

ImpENSA

Capacity Building to Improve Early Nutrition and Health in South Africa



LETTER FROM THE TEAM

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The ImpENSA project is a capacity building project co-funded by the Erasmus+ Programme of the European Union. ImpENSA aims to strengthen relations between higher education and the wider economic and social environment through exchange of state of the art practices for co-creation of an innovative training course, that facilitates continued professional development, for health care personnel in South Africa. The scope of the training content is the *First 1000 days* of life.

The ImpENSA team consists of consortium members from six higher education institutes (3 European and 3 South African) and two health professional boards in South Africa:

- Ludwig Maximilian University (LMU), Munich, Germany
- University of Southampton (Soton), Southampton, United Kingdom
- Medical University of Warsaw (MUW), Warsaw, Poland
- North-West University (NWU), Potchefstroom, South Africa
- Stellenbosch University (SUN), Stellenbosch, South Africa
- University of Cape Town (UCT), Cape Town, South Africa
- The Association for Dietetics in South Africa (ADSA)
- The Nutrition Society for South Africa (NSSA)

We hope you enjoy learning more about the ImpENSA project and what we aim to achieve. Our team has a great passion to improve the health and wellbeing of pregnant women, infants and children, which will have a long-lasting impact on future health of communities.



WHAT'S HAPPENING IN EARLY NUTRITION

MATERNAL OBESITY HAS BEEN ASSOCIATED WITH AN INCREASED INCIDENCE OF TYPE 2 DIABETES IN OFFSPRING

Lahti-Pulkkinen M, et al. Consequences of being overweight or obese during pregnancy on diabetes in the offspring: a record linkage study in Aberdeen, Scotland. *Diabetologia*. 2019 Jun 19:1-8.

THE 11TH DOHAD WORLD CONGRESS WILL BE HELD IN MELBOURNE, AUSTRALIA 20 - 23 OCTOBER 2019

HAVE A LOOK AT THE FIRST 1000 DAYS CAMPAIGN IN THE WESTERN CAPE, SOUTH AFRICA:

<https://www.westerncape.gov.za/first-1000-days/>

CONNECT WITH US



Email: enea@med.unimuenchen.de
 Twitter: @EarlyNutrition #ImpENSA
 Website: www.early-nutrition.org

RECENT MOVEMENTS

Kick-off Meeting

Bernadeta Golab (MUW)

North-West University hosted the kick-off meeting on 12 - 15 February 2019 in Potchefstroom, South Africa.

During the meeting partners presented planned work-package activities and discussed their specific role in these activities. Potential task related challenges were identified through an open discussion with all participants and action points for the upcoming months of the project were established. A rich social program complemented the research activity and overall the meeting enabled partners to further build, expand and strengthen their network of collaboration.

For those of us who visited South Africa for the first time, the meeting was also an excellent opportunity to explore the North West Province, and get to know local customs and culture. Eleven official languages, great hospitality, unforgettable (not only for meat lovers) braai, an amazing game drive and landscapes at the Lekwena nature reserve are on the long list of things we have discovered or got seduced by in South Africa.



Focus Group Discussion: Training Week

Estelle Strydom (NWU)

In preparation for conducting focus group discussions, a training week was held 20 - 24 May 2019 in Potchefstroom. Dr. Wendy Lawrence (Soton) lead a fantastic training week where facilitators were very well prepared to conduct the planned focus group discussions. Dr Nicole Claasen from NWU was also brought in as a qualitative research expert and gave an overview of preparing for data analysis. Partners from all three SA universities attended, as focus group discussions will be conducted in the North West and Western Cape Provinces. Partners from MUW (Poland) also attending the training in preparation for future focus group discussions which they will be leading. The last warm week of the season was thus a great week to prepare for the focus group discussions, and we are all very much excited to see results coming from this task.

CURRENT ACTIVITIES

Conducting Focus Group Discussions

Estelle Strydom (NWU) and Kerry Sexton (SUN/UCT)

- How does one get a group of ten practising obstetricians, gynaecologists and paediatricians to give up an hour of their valuable work day and meet at the same time and place, incentivised with only a cup of coffee and a muffin? All in the name of a worthy and noble public health cause, of course.
- One of the tasks of the ImpENSA project is to explore the training needs and challenges in accessing training of health care personnel (HCP) in South Africa with regards to diet and nutrition during the First 1000 days. The ImpENSA team is currently conducting focus group discussions (FGDs) with practising HCP in the North West and Western Cape provinces to determine what training can be provided to best support the South African HCP to help families achieve optimal nutrition during the First 1000 Days. FGDs are being conducted with dietitians, nutritionists, nurses, midwives, doctors, pharmacists and community health workers to gain the perspectives of a range of HCP.
- The identified training needs and challenges will then guide the development of education and training interventions as part of the ImpENSA project. Insights from the completed FGDs already suggest a need for additional training concerning nutrition during the First 1,000 days.
- So, how does one get a group of ten practising doctors to meet at the same time and place? Please tell us if you know...



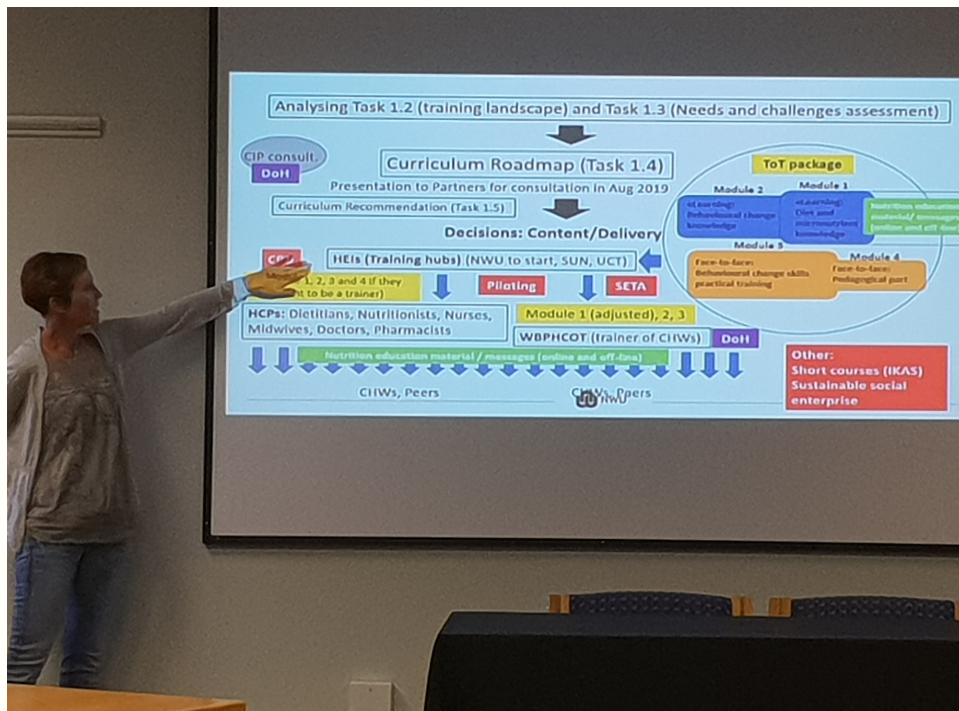
UPCOMING EVENTS

ImpENSA first biannual meeting

Estelle Strydom (NWU)

The next ImpENSA biannual meeting will be hosted by Ludwig Maximilian University from 29 July to 2 August in Munich, Germany.

Consortium partners representing all partner institutions and organisations will meet to discuss the results of the tasks conducted during the first six months of the project, and to decide on action steps for the planned upcoming project activities. Results from the focus group discussions and a scoping analysis on the current training programmes and policies will be used to prepare the curriculum for the different modules of the training course.



WHERE YOU MIGHT ALSO SEE US NEXT:

**The HPCSA conference
South Africa
18 - 20 Aug 2019**

**The International Congress of Dietetics
South Africa
15 - 18 Sept 2020**



LIKE OUR LOOK?

The design of the ImpENSA Corporate Identity (CI) Toolkit was led by the Stellenbosch University team.

