

Multi-Sectoral Nutrition Strategy Global Learning & Evidence Exchange Accra, Ghana January 19-21, 2016

LINKING SCIENCE TO PROGRAMMING: MICRONUTRIENTS AND FOOD FORTIFICATION

Day: January 19th, 2016

Timing: 11:00 – 12:00, and 12:00 to 13:00 (60 minutes, each session)

Format: Concurrent session:

The session is 60 minutes, repeated twice. Participants must choose 2 of 6 topics. Sessions will consist in two presentations that include directed discussion. This is one out of six concurrent sessions, each time, which will reduce the number of participants per session, allowing for more engagement.

Overview of Content and Presentation:

Micronutrients (vitamins and minerals) are needed in very small amounts as compared with sources of energy (carbohydrates, fats, and proteins) and structural essential compounds (certain amino acids and fatty acids) but they are irreplaceable for the macronutrients to work well, as well as for making possible the life as we know it. Micronutrient deficiencies cause impairment on the physical and cognitive growth and development, as well as series of metabolic abnormalities that increase health costs, illness, and even death. The main reason of dietary diversity is to provide all the micronutrients that are needed by humans. As the presence of all the food groups that are necessary for an appropriate human diet is uncertain because ecological, economic, cultural, religious, or metabolic reasons, the usual micronutrients that are insufficient in the diet are delivered through different means: biofortification, food fortification, or supplementation. This session will remind the reasons of keeping attention to micronutrients, and in specific will promote the discussion about how to use correctly food fortification to deliver them.

Goal of the Session:

Clarify misconceptions and programmatic errors around the principles and requirements to implement effective and efficient food fortification programs to prevent micronutrient inadequacies.

Specific objective/s:

1. Review the function and sources of micronutrients in human metabolism
2. Compare mass-fortification with other micronutrient-delivering strategies
3. Define and describe the different component of a food fortification program
4. Emphasize the importance of program monitoring and evaluation from the beginning

Success outcome/s:

At the end of the session, the participants would be able to:

1. Recognize the micronutrients that may be inadequate in their respective countries
2. Identify the possibilities to introduce mass-fortification and what is needed to implement it well
3. Gain insights to combine several micronutrient-delivering interventions for ensuring safety and efficacy
4. Specify the roles and responsibilities of different stakeholders involved in food fortification programs

Materials and Equipment (specify):

- Handouts: 2 sets, plus a questionnaire sheet; the participants will read by themselves the conclusions and additional information added in the handouts after the conclusions. Electronic copies of basic references will also be provided.
- Projector
- Extension cord for presents to connect their electronic devices if needed

Step-by-Step Procedures: (include timing)

1. 5 minutes: Individual response to a questionnaire about principles of food fortification
2. 25 minutes: Presentation and directed discussion of the topic "Why and when is food fortification useful"
3. 25 minutes: Presentation and directed discussion of the topic "How to design and implement food fortification?"
4. 5 minutes: Response in group to the questionnaire

Wrap-Up and Take-away Messages

- Food fortification is useful if there are already in place centralized and reasonably developed industries
- Although participation of the food industry is essential, food fortification is driven by the public sector
- As industry-manufactured foods may not reach all populations at risk, combination with other interventions may be necessary
- Measurement of intakes and biomarkers are necessary for assessing status and progress in vitamins and minerals interventions

SUPPLEMENT: GROUP ACTIVITY GUIDE

Set-Up

1. Group Manager shall ask questions, ensure enough supplies, and keep the group on track, serve as timekeeper.

Name: _____

2. Assign a note taker

Name: _____

PLANNING AID: Power Point Presentations

#	ELEMENT	Yes	No	Revised
1	Presenter has rehearsed presentation at least once, and has verified timing.			
2	PPP is on a flash stick to transfer to tech manager.			
3	Power Point presentation uses clean font, large enough to be read from the back of the room (however big the room).			
4	Suggested font: Arial, Calibri.			
7	Presenter has 3 to 4 well- framed key points for the audience to take away. These points are repeated at least twice during the presentation.			
8	Organizational logo ok, but keep the background template blank (white or black).			
9	Slides with images either have no text, or minimal text. Presenter will narrate to enhance the image.			
10	Presenter does not intend to read the slides out loud.			
11	Presenter has written out key talking points linked to each slide to enhance viewer’s understanding, and keep presenter on point.			
12	Presenter handouts contain references to slides but also <i>more/different</i> information, which enhances the topic.			