

Title: Nutrition and Health (NH) – Level 1, 2 and 3

Duration	Three-day training Workshop (for each level)
Language	English (also available in other languages)
CPD	12 credited hours – IFPH (for each level)
Location & Dates <small>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</small>	Istanbul (First Monday every month) London (Second Monday every month) Dubai (Third Monday every month) Brunei (Fourth Monday every month)
Please note	ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Family Physicians, Health Promoters
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

NH Level One; 3-day training-workshop

The first level focuses on developing a shared understanding of the problems and challenges encountered in efforts to institutionalise the response to malnutrition (whether it is over or undernutrition) in the region, with particular emphasis on issues related to high-level training and capacity building. Brief presentations will be given on

- The nutrition situation in the country and local community context.
- Identifying participants'/organisations' priorities and expectations for the training
- Lessons learned from capacity building efforts in the country context
- Community nutrition and health assessment and diagnosis.
- Practical Approaches to Problem-solving employing evidence-based approach.

NH Level Two; 3-day training-workshop

The second level will focus on generating organizational and managerial solutions to the issues raised before. Resource persons from within the group of participants will be invited to present their experiences on 'best practices' in capacity building and institutional strengthening for nutrition programme

effectiveness. Additionally, some other participants will present 'key ideas' based on their work experience. Action-oriented practical sessions form a key feature including study design and approaches to aspects of nutritional epidemiology and data management.

NH Level Three; 3-day training-workshop

The third level will focus on the actions to be taken. Based on the identified problems and 'good practices' in the levels before (levels 1&2), the NH training workshop will focus on possible solutions, as well as on the mechanism for the needed implementation of the proposed actions. Intervention programmes are designed and planning and implementation form the focus of this part of the programme. Policy issues are discussed as well as funding arrangements and project costing. Advanced levels of data handling in nutrition and public health and policy implications form a key feature.

Participants are also supported to formulate and design specific intervention project proposals that their organisation would want them to work on for consideration as public health interventions particularly with respect to primary and secondary prevention of non-communicable diseases (NCDs) or communicable diseases (CDs). IFPH has expertise in, and are very interested in using the school-based approach to primary prevention of NCDs or CDs, particularly through school health programmes. These include the audit of current school meal provision and working with our development partners to develop nutritional Guidelines and School Feeding programmes based on good healthy practices. Projects in this area form a current active research and public health interest for our team.

This workshop is customized for health professionals who are working in the field of human nutrition and health, and it is indeed to share ideas and build consensus on the need for a concerted effort to strengthen human and institutional capacity to combat nutrition related problems to malnutrition either communicable or non-communicable diseases and to formulate bold action plans to make it happen.

By way of background on IFPH's central role and focus, the following summary below useful:

- The IFPH is an important forum within the public health domain whose primary focus is in international development in the field of health sciences and well-being. In collaboration with the academic staff from British universities, we form part of an initiative spearheaded by the IFPH for enhancing human leadership and organizational capacity to address global nutrition and public health challenges.
- This training-workshop is motivated by the growing recognition of the important role of nutrition and health in human development. Nutritional and health problems in the world are rapidly evolving as global socio-economic conditions change, and the interconnected nature of national economies, demographic transitions, and continued

population growth pose new challenges to the food system. In the face of these developments, investment in human and institutional capacity to address nutrition -an investment, which has been inadequate and uneven in many regions- must receive priority attention. To be successful, a bold initiative to enhance human and organizational capacity to address the consequences and health problems which predispose particularly to non-communicable diseases (NCDs) (such as obesity, diabetes mellitus, certain cancers, osteoporosis, anaemia, gout) and communicable diseases (e.g. micro-nutrient deficiencies) must be driven by well informed leaders in health within each region.

- This IFPH initiative recognizes significant work on capacity building which is ongoing in many regions (e.g. North Africa Region, the Far East and the Gulf States) and therefore seeks to build on these efforts, and where deemed necessary by stakeholders, to help to strengthen their own efforts.
- A good number of Nutrition & Health workshops (NHW), on/off site, have therefore already been implemented by our team and many participants have benefited from training in the field of nutrition and Health. A number of workshops on this concept have recently been held in various countries (e.g. Gauteng in South Africa, Alexandria, Egypt, Doha, Qatar and Mombassa, Kenya). Working in partnership with stakeholders in various countries, our team has typically facilitated workshops on very high levels of professional training in aspects of public health and nutrition employing relevant and local examples for each region. The team also boasts a strong language skill (English, French, Turkish, Arabic), which eases communication and provides better support to ensure good skills development where appropriate.
- The participants in this NH training workshop will have the opportunity to work with members of our team on various specialties in this area including cutting-edge scientific and innovative tracts as well as developing hands-on specialist techniques in aspects of public health nutrition and how this relates to population health and the prevention of both over- and under-nutrition.
- Activities range from helping to identify existing nutritional challenges, helping in the design of the appropriate tools needed to address these issues and the training of field workers on study design, approaches to community-based nutritional and health assessments and other intervention tools from planning to implementation, data collection, analysis, monitoring and evaluation.

Aim of NH training workshop (Level 1, 2 and 3)

The aim of three levels NH training workshops are to share ideas and build

consensus on the need for a concerted effort to strengthen human and institutional capacity to combat nutritional problems related to either malnutrition (non-communicable and or communicable diseases) and to formulate bold action plans to make it happen.

Specific objectives

The specific objectives of NH training-workshops include:

1. Share insights on the challenge of institutionalising action against malnutrition in the region.
2. Identify and prioritise key capacities required by nutrition leaders.
3. Identify and prioritise organizational issues in tackling nutrition and public health issues in their region.
4. Identify innovative opportunities and approaches to develop these capacities.
5. Formulate broad goals and identify specific actions, actors, measurable outcomes and milestones for building nutrition leadership over a ten-year period.
6. To assist the progress of countries in developing, implementing and monitoring national plans of action for nutrition and health (NPAN)
7. To identify constraints in developing, implementing and monitoring NPAN.
8. To establish key elements leading to successful planning, implementation and monitoring of NPAN, and to discuss additional actions and support which may be required for the preparation, implementation, monitoring and evaluation of NPAN.

Participants

Participants are selected on the basis of their professional experience and involvement with capacity building such as research, training/education and programme planning and implementation in the field of nutrition and related fields such as public health.

After completion of the course the participant shall:

- Be familiar with recent findings and methods of addressing major global nutrition concerns
- Be able to understand various aspects of global nutrition, nutrition trends and challenges, environmental, health, food security and gender concerns, nutrition as a human right.
- Be able to review the concept of malnutrition, growth standards, current issues and controversies in macro- and micro-nutrient nutrition. Mild undernutrition and mortality, rehabilitation of severely malnourished children, maternal nutrition and pregnancy outcome, infant feeding, HW/AIDS. Diet, lifestyle and disease, obesity and disease risks, nutrition problems of urbanization, nutrition of ageing populations.
- Be familiar with nutrition management and meeting nutrition challenges of the 21st century.
- Will receive handout materials that include the topic covered in the

workshop.

- Will have the opportunity to register with the International Forum for Public Health as associate member and receive a constant update on the current public health issues at national and international

Our success in NH training workshop lies in our innovative approach to teaching, making use of seasoned practitioners and top nutrition consultants. It is this combination that defines good nutrition education - nurturing highly employable potential partners who are prepared not only to join the creative nutritional projects but also to analyse and change them to suit their requirements.