The ENACT project and course in nutrition education for universities

Face to face course

Available for download or on CD
http://www.fao.org/3/a-i4930e/index.html

Tutor’s and Student’s versions include:

- Introductions
- Course resources
- 10 and a half units
- Full answer key
- Tutor’s guides
- Tests
ENACT partners
University of Botswana; Hawassa University, Ethiopia; University of Ghana; Kenyatta University, Kenya; Michael Okpara University, Nigeria; Sokoine University, Tanzania; Makerere University, Uganda.

English language piloting of the face-to-face course in Africa was completed in 2014.

All piloting partners are in the process of adopting all or part of the course.

ENAF partners
University of Abomey-Calavi, Benin; University of Ouagadougou, Burkina Faso; University of Ngozi, Burundi; University of Dschang, Cameroon; Centre Régional Spécialisé en Agriculture (CRESA), University Abdou Moumouni, Niger.

French language piloting is ongoing. The course has also been piloted in Sri Lanka, using their own resources.

Promotional workshops and presentations held in
- Dominican Republic
- Ghana (2 events)
- Kenya
- South Africa
- USA
- Ethiopia
- Malta
- Nigeria (2 events)
- Tanzania

FEDS NETWORK
The project has established a network of food and nutrition educators (FEDS https://dgroups.org/fao/feds/) and initiated a discussion on food and nutrition education policy. The network has about 150 members and is growing steadily. The policy discussion should result in an agreed document by the end of November 2015 for wide circulation.
What is ENACT?

ENACT is an 11-week course that covers the basic principles and practice of nutrition education, including designing and implementing a small nutrition education intervention. The course is adaptable to local demand and will soon also be available as an online course.

The extensive feedback shows that the course has been a success at increasing professional capacity. Our Ugandan tutors said: “We believe these students are going to be completely different from their predecessors who didn’t do the course.”

Why FAO developed this course

Promoting healthy and sustainable diets for all is one of the first aims of the Food and Agriculture Organization of the United Nations (FAO).

Knowing how to promote healthy diets and good dietary practices is a competency that all nutritionists and professionals in the health and food sectors should acquire. Although a rewarding task, it is not an obvious or easy one, and it requires training.

Unfortunately, professional training for effective nutrition education is almost non-existent in many parts of the world. In 2010, FAO’s needs assessment in seven African countries showed that suitable approaches and relevant training were lacking or irregularly available in most sectors and settings.

Why ENACT is popular

- **Timely**: Now that nutrition education is recognized as an essential component in nutrition training, there is a new interest in capacity building.
- **Bottom-up approach**: Students are actively engaged at all stages and organize their own learning and practice.
- **Tailor made**: ENACT addresses identified needs in nutrition education training and applies the best practices of professional development.
- **Course approach**: The course offers direct experience and practice; a large element of independent learning; highly interactive tutorials; and application to local nutrition needs and activities.

Further development

- **ENACT in agriculture**: Many universities have expressed interest in delivering an adapted version of the course to agricultural extension workers.
- **ENACT in Latin America**: The FAO Honduras office is translating and adapting part of the ENACT material, to be used as a university diploma in nutrition education. The course will be presented at the 7th Latin American Congress in Nutrition in the Dominican Republic.
- **Sri Lanka**: With the support of FAO Sri Lanka, three country tutors were trained and the piloting of ENACT started at the Postgraduate Institute for Medicine, Colombo in August 2015. 28 students who are medical doctors completed the ENACT module as part of the MSc in Human Nutrition. A FAO-funded TCP facility project is currently under preparation to adapt the ENACT course for future use in Sri Lanka. Expansion to other universities in the country that offer nutrition at MSc or BSc level is envisaged.