

Concept Note Title: Nutrition Ambassadors' Training Program

Project Proposal by CSRBOX-IMPAct4Nutrition

The Context / The Problem

Around 253 million adolescents (10 to 19 years old) live in India, and we are at a crossroads with them whether to waste a generation's potential or nurture them so they may change the world. We all share a responsibility to make sure that adolescence is a time of opportunity because as teenagers thrive, so do their communities. The teenage years are a nutritionally precarious time because of the fast physical growth that raises nutrient needs. Adolescent-developed eating habits may be a factor in nutrition-related issues with long-term health effects. 40% of Indian females and 18% of Indian boys are anaemic. Adolescents' growth, infection resistance, cognitive development, and productivity at work are all negatively impacted by anaemia.¹

Health promotion from the early stages of life by fostering healthy eating practices and regular physical activity has the potential for a major impact on health and well-being during childhood and later stages in life. Insufficient awareness about healthy food choices and appropriate health practices is known to be an important determinant of malnutrition². Lack of knowledge about how to make nutritious food choices and appropriate healthcare practices to follow at different stages of the life cycle has a detrimental effect on the health and nutrition status of individuals.

The Solution/Intervention

“Awareness is Empowering.” Thematic training programs can be conducted for teachers to raise nutrition and health awareness among them and to create a cadre of Nutrition Ambassadors. Training will be conducted throughout the year so as to convert the teachers into Nutrition Ambassadors. The aim will be to spread awareness about basic health and nutrition for teachers and school children in their catchment areas. Mock demonstrations are encouraged among newly trained ambassadors during the training session and training modules are provided to all participants to enable them to conduct such programs for children in schools around the organization's catchment area.

These training programs serve a dual purpose

1. Trained Nutrition Ambassadors can pass on their learnings to their peers to train up additional Nutrition Ambassadors.
2. Nutrition Ambassadors can conduct awareness sessions in schools.

Objectives

Primary Objectives:

- To build the capacity of the teachers about healthy eating through sessions

¹ <https://www.unicef.org/india/what-we-do/adolescent-nutrition> (Accessed on 16-03-2022)

² <https://www.orfonline.org/research/preventing-hunger-and-malnutrition-in-india/> (Accessed on 16-03-2022)

- To reduce the intake of fast food and unhealthy food on the school premises
- To encourage staff to model healthy eating

Secondary Objectives which could be achieved as a result of having trained teachers:

- To build the capacity of children about healthy eating
- To increase the attendance of children in school
- To improve the overall health of children
- To improve the academic performance of children by bettering their nutritional understanding and needs

Target Group

30 teachers and caregivers of the selected schools

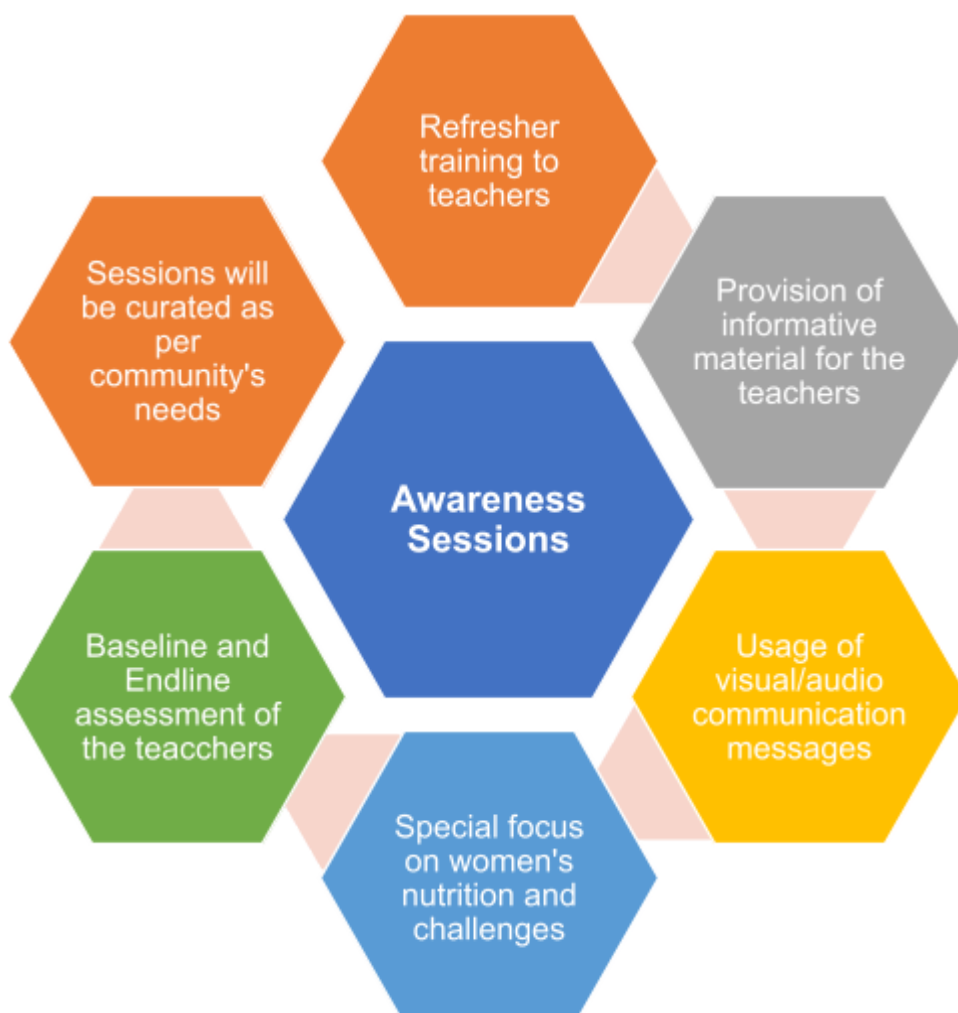
Timeline/Duration

The project will initially be only for one year (tentatively). Depending on the impact being created and the needs of the organization, the project timeline can be extended to ensure behavioral change and to achieve a long-term impact in the community.

Target Geography

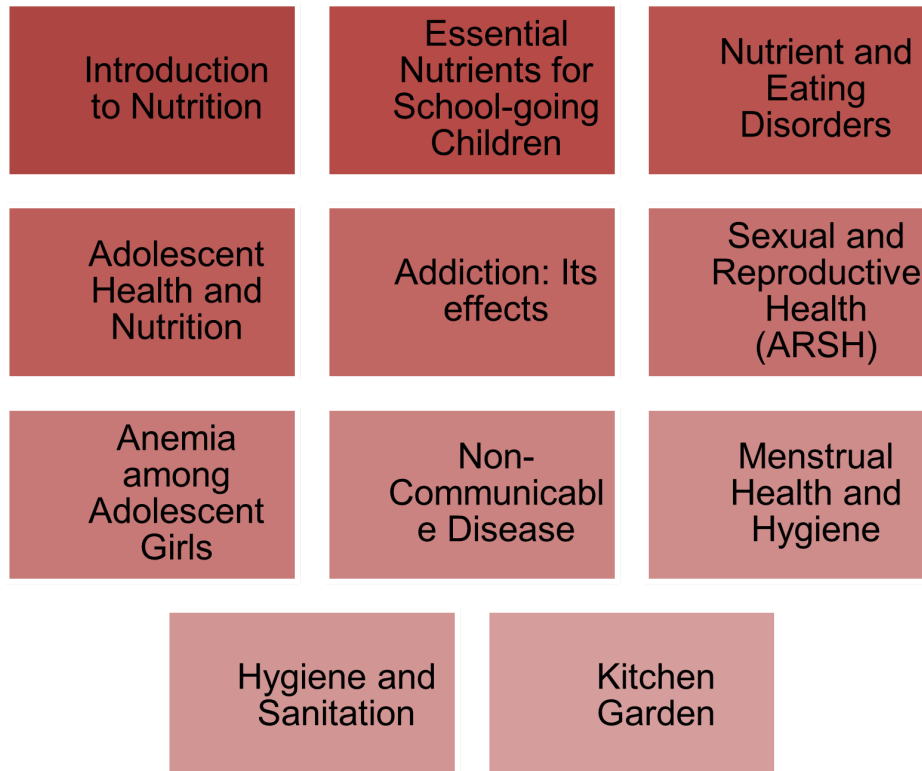
Bangalore International Airport adopted Schools in Karnataka across (location to be provided by BIAL)

Implementation Plan



The sessions will be conducted either online or in person (in-person session may incur logistical cost as per actuals) with the teachers. The sessions will take place as per the availability of the teachers or when they don't have any classes or other academic engagements. Each session on the below-suggested topics can be organized for **2-3 hours for 2 days** and a proper agenda for the training session will be sent out to the teachers in advance. These sessions can be conducted on a monthly basis, and additional topics for the sessions can be included as per the need and requirement. Quarterly refresher training can also be provided to the teachers, as per requirement from BIAL.

The sessions will focus on the following topics and more



The training program will be divided into three phases as depicted in the table:

Phases	Intervention	Details
Phase 1	Baseline assessment and gap identification	<p>A baseline assessment will be conducted to check the knowledge of the teachers on nutrition and health aspects. Based on the result from the baseline a training module will be designed to address the gaps identified.</p> <p>Pro-bono: offering: Creation and circulation of baseline assessment tools for instance surveys and questionnaires.</p> <p>Implementation that may have budgets involved: Carrying out baseline assessment on site.</p>

Phase 2	Training of the teachers on nutrition and various other topics	<p>This phase will include training teachers on age-appropriate information about health and nutrition for the children in schools. Two days workshop will be organized covering various topics on health and nutrition.</p> <p>Pro-bono: offering: Creation of modules for the session and conducting in-house virtual training</p> <p>Implementation that may have budgets involved: Calling Industry experts for conducting the sessions or conducting the sessions in a physical mode</p>
Phase 3	Quarterly refresher training with the teachers	<p>This phase will be a revision of the first training session. The refresher sessions will be curated as per the need of the gap identified by the teachers in the training. A post-assessment will be done with the teachers so as to understand the knowledge attained through the sessions</p> <p>Pro-bono: offering: Conducting virtual refresher sessions and creation and circulation of post-assessment tools.</p> <p>Implementation that may have budgets involved: Conducting refresher sessions in a physical mode and carrying out an impact assessment on-site</p>
Exit Strategy	Consolidating partnerships and transferring ownership to communities	Identifying health and wellness ambassadors to relay the learnings to families and community in the village

Implementation Roll-Out Plan/Model:

The I4N team would provide all technical resources for the creation of the training program, including the designing of session modules, in house virtual training and the development of an implementation and monitoring strategy on a pro-bono basis. However, there would be expenses associated with carrying out baseline studies, in-person training, and monitoring and evaluating the training program to assess the output and outcome. These costs and budget for implementation can be discussed separately. We would be keen to make a presentation to you and other stakeholders about our proposition if you feel that will help in aligning everyone to be on the same page and also understand the requirements of the implementation plan as a next step.

Monitoring Plan

Monitoring plan for Teachers

- A pre-post session will be done with the teachers so as to understand the knowledge gained through the workshop.
- Quarterly refresher training for the teachers for brushing up their knowledge.
- Brief reports/pictures will also be shared post each session with details such as location, the topic covered, total beneficiaries covered, observations, etc.
- WhatsApp groups can also be made location-wise to share each location's activities

Monitoring Plan for School Children

- The knowledge of the students can be measured through the assessment model wherein a set of questions can be given to the children.
- Quarterly health camps can be organized for the children to assess the impact of the sessions on the children.
- Academic performance of the children can be utilized as an indicator of the impact created through teacher training.

Theory of Change

Activity	Outcome	Impact
Awareness sessions of the teachers on nutrition	<p>Increased awareness among children with respect to healthy food habit and choices</p> <p>Better awareness of health, nutrition, pregnancy, and menstrual health</p>	<p>Better nutritional status of the youth in the villages</p> <p>Less NCD among youths, reduction in its risks, and healthier youth</p> <p>Contribution to SDG 2,3, 4, 5, and 8 - Zero Hunger, good health and well-being, Quality Education, Gender Equality and Decent Work</p> <p>Improved academic records of the children which will lead to better job prospects for them, leading them out of the vicious cycle of poverty.</p>

Gantt Chart

S.No	Activities	Year 2022	Year 2023												
		Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	
1	Baseline Assessment of the teacher														
2	Designing of the TOT module														

3	Translation of the module in local language		■											
4	Training sessions of the teachers			■										
5	Refresher Training					■			■			■		
6	Endline Assessment of teacher												■	
7	Report Generation and case studies												■	