaches. In this project year alone, three regional program-oriented training courses have been developed and/or implemented, four workshops to exchange information on successful program issues have been held, research on program-related issues has been initiated and/or completed in seven countries, and community nutrition program assessments have been carried out in three countries.

To continue to accelerate the implementation of these activities, SANA has increased the level of effort for staff and consultants in the field. SANA regional advisor, Debbie Gachuhi, increased her time on the project from 60 to 80 percent in June. SANA has hired Dr. Abiud Omwega as a consultant to assist with the implementation and follow-up of several activities in East and Southern Africa. In West Africa, SANA consultant, Maty Ndiaye has also extended her contract through March 1999. SANA regional advisor, Lamine Thiam, however, has decided to return to graduate school to obtain a doctorate in Public Health and will be working on the project through December 1998.

Work Plan for Year 4

During Year 4, SANA expects to carry out the following activities, which are described in greater detail in Table 1

In East, Central, and Southern Africa

With the Social Science and Medicine Africa Network (SOMA-Net)

- ◆ revise, produce, and disseminate the Designing by Dialogue training guide, monitor consultative research in 8 countries,
- ◆ hold a regional workshop to review research finding, lessons learned, and program improvements

With the University of the Western Cape (UWC)

- ◆ finalize the training guide for the district workers course,
- ◆ test the training guide in one additional district,
- ◆ produce and disseminate the training guide to additional districts/countries,
- ◆ develop distance learning materials for the short course,
- ◆ help to facilitate the inter-session course on nutrition program monitoring and evaluation
- ◆ With the Network for Nutrition Training and Research Improvement (NUTRINET)
- ◆ support and participate in the regional dissemination of the rapid assessment protocol for anemia (pending interest from other donors in the region)

With the Applied Nutrition Programme and Tufts

- ◆ finalize the training guide for the monitoring and evaluation course,
- ◆ market the course to potential participants and funders in the region,
- ◆ organize and carry out the course,
- ◆ revise the training guide, and produce and disseminate it

Work Plan for Year 4

Continue to provide technical assistance to regional institutions and networks, such as UNICEF/ESAR, and to activities being carried out in support of the REDSO-based Greater Horn of Africa Initiative

In West Africa

In collaboration with the BASICS West Africa Regional Office and their nutrition advisor

- ◆ Assist with the preparation and implementation of the regional meeting of the ORANA/CRAN nutrition focal points
- ◆ Participate in discussions related to the expansion of that network to include Anglophone West African countries (in collaboration with Helen Keller International)
- ◆ Assist with the preparation and implementation of the regional training on nutrition policy analysis (PROFILES) and advocacy
- ◆ Provide technical assistance to at least two countries that are planning and implementing PROFILES-related advocacy activities
- ◆ Provide technical assistance to the Community Nutrition Initiative for completion of the community nutrition reference guide
- ◆ Translate the food box training curriculum into English, and produce and disseminate it to interested African institutions, WHO, BASICS, and other organizations working in IMCI and qualitative research methods for nutrition behavior change

In the Home Office

- ◆ Plan for and carry out the end-of-project evaluation
- ◆ Complete and disseminate all training materials,
- ◆ If funds allow, organize an end-of-project dissemination meeting for African partners to share experiences, materials, and lessons learned
- ◆ Participate actively in discussions related to future directions for capacity-building in program-oriented nutrition training, research, and advocacy

Table 1 Detailed work plan for Year 4

ACTIVITY for 10/98-9/99	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept
1 Implementation of Activities with SOMA-NET												
a Revise, produce, disseminate training guide	X	X	X	X								
b Monitor consultative research	X	X	X	X	X							
c Organize and hold post-research workshop			X	X	X	X	X	X	X	X		
2 Implementation of Activities with UWC												
a Finalize the district workers' training guide	X	X	X	X								
b Pilot test training guide in new district				X	X	X	X					
c Revise training guide, produce, and disseminate						X	X	X	X	X		
d Draft distance learning materials							X	X	X	X	X	
e Hold M&E course				X	X					X		
3 Implementation of agreement with ANP and Tufts												
a Complete draft M&E training guide and circulate for comments	X	X	X	X								
b Develop and implement course marketing plan	X	X	X	X	X							
c Organize and hold regional training			X	X	X	X						
d Revise, produce, and disseminate guide						X	X	X	X			
e Monitor M&E activities among participants								X	X	X	X	X

Table 1 (con'd)

ACTIVITY for 10/9-9/99	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept
4 Support activities of the NUTRINET												
a Develop agreement to disseminate the RAP	X	X	X									
b Implement and monitor agreement activities				X	X	X	X	X				
5 Implementation of Activities in West Africa												
a Organize and hold the regional meeting of focal points	X	X										
b Organize and hold regional advocacy training	X	X	X									
c Provide technical assistance for the community nutrition initiative	X	X	X	X	X	X	X					
d Provide technical assistance for advocacy follow-up					X	X	X			X	X	X
e Translate and disseminate food box training curriculum	X	X	X	X	X							
6 Implementation of Home Office Activities												
a Plan and implement end-of-project evaluation					X	X	X			X	X	X
b Organize and dissemination meeting (funds permitting)							X	X	X	X	X	X
c Prepare end of project reports								X	X	X	X	X
7 Ongoing Monitoring and Information Dissemination	X		X			X			X			X

Countries participating in SANA activities in Year 3

Training/Workshop Facilitators

Senegal
Benin
Burkina Faso
Ghana
Kenya
Uganda
Tanzania
South Africa
Zimbabwe
Zambia

Training/Workshop Participants

Benin	Ghana
Burkina Faso	Kenya
Côte d'Ivoire	Malawi
Guinea	South Africa
Madagascar	Tanzania
Mali	Zimbabwe
Mauritania	Ethiopia
Niger	Swaziland
Senegal	Nigeria
Togo	Uganda

Institutions and Networks Participating in SANA Activities

Social Science and Medicine Africa Network
Network of African Public Health Institutions
ORANA/CRAN Focal Point Network
Nutrition Training and Research Improvement Network
University of the Western Cape
University of Nairobi Applied Nutrition Programme
Makerere University Institute of Public Health
Tanzania Food and Nutrition Centre
University of Zambia Institute for Economic and Social Research
Medical University of South Africa
Organization for Applied Nutrition Research in Africa (ORANA)
Center for Applied Nutrition Research (CRAN)
