

Capacity building through innovative training to improve early life nutrition and health in South Africa: the ImpENSA project

The “Capacity Building to Improve Early Nutrition and Health in South Africa (ImpENSA)” project, co-funded by the Erasmus+ Programme of the European Union, develops steps towards solutions that we wish to share with the delegates of the ICD Congress 2020. The ImpENSA team consists of consortium members from six Higher Education Institutes (three South African and three European) and two health professional boards (ADSA and NSSA). The overall aim of ImpENSA is 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. ImpENSA is conducting an in-depth analysis of the existing training landscape, needs and challenges of health care personnel working in antenatal care and infant and young child health and nutrition (*First 1,000 Days*). ImpENSA further aim to develop and implement up-to-date and evidence-based education for health care personnel on early nutrition/lifestyle recommendations and effective counselling skills, following a blended learning approach combining face to face training with the latest developments in digital / eLearning. We believe that delegates of the ICD would benefit greatly from a session sharing the experience gained during this exciting project, an update on the current training needs and challenges of South African health care personnel, and the great opportunities that arise from state of the art eLearning.

Target audience

All health care personnel / professionals working in antenatal care and infant and young child health and nutrition, and / or involved in education of the *First 1,000 Days*.

Topics covered during the symposium

- 1) European - South African collaboration to improve early nutrition and health in South Africa
Prof Berthold Koletzko, Ludwig Maximilian University of Munich (LMU), Germany
- 2) Specific nutrition-related challenges during the *First 1,000 days* in South Africa
Prof Mieke Faber, South African Medical Research Council and representing ADSA/NSSA
- 3) Training needs and challenges of South African health care personnel working in antenatal care and infant and young child health and nutrition
Prof Lize Havemann-Nel, North-West University, SA
- 4) Strategies to empower health care personnel for effective counselling of parents to be and mothers/caregivers of infants and young children
Dr Zelra Malan, Stellenbosch University, SA