

# Food and nutrition security

The Netherlands, 30 March – 12 June 2009

## Focus of the training programme

*Today, the world has more than enough food to feed everyone, yet 850 million are food insecure. Achieving food security requires adequate food availability, access, and use.* (World Development Report 2008)

Moreover, the recent sharp increase in food prices and the increasing use of food as alternative fuel makes food security for all, as pledged in Millennium Development Goal 1, potentially even more difficult to achieve. Even if some argue that high food prices provide the opportunity for small farmers to increase incomes, this does not guarantee nutritional well-being. Unraveling the highly complex issue of food and nutrition security is at the heart of this training programme.

*Today, we are confident that the race against hunger can still be won, but only if the necessary resources, political will and correct policies are forthcoming.* (State of the World Food Insecurity, 2006)

Worldwide, in countries where food insecurity is high, there is also wide-spread malnutrition. Clearly, food insecurity and nutrition problems result from a complex web of causes and effects that transcends disciplines and sectors. Conventional sectoral approaches/strategies often deal with only parts of the 'puzzle', such as food availability (agriculture), nutrition education (health), assessment of nutritional status (health), poverty alleviation (economic development).

Experiences have demonstrated that successful interventions with sustainable impact require a combined effort of different sectors, an appropriate mix of both governmental, non-governmental and

private sector involvement, and activities at various levels (national and sub-national policy/program/project level), implementation with active participation and ownership of the community household and individuals.

This training programme aims to train professionals who can catalyse and direct participatory processes leading to the development, implementation and monitoring and evaluation of integrated and intersectoral food and nutrition programmes.

The training programme is organised annually in collaboration with the Division of Human Nutrition of Wageningen University. Lecturers/facilitators from Dutch, European, and international institutes share their technical expertise and practical experiences and contribute to enriching the training programme.

## Aims and objectives

The training programme aims to provide the course participants with knowledge, skills and motivation to identify, plan and implement effective actions on food and nutrition security at various levels, ranging from (national) policy level to regional, community, household and even individual level programmes.

The training programme can be followed as a complete 11 weeks' programme, which leads to a diploma at postgraduate level. The programme is a combination of various courses, which can also be followed as 'stand alone thematic' certificate courses.

The content of the courses is described further on. The following courses are included in the training programme:

- Key concepts and current issues in food and nutrition'



WAGENINGEN UR

For quality of life

- Nutrition communication and promotion; a new approach to nutrition education
- Food and nutrition security in the context of HIV/AIDS, a rights based approach
- Monitoring and evaluation of impact on food and nutrition security.

## Training methods

All courses are job-oriented and the training approach is interactive, experience as well as evidence-based: it provides the participants with the possibility to learn from expert facilitators as well as from each other. Transfer of knowledge goes hand in hand with case studies, working groups, etc. A mix of participants with different backgrounds, yet common interests, will provide a good basis for the exchange of experiences.

## Who can participate?

The training programme targets staff of governmental and non-governmental organisations in the following positions:

- Policy and planning staff at the national and sub-national level with responsibility for promoting community and household food and nutrition security within different sectors (agriculture, education, health, community development, local government, planning, etc.)
- Staff working at management and co-ordination level in the planning, management, implementation and monitoring of community food security and nutrition programmes or rural development programmes with nutrition components
- Staff working in action-oriented research, advisory and teaching positions directly relevant to food and nutrition security.

## Programme

### *Distance learning programme: Key concepts in food and nutrition*

*Available throughout the year, Code: R/002/001*

This course is a computer-based self-study tutorial. For participants of the training programme on food and nutrition security who do not have a background in food security and nutrition, the tutorial can serve as a way to get acquainted with key issues. For those who do have a background in food security and/or nutrition, the tutorial can serve as a refresher.

The course can be followed through the internet or from a CD Rom. The necessary backstopping will be given by course staff. For participants of the complete training programme on food security and nutrition, the tutorial is integrated in the three weeks course "Key concepts and current issues in food and nutrition".

Subjects covered in the course are: world food situation, statistics and epidemiology, nutritional assessment, nutrition physiology, concepts such as household food security, nutrition security, nutrition in the lifecycle, right based approaches and livelihood security, food hygiene and public nutrition issues.

### *Key concepts and current issues in food and nutrition*

*30 March – 17 April, Code: R/002/002*

This course aims to bring participants up to date with key concepts and current issues in the debate on food and nutrition security. The course is a combination of lectures and the above described computer-based tutorial on key concepts in food and nutrition. At the end of the course the participants are expected to be conversant with the conceptual frameworks in food security, livelihood security and nutrition, and up to date in recent discussions and



*Wageningen International – CD&IC Programme  
P.O. Box 88, 6700 AB Wageningen, The Netherlands  
Telephone: +31 317 486 800, Fax: +31 317 486 801  
E-mail: training.wi@wur.nl; Website: www.cdic.wur.nl*

*Code: R/002/000, Duration: 11 weeks, Period: 30 March – 12 June 2009  
Application deadline for full programme: 28 February 2009  
NFP-Fellowship application deadline: 1 November 2008  
Date of publication: 24 April 2008/FD*

*Our terms and conditions are available at www.cdic.wur.nl*

insights into important themes in food and nutrition. Issues covered include: the concept of “public health nutrition”, state of the art in micro-nutrient malnutrition, recent insights in anthropometry and growth standards, nutrition in the lifecycle, identifying the various vulnerable groups and explaining inter-generational effects of malnutrition, and nutrition in emergencies, and the Right to Food Approach. In addition, attention will be given to supporting topics like statistics and epidemiology

### ***Nutrition communication and promotion; a new approach to nutrition education***

*20 April – 1 May, Code: R/002/003*

Nutrition education, a commonly used intervention in nutrition improvement programmes and projects, often does not have the anticipated result. Although various approaches have been developed and implemented (e.g. Knowledge, Attitude, Practice/Behaviour), the behavioural change in food habits is often limited. In health education, insights in adult learning and in inducing behavioural change as provided by disciplines such as adult learning, social psychology, behavioural sciences, have lead to other approaches known as health communication and health promotion. A parallel can be seen for nutrition communication and nutrition promotion.

These new approaches put much emphasis on influencing the “environment” in which the change of behaviour is to take place. Consultation with the target population is considered of utmost importance. Advocacy and lobbying can help to create the so-called “enabling environment”. During this course emphasis will be placed on the translation of “formative research” into nutrition educational messages for different audiences.

### ***Food and nutrition security in the context of HIV/AIDS: a rights based approach***

*4 May – 22 May or 25 May – 12 June, Code: R/002/005*

HIV/AIDS and food and nutrition security are intertwined in a vicious cycle. HIV/AIDS a highly infectious and pandemic disease is a ‘drain’ to the human body’s nutritional reserves with social and economic consequences. An adequate nutritional situation is important to maintain quality of life and limit the

occurrence of opportunistic infections. On the other hand, HIV/AIDS increases the risk of food (and nutrition) insecurity, mainly through loss of labour and productivity. Researchers have given evidences that contributed to the translation of the understanding of the many of the interactions between food and nutrition security and HIV/AIDS into practical policies and cost-effective programmes. This course aims to provide professionals working in food and nutrition security with the knowledge, skills and motivation, to incorporate the specific effects of HIV/AIDS on food and nutrition security in the design and implementation of programmes and interventions directed to improving food and nutrition security, with the specific aim to mitigate the impact of HIV/AIDS on the livelihood of affected households.

### ***Monitoring and evaluation on food to improve of impact food and nutrition security***

*25 May – 12 June or 25 May – 12 June, Code: R/002/004*

Increasingly and also reinforced by the attention for the Millennium Development Goals, there is a need to assess the impact of a variety of policies, programmes and interventions on food and nutrition security. Such monitoring and evaluation are undertaken by governments, NGOs, international agencies and donors Data gathering is highly interactive with policy formulation. The course emphasizes the need for careful selection of indicators in designing information support systems at various administrative levels and the scientific rigor required for analysis and interpretation of data collected for robust policy making. Course participants work in groups on designing information systems and are introduced to various software programmes relevant to monitoring and evaluation.

*Wageningen International reserves the right to change the programme.*

### **Requirements for admission**

Applicants should meet the following requirements:

- BSc. (as a minimum) or its equivalent in the field of food and nutrition, food science, home economics, agriculture, medicine or a related field of study professional position with tasks related to the theme of the course



- At least three years of professional experience related to the theme of the course
- Competence in the English language.

### Certificate

Participants in one or more courses will receive a certificate of attendance. A postgraduate diploma will be awarded to participants of the full training programme who have met the requirements as laid down by the Supervisory Board.

### Fees

The tuition fee for a combination of courses will not exceed € 5225. The tuition fees for single courses are: € 1850 for 2 weeks and € 2800 for 3 weeks (unless another amount is specifically mentioned). The tuition fee includes administration fees, lecture materials and, if these are part of the programme, excursions. It excludes board and lodging and travel expenses.

### Fellowships

A limited number of fellowships are available from the Netherlands Fellowship Programme (NFP) for nationals of certain countries. NFP-candidates must FIRST apply to Wageningen International for admission to the training. The deadline for application with NFP is **1 November 2008**. Acceptable candidates will receive a PROVISIONAL LETTER OF ACCEPTANCE from Wageningen International. Candidates can then apply for a NFP fellowship through the Netherlands Embassy or Consulate in their own country.

**NFP fellowship is available only for the full programme.**

More information: [www.cdic.wur.nl/UK/Courses](http://www.cdic.wur.nl/UK/Courses) , [www.nuffic.nl](http://www.nuffic.nl).

*Wageningen International can NOT provide any funds for financing participants and regrets it is unable to assist applicants in obtaining sponsorship.*

### Accommodation

Participants will be accommodated in Wageningen International Conference Centre (WICC). Prices and conditions are available upon request. This sum is not included in the tuition fee.

### Application

The deadline for application directly to Wageningen International with funding other than a NFP fellowship is **29 February 2009**. Further information and application forms can be obtained from the address on the second page. You can also submit an application online.

### Participants of the training programme

*'I especially liked the integral focus, the multi sectoral approach to food and nutrition the course offered.'*

*'The course allowed me to think more critically about food and nutrition issues and approach them in a more mature matter. I recommend the course to all those working in nutrition.'*

*'I learned in this course to use simple and few indicators in nutrition assessment, if possible, and involve all stakeholders in planning and implementation.'*

