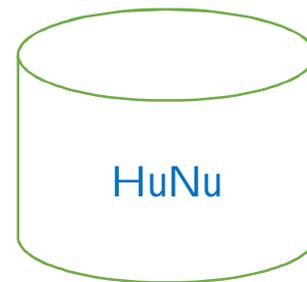




Department of Human Nutrition
*Advancing in teaching-learning, Research and
Community Services*



Issue 01, September/2019



Figure 1. Some nutrition staff members, BiT

Newsletter Highlight

- ◆ Why Nutrition Matters
- ◆ Monthly Seminar
- ◆ Project Proposals
- ◆ New Community Services
- ◆ School Feeding Initiative
- ◆ Extra-curriculum Activities
- ◆ Nutrition Club
- ◆ Good Nutrition
- ◆ Ethiopian Nutrition Leaders Network

Why Nutrition Matters?

The importance of food and nutrition in human development is widely recognized in both high income and middle to low income countries. Malnutrition in all its forms amounts to an intolerable burden not only on national health systems but the entire cultural, social and economic fabric of nations, and is the greatest impediment to the fulfilment of human potential. Investing in nutrition therefore makes economic sense because it reduces health

care costs, improves productivity and economic growth and promotes education, intellectual capacity and social development for present and future generations.

The Head of the Department, Dr. Mesfin Wogayehu, in his address during the first seminar of the Department stressed that the staff members should actively participate in seminar and newsletter activities so that they can communicate themselves and the Department at large both to the internal and external community. This will in turn create visibility and enable the Department work with other stakeholders.

Community Service Experience Shared

The first staff seminar was held with the topic **“Nutrition Sensitive Agriculture: Achievements Obtained by Hydroponics System”** on September 27/2019 at BiT Seminar Room. The seminar was opened by Dr. Mesfin Wogayehu, Head of the Department Human Nutrition. The first seminar presentation was delivered by Mr. Guta Sheru on nutrition-sensitive agriculture. He has presented on achievements of community service activities, particularly with regarding to hydroponics system. He stressed that besides improving nutrition, hydroponics system plays an important role in generating income and environmental management of semi-urban and urban areas.



Figure 2. Mr Guta while sharing his community service experience to nutrition staff

The second presentation was made by Dr. Mesfin Wogayehu with the topic **“My participation at ENLN and experiences from ANLP Training”**.



Figure 3. Lettuce produced by hydroponics system at Mereawi town

He presented about the recently established nutrition network in Ethiopia called ENLN including his participation on the same. He has invited the staff to be part of this network and contribute their shares for the development efforts in the country. Moreover, he has presented about the experiences he got from his training on African Nutrition Leadership Program, which was given at Bishoftu, Ethiopia, in August 2019.



Figure 4. Onion produced through hydroponic system, Mereawi twin

Project Proposals Summited to Different Funding Sources

Different project proposals were prepared by staff members of Human Nutrition in collaboration with other staff of different disciplines and summited to different funding sources. Proposals entitled “Development of potato processing establishment for job creation, productivity enhancement and convenience: a value chain approach” and “Improving the livelihoods of rural women, the nutritional status of young children and create job opportunity for the youth: A kale project in Amhara region” were summited to Ethiopian Diaspora Trust Fund (EDTF). Similarly, a project proposal entitled “Production of fruits and vegetables using hydroponics system in selected urban and semi-urban areas: improving food and nutrition security” was summited to Bahir Dar University office of Research and community Services Vice president. A project proposal entitled “Designing a green multipurpose agricultural machine / GMPAM” by a UG- nutrition student in collaboration with staff from Mechanical Engineering and Energy research center is also being prepared to be submitted to Bahir Dar University, Technology transfer and University-Industry Linkage Directorate. Another project proposal was also prepared by a number of BDU staff members including those from Department of Nutrition on the topic

“Establishment of fish production and processing center for job creation and nutrition security through value addition and product diversification”. The project is a 3 million Euro call and was mainly organized by BDU Project Director, Dr. Getahun Yemataw, and was successfully submitted.

“We have the resources and the knowledge to end hunger..... Every child, woman and man has a right to enough nutritious food for an active and healthy life.; Let us act – now.”

(Ban Ki-moon, World Food Day Commemoration, 2011)

New Community Service Activities

In this budget year, eight community service proposals were prepared by staff members of Human Nutrition and summited to Bahir Dar Institute of Technology Community services and University-Industry Linkage Office. Some of them are: “Improved drying method of green chili pepper for farmers in potential production areas”, “Awareness creation about homemade appropriate complementary feeding practice among women’s have children aged 6 - 23 months at Dangila District”, “Nutrition care for peoples living with HIV/AIDS”, “Production of fruits and vegetables by Hydroponics System for Urban

and Semi-urban Community” and “Food security achievement, household food consumption pattern and healthy diet for care givers in selected Bahir Dar city Kindergarten schools”.



Good Nutrition is Essential if Learning is to Occur

Investing in nutrition is a necessity, not a luxury, in today’s world. A quick review of the evidence demonstrates the importance of nutrition to intellectual and educational power. Thirty-six percent of children under five are growth retarded (that is, their height-for-age is low). This figure may rise to around 50 percent for school-age children. Growth retardation is associated with a substantial reduction in mental capacity and adverse school performance, even in mild to moderate cases, and ultimately leads to reduced work productivity.

“Develop a passion for learning; if you do, you will never cease to grow.” (Anthony J. D’Angelo)

BDU’s School Feeding Initiative

According to World Food Program (WFP) report, every day, countless children across the globe turn up for school on an empty stomach and this make it hard for them to focus on their lessons. For all of them, having food at school every day can mean not only better nutrition and health, but also increased access to and achievement in education. For this reason, many national governments have fully taken over school meal programs from WFP since 1990.

There are some initiatives in different parts of Ethiopia including Ethiopian School Meal Initiative (founded by W/ro Firealem Shibabaw) and the School Feeding Program launched by Yenat Weg Charitable Association.

Very recently, Addis Ababa City Administration launched a school feeding program for 300,000 needy students in the city. The program will cover from preschool to eighth grades in all public schools. Apart from benefiting those needy students, the program has created employment opportunities for more than 10,000 mothers in the city.

With these fragmented scenarios, Bahir Dar University (with initiation from the office of the vice president for research and community service) has planned to develop affordable and sustainable school feeding program. To this

effect, a task force was established (majority are nutrition staff) and did a situational assessment on school feeding initiation and implementation status among stakeholders which are assumed to play a key role in implementing school feeding program in the Amhara region. Based on the findings of the assessment and after doing some other scientific reviews and forums, the school feeding program (that should serve as a model) will be designed and implemented.

Participation in Outreach Activities

Besides the activities that we are expected as an academic staff, participating in different activities (out of campus) is very important to contribute the community and advocate our program and expertise. Keeping all these in mind, we participated in different workshops. One of which is a workshop organized by Ministry of Agriculture in collaboration with Save the Children to translate the English version of Nutrition Sensitive Agriculture (NSA) training manual into local languages (our is Amharic) and we are still working on improving the manual.

The other one was workshop organized by SNV to identify priority research areas and we identified priority areas of research that will be scaled up and will improve nutrition situation of the community. The National Information

Platform for Nutrition Policy (NIPN) question formulation workshop was the other workshop that we participated. In this workshop, we together with other stakeholders identified policy questions and synchronized them in priority order.

Nutrition Club in the Department

A Nutrition Club was established in May/2018 in the Department after the Nutrition Forum which was organized in collaboration with Jhpiego. At the start, the club had made a good progress in mobilizing nutrition students and experts in the area and accomplished some important activities until the end of the academic year.



Figure 5. Some members of the nutrition club

According to the Club's coordinator, Mr. Guta Sheru, the club is moving ahead with its yearly plan from the beginning of the academic year. He added that the club is being run by 18 committee members who are drawn from UG and PG students as well as staff members. The

main goal of the club is “social gatherings to bring people/experts together who become members wishing to focus on good nutrition in order to achieve optimum health”. The members will have the opportunity to grasp

additional knowledge in their field and also about application of nutrition in the real world of work.

Good Nutrition: The Foundation for Development

Well-nourished women, children and adolescents live healthier lives, with greater resilience to life-threatening disease. A diet comprised of nutrient-rich foods, in sufficient quantities, provides the foundation for the

physical and cognitive growth and development needed to learn in school and succeed in the workplace—an essential precursor to economic prosperity for all.

The first 1,000 days from conception to 24 months are critical for insuring adequate nutrition due to the rapid pace of brain development during this period. Sustainable Development Goal 2 (target 2.2) calls for ending all forms of malnutrition by 2030, which includes achieving, by 2025, internationally agreed upon targets on stunting and wasting in children under 5 years of age, and addressing the nutritional needs of adolescent girls, pregnant women and lactating women.

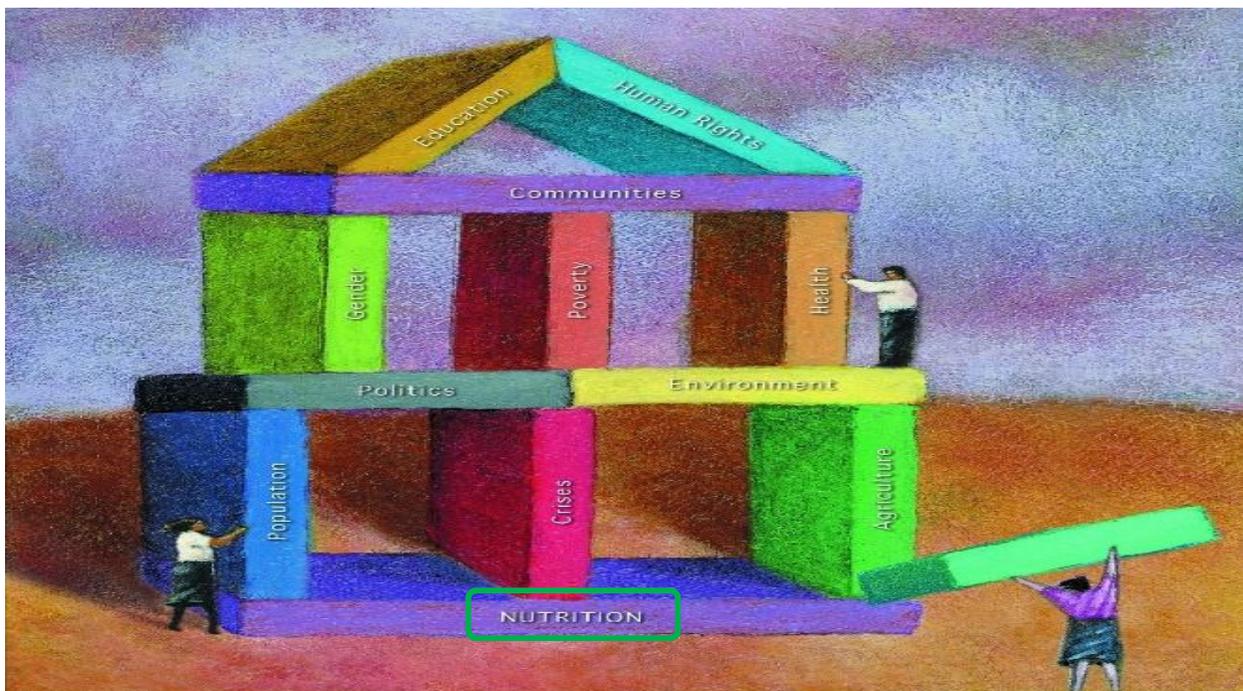


Figure 6. Nutrition is the foundation of development (Source: UN, 2002)

Quotable Quotes

“Progress is impossible without change, and those who cannot change their minds, cannot change their minds.” (George Bernard Shaw)

“In times of change, the learners will inherit the earth, while those attached to their old certainties will find themselves beautifully equipped to deal with a world that no longer exists.” (Aiken & Higgs)

“There is nothing either good or bad, but thinking makes it so.” (Shakespeare, Hamlet)

Mini-EDHS Report on Child Malnutrition

According to the recently released Mini-EDHS, stunting has decreased only by 1% compared to that of EDHS 2016; that is from 38 to 37%; underweight decreased by 3% from 24 to 21% and wasting decreased by 3% from 10 to 7%.

The First Food and Nutrition Conference at Bahir Dar University

The first Food and Nutrition (FaN I) will be held at Bahir Dar Institute of Technology, Bahir Dar University. It will be organized by Bahir Dar Food and Nutrition Research Center of the University in collaboration with Human Nutrition, Food & Beverage and Food Safety & Quality Chairs. By now, different committees are established; conference theme and thematic areas are identified; potential sponsor organizations are listed out and poster

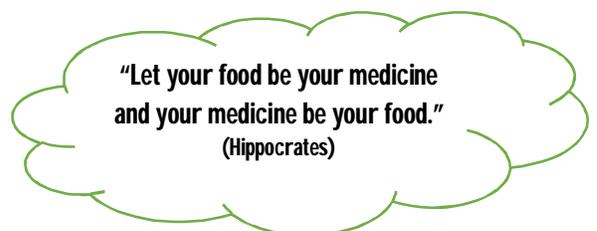
for call announcement and promotion is being prepared.

Nutrition and Poverty

Malnutrition is responsible for much of the suffering of the peoples of the world. At least one-fifth of the worldwide loss of years of life to death and to disability is due to undernutrition. When more speculative estimates are made of the contributions of diet-related chronic diseases such as diabetes, obesity, and hypertension and the various components of undernutrition, some commentators place one half of global suffering at the door of malnutrition.

African Nutrition Leadership Program

It was established in 2002 at North-West University, South Africa and is a 10-day leader development programme. Its objective is to assist the development of future leaders in the field of human nutrition in Africa. It was given 18 rounds of nutrition leadership training for professionals across Africa. It aimed at early and mid-career professionals who are interested in developing their leadership capabilities and extending their professional networks. It was organized in Ethiopia for the first time in August 2019 through Ethiopian Nutrition Leaders Network (ENLN).



Establishment of Ethiopia Nutrition Leaders Network (ENLN)

The Ethiopia Nutrition Leaders Network (ENLN) was launched on February 8, 2019 in Addis Ababa. Over 60 professionals from various backgrounds and organizations including government ministries and institutions, local and international NGOs, academia, donor community, UN organizations, private sectors and media joined the network. Of which 56 attended the event. Furthermore, four global nutrition leaders and Save the Children Country Director attended the event. Ms. Israel Hailu, Deputy Chief of Party-Programs for USAID funded Growth through Nutrition project implemented by Save the Children and Founder of the network, opened the launch by welcoming all attendees and thanking participants for having volunteered their time to partake in the venture that would enable them to realize a common mission: to develop, inspire and connect a new generation of nutrition leaders through training, exchange visits, mentorship, and coaching skills so that they can provide effective nutrition leadership from where they stand.

To provide effective leadership for translating the Food and Nutrition Policy into action, our country needs committed, visionary, selfless and capable leaders that will be responsible to provide effective leadership across sectors and institutions. Despite the establishment of the NNP coordination platforms and FNP approval, the country lacked organized leadership that maximizes in-house expertise and opportunities to expand this leadership through capacity building, coaching and mentoring which is a gap that we hope to see ENLN filling in (ENLN Launching Event Report, 2019).

Conference Announcement

Food and nutrition experts are kindly invited to submit their abstracts for the first ever **Food and Nutrition conference** to be held in March 2020 at Bahir Dar University, Ethiopia. For more information, please visit the Institute's website.

Prepared by:

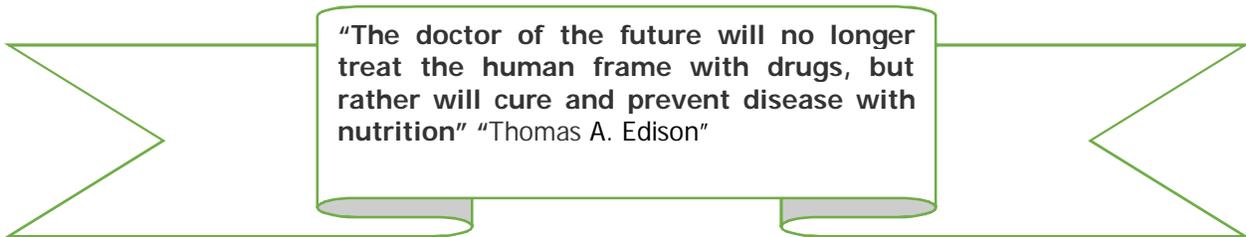
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"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition" "Thomas A. Edison"