



# NEW SLEETER

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# Gender training provided to NIPN/EPHI employees, partners, stakeholders

A three-day interactive training on practical approaches to integrating gender in NIPN and Nutrition was given to partners and stakeholders of NIPN-Ethiopia here from 5 to 8 September 2023.

The training was conducted with the objectives of intensifying awareness and knowledge of the various gender-related concepts. Leading the Gender Training that was sponsored by GIZ, Tatiana Gil (Dr.), an expert in public health, nutrition, and gender, said that the purpose of the training was to equip participants with ideas on gender sensitivity for their daily work.

Tatiana said that the Gender Training would raise awareness among the participants on how they should integrate gender in data collection, analysis, and communication of their products in more efficient and accurate ways. "Currently, there is a lot of gaps in gender data. This lack of data can lead to the inefficient completion of nutrition programs," Tatiana said, adding that the training had the intention of filling this gap.

Archana Sarkar (PhD) from GIZ is responsible for managing NIPN in Ethiopia and working closely with EPHI and IFPRI for effective NIPN-Ethiopia outcomes. She said that the Gender Training was given with the objective of boosting the integration of gender into nutrition data management and programming.

She further said that Gender is included by default in GIZ and EU supported interventions and aims at opportunities for an active change in gender norms, promote the inclusion of women in social and political positions of influence, and address gender inequities.

Aregash Samuel (PhD), Coordinator with NIPN-Ethiopia said closing the three-day Gender training that all participants were believed to gain a lot from the participatory and invaluable Gender Training.

Participants also said that they got a lot form the Gender Training. Many of them were heard saying that similar training is needed to be organized occasionally for all professionals who have been engaged in various walks of lives. (NIPN/EPHI)





### Message from NIPN-Ethiopia Coordinator



"...I can assure you that so long as we work hand in glove, we can be successful with high-impact results.

I wish you all the best!..."

#### Dear NIPN/EPHI Team,

Here we have come again with our quarterly Newsletter for the September 2023 issue in the advent of the New Ethiopian Year. I wish you all a Happy Ethiopian New Year!

The NIPN Team did great jobs over the past Ethiopian Fiscal Year (EFY), 2015. I feel we are on the right track, striving hard to meet our objectives. I am happy that our encouraging progress has been realized through your invaluable endeavors and the support provided by donors, partners, directorates of EPHI, and others.

However, for various reasons, there are still some delayed activities that need our closer attention. As we have discussed during our recent bi-annual activity review meeting held in Adama Town, we should join forces to complete these delayed activities. I would like to seize this opportunity to urge you all to do the best of your capacity to live up to NIPN's expectations.

This new Ethiopian Budget Year, there are a lot of activities we are expected to accomplish. Organizing training, workshops, and webinars on various themes, organizing a national nutrition or NIPN conference, producing a research report and evidence briefings based on the synthesis of existing evidence or analysis of secondary data, intensifying cascading initiatives, and organizing inception training on the establishment of NIPN at the regional level are among the major activities that should be carried out in this EFY. Therefore, we all should always roll up our sleeves and get to work with a new spirit.

Dear all, on behalf of NIPN/EPHI and on my own behalf, I would like to thank you for your diligence in meeting the goals and objectives of NIPN 2.0. My appreciation also goes to EPHI and its different directorates, donor organizations, partners, regional public health institutes, ministerial offices, and higher learning institutions for their support and collaboration. Had it not been for these supports, NIPN's efforts would not have been fruitful.

I can assure you that so long as we work hand in glove, we can be successful with high-impact results.

I wish you all the best!

Thank you, Aregash Samuel (PhD), NIPN-Ethiopia Coordinator

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### **Empowering Minds**

### NIPN-Ethiopia's Scholarship Awardees





Desalegn Kuche

Solomon Eshetu

### By Tekle Tesfalidet

NIPN Ethiopia has awarded PhD scholarships to five EPHI employees and one from the Ministry of Agriculture, promoting higher education and research. This reflects EPHI and NIPN's commitment to developing a skilled healthcare and nutrition workforce. Recipients will study at renowned universities like Oklahoma State University (OSU), Addis Ababa University (AAU), Wageningen University and Research WUR, and University College Cork (UCC).

Dr. Aregash, Senior Researcher and NIPN Ethiopia Coordinator expressed excitement and emphasized the commitment of NIPN Ethiopia to the project's ongoing success. The scholarship recipients are anticipated to generate valuable research outputs to address policy questions (PQs) and contribute to NIPN's objectives upon completion of their studies. Dr. Aregash underscored the advantages of the scholarship for the recipients, NIPN-Ethiopia, the Ethiopian Public Health Institute (EPHI), and the entire nation.

In this article, we will explore the views of two scholarship winners, their research topics, the profound impact the scholarship has had on their careers, and their dedication to their organization and commitment to their country. Future articles will showcase the stories of the remaining scholarship recipients.

Solomon Eshetu and Desalegn Kuche, who served at EPHI for about 11 years as researchers for food science and nutrition, are both set to benefit from a dual degree program offered jointly by OSU and AAU.

Solomon expressed gratitude for the NIPN scholarship, which significantly eased his pursuit of a PhD by covering living expenses, tuition fees, travel costs, and other necessities. This invaluable support enabled him to fully dedicate himself to his studies abroad.

Solomon's research focuses on anemia in young children across three regions of Ethiopia: Amhara, Southern Nations, Nationalities, and Peoples' (SNNP), and Somali. With a high prevalence of anemia among preschoolers (57%), his study aims to identify the underlying factors contributing to this burden. The resulting data will be crucial in developing effective nutrition intervention programs.

Desalegn on his part emphasized the indispensable role of the NIPN scholarship in enabling him to pursue his PhD studies. Without this support, achieving his academic goals would have been impossible.

He said that his research aims to identify the causes of anemia in women of reproductive age in the high-prevalence region of the country (Somali regional state). We are conducting a clinical trial to evaluate the impact of Multiple Micronutrient Supplements (MMS) and Iron-Folic Acid (IFA) on hemoglobin levels in anemic women. Currently, there is limited understanding of anemia's causes in Ethiopia, hindering the effectiveness of intervention programs. Our study will comprehensively analyze anemia causes using blood, stool samples, and other factors. The findings will provide valuable insights for addressing anemia among the targeted population.

Regarding his commitment to serving his organization after graduation, Desalegn expressed gratitude to EPHI for supporting his pursuit of a PhD and affirmed his determination to give back to his organization and country upon completing his studies. He emphasized his dedication to conducting research aligned with EPHI's objectives and priorities, as well as fostering international collaborations between EPHI and other organizations.

Solomon expressed his unwavering commitment to serving the institute beyond the completion of his current study. He plans to engage in research projects that align with EPHI's objectives and priorities, while also striving to establish international collaborations between EPHI and other organizations.

In summary, the sponsorship program offered by EPHI and NIPN presents a valuable opportunity for individuals with a strong interest in public health and nutrition to pursue a PhD education and actively contribute to Ethiopia's progress towards achieving the SDGs. This initiative exemplifies the dedication of EPHI and NIPN to cultivating a highly skilled healthcare and nutrition workforce and promoting the advancement of public health and nutrition within the nation.





### From Our Research Files

### School-Feeding in Ethiopia: The unsung multi-edge sword, but with little attention

By Tadesse Zerfu (PhD) - IFPRI



Children are the most valuable assets of a nation and the greatest hope for its future. The destiny of a nation rests heavily on its healthy, protected, educated, and well-nourished children1. Schools are important for children's development and play an important role in their physical, mental, and emotional development2,3. Schools are also the social microcosms of a society with a reciprocal influence on individuals and groups and act as protections that promote relationships, safety, motivation, and support for effective student outcomes2.

#### What is the challenge?

Households in Ethiopia are wrestling with hyperinflationary living costs brought on by factors such as conflict, drought, climate change, and the COVID pandemic. Ethiopia is the third most impacted country in the world, with up to 15 million (14% of the population), suffering from severe food insecurity4,5. Many households' access to food and water is projected to be extremely limited, necessitating immediate humanitarian assistance5. Consequently, children are dropping out of school due to hunger, and some were seen falling asleep or feeling unwell in class, resulting in huge dropout rates as children were either too hungry to go to school or forced to stay home to help their families seek food.

#### Why are school meals important?

Nutrition improves cognitive abilities and learning capacity, while reducing absenteeism. The nutritional and health status of schoolchildren has long been associated with increased academic performance, better school enrolment and retention6,7. Well-nourished children perform significantly better in school with greater learning productivity7–9.

Cognizant to this, school feeding programs (SFP) have repeatedly shown to contribute to the well-being and academic success of students. For example, a Ghanaian study showed that SFP led to a 14% improvement in literacy scores, 13% in mathematics, and 8% in reasoning ability for girls10. Similarly, a very high-quality synthesized evidence11,12 have recently showed that eating breakfast and consuming a healthy diet were related cognitive performance, academic achievement, quality of life, well-being, and executive functioning of students. A well-diversified and frequently consumed healthy diets provide nutrients necessary for brain development, reducing anemia and stunting, and increasing immunity, mainly among girls and children living in poverty.

In Ethiopia, SFP, with at least a meal per day, has been shown to confer nutritional and academic benefits in the form of improved height and weight, reduced obesity, and better school attendance13. They were observed to affect the health and educational status of school-aged children13. It can also support to end gender inequalities by reducing disparities between boys and girls18,19. Contrarily, a poor diet had not only a direct detrimental impact on child anthropometry and/or health, but also led to severe deficits in cognitive development14,15, poor behavior, low concentration, and significantly impaired cognitive abilities16,17. Poor health and malnutrition do also impair the growth of school children7. Children exposed to poor diets and dietary inadequacies were more likely to develop cognitive deficits, delayed physical growth, neuromotor development, and metabolic complications7,9. (Continued on page 5...)









...Continued from page 4

### School-Feeding in Ethiopia...

What are the major challenges?

The implementation of SFP in Ethiopia is wrestling with administrative, economic, political, and infrastructure-related challenges. Administratively - in almost all regions except Addis Ababa, there is not a well-defined and administratively recognized structure within the government system that coordinates and leads the SFP. In almost all regions, the SFP is run by an ad hoc committee that is mainly driven by political motives with undefined future directions and sustained goals. In addition, if not for two regions - Addis Ababa and Oromia, none of the other regions have allocated a substantial amount of budget adequate to feed at least a tenth of their student population. Furthermore, in addition to financial scarcity, there is an irregular flow of cash flow with little or no attention paid to the SFP. There are also only a few schools having the minimum standard of school feeding facilities (infrastructure), and schools with agricultural land supporting the sustainability of the

What needs to be done to make SFP a success?

Given its huge and untapped benefits, SFP should be prioritized by all stakeholders at all levels (national to regional as well as local level). Policymakers (from all sectors) should not only see SFP as an academic tool, but also as a multi-edge sword that ensures the building of healthy. productive, and responsible citizens of the future nation. Therefore, we advise that all concerned bodies should do all what they can do to achieve the key recommendations:

- 1. There should be a well-defined and functional administrative structure (department) within the regional and local (zonal, woreda, kebele, and got) education offices coordinating SFP. In this regard, the Ministry of Education should take the lead in persuading regions to create formal school nutrition and feeding coordination offices in all regions.
- 2. Given its multi-spectral nature, all sectors other than the MoE, particularly the ministries of health, agriculture, trade, industry, and social affairs, should form a coalition for the national SFP. They are also expected to commit and dedicate some of their annual budget to the SFP.
- 3. Innovative financing schemes, such as community-led school feeding funds, school gardening sufficient to produce at least half of the inputs for SFP, annual school feeding telethons, voluntary citizen contributions, and diaspora funding for Ethiopian school feeding, should be considered for continuous and sustainable funding of the program.
- 4. Strong Increasing political commitment for SFP motivated by visions of stronger and more affluent nation should be implemented.
- 5. Ensure community ownership, community involvement, and participation from program design to implementation and evaluation.

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### Is Ethiopia missing a golden opportunity for addressing hidden hunger?

The opportunities and challenges of bio fortification

BY TADDESE ZERFU, FANTU BACHEWE, TIRSIT GENYE, MERON GIRMA, AREGASH SAMUEL, JAMES WARNER, AND CORNELIA VAN ZYL
A study that assesses the state of bio fortification in Ethiopia was produced jointly by the above listed researchers and published on IFPRI website (link given below). Here follows an account of the study... This work was sponsored by the NIPN.

This study indicates that to effectively address the national problem of hidden hunger, it requires all-inclusive institutional commitments from concerned sectors like the government, researchers, and others.

Defining 'hidden hunger', the document states that it is "the silent epidemic of micronutrient deficiencies", which is driven by poverty and continues to be a major public health hazard in the developing world. This worth reading document states that Micronutrient deficits are frequently caused by poor quality diets that rely heavily on repetitive or boring starchy staple foods with deficiency of key vitamins and minerals. Therefore, the solution is augmenting the dietary diversity, food fortification, micronutrient supplementation, fermentation and other forms of food processing. Moreover, other strategies have been defined to combat the hidden epidemic of micronutrient deficiencies.

The study was conducted to indicate why the government of Ethiopia and all concerned bodies should focus on bio fortification as an alternative, low-cost nutrition intervention that can strongly support the fight against micronutrient malnutrition, especially among rural and disadvantaged sections of the society. It also favorites the steps taken by the government to increase access to bio fortified seeds and the seed value chain system.

According to the study, "over 3 billion people worldwide, primarily in Africa, Asia, and Latin America", are too poor to possess a diet enriched with vital vitamins and minerals. The prevalence of iron, iodine, zinc, vitamin A, and folate deficiencies is alarmingly high worldwide, it indicates.

Acknowledging the efforts being put forth by the government of Ethiopian to fight against chronic malnutrition, the study points out that the country has still been suffering from the problem. It thus "...continues to be an epicenter of the triple burden of malnutrition—under nutrition, over nutrition, and micronutrient deficiencies". It also applauds the initiative taken to develop a national guideline on food fortification, particularly targeting selected items such as wheat and edible oils.

The document deals with the ongoing supplementation programs for vitamin A and iron-folic acid, among others. However, it underscores the point that such opportunity was limited only to urban beneficiaries by leaving aside the majority of the people residing in rural areas. "...the rural poor are hardly covered, creating inequities in access to micronutrient-fortified foods." The document further states that women and children in rural areas in particular are not focused for the dietary diversity issue. Therefore, the recommendation is that, bio fortification - breeding crops to increase their nutritional value - may be a viable strategy in Ethiopia for addressing dietary gaps and combating micronutrient deficiencies, addressing the limitations of the more established interventions.

What the study touched as the major problem of the bio fortification is lack of mandate to a specific organization to coordinate activities. The other critical factor that play roles in influencing "Ethiopia's low adoption of bio fortified crops is the limited availability of improved seeds, mainly due to the poor seed supply system". Thus, it strongly recommends access improvement to bio fortified seeds along the Ethiopian seed system value chain. Moreover, the introduction of bio fortified crops should be made to have its focus on areas with the greatest need. This is said to consider the implementation of the existing food consumption patterns, and bio fortification activities outlined in the National Food and Nutrition Strategy.

Bio-fortification is a potentially powerful tool to address Ethiopia's hidden hunger problem; however, many obstacles exist to scaling up such efforts. The study proposes that institutions, government officials and researchers should made maximum efforts to address the problems and bring about difference in reducing micronutrient deficiencies.

The findings further indicate mainly that bio-fortification is a potentially cost-effective nutrition intervention for Ethiopia in such a way that it can address inequities of micronutrient malnutrition across residence and wealth status. Here the researchers remind about financial bottle necks in supporting the identification of the "existing bio-fortification programs as critical bottlenecks to their scale-up".

The study recommends at length that researchers and concerned bodies in the sector should be engaged in bio-fortification activities through the development of bio-fortification. It has also been pointed out that the outcome underscored the need for crop-nutrient combinations addressing the "colossal backlog of micronutrient" deficiencies among the vulnerable population. Finally, the study recommends that bio-fortification initiatives in Ethiopia prioritize cereals that are primarily produced domestically, such as teff, sorghum, enset (false banana), and barley.

Taddese Zerfu is a Research Fellow with IFPRI's Development Strategies and Governance (DSG) Unit, based in Addis Ababa, Fantu Bachewe is a DSG Research Coordinator based in Kigali, Rwanda; Tirsit Genye is a DSG Research Coordinator based in Addis Ababa; Meron Girma is a Nutritionist with the Ethiopia National Information Platform for Nutrition (NIPN); Aregash Samuel is NIPN Coordinator; James Warner is a DSG Research Fellow and Rwanda Program Leader; Cornelia van Zyl is a Deputy Chief of Party with CARE in Ethiopia and a former IFPRI Senior Technical and Policy Adviser.

### Referenced paper:

Bachewe, F., Genye, T., Girma, M., Samuel, A., Warner, J., & van Zyl, C. (2023). Bio-fortification in Ethiopia: Opportunities and Challenges. Food and Nutrition Bulletin, 03795721231188913. https://doi.org/10.1177/03795721231188913

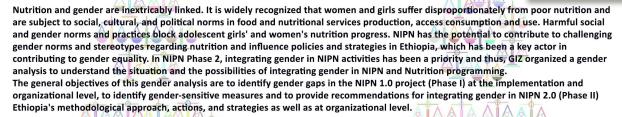
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### **Gender analysis for NIPN-Ethiopia**

By Elazar Tadesse and Dr. Archana Sarkar



#### Methods

The study combined desk review and qualitative data collection using Key Informant Interviews (KII) and Focused Group Discussion (FGD). The Desk review was used to document food and nutrition security situation in Ethiopia, the link between nutrition and gender and the current social norms, policies, laws and strategies in the country related to gender that may affect nutritional outcomes. To complement and triangulate information obtained during the desk review, four FGDs were conducted with a variety of participants (20 in total) from the Ministry of Education, MOH, Agriculture, and Women in Social Affairs and EPHI, as well as with NIPN team members. Additionally, eight KII were conducted with gender and nutrition responsible and focal points from partner organizations: UNICEF, GIZ, EUD and IFPRI. Semi-structured interview questionnaires were used during the qualitative data collection process. Data was analyzed using qualitative content analysis where meaning units were coded and categorized under five pre-defined thematic areas based on the GIZ gender analysis reporting format. This report focuses only on the findings related to one of the themes, namely, gender within NIPN.

### Gender responsiveness of NIPN 1.0

The NIPN 1.0 cycle (phase I) has generated strong policy evidence on nutrition and food security, mainly focused on maternal and child nutrition, informing national nutrition policies. However, the gender perspective was limited as only gender disaggregated data analysis was performed. Gender roles and stereotypes and how those affect the nutritional outcomes for both men and women were neither explored nor communicated. Four PQF exercises were done along phase 1, and none was focused on gender and nutrition relationships, nor did they take a gender perspective. An interview with the NIPN focal person at EUD and IFPRI suggested the need to actively involve the Ministry of Women and Social Affairs in NIPN 2.0 implementation to strengthen their involvement in all project cycles as well as in capacity building.

On the other hand, two examples of gender sensitive actions undertaken by NIPN 1.0: The capacity needs assessment for nutrition monitoring, evaluation and policy research (2020) is an example of gender-sensitive communication which uses sex disaggregated data and provides gender-relevant recommendations for women's inclusion in capacity development measures. The Food and nutrition policy research, to which NIPN has contributed immensely, provided senior researchers and policy analysts actively looking for gender responsive evidence regarding adolescent girls' nutrition. Recently, these findings were communicated to policy maker and higher officials at a national level.

The NIPN 1.0 has supported the gender directorates of EPHI, especially in terms of capacity building for the women staff. However, the gender directorate has no technical involvement in NIPN or other nutrition and food security researches.

Gender ratio and Gender expertise among project staff and advisory bodies

Having a team with gender competence and a balanced gender ratio may facilitate the exchange of views, increase the diversity of opinion and ensure unbiased perspective. In NIPN 1.0, the achievement of the adequate gender ratio among the project staff and advisory bodies has been affected by the national law related to the representation of women in the national job market and the internal gender consideration in the program. Nevertheless, the project staff has a relatively good gender ratio, unlike the MER SC and the AC, which are governmental structures dominated by men. Notably, the GIZ advisor/team leader and the project coordinator from the EPHI are both women. The NIPN capacity needs assessment conducted in 2020 showed that there is an inadequate gender balance, with a small number of women experts employed, of which few are highly educated. A feasibility analysis conducted to assess the capacity of regional public health institutes to host NIPN project showed a low gender ratio where two of the RPHIs do not have any women working in units related to nutrition and food security. NIPN Ethiopia do not have a specific gender expert to support the team in communicating evidence and disseminating products in a gender sensitive manner. Moreover, the NIPN communication strategy does not address gender in communication. (Continued on page 8...)







...Continued from page 7

### Gender analysis...

FGD with the NIPN team explored the level of gender knowledge. To questions such what they think of when they hear the word 'gender,' majority of the participants think that it is a women's issue and, in Ethiopia, relates to the gender mainstreaming of affirmative action.

'What comes to my mind when I hear 'gender' is affirmative action that increases the participation of women? Beyond that, I don't know much about it.' Organization 2 KII 1

The respondents shared that they have little or no experience of using gender perspective in implementing the components of NIPN cycle as well as in capacity building for nutrition. The NIPN team has a variety of knowledge, from good to very limited, regarding gender as come out from the interviews, although they may benefit as a team from gender training.

Integration of Gender within NIPN

Analysis of KII and FGDs showed that while some key informants recognize the importance of gender lens integration into NIPN data management process, including communication of results, there's a concern regarding the lack of gender related data that is very limited or nonexistent, to generate gender responsive evidence for nutritional programs. This limited access to gender data is a huge constraint when trying to monitor actions from a gender perspective. Data gaps is a persistent difficulty to monitor and identify gender-based inequalities as well as progress in this area.

"We don't have typically gender related data for gender and nutrition connection, but for the future, the NIPN program can continue by providing evidence for policy decisions by analyzing from the perspective of gender." FGD2 Participant 4

The recently conducted gender training of NIPN team has successfully raised awareness about gender issues and methods to integrate gender in NIPN activities, including the policy questions formulation (PQF). Some participants suggest that the PQ may be redesigned to incorporate the gender perspective. It was underlined that a gender expert should participate in the PQF exercises. The communication of findings is another aspect in which the gender perspective should be present. Communication products should be written with a gender lens, using neutral language, and avoiding gender-biased expressions that may perpetuate gender stereotypes.

### **Summary points**

- PQF process, analysis and communicating evidence in a gender inclusive way is also identified as a weak area in which NIPN team can be benefited from capacity building activities.
- Gender perspective in NIPN 2.0 enhances gender responsiveness of NIPN implementation by improving the acquisition and usage of gender related data.
- Gender balance and ratios in NIPN teams should be reviewed, providing the necessary conditions to women to access technical and leadership positions.
- Having gender focal person inside the NIPN team and partner organization (GIZ EPHI, IFPRI) helps ensure gender sensitive implementation of programs.







### Amhara Public Health Institute selected as the first regional Institute to cascade NIPN's activities

NIPN-Ethiopia has made official the selection of an institute that will carry over its activities at the regional level. Accordingly, the Amhara Public Health Institute (APHI) was selected as the first regional body to cascade NIPN's activities in the Region. Concerning the cascading and related activities to be taken over by APHI, NIPN's team led by its coordinator Aregash Samuel (PhD) had a pre-inception meeting at the APHI office in Bahir-Dar city of Amhara Region. GIZ Advisor for NIPN and IFPRI representative were also present in the meeting. Sub-national cascading of NIPN activities has been one of the key priorities for GIZ NIPN implementation phase.

At this pre-inception meeting, in which 14 participants were involved, Aregash Samuel (PhD) briefed the participants about the overall activities of NIPN-Ethiopia. Aregash dwelt much on project activities carried out in partnership with regional PHIs, Federal EPHI, and donor agents. She said that in an effort to expand and strengthen the projects, NIPN-Ethiopia has determined to cascade activities at the Regional level. "Our first region to commence the cascading activities is APHI," Aregash announced, adding that she appreciated those who were involved in conducting the feasibility study.

Aregash called upon APHI to work diligently so that the common effort of executing NIPN's project would go successfully.

Elazar Tadesse (PhD), senior nutrition researcher and consultant with NIPN conducted the feasibility study of the cascading process. The study was meant to generate relevant evidence for the selection of the regional public health Institute. She said that the study was done in collaboration with NIPN/EPHI team members to determine the readiness and capacity of the regional PHIs and whether they could host NIPN's project. Five regional states and one City Administration (Amhara, Oromia, Sidama, Dire-Dawa City Administration, Southern Nations, Nationalities, and Peoples, Region, and Afar) were made to go through the selection process, according to Elazar. The feasibility study assessed capacity and readiness of the six regional Public Health Institutes in Ethiopia, Elazar said.

The feasibility study incorporated various detailed criteria to identify which partner of NIPN/EPHI best serves the purpose. Elazar, who is also the responsible leading staff member for the cascading initiative said that the presence of PHI in the region, its activities, the equipment, infrastructure, and professional input were considered, among others, as selection criteria.

After the feasibility study had been finalized, it was presented to the NIPN team, the director of the Food Science and Nutrition Research Directorate (FSNRD), Masresha Tessema (PhD,) and the NIPN-Ethiopia Advisory Committee, which forwarded invaluable comments and inputs to fine-tune the document.

Elazar underscored during the pre-inception meeting that NIPN and APHI will have a common understanding and do the future plan together for the cascading. She has also said that the pre-inception meeting is significant to share the successes, challenges, and lessons learned in the implementation process of NIPN-Ethiopia projects in the last five years. Elazar lauded the efforts APHI has exerted to become successful in the selection and called up on the heads of APHI that as it is the first move to cascade NIPN to regions, the success of APHI determines the future cascading into other regions.

APHI Director General, Belay Bezabih expressed his appreciation for the close investigation conducted by NIPN-Ethiopia in the selection process and valued APHI, which has been exerting maximum efforts to live up to its expectations.

Director of the Research Directorate at APHI, Gizachew Yismaw (PhD), said on the occasion that with the help of the Federal EPHI and Centers for Disease Control (CDC), APHI is bolstering efforts to perform at its maximum capacity. Gizachew appreciated EPHI's support in hiring three experts for APHI.

Asked whether APHI is ready to shoulder the responsibility given by NIPN-Ethiopia, Gizachew said that his institute "is ready to accomplish the delegated activities" to the best of its capacity. "We are objective oriented experts here. We have built a state of the art laboratory, which is the biggest in the region. We have been equipped with hardworking researchers, trained human power, and infrastructure. I assure you that with these inputs, we are more than ready to accomplish our activities," he said.

APHI Director General, Belay said on his part that his institute has evidence generating capacity with qualified human power and infrastructure. "We strive hard to become successful, supported by our hardworking staff members and other supporting institutions," he said.

Representatives drawn from APHI, NIPN-Ethiopia, the International Food Policy Research Institute (IFPRI), and the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) were in attendance at the pre-inception meeting held at the premises of APHI. (NIPN/EPHI).





### **Quarterly Regular Meeting of Monitoring, Evaluation and Research Steering Committee**

A meeting of National Food and Nutrition Strategy, the Monitoring, Evaluation and Research Steering Committee (MER SC) was conducted in the Capital of Amhara Regional State, Bahir-Dar last week. Present on the occasion were head of the Amhara Region Health Bureau, Dr. Melkamu Abte and Deputy Director General of the Ethiopian Public Health Institute (EPHI), Dr. Getachew Tolera.

Welcoming participants, Director of Food Science and Nutrition Research Directorate (FSNRD), Masresha Tessema (PhD) said that the day-long meeting would discuss primarily the progress made in baseline assessment of the Multi-Sectoral Approach for Stunting Reduction Project (MASReP). Masresha acknowledged the substantial work accomplished thus far and emphasized the collective responsibility to achieve even more in the future.

The guest of honor, Dr Melkamu Abte said on the occasion that much has been done on the Seqota Declaration in such a way that all actors can boost cooperation among themselves. "Our activity would not stop at a generation. It is rather intergenerational activity. We have made progress; but we need to do much better. Our work has shown us that unless we collaborate, we cannot solve our problems," Melkamu said. He also lauded the initiative taken by NIPN/EPHI to organize the workshop in Bahir-Dar City. Dr. Melkamu also appreciated all who are striving hard to prevent stunting at the national level.

Dr. Getachew Tolera, Deputy Director General of EPHI said in his opening address that the Seqota Declaration is a model for us to resolve the nutrition problem at national level. The Deputy Director also stressed that efforts should be intensified to address the stunting problem, which is "the worst form of malnutrition". Dr. Getachew also underscored that intensive efforts should be exerted to meet the objectives of the Seqota Declaration. He has appreciated the decision made to hold the workshop in Bahir-Dar. He expressed satisfaction for being part of the national meeting.

Activity progress reports were presented on the occasion by different researchers of signatory bodies of the MER SC.

Led by Dr. Masresha Tessema, FSNRD Director, participants of the meeting observed a minute of silence for those who have lost their lives in the line of duty during the data collection of the MASReP Study.

Following the day-long meeting, STATA Training was given to Researchers drawn from Signatories to the MER SC for two days. Data Experts from EPHI, International Food Policy Research Institute (IFPRI) and a professor from the University of Gonder were involved in providing the STATA Training.

Researchers drawn from various ministries, research institutes, sector signatories, the Amhara Regional Health Bureau, the Amhara Regional Public Health Institute, higher learning institutions, donor agencies, and different directorates from EPHI were in attendance at the national meeting. (EPHI/NIPN)







### Employees of FSNRD/EPHI hold meeting on plan execution

Food Science and Nutrition Research Directorate (FSNRD) of the Ethiopian Public Health Institute (EPHI) held a daylong meeting to discuss plan execution last Friday in Bishoftu Town.

Opening the meeting, FSNRD Director, Masresha Tessema (PhD) said that the purpose of the meeting was to review the performance and execution of the 2015 Ethiopian Fiscal Year (EFY) and to discuss the future work plan for the 2016 EFY. He said that the meeting would acknowledge the encouraging activities carried out in the just ended budget year and focus on intensifying efforts to achieve even greater success in future.

"We worked hard together in the 2015 EFY, and now we should come forward in unison to do much better," Masresha said. According to Masresha, the purpose of the forum was to provide employees with an opportunity to share their views and experiences to intensify the successes.

Following his introductory remarks, case team leaders briefed about the activities accomplished in the 2015 EFY and the plan in pipeline for the upcoming 2016 EFY.

Representing the Environment and Non-Communicable Disease Research case team, Daniel Abera briefed participants on the accomplished activities of his team and the plan ahead. Accordingly, Daniel raised research conducted on environmental and occupational health, non-communicable diseases, and their risk factors as national priorities: (cancer, hypertension, diabetes, cardiovascular diseases, etc.) He also briefed about an assessment of the Household Water, Sanitation, and Hygiene in Wolaita Zone, Ethiopia (Geshiyaro WASH Survey Year 4). The general objective of this research, according to him, is to assess the current status of WASH at household and community level, in schools and in health facilities...

A pilot study entitled "waste water-based COVID-19 surveillance in waste water treatment plant..." was also conducted by the team with the objective of detecting SARS-CoV-2 from highly affected wastewater samples collected in Addis Ababa.

Leading a case team of the Food Science and Nutrition Laboratory, Meseret Weldeyohannes presented the general performance report of his team. Meseret said that various encouraging activities were accomplished during the 2015 EFY. Laboratory test on the pollution of edible oil, micro nutrient survey, food sample gathering from selected areas for the Food Composition Table Update project, the preparation of different samples for food safety projects and the request for accreditation of three tests were among the activities accomplished by his team in the just ended budget year.

Meseret has also said that there are activities undertaken outside of the set plan. Giving practical training to students from various universities, involving in the preparation of Micronutrient Guideline and finalizing testing on 25 mineral salt samples were among the activities carried out beyond the plan. (NIPN/EPHI)







### NIPN-Ethiopia holds bi-annual plan execution meeting

NIPN-Ethiopia held its bi-annual plan execution meeting in Adama Town on 04 September 2023. Opening the meeting, NIPN-Ethiopia Coordinator, Aregash Samuel (PhD) said that the entire NIPN-Ethiopia staff members would appraise the activities that have been accomplished as per the set plan for 2023 FY. "This forum will give us the chance to discuss our progress, with particular focus on the activities, carried out over the past six months. But more emphasis will be given to delayed activities and efforts should be made to design and work on remedial actions for their execution," Dr. Aregash said.

In the half-day meeting, the achievements and challenges of the last six months activities of NIPN-Ethiopia were reflected on and discussed. Participants exchanged views on the operational cycle and policy question formulation. They were briefed on the efforts put forth to formulate policy questions based on stakeholders' priorities or needs, how the data at hand is analyzed and finalized as evidence to respond to questions, and how the findings are communicated... There were also reflections on challenges encountered in the course of accomplishing all the activities.

The meeting has put at length how the delayed activities should receive their remedial treatments. As many of them were delayed for various reasons, they were redesigned in such a way that they could definitely be executed. Therefore, the activities were revisited and redesigned, with tasks assigned to staff members who were believed to be the most responsible in their accomplishments. (NIPN/EPHI).







### Training on Resources Tracking and Partnership Management (RTPM)

A two-day training program on Resource Tracking and Partnership Management (RTPM) was held here last week at Adama Medical College (Hailemariam Hospital). The training brought together 26 professionals from various Weredas, Zones of Oromia Regional State, partner organizations, and universities.

The primary focus of the training was to equip participants with the skills necessary for identifying and collecting Wereda profiles, resource tracking, and mapping to identify potential, critical and relevant Wereda partners.

The training session emphasized both theoretical and practical exercises. The participants were divided into six groups and engaged in hands-on practice of Real-Time Performance Monitoring training at the college's e-learning center. The training encompassed various aspects such as generating resource tracking and partnership management report, interpreting the data, and utilizing partnership mapping techniques using RTPM webpage.

The training program was sponsored by World Vision, which is a prominent member of the Right- to-Grow Project Consortium, which includes Max Foundation, the Hunger Project, Action Against Hunger and World Vision. The training was given to representatives of two Weredas of Oromia Regional State, which are part of the Right to Grow Project's beneficiary areas. Next week, the training will continue in two more Weredas as part of the consortium's program.

A trainee Amanuel Kelebro, Project Assistant at NIPN-Ethiopia said that he participated in the Seqota Declaration resource tracking and partnership training program, which has provided him with essential skills and knowledge to understand and monitor resource utilization for sustainable development. "The program utilized comprehensive practical exercises and expert-led sessions to teach me how to effectively track resources, assess their impact, and identify opportunities for optimization," Amanuel said adding that the training has been invaluable in equipping him with tools needed to contribute to sustainable development efforts. (NIPN/EPHI)







### Workshop on Systematic Review, Meta-Analysis skills

A three-day training-workshop organized on Systematic Review and Meta-Analysis skills was held here on 19th July 2023. The training, organized jointly by National Information Platforms for Nutrition (NIPN), International Food Policy Research Institute (IFPRI), Ethiopian Public Health Institute (EPHI) and Gesellschaft für Internationale Zusammenarbeit (GIZ), with the aim of enhancing the research skills of the trainees. The training will enable them all to synthesize evidence in their research activities, according to a trainer, Tadesse Zerfu (PhD.)

Dr. Tadesse Zerfu, a research fellow with IFPRI, said that the training will enable attendant researchers to identify, select and synthesize available evidence in a way that is understandable or available for policy or decision makers.

The training, the first of its kind to be given at EPHI, will continue in the future, according to Dr. Tadess. Speaking of the methodology, Dr. Tadesse said that the training was given through discussion and practical appraisals. "The training was given in the form of lectures, discussion and practical orientation. It was a kind of learning by doing," Tadesse said. Points were discussed among the trainees who were teamed up into four groups with every group made to produce a presentation on the assignment given on systematic review and meta-analysis, according to Dr. Tadesse.

"At the end of the training, trainees are expected to produce a manuscript. This will be done to appraise their status after a month," Tadesse said adding that giving such type of interactive and timely training which is of paramount importance for researchers will continue in the future.

Trainees said that similar training-workshop that would help enhance researchers' capacity should be given regularly. Beza Teshome, NIPN Data Manager and Researcher with EPHI, said that the Systematic Review and Meta-Analysis training is very important as it enables professionals engaged in different research projects to review papers scientifically.

"It provides insight on how to draft a research topic, select a methodology, search multiple articles related to the topic and analyze a combined research pieces using STATA software. It is eye-opening for doing systematic reviews and meta-analyses," Beza said.

She further said that the training also introduces the current research software, including Covidence and Cochrane and how to use the modest excel document.

Archana Sarkar, Advisor-NIPN at GIZ also participated in the training by sharing her experience in developing concepts of Meta-Analysis (qualitative analysis).

Over 20 trainee researchers from the NIPN team and Food Science and Nutrition Research Directorate of EPHI including those drawn from IFPRI participated in the training workshop which was held from 17 to 19 July 2023 at the premises of EPHI. (NIPN/EPHI).















### NIPN holds Consultative Workshop on Policy Question Formulation

The National Information Platform for Nutrition (NIPN) held a stakeholder consultative workshop on policy question formulation (PQF) on June 01, 2023.

Members of the coordinating team said on the occasion that the consultative workshop was organized with the objectives of reaching a consensus on the most urgent and pressing policy questions that need to be answered by the NIPN. The event was held to achieve additional objectives, such as sharing information on potential analytic approaches of selected PQFs, networking, and facilitating a working platform for agreed questions.

Opening the workshop, NIPN-Ethiopia Coordinator, Aregash Samuel (Ph.D.), underscored the significance of joint consultation for the common goal of producing viable data and policy-relevant questions. Aregash also briefed the general activities of the NIPN. This was followed by a brief presentation by a senior researcher from EPHI/NIPN, Anbissa Muleta (Ph.D.), on the steps to be followed during a typical PQF. Dr. Anbissa discussed the theoretical principles and detailed steps for successful PQF. He also updated the participants on the status of NIPN policy question formulation. Research Fellow from the International Food Policy Research Institute (IFPRI), Tadesse Zerfu (PhD), facilitated the daylong discussion on rapid initial individual and group assessments of the draft questions.

NIPN's Policy Analyst, Meron Girma (Ph.D.), highlighted the details of activities and steps followed to articulate 58 draft PQFs. She discussed the four implementation processes that the NIPN organizing team took in detail: identifying initial policy questions, creating appropriate questions, refining or finalizing them, and validating the questions in the implementation steps.

Meron also said in her briefing that before articulating the PQF, the team had to single out key sectors and personalities with strong influence and presence in nutrition activities in Ethiopia. A total of 59 key influencers were identified and communicated them to fill out an online survey that inquired to list as much potential policy questions as possible in their respective sectors. The survey was collected through interviews and communication methods, according to Meron.

Meron further said that the key influencers picked for the survey were drawn from sectors implementing the national food and nutrition strategy. Half of them were selected from ministries or government institutions, a-third from research or academic institutions, and the rest were taken from UN agencies or NGOs. The team developed an initial list of 18 policy questions, based on surveys obtained from influential stakeholders.

The workshop critically evaluated and reshaped the entire initial list of policy questions, reaching a consensus on the proposals and reshaping ideas submitted by participants. Workshop participants were asked to scrutinize all lists of the original policy questions critically in syndicate groups before they were reflected for further joint discussions in larger group.

"... The comments and suggestions for improving or refining the draft PQF have been discussed thoroughly, and we have all reached a consensus during the day-long conversation. The PQF will then be revised and reshaped based on the agreed-upon suggestions and forwarded to the NIPN Advisory Committee ...,"

Meron said.

Participants expressed their views on the overall process of formulating policy prioritization questions. Netsanet Worku (Ph.D.) is one of the participants in the workshop, coming from the University of Gondar (UoG). He is the director of the Institute of Public Health at the Medical Faculty of the UoG. At the workshop, Netsanet led a group to present views on drafting the PQF. He commented that the event created an experience sharing and educational forum for many. "We have taught one another through the process. It was a good discussion held with multiple stakeholders" Netsanet said.

He further commented that, if the PQF is given one more round of scrutiny, it will become much stronger. "It needs further revision. Such things need close review in a bid to bring about a comprehensive outcome," Netsanet said. He also said that there were more participants from the agriculture and industry sectors, and that there could have been more constructive input.

Researchers, nutritionists, academicians, and policy influencers numbering about 18 attended the daylong workshop held at the Kilole Hotel in Bishoftu Town of Oromia Regional State. (NIPN/EPHI)







### NIPN-Ethiopia Advisory Committee Conducts Bi-Annual Meeting

The NIPN Ethiopia Advisory Committee (AC) held its biannual meeting on July 20, 2023, at the Marriott Executive Apartments in Addis Ababa, organized by the NIPN-Ethiopia Team in collaboration with IFPRI and GIZ.

The AC, which was established in May 2019, is responsible for providing support and guidance on the implementation of the NIPN project in Ethiopia. It comprises representatives from various government agencies, including the Ministry of Health (MoH), the Ministry of Agriculture (MoA), the Ministry of Education (MoE), the Ministry of Water and Energy (MoWE), the Seqota Declaration Initiative, and the EPHI, as well as representatives from development partners.

The meeting was presided over by Dr. Sisay Sinamo, Senior Program Manager, Seqota Declaration Federal Program Delivery Unit, representing Dr. Meseret Zelalem, the Chair of the NIPN Advisory Committee and Lead Executive Officer of Maternal, Child, and Adolescent Health at the Federal Ministry of Health (FMOH). Taking part in the meeting were AC members, Dr. Aregash Samuel, Senior Researcher at EPHI and NIPN coordinator, Dr.Tadesse Alemu (IFPRI), Ms.Tirsit Genye (IFPRI), and members of the NIPN Team.

At the outset, Dr. Aregash Samuel welcomed the AC members and expressed her gratitude for their valuable contributions to the NIPN program, and emphasized the importance of their continued collaboration to achieve the program's goals.

Dr. Sisay introduced the agenda, including the review of the previous meeting's action points, progress of NIPN-II and policy questions' formulation, feasibility study results, and impact of nutrition interventions on reducing Low Birth weight, then opened the floor for presentations. Dr. Aregash presented updates on previously agreed action points, followed by her report on NIPN's progress.

In her detailed report, Dr. Aregash reported that vacant positions were filled, capacity strengthening trainings were provided, a feasibility study was conducted to cascade NIPN activities to regions, and a NIPN delegation participated in a global gathering in Brussels.

Dr. Meron Girma presented on 10-policy questions identified through the consultative process. Dr. Elazar Tadesse presented a feasibility study on cascading NIPN activities to Regional Public Health Institutes in Ethiopia. Dr. Anbisa Muleta presented a paper exploring the impact of scaling up nutrition interventions on reducing low birth weight incidence in Ethiopia using the Lives Saved Tool (LiST) approach.

The members of the Advisory Committee expressed their appreciation for the progress made by NIPN and the positive outcomes achieved thus far. Additionally, they provided comments and guidance on areas they believed required further focus.

In her closing remarks, Dr. Aregash expressed her gratitude to all participants for their active engagement and commitment to the NIPN initiative. She emphasized that the questions and suggestions raised would be given due consideration and addressed accordingly.

In his concluding remarks, Dr. Sisay expressed his confidence that the NIPN project will not only make significant progress in Ethiopia but also serve as a model for the entire African region in advancing nutrition outcomes through evidence-based policy making. (NIPN/EPHI)









## Webinar

### Web Seminar conducted on Market for Quality in Smallholder Agriculture of Low-Income Countries

A seminar on "Market for Quality in Smallholder Agriculture of Low-Income Countries" was held at EPHI on 25 July 2023 in a hybrid mode. One of the speakers, Professor Tanguy Bernard, a Professor of economics at Bordeaux University, France, has given a detailed account of "market for quality in smallholder agriculture in low income countries". Tanguy Bernard briefed about experiences of countries in ensuring market quality in smallholder agriculture. He has touched on the major turning points in food security situation. Professor Bernard further discussed the limited progress made since 2010, the food insecurity on the rise since 2020, and the large (still uncovered) effects of Covid Crisis.

While touching on the situation in Africa, he mentioned points like the largest prevalence of food insecurity, highest level of severe food insecurity. He has also reviewed challenges that have their influence on food insecurity like climate change and new geopolitical constraints.

Regarding quality of agriculture products. He explained how quality is important for urban consumers, how domestic quality originating for small holder farmers is low and heterogeneous and how it can increase quality when related investments to improve the quality of agricultural food value chains are rewarded by buyers.

In general, the seminar underscored that smallholder agricultural markets are critical for food security, livelihood development, climate protection, gender equity, and economic development in many developing countries. It was noted during the webinar that commercializing smallholder farmers in the agricultural sector is an indispensable path to boosting the economic growth and development of most developing countries, including Ethiopia.

Agri-food value chains are changing rapidly in low and middle-income countries. Central in these changes is the issue of food quality, where attributes of taste, cleanness and safety are increasingly demanded by a growing urban middle class. This evolution can have large consequences for domestic small-scale farmers, depending on whether quality pays and whether farmers are able to satisfy these quality requirements.

It is estimated that over 2 billion people do not have regular access to safe, nutritious, and sufficient food. Population increases and the shift in diets presented by a growing middle class create a huge need and opportunity for a production boost in smallholder agriculture. At the same time, smallholder farming does not provide the level of income needed for the farmers themselves to sustain a dignified livelihood, with many of those dependent on it comprising a significant proportion of the world's rural poor. The seminar summarized evidences on the existence of domestic markets for quality and their inclusion of small-scale farmers.

Opening the Seminar Dr. Aregash Samuel, NIPN-Ethiopia National Coordinator, Senior Researcher at the Food Science and Nutrition Research Directorate, EPHI said that the seminar would enable all concerned bodies to propose ways for a policy-oriented research agenda seeking to promote healthier diets through domestic food supply in low-income countries. Dr. Kaleab Baye (Associate professor), Center for Food Science and Nutrition, Addis Ababa University and Dr. Alemayehu Seyoum, Senior Research Fellow, from International Food Policy Research Institute (Program Lead-Ethiopia) shared the Ethiopian experience. Dr Archana Sarkar, from GIZ shared the experiences of work of GIZ in strengthening various rural value chains including Avocado, Banana, Beans, wheat, etc in rural Ethiopia.

The audience had the opportunity to interact with the speakers during the question and answer session.

Dr. Endale Amare, Researcher at the Food Science and Nutrition Research Directorate of EPHI has led the seminar as a moderator. (NIPN/EPHI)





### **ABOUT NIPN**

The National Information Platform for Nutrition (NIPN) supports evidence-based decision making for nutrition. It was launched as a global initiative to support the Scaling Up Nutrition (SUN) movement by the European Commission to support countries with a large burden of under nutrition. The initiative is currently implemented in ten countries around the globe.

#### **NIPN Ethiopia**

The National Information Platform for Nutrition (NIPN) was launched in Ethiopia in 2018. The NIPN promotes evidence-based decision making for nutrition and supports the implementation of the National Food and Nutrition Policy.

The NIPN is hosted by the Ethiopian Public Health Institute but works under the national nutrition governance system and collaborates with many multi-sectoral stakeholders of the National Nutrition Program.

The overall guidance to the NIPN is provided by the National Nutrition Monitoring, Evaluation and Research Steering Committee and a high level dedicated multi-sectoral NIPN Advisory Committee. Together, the involvement of these two committees ensures that each step of the NIPN happens in a relevant, appropriate, and timely manner.

Through seminars, webinars, and consultative workshops, the NIPN creates opportunities that bring researchers, nutrition experts, program implementers, and decision-makers together. Thus, promoting a positive environment which provides networking opportunities, allows for informal discussions and sharing of ideas.

The NIPN produces evidence-based analysis to inform national policymakers and program planners and to support their decisions for improved nutrition. It convenes research findings through clear communication and actionable messages.

### **THE NIPN Operational Cycle**

### The NIPN Operational Framework

The NIPN operational cycle consists of the following key functions:

Formulating key policy questions by identifying policy demand for evidence.

Examining available data and evidence to respond to these policy questions.

Establishing a data and knowledge repository, which allows for maximum use of existing data and findings that will be used for further nutrition analysis by a wide set of NIPN stakeholders.

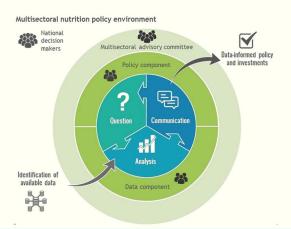
Communicating findings with high-level decision-makers to guide evidence-informed decision making for nutrition policies, programming, and financing.

### Communicating with decision-makers

The NIPN research findings are presented as clearly and effectively as possible to ensure that outputs are seen, understood, and acted upon, by their intended audience. For this reason, NIPN stakeholders engage regularly with decision-makers to ensure that the NIPN analysis and research outputs respond to an actual policy need and are delivered in a timely matter. The NIPN operational process includes an important focus on the policy question formulation.

### A nutrition policy-relevant question:

- Responds to a relevant policy need or decision-maker demand
- Can be answered using the existing data and technical capacities available to NIPN
- Provides timely output for policy use
- Leads to actionable recommendations and decisions







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