



# Enhancing Adolescent Health through Nutrition Fluency in Sub- Saharan Africa

01 September 2023



# ARISE NUTRINT

## REDUCING NUTRITION-RELATED NONCOMMUNICABLE DISEASES IN ADOLESCENCE AND YOUTH: INTERVENTIONS AND POLICIES TO BOOST NUTRITION FLUENCY AND DIET QUALITY IN AFRICA

This project is a collaborative initiative project funded by the European Commission and led by renowned experts in the field of public health nutrition. The ARISE NUTRINT project officially started on 1 January 2023 and members convened in early January for kick-off meetings in Dar es Salaam, Tanzania (*picture below*). The project aims to address the pressing issue of non-communicable diseases (NCDs) related to nutrition among adolescents and youth in Africa, particularly in Sub-Saharan Africa (SSA).

The ARISE NUTRINT project brings together a network of esteemed organizations, including:

1. Africa Academy for Public Health (AAPH)
2. Addis Continental Institute of Public Health (ACIPH)
3. Center for Health, Exercise, and Sport Sciences (CHESS)
4. Charité – Universitätsmedizin Berlin (Charité)
5. Erasmus University Medical Center (EMC)
6. IESE Business School University of Navarra (IESE)
7. Nouna Health Research Center (CRSN)
8. Makerere University School of Public Health (MakSPH)
9. University of Ghana (UG)
10. University of Ibadan Research Foundation (UIRF)
11. University of KwaZulu-Natal (UKZN)
12. Heidelberg University – Heidelberg Institute of Global Health (HIGH)
13. Technical University of Munich (TUM)
14. Harvard T.H. Chan School of Public Health (HSPH)

The ARISE Network, which stands for “The Africa Research, Implementation Science, and Education”, was established in 2014 by the Africa Academy for Public Health (AAPH) to address the need for greater, sustainable public health capacity in Africa. ARISE is a collaborative effort involving leading African institutions, the Harvard T.H. Chan School of Public Health, and the Heidelberg Institute of Global Health. It serves as a platform for robust research and cutting-edge education in the region, with member institutions from nine Sub-Saharan African countries.

ARISE aims to advance implementation science in priority research areas and develop the next generation of public health leaders in Africa. The network's expertise lies in maternal, neonatal, and child health (MNCH), but it also prioritizes adolescent health as crucial for sustaining childhood improvements and advancing maternal health.



ARISE NUTRINT consortium members at Kick-off Meeting in Dar es Salaam in January 2023

The ARISE NUTRINT project aims to understand the diets, nutrition, and physical activity-related risks of non-communicable diseases among adolescents in seven SSA countries. We seek to optimize evidence-based interventions, assess long-term costs and effects, and explore factors influencing adoption and sustainability.

Specific Objectives (SO) and Research Results (RR):

1. **Identifying Health Risk Factors:** Our researchers are working to identify nutrition-based adolescent health risk factors across seven Sub-Saharan African countries. By understanding these factors, we can better design interventions to mitigate long-term chronic disease burdens.
2. **Adolescent Nutrition Fluency Intervention (ANFI):** We are developing an ANFI tailored to African regions, providing adolescents with the knowledge and skills to make informed nutrition choices.
3. **Sugar-Sweetened Beverage (SSB) Tax Policies:** we aim to establish the effectiveness of SSB tax policies in reducing SSB consumption and improving health outcomes among African adolescents.
4. **Entertainment-Education Video Intervention:** Our team is adapting existing entertainment-education videos to four contexts in Africa to promote adolescent health fluency through social media.



Sphindile Machanyangwa (UKZN, South Africa), Prof. Wafaie Fawzi (Harvard, USA), Dr. Nolwazi Dlamini (UKZN, South Africa), Dr. Magda Rosenmöller (IESE, Spain)



Dr. Mary Mwanyika Sando (AAPH, Tanzania), Prof. Yemane Berhane (ACIPH, Ethiopia), Prof. Wafaie Fawzi (Harvard, USA)

5. **Long-Term Impact and Cost-Effectiveness:** We will assess the long-term impact and cost-effectiveness of ANFI and SSB tax policies in African regions to ensure sustainable and evidence-based interventions.
6. **Nutrition Solutions for Adolescents:** ARISE – NUTRINT will identify applicable nutrition solutions for adolescents across African regions and assess their regulatory requirements and financial viability.
7. **Africa Think Tank for Adolescent and Youth Health (ATTAYH):** We are creating an Africa Think Tank to foster collaboration and knowledge-sharing among public health professionals in the region.
8. **Population-Based Research Platform:** Our aim is to develop a platform for high-quality, safe, and efficient population-based longitudinal research on adolescent health and nutrition across African regions.
9. **Successful Governance and Implementation:** We will govern and implement a research agenda across seven African countries, supporting adolescents in achieving healthy nutrition for healthy lives.

We believe that the outcomes of the ARISE NUTRINT project will significantly contribute to improving health, economic, and societal outcomes for all in the region. The lessons learned and results achieved may also be transferable to other low- and middle-income country contexts facing similar challenges.

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**Twitter:** @ARISE\_NUTRINT

**More information can be found on our website, [here](#).**