

NEWSLETTER

REDUCING NUTRITION-RELATED NONCOMMUNICABLE DISEASES IN ADOLESCENCE AND YOUTH: INTERVENTIONS AND POLICIES TO BOOST NUTRITION FLUENCY AND DIET QUALITY IN AFRICA (ARISE-NUTRINT)

ARISE-NUTRINT 2024 ANNUAL MEETING



The much-awaited ARISE-NUTRINT Annual Meeting took place on January 22-23, 2024 in Dar Es Salaam, Tanzania, marking the first year of a groundbreaking 4-year project mission to improve adolescent health in the sub-Saharan African (SSA) region. With the participation of 14 partners from 12 countries, the meeting served as an exceptional platform to deliver the one-year progress report from each working group and highlighted plans for the upcoming year.

The focus of the 2024 ARISE-NUTRINT Annual Meeting was on the challenges faced by each working group and the best strategies for moving forward into the second year. The meeting attendees also discussed the various main interventions that will be implemented next year in the areas of nutrition literacy and nutrition fluency.



STAKEHOLDERS FORUM ON ADOLESCENTS AND YOUTHS HEALTH POLICIES IN AFRICA



One of ARISE-NUTRINT Network's partners, the University of Ibadan Research Foundation (UIRF) in Nigeria successfully conducted the Stakeholders' Forum on November 13, 2023. The UIRF is actively engaged in fostering partnerships and emphasizes the importance of collaborative efforts to enhance research in addressing health challenges faced by adolescents and youth.

Prof. Adebawale, Vice Chancellor of the University of Ibadan, stated: "The forum is designed to provide pathways toward generating valuable tools to develop sustainable solutions that will empower the nation to translate evidence into asset-based, impact-driven policy options and actions that will drive positive changes for adolescents and youth. The forum also represented a unique opportunity for all stakeholders to come together, share knowledge, exchange experiences, and collaborate on strategies that will ensure adolescents thrive during their life".

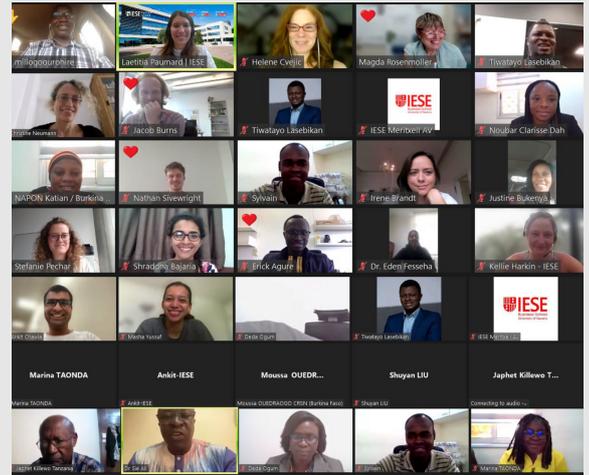
The forum underscores the UIRF's commitment to leveraging partnerships across various sectors to advance research that can significantly improve the health outcomes of adolescents and youths in Africa.



The involvement of diverse stakeholders from governmental, international, private, and academic spheres highlights the multidisciplinary approach the UIRF is taking to address these critical health issues.

ARISE-NUTRINT CO-DESIGN WORKSHOP

The ARISE-NUTRINT Co-Design Workshop, held virtually on July 26, 2023, was a collaborative effort aimed at improving nutrition literacy and lifestyle behaviors among adolescents and young adults, particularly in SSA. Hosted together by IESE Business School and Centre de Recherche en Santé de Nouna (CRSN), the workshop brought together 30 participants from the ARISE Network, including global, regional, and local experts on adolescent health and nutrition, alongside program implementers and evaluators.



The primary objective of the workshop was to leverage community-based stakeholders' and experts' insights to identify acceptable, culturally appropriate, and feasible strategies for enhancing nutrition literacy and lifestyle behaviors among adolescents and youth.

The workshop was structured into two main parts, focusing on intervention design and brainstorming additional ideas for interventions and implementation optimization. Key activities included:

- **Plenary Sessions:** Presenting preliminary scoping review results, and group feedback discussions.
- **Break-out Room Discussions:** Focused on intervention design, reflecting on the advantages and disadvantages of various intervention categories, and brainstorming on additional interventions, delivery mechanisms, and sequencing interventions to maximize impact.

Key Findings and Discussions

How would you describe this Workshop in 1 word?
22 Responses



- **Intervention Design:** Participants discussed various intervention categories, including nutrition education and physical activity, counseling-based interventions, addressing food security through gardening and meals, and micronutrient supplementation and fortification. Each category's advantages, disadvantages, feasibility, cultural acceptability, delivery mechanisms, and impact on adolescent health were analyzed.
- **Implementation Optimization:** brainstorming additional intervention ideas, potential delivery mechanisms, challenges, and strategies to address them. The importance of sequencing interventions to reinforce and increase their impact on adolescents' knowledge and behavior was emphasized.
- **Next steps:** validation of these interventions with target groups, followed by pilot testing in selected locations and an in-person second workshop in Burkina Faso.

The Co-Design Workshop represents a significant step forward in developing culturally appropriate, feasible, and impactful interventions to improve nutrition literacy and lifestyle behaviors in SSA. The collaborative and human-centred approach of the workshop has laid a solid foundation for future research and implementation efforts in this critical area of public health.