



# Adolescent Nutrition Resource Bank Launch: Resources to Inspire Action

## Webinar Transcript

### Yaritza Rodriguez

Good morning, good afternoon, good evening.

Thanks again for joining today's launch of the USAID Advancing Nutrition - Adolescent Nutrition Resource Bank. Once again, my name is Yaritza Rodriguez and I am a Program Coordinator at Advancing Nutrition. I will begin today's webinar by going over some troubleshooting tips and norms in this zoom webinar environment.

Please turn your attention to the first slide. You will note that ... if at any point you are having trouble hearing, please make sure you have connected your audio by selecting the headphones icon in your zoom controls at the bottom of your zoom window. Since you may not be able to see the names of others joining us today, we encourage you to introduce yourselves in the chat box by sending a message to all panelists and attendees so that we can get to know each other during the webinar.

Please, also use the chat box to ask for help or to continue introducing yourselves and share your questions or comments for today's webinar; again, by sending that message to all panelists and attendees. If you have a question for one of the presenters or panelists today, please make use of the question and answer feature. So, to access that, you will need to select the Q&A icon in your zoom controls. Panelists will respond to questions in the Q&A box, as they are able. We have also allotted some time during the second half of this webinar for a panel discussion and moderated question and answer session, at which point the panelists will respond to questions from the audience. Please, note that this webinar is being recorded and will be made available on the USA Advancing Nutrition website afterwards.

Now it is my pleasure to introduce today's moderator, Peggy Koniz-Booher. Peggy is a senior technical advisor with the USAID Advancing Nutrition Project and the nutrition champion for JSI Research and Training Institute. She is an international public health nutritionist and social and behavior change communications specialist, with more than 25 years of experience in maternal, infant and young child

nutrition, family planning and reproductive health, the prevention of maternal to child transmission of HIV and a growing commitment to the promotion of adolescent nutrition programming. Peggy, over to you.

## **Peggy Koniz-Booher**

Thank you, Yaritza.

I am very excited to be moderating today's launch of the Adolescent Nutrition Resource Bank. During today's webinar, we will first hear some introductory remarks from a couple of our colleagues. Then we will move to a series of short presentations from our speakers, and we will make sure to have time at the end for the panelists to answer your questions. Throughout today's webinar, please share your questions or comments in the Q&A box. So, to kick us off, I would like to turn it over to Kellie Stewart for a brief overview of why it is important to prioritize adolescent nutrition. Kellie is the chief of the Nutrition and Environmental Health Division in the Bureau for Global Health at USAID. With over 20 years of experience with USAID, Kellie has led efforts on a broad range of development and emergency response programs, including multi-sectoral nutrition, health systems reform, maternal and child health, family planning and reproductive health. Over to you Kellie.

## **Kellie Stewart**

Thank you so much Peggy and it is wonderful to be with everyone today and I want to welcome you to the launch of the new Adolescent Nutrition Resource Bank. I, personally, am very excited for this webinar and I think it comes at a very important and opportune time. First and foremost, I would like to start by thanking the USAID Advancing Nutrition team for their incredible work in developing the resource bank and their commitment to widely sharing this collection of resources with the larger development community. I would also like to acknowledge the broader youth and nutrition stakeholder community for your commitment to elevating this vital topic. This resource bank is possible because of all of you and is filled with the technical resources that you have worked so hard to develop and publish.

USAID envisions the Adolescent Nutrition Resource Bank to support the global community by giving more focused attention to the adolescent age group. We hope this resource bank will help the development community to design programs that are better tailored to the complex needs of adolescents, as specific nutrition programming for this age group has not yet received adequate attention. Addressing this need is imperative. As you will all learn today during the webinar, the resource bank includes a wealth of information to help governments, donors, NGOs and other adolescent stakeholders, to design, deliver and monitor effective adolescent nutrition research programs and services.

Now that there are a growing number of adolescents with 250 million more adolescents compared with just 30 years ago, it is even more important that we focus our attention on nutrition for this very important age group. We all know that the first window of opportunity in an individual's growth and development occurs during the first 1000 days - between pregnancy and a child's second birthday. Lesser known but equally important is the period of adolescence, which is sometimes called the second window of opportunity. It is a period of rapid biological growth, which requires high amounts of energy, protein, iron and other micronutrients, making adolescents more susceptible to nutrition deficiencies and related health consequences like anemia.

Adolescence is a time when young adults begin to explore their independence and make important decisions about their diet, eating and self-care practices, forming habits that often follow individuals into adulthood. Both now and in what we hope soon to be a post-covered reality, optimal nutrition for adolescents is under threat in a variety of ways. We have seen severe disruption of livelihoods and food systems, limiting safe access to nutritious foods. There have been disruptions in health systems, also disruptions to social, and protection programs, which undermine access to safe nutritious food and health services for many communities.

One thing we know and embrace is that adolescents themselves are uniquely positioned to contribute to the design and delivery of effective programs and services. Policy makers, program managers and service providers need to engage adolescents, when designing, planning, implementing and delivering nutrition programs and services. USAID's Youth and Development Policy recognizes this truth and encourages meaningful adolescent and youth engagement as vital to development. Youthful participation and development efforts can contribute to more sustainable investments to end cycles of poverty. With active youth engagement, we can build resilient and democratic societies, improve health and nutrition outcomes, and strengthen the prosperities of communities and economies. When adolescents are empowered to make dietary choices that are optimal for their health, they are setting themselves up for a healthier life into adulthood. Launching this resource bank is just one step, and it is our hope that it will catalyze momentum towards increased attention to adolescent nutrition and show our commitment to supporting this age group to have a productive and prosperous future. Thank you very much and thank you for participating in this webinar.

Back to you Peggy.

**Peggy Koniz-Booher**

Thanks so much Kellie for those important remarks and your framing of the critical importance of adolescent nutrition. I am really excited to now introduce our colleague Debendra Adhikari. Debendra is the Senior Nutrition Specialist at USAID Nepal, where he leads the implementation of USAID Nepal's nutrition portfolio and manages Suhara 2: USAID Nepal's bilateral integrating nutrition project.

Debendra, over to you.

## **Debendra Adhikari**

Thank you Peggy.

Dear distinguished participants, today I am very much delighted to share our experience from Nepal regarding rules and nutrition in terms of situation, policy, influence in adults and programming. I would like to thank USAID Advancing Nutrition team and USAID Washington for providing us such an opportunity. Now, I would like to talk a little bit about adolescent nutrition and its significance in Nepal. As you all know, the foundation of adequate growth and development is laid before birth, during childhood and is followed during adolescence. Adolescents are the future generation of any country and their nutritional need are critical for the well-being of society. You can see here in the picture that a large proportion of adolescents suffer from malnutrition and anemia in Nepal. Also, poor dietary behavior which remains a serious public health problem and adversely impacts adolescent health and development. The high rate of malnutrition, of course, does not only contribute to the increased morbidity-mortality associated with pregnancy and delivery, but also does increase the risk of delivering low-weight babies. So, adolescents contribute to the intergenerational cycle of malnutrition.

Additionally, early marriage is a common occurrence in Nepal. About one-fifth of adolescent girls get married and give birth before the age of 20. You know, child marriages are major factors in adolescent pregnancies and lies at the intersection of a broad set of deeply rooted cultural and social inequalities. So, addressing the health nutrition need of adolescents could be an important step towards breaking the ... you know ... vicious cycle of intergenerational malnutrition. Chronic diseases and poverty, alongside efforts to delay early marriage, empowering girl and women, and also advancing gender and social equality. In early 2000, the adolescent nutrition program in Nepal mostly focused narrowly on prevention of anemia. However, there is still much more to be done to tackle the ... issues that adolescents face now and in the future, so that they and their future families can thrive.

Now, I would like to talk a little bit about the government's policy and how it is advancing. Government and development partners have jointly identified the vital needs of a life cycle approach to nutrition that not only focuses on modern children but also adolescents, during the critical phase of development. With

great leadership from the government of Nepal, currently, multiple initiatives are being implemented to address adolescent health and nutrition, including support from the development partners. You can see there are a lot of policies supporting adolescent nutrition programs such as multi-sectoral nutrition plan 2018-2022, the school healthy strategy, as well as the ministry of health and population National Nutrition Strategy 2020, which provides a very comprehensive guide for government and other agencies working in nutrition to highlight the policy. You will find in the resource bank too, adolescent nutrition has become significant in the second multi-sectoral nutrition plan for adolescent well-being in a combined outcome of different sectoral ministries like health, education and other sectors. So, the multi-sectoral nutrition plan addressed the unique need of adolescents and through multi-sectoral programs, including the water, sanitation, hygiene, menstrual hygiene initiatives, iron follicate supplementation for adolescent girls, and expanding executions, reproductive health and youth empowerment.

Now, I would like to talk about how USAID is supporting to implement the adolescent nutrition program and improve adolescent nutrition in Nepal. USAID is a major donor supporting the government of Nepal to improve on the adolescent nutrition program and also building the capacity of local provider and influencer, and helping government to create an enabling environment for nutrition, by supporting the development of adolescent nutrition related policies, guidelines, program packages, training manuals and other materials. You know, critical gaps remain in addressing adolescent nutrition. We have very little rigorous siblings on their health and nutrition status or diets. Mostly on how to reach them and even less regardless of effective intervention for evolution including the difference between younger versus older, married versus unmarried. So USAID is supporting research to generate the evidence in improved adolescent nutrition programming in Nepal and generally look at implementation issues. For enhancing the impact of adolescent nutrition in Nepal, will require to expand the intervention package beyond nutrition; expanding the use of technologies and approaches for demand creation and agency building activities for adults and young mothers. Also finding appropriate delivery platforms to reach out will strengthen it.

Now, not the least but very important, this newly launched adolescent nutrition resource bank will be useful for government, implementing partners and service providers, teachers and youth groups, to address the crucial gap and way forward. These resources can be used by the government either as reference material to develop their country specific adolescent materials. Donors can use it to prioritize resources to provide guidance to the implementing partner. Also, the implementing partner can use these very important resources to implement and monitor the adolescent nutrition program, as for the local context. For instance, in Nepal, USAID Advancing Nutrition technical assistance was very helpful to refine and implement the adolescent nutrition component of USAID – Suhara 2 activity. This technical assistant

included review of the existing national and global adolescent health and nutrition resource design tools to inform Suhara 2 adolescent integrated nutrition strategy and training package and other materials. Going forward, having such resources in one place and publicly available will be very helpful for many programs both in Nepal and elsewhere. Therefore, I am very pleased to be part of today's launch of the resource bank and share my colleagues and participants' excitement and commitment to furthering evidence and progress in adolescent nutrition. Thank you so much and over to you Peggy.

## **Peggy Koniz-Booher**

Thank you so much Debendra. Thank you so much for your appreciation of the bank. We are indeed very excited about sharing it today. Your experience in Nepal is really fascinating and we thank you for sharing that. Now we would like to hear from Sasha Lamstein. Sasha is a Senior Technical Advisor for nutrition and health systems with the USAID Advancing Nutrition project. She has worked on a wide range of projects over the years including most recently the USAID funded spring project, but her interests lie in promoting maternal, young child and adolescent health through delivery systems, community-based social and behavior change communication and monitoring and evaluation. So, over to you Sasha.

## **Sasha Lamstein**

Thanks so much Peggy. I am really honored to be here with all the presenters and participants online today, launching this new Adolescent Nutrition Resource Bank. I have to emphasize that producing this was a huge team effort. I am just the lucky one who gets to be presenting it to you. USAID and USAID Advancing Nutrition developed ...

I am sorry Yaritza, could you go to the next slide?

That is great! Thanks.

USAID and USAID Advancing Nutrition developed the bank to collect and share existing resources from numerous organizations working around the world, to help jump start, catalyze, inspire, facilitate and support the design and implementation of adolescent nutrition programs and services. We also hoped that it would help identify and ultimately encourage the filling of gaps related to those resources. It was designed with multiple users or audiences in mind. USA admissions, governments, donors, development agencies, youth groups, civil society organizations and even service providers. As you will see, it also includes a wide range of resources; great examples of policies, protocols and advocacy documents, service delivery guidelines, training curricula, social and behavior change materials, as well as tools for monitoring evaluation and resources and research.

In order to identify the resources, we began by contacting colleagues from organizations who had signed the Adolescent Nutrition Call to Action in 2018. And then, we searched databases and websites. That search of relevant and practical resources is and will continue to be an ongoing process. As the material started to come in, we then conducted a series of small group discussions with representatives from development partners already committed to adolescent nutrition. I see many of you are on today. These colleagues helped us identify additional resources and figure out the best most user-friendly way to organize, categorize and present the resources. We are very grateful for their input. Now, bear with me for a minute while I share this my screen and introduce you to the resource bank.

So, this is it. Yaritza, I think you're going to put in the chat the link, but I would recommend that you wait to check it out until after the webinar. So, this is what we hope you will consider your resource bank that will be useful to you. So, to help you quickly find what you are looking for, we work to keep the landing page very simple and interactive. Currently, we have 195 resources and they are organized by the types of programs or interventions for which they are designed. As you can see, as you click on each of the program area buttons, a short description appears along with a link to read more about how the program area is defined, and to see a list of the related resources. So, I can click on that and see a brief description and the 29 resources that are related. But before moving on, I want to go back to the landing page or the home page to show you how the search function works. So, I can either do the regular back button or you can click right here. So, here we are and scrolling down, you can see the search functions. You can either run a simple search like with these fields here or you can do an advanced search, filtering by other categories and sort of tags that we put on each of the documents. But let us say you're interested in getting a sense of all the advocacy-related documents. We can just come here to 'program area' select 'advocacy' and 'apply'. So, we see that there are 45 resources and you're given the short description ... you're given this list and resources and you can scroll down see all the different resources that are here. But, let's say you're interested in this first resource which we're going to be hearing a little bit more about shortly. So, you click on the 'view resource' and you're given a short description of the resource, a web link to it right here, as well as a sort of a thumbnail of what it looks like and the key characteristics of this document.

What we think you will find very helpful, to many users, is the ability to click on these characteristics or these tags in blue font as another way to filter your search. So, for example, if you decide that you're here and you want to learn more about or find out more resources on community based implementation, you can click right here on community and it brings up all resources that are related to community-based implementation and research and/or services. And it brings you back to ... just to make sure you see that they're all listed right there, all 61. But, now it brings you also to this advanced search so let's say you also

want to find resources that are for community-based but only for adolescent girls, you can select 'adolescent girls only' and hit 'apply' and you come up with 15 resources. Keep in mind that you will likely find fewer and fewer resources as you add more and more of the search filters. But please don't get discouraged, just reduce the filters. Also, for ease of navigating, you can also come over here. So, this is an easy way just that it's on every page. You can come over here and select a different area. So let's say we want to now look at adolescent engagement. We see that there are 23 resources and ... yes. That's just another way to navigate. But, before we move on and hear about some of the other resources, I just want to quickly show you what we call our 'orientation page'. So, that's what is in the bank. So, here, you can find some additional information on how the bank was developed and you'll also see these six graphics. You'll see how many resources are in the bank currently. So, there are actually 196. And the six graphs that depict the different types of resources or the different categories of resources that we have in here. I am not going to go into them in great depth but just wanted you to see them. These will automatically update as resources are added. We think that these will help guide us and you as we plan our future work in this area. You will also see at the bottom websites which resources that are relevant to adolescent nutrition but that are not included in this resource bank, since they are not explicitly related to adolescent nutrition. Things about sexual and reproductive health or life skills. And then finally, just some basic information on why we think that it's important to explicitly focus on programs and services on adolescent nutrition.

So, this is the resource bank and hopefully you'll find it simple and easy to use. We hope that you'll explore it to whatever extent you want and share it widely with your colleagues. We sincerely hope that the resources you find within will inspire you and others to do more for adolescent nutrition. We look forward to collecting and disseminating more of your resources and spreading the word about the important work being done in adolescent nutrition globally. This is just the start. If you know of additional resources related to adolescent nutrition, please share them with us. Yaritza will put in the chat box an email address where you can send those resources and thank you. We hope you enjoy this and we look forward to hearing now from some of the others who have developed some of these resources and use them. Back to you Peggy.

## **Peggy Koniz-Booher**

Thank you so much Sasha for that introduction and really fun-orientation demo of the resource bank. I think while you were talking we actually had three or four participants contribute new resources that we'll be busy adding after the webinar. So now, we're going to take a few deep dives and explore just five of the resources found in the bank. We have the privilege of having with us today several experts involved



in the development and implementation of some of these very interesting resources. It's my pleasure to very briefly introduce our five speakers but please note that more detailed biographies can be found on the USAID Advancing Nutrition website. Each of our speakers will have about seven minutes to present so that we'll have some time for Q&A afterwards. So first, I would like to present Farrah Naz who is the Country Director for GAIN Pakistan. Farrah brings extensive experience working on a wide range of technical areas including women's issues, programming on food security, sustainable livelihoods and gender-based violence and disability. We will then hear from Maxwell Mumba, a youth leader for nutrition and a real change fellow, advocating for health and education in Zambia. He is also currently the Youth Lead of National Youth Networks on the sustainability development goals under CSO-SUN alliance. Following Maxwell, we will hear from Theresa Sayavong, the Technical Specialist for Community Health for the USAID nurture project. Theresa is focused on improving quality of integrated nutrition services that are offered at primary health care level. Her current focus is on developing and implementing nutrition and wash programs in Laos PDR. Our fourth speaker is Victoria Marijani, a social behavior change and gender advisor for the USAID Lishe Endelevu project in Tanzania. Victoria has over 15 years of experience in communication, social marketing, project management and business development. And, our final resource will be shared by Dr Catherine Fleming, a lecturer in Public Health in the School of Science and Health at Western Sydney University and the stream co-lead for youth participation and engagement in youth and resilience research centers. Catherine brings over 12 years of experience in pediatric nutrition and dietetics related to infant, young child feeding, pediatric food allergy and childhood obesity.

So, with that I turn it over to Farrah.

## **Farrah Naz**

Hello everyone. Good morning, good afternoon, good evening.

The resource that I am going to present is Pakistan Adolescent Nutrition Strategy and Operational Plans. It will run from 2020 to 2025.

Next please.

This resource is a multi-sectoral strategy which targets 10 to 19 year old girls and boys, and it's a joint effort by the government of Pakistan, UNICEF, WHO and GAIN. The overall goal of this strategy is that all adolescent girls and boys in Pakistan reach their full potential and enjoy lives of health and well-being, free from all forms of malnutrition.

Next please.

So, this resource, what is it?

It is a strategy that has three key objectives: one is creating supportive surroundings, the second one is

adoption of positive nutrition behaviors and implementation at scale of evidence based multi-sectoral quality nutrition programs and services. And it will be done through three strategies which are interlinked: creation of sustained enabling environment for adolescent nutrition, be it in schools or outside of schools, programmatic response to adolescent nutrition across various sectors, and continuous evidence generation for guidance learning and accountability.

Next please.

How this resource was developed.

It took quite a long time to actually reach this stage of the launch of the Pakistan Adolescent Nutrition Strategy. About six years ago, in Pakistan, adolescence was not treated as a separate group with specialized needs. 14 onwards, it was lumped together with women and men in reproductive age. But then some focused work started and then the first publication that was developed was a landscape analysis of multi-sectoral nutrition interventions in Pakistan, which actually gave some insights into what existed. But then, also the gaps in terms of no focused nutrition programs for adolescent girls and boys. Then in 2016, the GAIN and the Ministry of Health Services Regulation and Coordination signed a joint framework for action on adolescent nutrition, which then led to ... later on when the work started [...] this also later led to Pakistan adopting AA-HA framework on adolescent health and nutrition in 2017. Following that, in 2018, there was the launch of WHO guidelines on adolescent nutrition and supplementation and at the same time there was launch of a National Nutrition Survey which actually, for the first time in Pakistan, treated adolescents separately, and collected data on adolescent nutrition status. In 2019, there were lots of consultations around adolescent nutrition which actually then led to the federal level, provincial level, and then finally a validation workshop which led to the formulation of Pakistan Adolescent Nutrition Strategy and the strategy was then launched in 2020. It was delayed a little bit due to the COVID but then eventually it was launched in 2020.

Next please.

It is already being used although it's very new but it is endorsed by the provincial governments and integrated in provincial operational plans. There are prioritized adolescent nutrition in several other programs focusing mainly on health system interventions - Chief Minister's Three-Year Stunting Reduction Program for Southern Districts of Punjab. Then there has been identification of vulnerable and marginalized subgroups who need special focus within adolescence. Social protection has been invited to identify and reach the most vulnerable adolescents with cash transfers, food vouchers and other forms of support.

Next please.

This is a resource from which one can learn and others can also use this resource. It's actually PANS development which is itself a case study of rigorous analysis and evidence-based recommendations which also involved multi-sectoral collaboration, not just the development partners but the government, various provincial departments, etc., civil society. Definition of roles and responsibilities and key performance indicators across sectors and departments were identified and defined. Opportunity to define the role of actors from other systems, food system education, WASH, etc. So and all can play its role in addressing adolescent nutrition.

Next please.

That was the final slide actually. Thank you very much. This are my contact details. I now hand over to the next speaker, my colleague, Maxwell.

Maxwell please.

## **Maxwell Mumba**

Thank you Farrah and I hope ...

Hi everyone, good morning, good afternoon and good evening.

My name is Maxwell Mumba, SUN Global Youth leader for nutrition from Zambia and also a program assistant at CSO SUN. Basically, I will be presenting on the adolescent advocacy toolkits that we formed with my other colleagues, the Youth Leaders for nutrition from other countries.

Next please.

So, what is this resource?

The resource ... this is the youth leaders nutrition toolkit that anyone can use in terms of nutrition advocacy and nutrition briefs. So, with the nutrition group, that's much in terms of the interlinkages of how nutrition will align itself in the WASH sector, in the agriculture sector, in the sexual productive health sector. As for the adolescent advocacy guide, it shows us a pathway on how the gaps that we would find in nutrition advocacy and how really young people can also advocate for improved nutrition. This comes in a set of two, which is the Youth Leaders For Nutrition Adolescent Nutrition Briefs and the Youth Leaders for Nutrition Adolescent Nutrition Advocacy Guide.

Next.

So, what is the resource?

The goal of this resource is to equip adolescents and young leaders with the ability to engage in nutrition policies, practices and advocacy in an effective way. Speaking from experience, we have utilized this toolkit to lobby for government to prioritize adolescent nutrition because it has really shown me the pathway on how to advance nutrition advocacy and how to engage with the key decision makers in the advocacy towards nutrition. With this resource, it has really helped me in terms of advocating for nutrition. And the toolkit also contains two guides which are the tools for effective advocacy which even gives you a road map on how to go about a challenge maybe or a gap that really needs to be addressed talk of [...]. With this toolkit, it's able to show you the effective way on how you can advocate for. It also contains short briefs on interlinkages between adolescent nutrition and other sectors like have mentioned earlier; talk of sexual reproductive health, the WASH, the agriculture and other sectors. Because as we all know, our nutrition has got that multi-sectoral approach, and this toolkit really speaks to all those areas.

Next please.

So how was this toolkit developed?

This toolkit was reviewed existing advocacy toolkits in other sectors and other contexts. Of course, a lot of our partners came through to ensure that this toolkit was also related, it defines its objectives it also prioritizes interlinkages between addressing nutrition and other sectors. We the Global Youth Leaders for Nutrition took an active role in ensuring that this toolkit was actualized with various events such as uh the UNGA in the US - New York, the FAO Conference in Rome, and also the AA-HA Conference in Thailand. Some of the youth leaders from Asia also took part in the developing of this toolkit. Not forgetting the Global Citizen Concept that happened in South Africa, where I myself and my other colleagues from Africa, in terms of youth leaders, were also consulted in ensuring that this toolkit was really developed. So, it really shows that the young people really had a big input in ensuring that this toolkit was really developed. Also, having workshops with SUN Youth Leaders for Nutrition from Africa and Asia and at different events like I've mentioned in here and not forgetting the prioritization of interlinkages between nutrition and other sectors which has got great content in terms of how the interlinkage is between nutrition and other sectors. Key informative interviews also took place in terms of developing these strategies with other partner organizations and donors, that ensured that this toolkit was developed.

Next please.

Who has been using this toolkit?

We have been using this toolkit as the Youth Leaders for Nutrition. As you can see on the photo there, that is Florence from Rwanda, who has delivered sessions to students and community health workers on the importance of adolescent nutrition.

Next please.

Myself back home, I utilized this toolkit to present it to the Parliamentary Health Committee in parliament because it can be used by anyone who is interested in nutrition works because it's easily understandable.

Next please.

Also, with this resource, I managed to share it with the National Youth Network which I lead, on SDGs which really helps us in terms of nutrition advocacy and other sectors.

Next please.

And finally, this toolkit has also helped us to create partnerships with other youth farmers in my country because it speaks to the interlinkages of other sectors, and how we can improve nutrition in our various countries.

Next.

We have Jane from Kenya. She utilized this toolkit also to orient and give knowledge to pupils in schools that they should have the knowledge on the importance of adolescent nutrition.

Next.

So, this toolkit has been used in all parts of the world, not only in Zambia, Rwanda, Zimbabwe but all the other SUN Youth Leaders for Nutrition have used this toolkit with focus on aspects on nutrition advocacy such as creating awareness, accountability and nutrition linkages. First of all, myself have used this toolkit to train the nutrition champions in capacity building.

Next please.

So, anyone can use this resource in terms of government, donors, implementing agencies, mostly youth groups and young people, because it is simple, it is easily understandable, and universities and schools as well.

Next.

Thank you so much. That was the presentation that I had for today. Let me pass this over to Theresa.

## **Theresa Sayavong**

Hello everyone.

Tonight, I am excited to present to you about Adolescent Nutrition Counseling Training for Healthcare Providers, developed under the USAID Nurture project here in Laos. So, the Adolescent Nutrition

Counseling for Healthcare Providers Training aims to help healthcare providers understand that adolescence is a unique transitional life stage, and move away from the perception that adolescents have to be approached as either adults or as children, and that to address nutrition throughout, and that it is necessary for us to address nutritional needs throughout adolescence and not just if there's a risk for pregnancy or if they are pregnant. The training equips Laos healthcare workers with the skill and knowledge to help adolescents and their families recognize the importance of adolescence as a period of growth, not just physically but also mentally, that influences both their current and future health statuses, as well as support them to help adolescents and their families adopt behaviors that will improve health and nutrition during the second window of opportunity. Healthcare providers are taught to recognize the key factors and barriers that contribute to an adolescent's nutritional status.

Next please.

So, what does the module package include?

It is a three-day skill-building workshop focused on delivering adolescent nutrition counseling. It includes suggested agendas, powerpoints for each session and pre-test post tests job aids, trainers utilize role-play, reflective thinking activities and empathy games to trigger health workers to recognize the importance of their interactions with adolescents, and give them the foundational skills to use those interactions to provide nutrition counseling.

Next please.

So, if you're not familiar with nutrition counseling you may be wondering what that is. Nutrition counseling aims to help patients understand the important information about their health and focuses on practical actions to address nutritional needs. We utilize the six key counseling competencies: be respectful, communicate clearly, listen actively, build confidence, empathize and help plan, and the small doable actions technique, in order to train healthcare providers to deliver nutrition counseling. We emphasize technical knowledge. We don't get into the nitty-gritty details of this many calories but the broad technical knowledge needed for nutrition for adolescents, empathy building and communication skills to deliver the counseling. The counseling is a really locally designed resource that was designed to meet the needs of Laos healthcare workers at all levels.

Next please.

So, the counseling training is actually an extension of the Laos 1000 days Nutrition Counseling for Health Workers Training Course which was developed by Save the Children and the Ministry of Health's Center for Communication and Education for Health. The training course is a nationally recognized resource for

frontline workers. At the beginning or end of 2019, there was interest expressed in developing a version specifically targeting adolescent nutrition, and through multiple consultations with the Ministry of Health and UN agencies, we have developed his training and have been able to begin piloting across our target provinces.

Next slide.

So, the training has been used across two provinces in southern Laos: Savannakhet and Khammouane, in our six target districts. To date, we have trained up to 126 primary healthcare workers and district health office staff in adolescent nutrition counseling. In addition, we have had 21 participants trained as master trainers, primarily from the Ministry of Health so that the training really [...] by the government as well.

Next slide please.

So, how can others use this resource?

The training resource is designed to be open source and adaptable. It is primarily aimed at government health officials, development partners, primarily working with government health officials, mass organizations and those who work directly with adolescents and their families on nutrition and health programming. The training could be modified to be used for community health volunteers but is currently not really suitable for low literacy rates, and it also could be modified to be used by teachers within a school setting.

Next slide please.

On that note, thank you everyone for your time and I am going to pass it over to Victoria.

## **Victoria Marijani**

Thank you Theresa.

Hi everyone. Good morning, good afternoon and good evening.

So, I would like to welcome you to Adolescent Nutrition SBCC Materials developed by Lishe Endelevu funded by USAID and Save the Children in Tanzania.

Next please.

So, our resources is named USA/Lishe Endelevu Adolescent Nutrition Social and Behavior Change Communication Resource Bank, and it can be reached via that link. Lishe Endelevu has developed three main types of SBC materials. The first type is on raising awareness about adolescent nutrition and

nutrient-rich food. Here, we are having two posters. These posters can be used in school and others can be used out of school. The second materials are on building knowledge about adolescent nutrition and improving nutrition behaviors. And here, we are having one discussion leaflet and one game. The third type we have are materials that can build the skills to help adolescents adopt the recommended nutrition behaviors. Here we are having two games. This game is on menu planning and the other one is on building skills around decision making while on marketing; when they do their food purchases.

Next please.

How these resources were developed?

We started around last year and we had to review evidence based on adolescent nutrition in Tanzania.

Next please. Just put it.

So, after reviewing the evidence-base, we searched around and reviewed the SBC materials in Tanzania and we found that the materials available in Tanzania are mostly on information and education. So we started to search in other organizations where we found SBC material in our sister company in Ethiopia, Save the Children. So we had to buy those materials and adapt for Tanzania. We had to contextualize it into the Tanzanian context where we had to pre-test. First to check the needs of adolescent in Tanzania and then revise the material and then take to pre-test with the adolescent girls, adolescent mothers and adolescent teachers to check if they can be used in the Tanzanian context. And thereafter we revised the materials and submitted to the Ministry of Health for the approval process and the validation. Thereafter, we had to produce and disseminate the adolescent materials. In line with that, we had to orient teachers to use the materials in schools but also we had to orient the community health workers to use the materials with adolescents out of school. And we will continue to assess, modify and develop additional materials as needed.

Next please.

How has it been used?

These materials have been very useful to teachers. They have been forming nutritional clubs in schools and they have been using all the materials: the posters, the games. And it has also been used by facilitators like CHWs, during peer support groups in their communities with adolescents out of school. The posters are placed in the classrooms but also in the community. They are placed in community offices, in the market area and everywhere they can find adolescents. With the discussion leaflet which is the knowledge building material for adolescent girls, this one is used with peers of girls or small groups of girls where they build ... it helps them to have discussions but also it builds their self-efficacy and self-esteem because



it's just designed for girls and it has girls related issues around nutrition. We also have games which are very funny and they facilitate learning. They make lessons to think, to discuss, but also to build their skills around our nutrition. These games are used in schools but they are also used out of schools. So, students and adults out of schools are very interested with these materials and it makes them to come to the sessions but it also makes them to learn.

Next please.

So, here are some of the materials. On our top left you see there is a game there. This is a menu planning game. You see there are plates there. So, adolescent are given food cards where they have to show (they are 24) how I recall, on what food they have eaten. But there also, others are correcting them or helping them to improve their diets so that they can be able to plan their menu well and ensure that they get diversified diets. And on the top right, you see adolescent girls in pairs. They are reading the discussion leaflets and discussing. And in there, there are questions where they ask questions to each other and they do puzzles and learn out of it. Left bottom you see adolescents in schools. That is their earn and buy game. They are given money cards but also they are given cash crop cards. These adolescents are used to going to the markets to sell the cash crops that they are producing at their homes. So, when they sell, after that they have to do purchases of various items for home use. So, this game helps them to decide what they can buy from the market and most of them will buy pet things or things that make them are enjoy. But through this game, they also learn how to prioritize nutrition, diversified foods for their families and WASH materials.

Next please.

So, others can use these materials. As I've said teachers are using it, community health workers and facilitators, but can also be adapted by projects, by the government, donors and implementing agencies.

Next please.

Thank you and this is the contact information. Thank you and I'll pass it over to the next presenter. Catherine, over to you please.

## **Catherine Fleming**

Thank you Victoria and thank you [...] for having me here today to share our resources with you that are included in this very important resource bank.

Next slide please.

The resource that I am sharing with you today was developed as part of a project in a partnership between UNICEF and Western Sydney University titled Food and Me. The project utilized a distributed data gathering methodology, and the first step in this methodology is to develop a workshop manual to enable continuity of data collection across multiple countries, in a way that creates spaces for adolescents to share their experiences. This manual is the first resource I will talk about today, and which is included in the resource bank.

The Food and Me distributed data gathering manual is a comprehensive workshop manual for implementing creative and participatory data generation workshops with adolescents in diverse settings, to explore how they think about, access and consume foods. In this case, we developed the workshop manual in partnership with UNICEF Advisory and the resources cover a variety of creative participatory activities to collect food and nutrition information on topic areas such as everyday foods, food in your body, food in the media, food information, food environments, barriers to healthy eating, and solutions voiced by adolescents. Each topic area then has specific interactive activities to explore these diverse ways adolescents around the world think about food and nutrition in their everyday lives. There are 19 activities related to these topics outlined in the manual with accompanying worksheets and instructions. The manual also includes information on how to recreate the activities, to also recruit participants and obtain consent, and also how to run the workshops. The second resource that is included in the resource bank accompanies the facilitator's manual and is a nutrition specialist field guide. As part of the Food and Me project, each workshop had a nutrition specialist observing and partaking in the workshop delivery. The field guide provides guidance for the nutrition specialists on how to support the facilitation of the workshops, take notes and report on general observations related to specific technical nutritional insights gained during the workshops.

Next slide please.

The example [...] here are the two covers of the resources that are included in the bank. The image on the left is the front cover of the Workshop Manual; the first facilitator manual, and then the one on the right is the Nutrition Specialist Field Guide that I was just referring to.

Next slide please.

As a little bit of a sneak peek, these are just two of the 19 activities that are included within the workshop facilitator manual. And as you can see, they're blank worksheets that can be printed and used in any setting and the top one is looking at how to collect dietary information over a 24 hour period, and the one at the bottom is looking at body image perceptions of adolescents and young people around; how they

currently perceive their body shape and how they would like their body shape to be. Detailed instructions for the facilitator are also included in the manual about how to use these worksheets.

Next slide please.

The distributed data gathering methodology was first developed by the Young and Resilient Research Centre at Western Sydney University in partnership with UNICEF and Harvard University, and has now been used in years with over 2 000 children and adolescents in over 70 countries, and translated into 45 languages around the world. A key aspect of this method involves training facilitators with partner organizations who are directly working within different countries such as many of you that may be here today, to run creative and participatory activities that enable participants, in this case adolescents, to explore their own experiences of food and nutrition in a deep and collaborative way. The methodology developed engages diverse adolescents in workshop based quantitative and qualitative data generation activities such as drawing, scenario-based activities, brainstorming, games and collaging of pictures. Through this process, participants routinely told us that these methods were not only engaging but also built their understanding and enthusiasm for taking action in nutrition. The activities allow for adolescents insights to be incorporated at the heart of policy and practice, along with the opportunity for young people to build awareness and themselves become advocates for change in the nutritional context.

Next slide please.

The Food and Me project was a partnership between UNICEF and Western Sydney University and positioned as a companion report to the Save the World's Children's report on children food and nutrition launched by UNICEF in 2019. The study aimed to capture the adolescent voices from the field to ensure a comprehensive in-depth report, documenting adolescents perceptions and experiences to inform the ongoing nutrition conversation. Data was collected in 2019 prior to the COVID pandemic by UNICEF country officers in 18 countries, that conducted 37 workshops with 656 adolescents in both rural and urban locations across the globe. These countries were predominantly low-income countries but also included the US and Australia. A diverse range of adolescents participated including some highly vulnerable groups such as displaced refugees in Sudan. To read the detailed findings from this report, you can also access the Food and Me report via the resource bank.

Next slide please.

The workshop manual and nutritional field guide are resources that allow a way for users to start a conversation with young people about their food and nutrition. The resources are for anyone who is interested in learning about what really matters and how young people interact every day with their food

environments, both physical and digital. To be able to start these conversations with adolescents is key for policy and program makers to place youth voice at the center of policy and create meaningful change. The manuals can be used by anyone, from local, national or regional governments through the policy program agencies, to young people themselves to ensure we keep this dialogue that we started in the Food and Me project ongoing. We need to ensure that youth-centered engagement is embedded in policy and programming, includes decision making for and by young people, at the heart of nutrition policy. Hopefully, access to these resources presented today will help facilitate the ongoing conversation with adolescents about their nutrition across the globe.

Next slide please.

I just wanted to say thank you to all my co-authors especially Amanda Third, [...] Lala and the invaluable team at UNICEF and the advisory team, along with in-country offices and participants that made this resource development possible. I would now like to pass back to Peggy and thank you for today.

## **Peggy Koniz-Booher**

Okay, great Catherine and thank you so much for your presentation and Farrah, Maxwell, Victoria and Theresa. It was really fun to hear about these resources and how they are being utilized. We are very lucky that everyone stayed on time and we actually have about 10 minutes for Q&A. So, I thought I would start with some general questions that came in. Lots of great questions came in.

So, Johardia Compton commented on how huge the bank is and wants to know how accessible it is for individuals, practitioners and policy makers? And she also asks if they need permission, and if so, from who, and how would the use of resources be acknowledged? Is that made clear in the resource ?

I will hand that over to Sasha and I will also add that there were a few questions about languages that resources are available in. So, I thought maybe you could address both of those Sasha. Over to you.

## **Sasha Lamstein**

Yep, great! Thanks Peggy.

Relatively quick, I would say that the resource bank website is completely open to everybody and anybody and I think it's pretty easy to navigate. So please share it widely and hopefully everybody finds it useful and easy. In terms of the sort of acknowledgements, I feel proud about the fact that, you know, we're not making any claims to these resources. If you go and look at a resource, as I demonstrated, it will link you to the organization who developed it, to their website and then that's where you would find the resource. Then in terms of acknowledgements, it is just whatever that resource requests. And usually, you know,

often many of these documents will give a suggested citation or you could even be in touch with the authors. But in terms of the resource bank, no need to acknowledge the resource bank. Just use it and let us know if there are more resources we should add. And in terms of ... I feel like there was a third piece to that Peggy

## **Peggy Koniz-Booher**

A question about language.

## **Sasha Lamstein**

Language, yeah!

So, for language ... as we have said, these are existing resources. We don't have budget to translate and it's really not purview to do it or our position to do that. So, we are looking for resources in every language. We have run searches in ... I think Spanish and French previously, but we welcome resources in all languages honestly. And in translation, you know, it is up to the people who developed the resources. So, this is really a reflection of all of your work, less so than it is ours. We are just trying to make it easier to access and facilitating people finding it so that we can push forward the agenda of adolescent nutrition. I feel like there was one other thing I was going to add but I guess that is all for right now.

## **Peggy Koniz**

Yeah, great!

Just to add that, if resources have been developed in multiple languages, we are eager to have whatever language you have created them in. I think that will really facilitate the spread or the dissemination of these materials. There was a general question that I am not sure who to throw it to, so I may ask for a volunteer. it's about social media, and the participant commented that it's potentially a very engaging way to support adolescents and youth in learning about nutrition. They want to know to what extent have the different programs as presented today leveraged on this. We are keen to learn about this to potentially inform our own programming when it comes to adolescent nutrition. So, maybe I'll throw it first to Victoria or Theresa or Maxwell. Would one of you like to respond? The use of social media.

## **Catherine Fleming**

Peggy, I can jump in there. I can't comment to that using programming but what I can say is that I completely agree with the comments reflected there. Social media, as we found in our study, was the second biggest influence on food choice for adolescents across the globe. It wasn't, you know, we thought it might be sort of pocketed in different areas but, universally, social media really did come across as the second most influence on adolescent food choice. So I totally agree that it needs to be leveraged as much as possible. Yeah, I'll just ...

## **Peggy Koniz-Booher**

Yeah. Thank you. Great response.

Matthew had a question for both Theresa and Maxwell. The same question. Just wondering if the process of developing materials, if in the process, adolescents were involved, co-creation is key for acceptance and also to get insights, of how adolescents ... what they think and how to reach them better. So, could ... Tracy do you want to respond first to co-creation with adolescents? Was that part of your strategy?

## **Theresa Sayavong**

So, for this training package ... not in this training package because it's primarily aimed at healthcare providers and not necessarily at adolescents in themselves. We do very much take into consideration adolescents' viewpoints and their perspectives within the training but they didn't have any direct involvement.

## **Peggy Koniz**

Okay, Maxwell, would you know the answer to that question?

## **Maxwell Mumba**

Thanks so much Peggy.

In my response, when developing the resource bank, like I mentioned earlier, the adolescents were consulted. Even when you look at the content in the resource, you could see that the issues that were coming out were really coming out from the adolescents themselves. Even when we're coming up with the advocacy guide, we were actually having those issues addressed based on what adolescents told us from various parts of the world.

## **Peggy Koniz-Booher**

Okay, great. I'll throw a question to Farrah, which I actually think is really interesting. It is about your opinion. Do you think it is more effective to have a standalone adolescent policy or would you have preferred to see adolescent nutrition integrated into existing policies for health, education, economic development? They're interested in your perspective on that. Over to you.

## **Farrah Naz**

Yeah, okay, thank you. Very interesting question.

Actually there are various different health policies. There is school health, there is also ... In schools, actually, there are health and nutrition programs which is only in one province, not the rest of the provinces. The only thing why the separate strategy had to be prepared is adolescent was not recognized as a group that needs special attention in terms of their nutrition needs, especially if you look at the data from Pakistan, about 50 percent of adolescent girls have iron deficiency. So, these problems actually ... and also either they were treated as women in the reproductive age. And girls and boys both, between the ages of 9 to 14, actually 10 to 14 were actually neither here nor there. So, that was the reason for focusing this on creating evidence and bringing up this strategy. Now this strategy is multi-sectoral. And now with that, each province is now bringing it back and then integrating it into their multi-sectoral nutrition strategy, where they are then bringing all the departments together: health education, food department, agriculture. Other people are then picking out of that operational plan and integrating it into their plans in order to conduct those activities which are required to be conducted by them. How efficiently this is going to happen is still a question because it's very new. But I think that some interventions have to be done probably outside of integration into the existing policies and strategies where, like for example, if we look at the most vulnerable groups of adolescents or if we look at the very marginalized communities, then perhaps we have to have certain focused programs. But, otherwise, ideally, it should be part of the overall strategies and it should be dealt with systematically keeping in mind the needs of adolescents and various age groups for that matter. But, so far, more focus had been on MNCH, young children and not so much on adolescents. So that was the reason that this whole discussion and dialogue started and that is why this separate strategy came into ... yeah.

## **Peggy Koniz-Booher**

Yeah, thank you so much Farrah.

That was a really great response and I so appreciate it. We were going to try to answer a couple more questions but we are out of time. So, with that, I really want to thank our speakers. We really appreciate the great turnout for this webinar. We had over 750 people register and a large number signed on. So,

we really enjoyed sharing the resource bank and giving you a little demo on how you can access it. Thanks again for all the engaging questions and, as a reminder, the webinar recording will be available on the USAID Advancing Nutrition website and we will be sharing that with everyone who registered. So, thank you very much. Have a wonderful day. We are really excited about adolescent nutrition and appreciate this high level of engagement.



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