

NEWSLETTER

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

Conference on Adolescent Health in Sub-Saharan Africa (CAH-SSA) on 25-27 June 2024



The [Conference on Adolescent Health in Sub-Saharan Africa](#) (CAH-SSA), titled “Empowering Health: Enhancing Adolescent Health Research Capacities and Policies in Sub-Saharan Africa,” was held from the 25th to 27th of June 2024 at the Ethiopian Skylight Hotel, Addis Ababa 1755, Ethiopia. The CAH-SSA was organized through the Research Network for Design and Evaluation of Adolescent Health Interventions and Policies in Sub-Saharan Africa (DASH), and co-hosted by the Addis Continental Institute of Public Health (ACIPH) in collaboration with Africa Academy for Public Health (AAPH).

This CAH-SSA – a DASH initiative - also featured the ‘Africa Research, Implementation Science and Education’ (ARISE) Network’s „Reducing nutrition-related noncommunicable diseases in adolescence and youth: interventions and policies to boost nutrition fluency and diet quality in Africa“ (ARISE-NUTRINT). The Africa Think Tank for Policies on Adolescents and Youth Health was established and launched as co-hosted by the University of Ibadan Research Foundation (UIRF) and AAPH. All these are initiatives under the ARISE Network, which at the CAH-SSA celebrated a decade since its founding.

More than 150 participants (researchers, adolescents, students, government representatives and policy makers and other stakeholders) from more than 15 countries joined the event and discussed the topic of enhancing adolescent health research capacities and policies in SSA. Young researchers presented oral and poster abstracts on a broad range of topics related to adolescent health in SSA, including: Nutrition and non-communicable diseases (NCDs), Mental health, violence, substance use and well-being, Sexual and reproductive health and rights and Social determinants of health.



Launch of the Africa Think Tank for Adolescents and Youth Health (ATTAYH)



The Africa Think Tank for Adolescents and Youth Health (ATTAYH), a transformative initiative to advance the health and well-being of young people across the continent, was officially launched on June 26th, 2024, in Addis Ababa, Ethiopia. This pivotal initiative is a key component of the ARISE-NUTRINT and DASH initiatives, aimed at driving innovative research and policy development to address critical health challenges faced by adolescents and youths in Africa.

Hosted at the University of Ibadan Research Foundation (UIRF) in collaboration with the Africa Academy for Public Health (AAPH), Tanzania, the ATTAYH is designed to bridge the knowledge gap and foster innovations for healthy living among young Africans. The Think Tank will harness the expertise of a Core Committee and Special Thematic Working Groups (STWGs) to conduct comprehensive research and develop actionable policy recommendations.

The STWGs, the driving engine, focus on three critical health domains:

1. **Nutrition & Physical Activity:** Promoting nutrition fluency and physical activity among youths and adolescents in low- and middle-income countries (LMICs).
2. **Sexual & Reproductive Health:** Enhancing SRH literacy and access to services, addressing challenges like social norms, contraceptive use, and menstrual health.
3. **Mental Health & Violence:** Improving mental health literacy, access to services, and addressing violence through innovative approaches like comic strip interventions.

Each STWG will consist of domain experts, a PhD student or a Postdoc, and will be coordinated by a member of the Policy Imperative Working Group (PIWG). The groups will conduct systematic reviews of research, assess policy challenges, highlight scientific advances, identify research gaps, and develop policy options for enhancing adolescent and youth health in Africa. More information about the Think Tank can be found here: <https://arise-nutrint.eu/think-tank-members>

