

Capitalizing on International Information **C**ommunication **T**echnologies (ICTs) for **S**ustainable **F**ood **S**ystems (SFS)



DINE



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ICDA



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SANE



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Society for Nutrition Education and Behavior. July 31, 2022. Atlanta, Georgia
#SNEB2022: Re-engineering Nutrition Education and Behavior

Objectives

Show examples of how Information and Communication Technologies (ICTs) can be used to further the reach of Sustainable Food Systems (SFS) work within Dietetics & Nutrition.

Improve awareness, understanding, and interest in the ICDA SFS toolkit.

Learn about the ICTs used in Malawi, a very low-income setting, and how creative adaptations are made to surmount barriers.

Understand the value of online participatory mapping tools, such as kumu.io, that can assist nutrition education professionals make sense of a nutrition complexity.

DINE

Division of International Nutrition Education

DINE aims to bring international topics and membership into all SNEB does: Journal articles, webinars, conference sessions, strategies, communication, etc.

DINE is the focal point for SNEB's Consultative Status with the UN Economic and Social Council since 2018: <http://csonet.org/index.php?menu=78>

DINE members' work is as diverse as their locations:

- nutrition communication - planning and program development -
- sustainable agriculture - food security - public health nutrition -
- community development - education and training - research -
- consumer advocacy - public policy.

100 members

20-30 Countries

Many of our USA members
are linked to, or living in,
another country.

Members connect via private groups on Facebook, LinkedIn, and Google to network, learn and share.

If you would like to **become a member of DINE**, please [register as an SNEB member](#) and choose "*Division for International Nutrition Education*" as one of your complimentary divisions.

Anyone can follow DINE on our public Facebook page: <https://www.facebook.com/DINEsneb>

Or contact DINE at: DineSneb@gmail.com

Capitalizing on International ICTs for Sustainable Food Systems:

ICDA Sustainable Food Systems Toolkit

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Presented to the Society for Nutrition Education and Behavior
July 31, 2022. Atlanta, Georgia.

#SNEB2022: Re-engineering Nutrition Education and Behavior

Objectives



Improve awareness, understanding, and interest in the International Confederation of Dietetics Associations (ICDA) sustainable food systems (SFS) toolkit.



To showcase how ICDA has used Information and Communications Technologies (ICTs) to assist NE professionals in accessing relevant SFS knowledge

Reflect

What role would you like to play in supporting sustainable food systems?

What hinders you from doing so?

ICDA FOOD SYSTEM SUSTAINABILITY INITIATIVE

Information Communication Technologies are key

1 - Delphi Inquiry

(complete)



2 - SFS Toolkit


(ongoing)




3 - Indicators

(ongoing)



- 
- Barriers
 - Vision of Success
 - Indicators
 - Actions for ICDA



- 
- Resources, Professional Development, Community
 - >1600 users from 35 countries

- 
- Based on barriers & ICDA actions
 - Baseline data collected
 - Tracking future progress

**BUILDING COMMON GROUND
FOR SUSTAINABLE FOOD SYSTEMS
IN NUTRITION AND DIETETICS**

Final Report to ICDA

**Recommendations for moving forward based
on the outcomes of the Delphi Inquiry Process**

October 2018 - April 2019



Delphi Inquiry Process

Members' Vision

of a Sustainable Food System

Sustainable food systems nourish all people,
now and into the future, with sufficient, nutritious, affordable,
tasty, diverse, culturally appropriate food.

Such food systems support physical and mental health while
preserving, promoting, and respecting the integrity of
ecological and social systems...

Barriers to SFS

- Environmental degradation
- Profits as priority
- Food safety
- Differing trends between regions
- Food prices
- **Professional culture**
- **Finding common ground**



High-Level Recommendations Specific to ICDA

- ▶ i. Provide strong leadership for sustainable food systems in practice
- ▶ **ii. Facilitate learning and collaboration among ICDA members**
- ▶ iii. Identify and engage global partners in this work



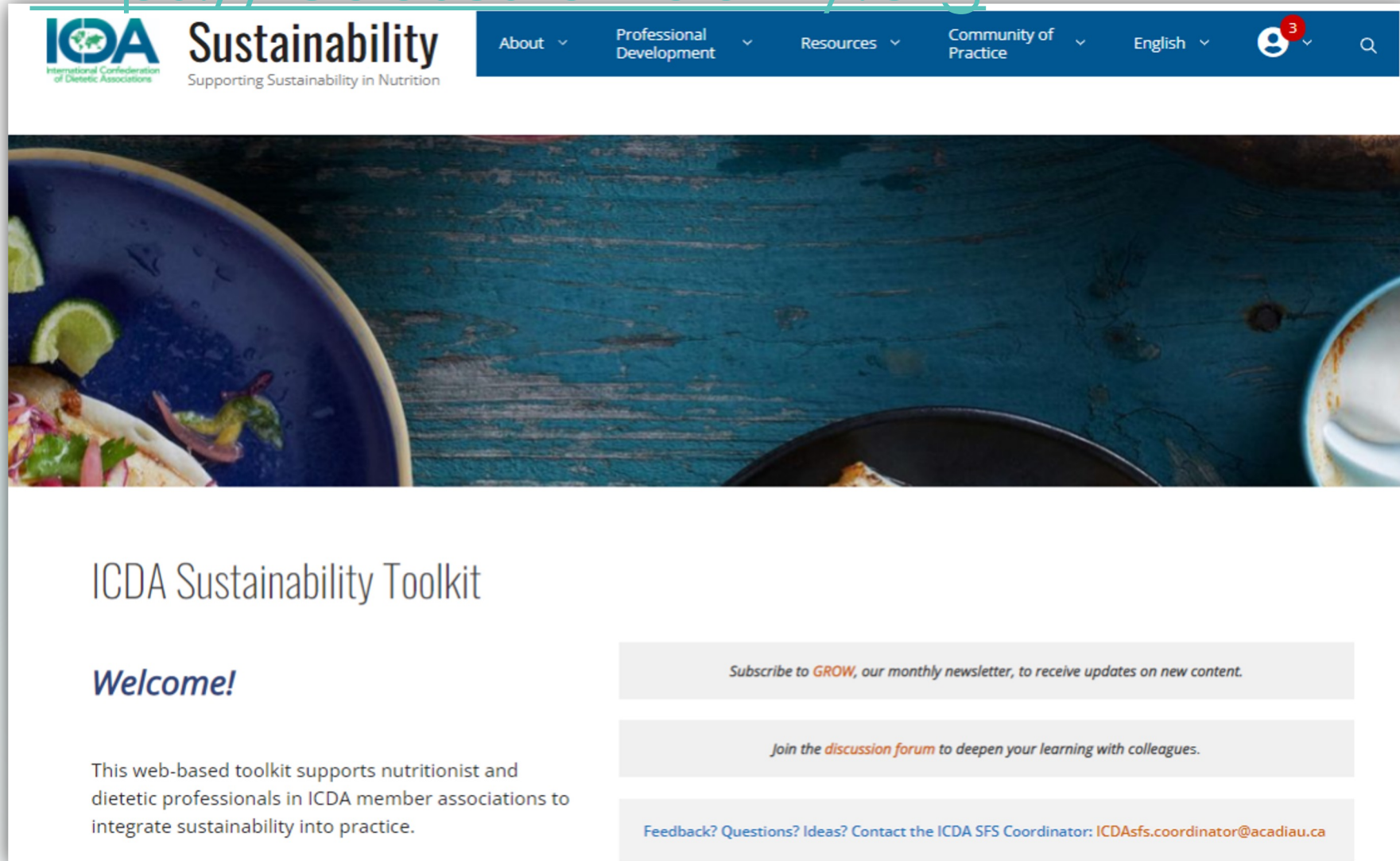
Vision for the Toolkit

Dietitians-Nutritionists bring a deep understanding of sustainable food systems into their practice. Access to a range of practical, evidence-based and context-specific tools and resources supports all Dietitians-Nutritionists in making positive contributions to sustainability. Dietitians-Nutritionists play key roles in creating healthy communities and accelerating a shift towards sustainable food systems.

Objectives

1. To provide accessible, relevant and transferable information ...
2. To provide practical, evidence-based tools ...
- 3. To facilitate peer-learning and collaboration** ...

► <https://icdasustainability.org>



The screenshot shows the homepage of the ICDA Sustainability website. At the top is a blue navigation bar with the ICDA logo (International Confederation of Dietetic Associations) and the word "Sustainability" with the tagline "Supporting Sustainability in Nutrition". The navigation bar includes links for "About", "Professional Development", "Resources", "Community of Practice", and "English", along with a user profile icon showing 3 notifications and a search icon. Below the navigation bar is a large hero image of a blue plate with food and a green lime wedge on a rustic wooden table. The main content area has the heading "ICDA Sustainability Toolkit" and a "Welcome!" message. It describes the toolkit as a web-based resource for nutritionist and dietetic professionals to integrate sustainability into practice. On the right side, there are three light gray boxes with links to subscribe to the "GROW" newsletter, join the discussion forum, and contact the ICDA SFS Coordinator via email.

ICDA Sustainability Toolkit

Welcome!

This web-based toolkit supports nutritionist and dietetic professionals in ICDA member associations to integrate sustainability into practice.

Subscribe to **GROW**, our monthly newsletter, to receive updates on new content.

Join the **discussion forum** to deepen your learning with colleagues.

Feedback? Questions? Ideas? Contact the ICDA SFS Coordinator: ICDAsfs.coordinator@acadiau.ca

#SNEB2022: Re-engineering Nutrition Education and Behavior

PD: Sustainability Self-Assessment: A Personalized Toolkit Guide

This is the first page of the Professional Development (PD) section of the SFS Toolkit where you can take the Self Assessment. If you've already done the assessment, or feel that you don't need to take it, you can continue onto the [Learning Modules](#).

Remember to also consider: 1) Subscribing to [GROW](#) for updates to this ICDA-SFS Toolkit. 2) Joining our [discussion forum](#) to deepen your learning.

Sustainability Self-Assessment Form

The purpose of this self-assessment tool is to help you consider your learning needs related to sustainability. Your assessment "results" will help direct you to elements of our toolkit that are most relevant to you. The demographic questions are optional and meant to inform future improvement of the toolkit. This self-assessment was inspired by one developed by the Academy of Nutrition and Dietetics (for competency assessment).

Background in Sustainability

Which of the following is most reflective of your level of knowledge and learning needs about sustainable food systems and diets?

I am new to this topic

I want to know more background information about this concept/topic area

I have a good working knowledge of sustainability concepts/topics

I want to understand the relevance of this topic area to my practice

I have a good understanding of the concepts/topics and relevance to my practice

I want to know more about how to implement this topic area into my practice

Topics of Sustainability in Practice

We recognize that sustainability is a very broad concept and that you might want to learn more about a specific topics. The topics listed below are reflective of the content throughout this toolkit. Choose the ones you would like to learn more about. Select all that apply.

Social Sustainability

- ☐ Select All
- ☐ Culture
- ☐ Economy
- ☐ Equity
- ☐ Gender
- ☐ Sovereignty

Environmental Sustainability

- ☐ Select All
- ☐ Biodiversity
- ☐ Climate change
- ☐ Energy use
- ☐ Food waste
- ☐ Land
- ☐ Water

Professional Roles

We understand that dietitians and nutritionists have many different roles and activities. Which ones would you like to learn more about?

- ☐ Select All
- ☐ Sustainability policies in my organization and/or program
- ☐ Integrating sustainability objectives into nutrition-related programs
- ☐ Sustainable food options or substitutions that are appropriate for menu design, meal or dietary recommendations in my practice
- ☐ Sustainability-informed curriculum when teaching nutrition and dietetic students and interns
- ☐ Opportunities and information to further my knowledge around the role of nutrition in sustainability
- ☐ Current and ongoing evidence-based research around nutrition and its role in a sustainable food system.

Continued

PD: Sustainability

Self-Assessment:

A Personalized

Toolkit Guide

Demographics

Which best describes your role?

☐ Registered Dietitian/Nutritionist

☐ Dietetic/Nutritionist Trainee

☐ Other

What country do you live in?

Afghanistan

How long have you been a practicing Dietitian/Nutritionist?

0-5 years

Add your email to have the results emailed to you. (optional)

☒ I give permission to use my anonymous responses (identity not attached) in future research.

Submit

Continued

PD: Sustainability

Self-Assessment:

A Personalized

Toolkit Guide



PD: Sustainability Self-
Assessment: A
Personalized Toolkit
Guide

PD: Learning Modules
Overview

PD LM1: What are
Sustainable Food Systems
and Diets?

PD LM2: How are
Sustainable Food Systems
and Diets Relevant to
Nutrition and Dietetic
Practice?

PD LM3: How to
Contribute to Sustainable
Food Systems and Diets in
Your Practice



PD: Learning Modules Overview

These Professional Development (PD) Learning Modules lead you through a curated series of resources from this toolkit, for those who want a structured tour. They also present reflective questions that encourage critical thought and practice-based application.

The learning modules are structured to support three levels of knowledge:

1. Understanding foundational concepts of sustainability and food systems
2. Understanding the relevance of SFS to nutrition and dietetic practice
3. Being able to apply SFS concepts in your practice

Webinars, Workshops & Podcasts

These are short (generally less than 1 hour) video and audio recordings related to Sustainable Food Systems (SFS). We have separated them into three groups.

- The first includes any upcoming, live webinars that are relevant.
- The second group covers knowledge development and information related to SFS.
- The third group covers relevance and applications of SFS in nutrition and dietetic professionals and focus on how to integrate the ideas into practice.

[Podcasts](#) | [Webinars](#) | [Workshops](#)

Podcasts



Voices: Stories about Practice in Sustainable Nutrition

In this podcast we share stories of the nutrition and dietetic practitioners from around the world who are trailblazers, working to deepen connections between people and food systems and educate

tomorrow's dietitians for the realities they will face. This podcast is



Feed: A Food Systems Podcast with Table

Feed is a podcast series created by Table in collaboration with University of Oxford, the Swedish University of Agricultural Sciences (SLU), and Wageningen University. Hosts Matthew Kessler and Samara Brock aim to

fill the gap of the future of food by "exploring the evidence,



Forums

For any discussion about Sustainable Food Systems. This discussion forum is intended for you to be able to seek advice with, your peers. Posts related to all roles and activities of nutrition and dietetic practitioners are welcome.

All posts are PUBLICLY visible but only members can post. To post in any of the discussion forums or groups you'll need to register at:
<https://icdasustainability.org/register/>

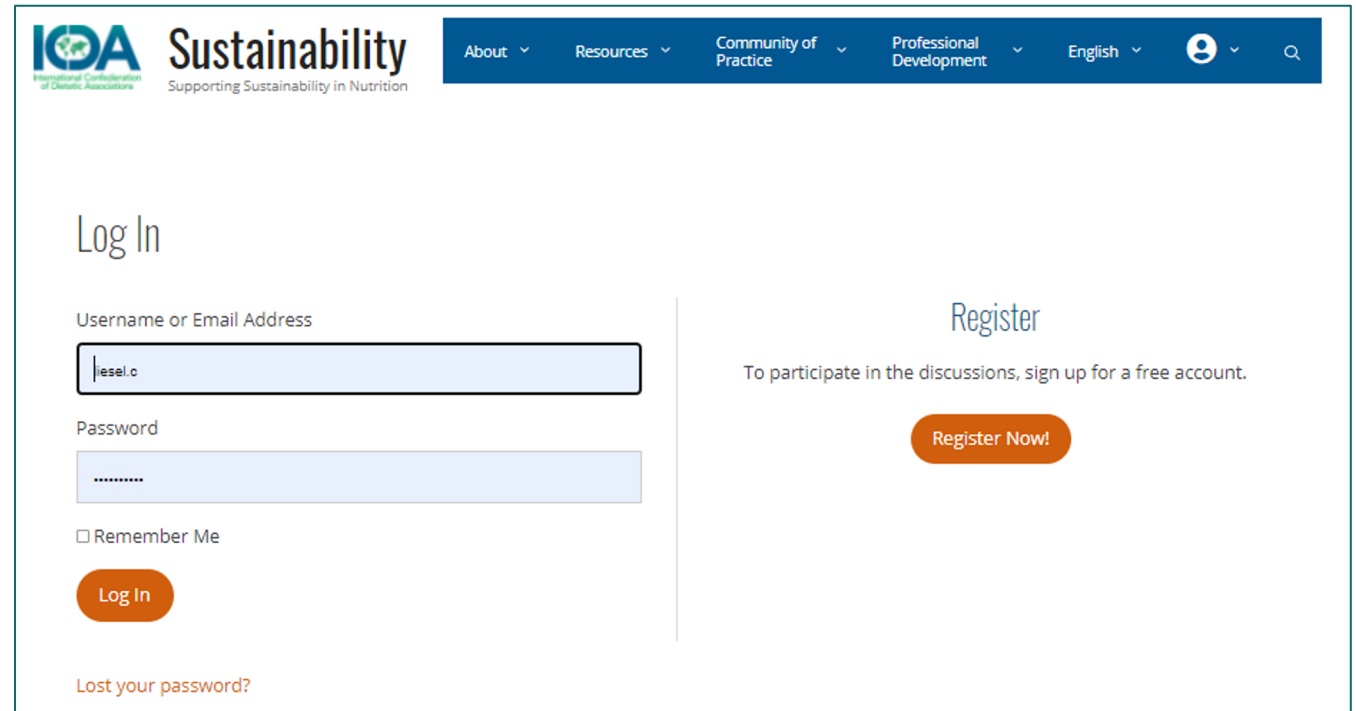
To start a new discussion, click on this forum title, scroll down to "Ask a Question or Share and Idea," give it a descriptive title, and then add your discussion content.

ICDA Sustainability Toolkit > Forums Viewing 1 - 4 of 4 forums

Forum	Discussions	Replies	Last Post
Discuss the Voices Podcasts  <p>We'd love to hear your thoughts about our podcast Voices: Stories about Practice in Sustainable Nutrition. If you have another story to share about what you do, a question, or any ideas to discuss, this is your place. There is a discussion thread for each of the episodes. If you have a great story to share, but unrelated to the episode topic, you can do so in our general "Share your Story" section.</p>	1	0	1 year ago  Liesel Carlsson

Check us out!

- ▶ <https://ICDAsustainability.org>
- ▶ Become a member to join the conversation
- ▶ Subscribe to Grow for monthly updates
- ▶ Contribute a story about the work that you do!



The screenshot displays the 'ICDA Sustainability' website. The header includes the ICDAsustainability logo and tagline 'Supporting Sustainability in Nutrition', along with navigation links: About, Resources, Community of Practice, Professional Development, English, and a user profile icon. The main content area is titled 'Log In' and features two input fields: 'Username or Email Address' (containing 'liesel.c') and 'Password' (masked with dots). Below the password field is a 'Remember Me' checkbox and a 'Log In' button. To the right, there is a 'Register' section with the text 'To participate in the discussions, sign up for a free account.' and a 'Register Now!' button. A link for 'Lost your password?' is located at the bottom left of the login section.

Objectives



Improve awareness, understanding, and interest in the International Confederation of Dietetics Associations (ICDA) sustainable food systems (SFS) toolkit.



To showcase how ICDA has used Information and Communications Technologies (ICTs) to assist NE professionals in accessing relevant SFS knowledge

Reflect

What role would you like to play in supporting sustainable food systems?

What hinders you from doing so?

The SANE Malawi case

STRENGTHENING AGRICULTURAL & NUTRITION EXTENSION

*Capitalizing
on International ICTs
for Sustainable Food Systems*

Stacia Nordin, RD

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Today I will:

- ❖ Describe ways to improve **coordination & collaboration** with stakeholders to support sustainable food systems.
- ❖ Explain the ICTs used in Malawi (a very low-income setting), and how **creative adaptations** were made to surmount barriers.
- ❖ Understand the **value of online participatory mapping** tools that can assist the nutrition education environment.



MALAWI

Rural Majority ~15 million

Urban Minority ~3 million

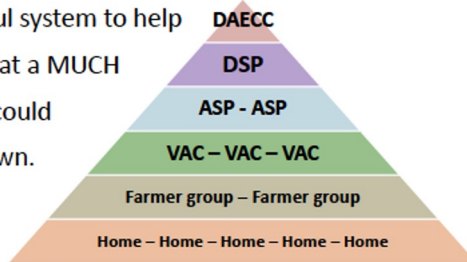


The Power of DAESS!

District Agricultural Extension Services System

The DAESS is a powerful system to help us multiply our efforts at a MUCH greater scale than we could EVER achieve on our own.

Together we can do ANYTHING!



Agriculture platforms are made up of diverse people.

Diversity makes us stronger!

Some platforms are BIG and others are small.

331 DAECC members

274 DSP members

2,644

ASP members

59,450

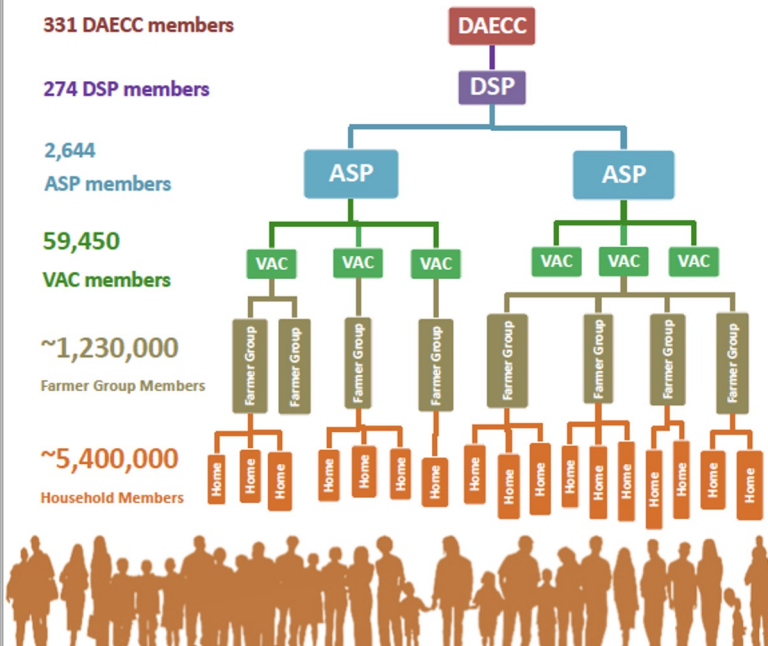
VAC members

~1,230,000

Farmer Group Members

~5,400,000

Household Members



Mutu umodzi susenza denga!

Malawi's Feed the Future SANE

was a systems strengthening project

that assisted farmers to increase their voice in agriculture and nutrition in Malawi from 2016-2021.

Building capacity in using

Information & Communication Technologies (ICTs) was critical to coordination & collaboration.

The tools can, and are still being used, such as:

- Participatory stakeholder mapping with [Kumu.io](https://kumu.io)
- Video extension,
- Knowledge management tools,
- WhatsApp coordination.

Agricultural & Nutrition stakeholders are better able to work together. They make sense of partners, activities, and progress in order to make better decisions with their available resources.

SANE timeline: 4 big setbacks

2016 – Launched

2019/20 – MW elections

2017 – US Elections

re-Elections & COVID-19!

2018 – Trainings

2021 – Growth, Extended

COVID-19 hit

after 2 great years of Systems Development

making it easier to work with capacitated platforms to help them adapt and communicate.



*DAESS members learning about COVID-19 together
Farmers, extension & agri-businesses*

Examples of the DAESS members' strategies for continuing Agriculture & Nutrition Extension during COVID-19

- 1) National level DAESS stakeholders lobbying with government to list **AES as an essential service**.
- 2) All stakeholders lobbied together **for COVID-19 resources in Agriculture** sector at various levels.
- 3) Strengthened coordination with District Councils to **develop and communicate clear guidelines** with and for sectors.
- 4) DAESS stakeholders **used innovative ways of reaching out to farmers** such as ICT, digital extension and approaches that minimize physical contact with farmers.
- 5) National level stakeholders **lobby for reduction in costs of Internet bundles**.
- 6) **Meetings held online** when networks are friendly and reliable.
- 7) People with online access **help others by participating together** (while adhering to the 3 W's).

**Together,
DAESS
Discussed,
Documented,
Did,
Disseminated,
Repeated!**

Media collaboration

**Diversity of platform
membership is a benefit.**

DAESS member Luntha TV station used their own initiative to produce a video of one of the DAESS trainings and shared it freely on the WhatsApp group for anyone to use.

<http://bit.do/MalawiAgNut>

2020.09 Balaka Training Luntha TV

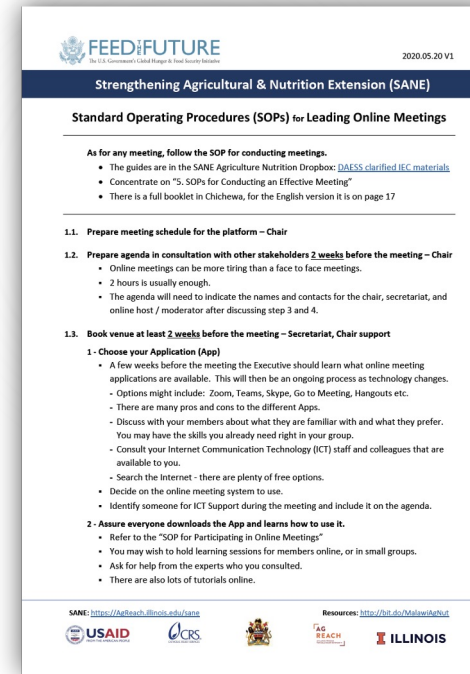
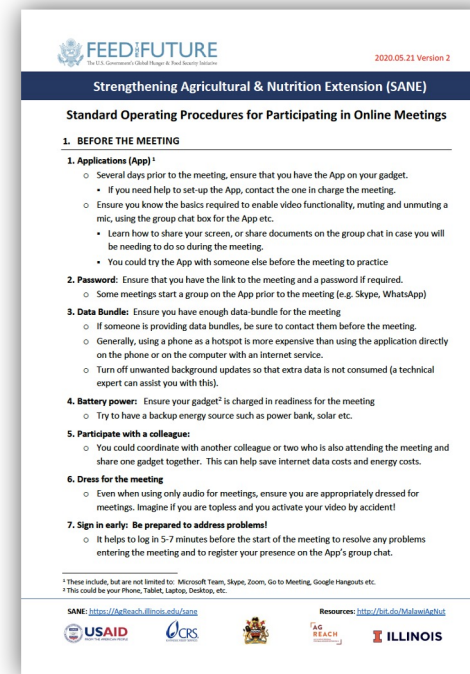
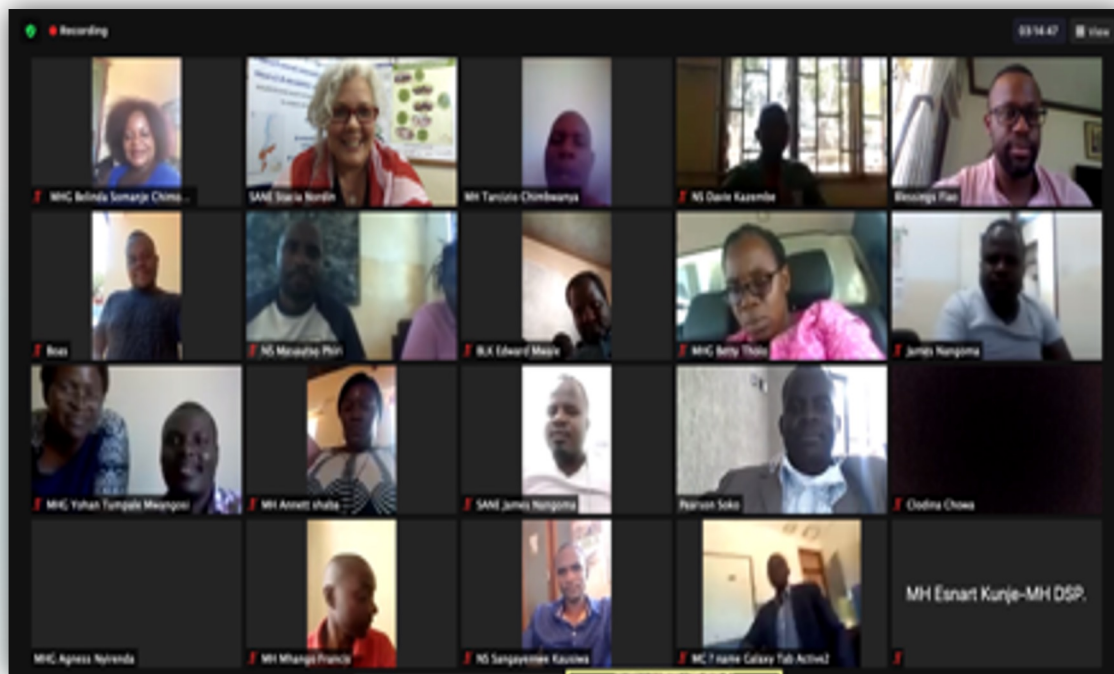
Screenshots of the Luntha TV video of Balaka DAESS-NCC COVID-19 prevention training
Sawali ASP * 2020 August 26th



There are very few TVs, 'devices' combined with sporadic internet, phone & electricity.

Where they exist, we capitalize on them & collaborate to reach as many as possible.

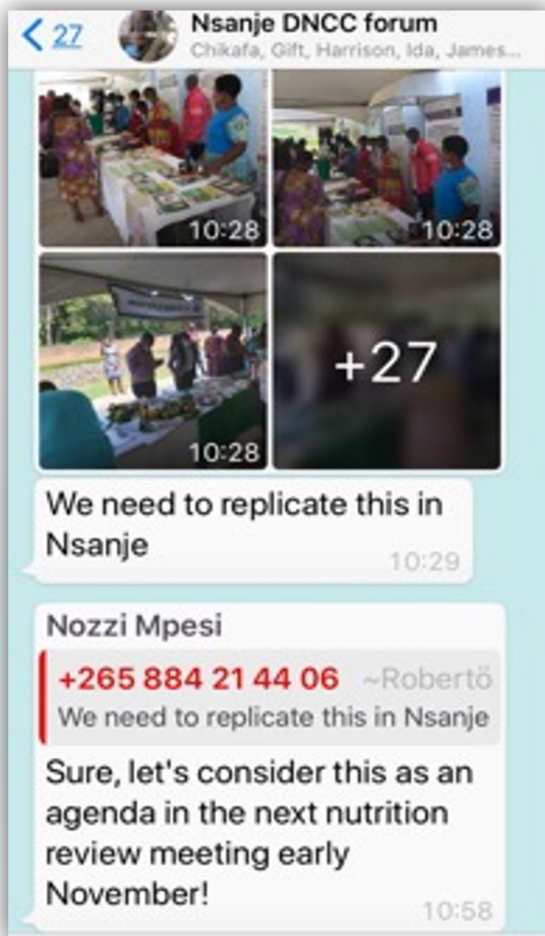
Together we created, used, and adapted guides on holding & participating in online meetings





FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

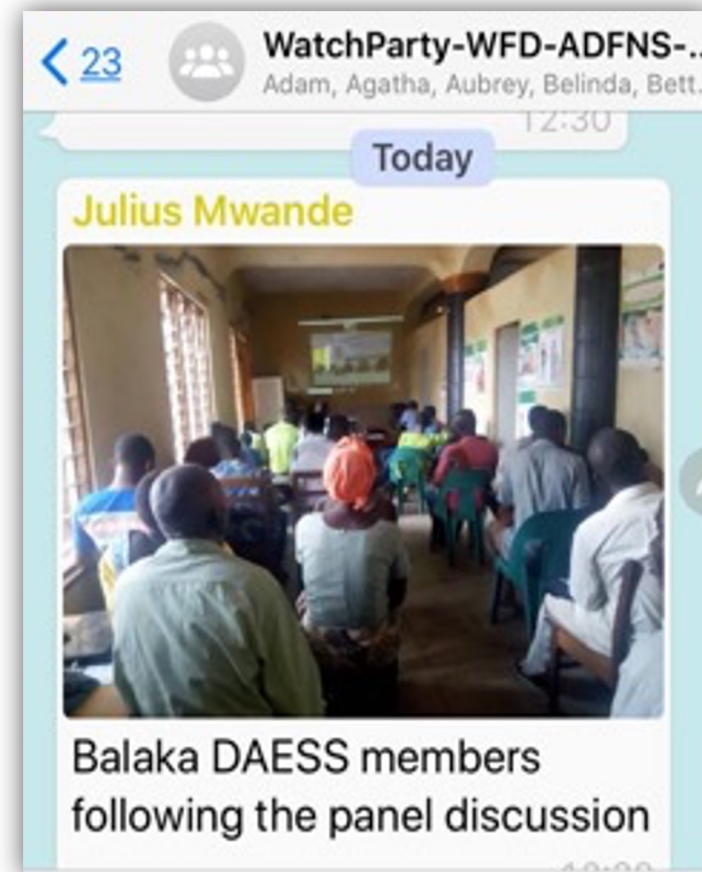


We taught platforms to use solar projectors & speakers to live stream events & hold 'watch parties' with WhatsApp chats

Example from
World Food Day, African Day of Food & Nutrition Security

← at the event physically & a group using projector →

↓ Two on an office laptop



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Video-Based Extension

17,678 farmers reached with Agriculture and Nutrition video extension.

- Reaches much further, with higher quality and impact, than without video support.
- Increased attention, participation, interaction.

Together we developed:

- Video extension guidance for facilitators in Chichewa & English
- See <http://bit.do/MalawiAgNut>
- Monitoring tools with Access Agriculture to track impact and reach





FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

Video-Extension with Youth Entrepreneurs



- Collaboration with Access Agriculture
- Ran a contest for youth (50:50 F:M)
- Youth charge for extension sessions but also collaborate with their local DAESS for free sessions as social responsibility.

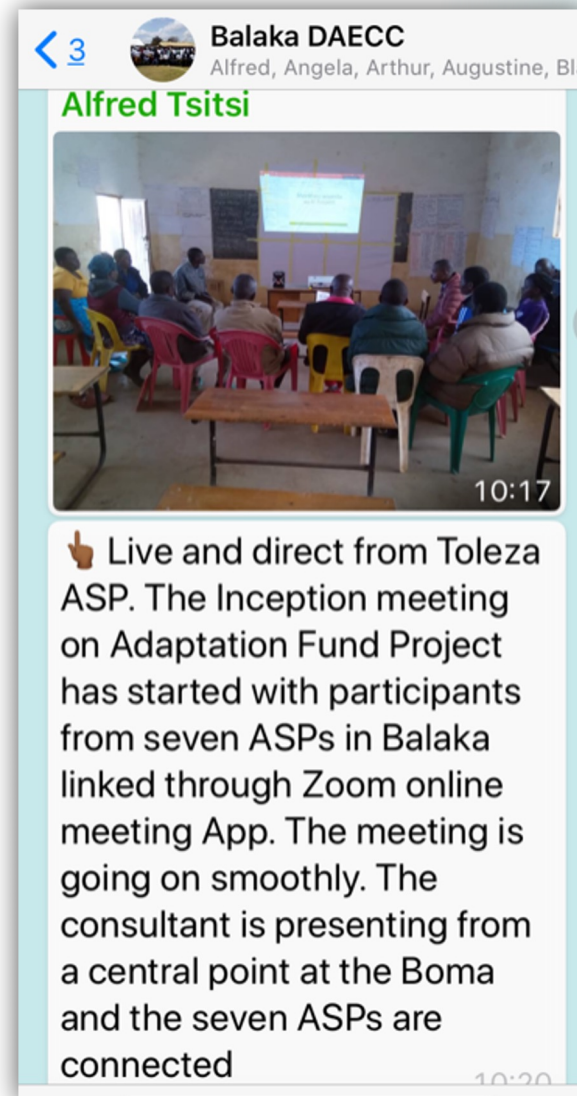
← **Sydney Fackson**



#SNEB2022: Re-engineering Nutrition Education and Behavior

Innovation

Some Districts collaborated with their coordination platforms with live streaming and WhatsApp. Projectors were used to link participants online. Chichewa is used for the community platforms.



Participatory Stakeholder Mapping

Mapping helps community platforms know:

? **Who** is in their area, **What** they are doing & **Where**

The community uses maps to identify issues & actions.

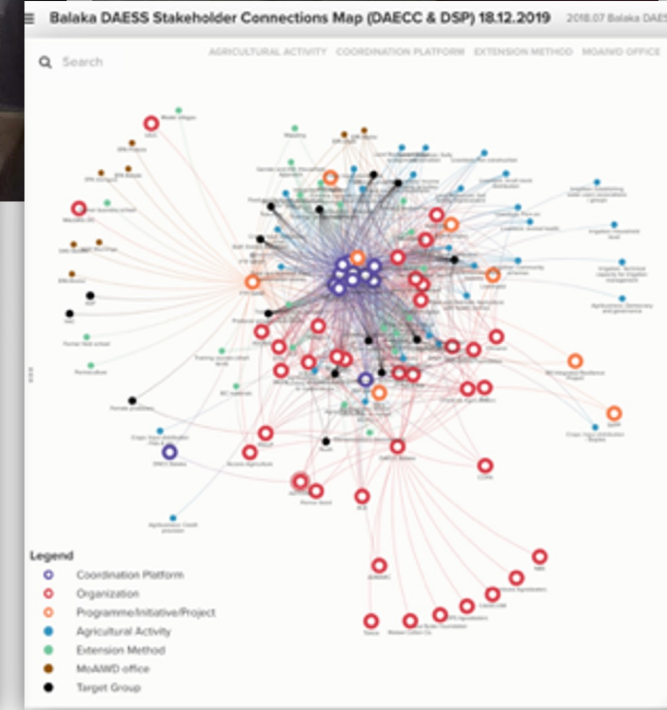
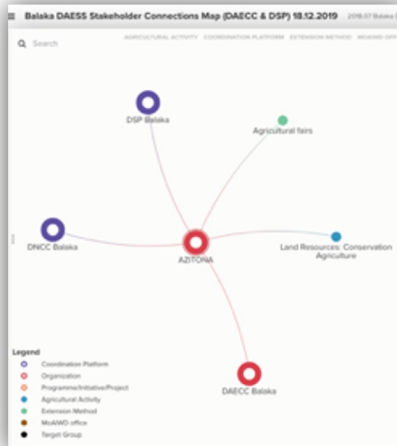
- ? Kumu.io & the mapping process builds relationships and has enhanced collaboration, coordination, transparency, and accountability
- ? Mapping helps in sustainability of projects.
- ? With strong connections between partners & structures, community platforms have a better chance of continuing even when projects phase out.



Balaka ASP Msamala Secretariat, Tony Chioza
Nkaya ASP

HOW MAPPING IS DONE

1. Start with sensitization & understanding
2. Data collection – Flip charts & Discussions
 - Who, What, Where, How
 - Info belongs to the those that provide it.
3. Enter data via excel / google sheets
4. Import the excel into our online map.
5. **USE the map regularly**
 - Kumu allows you to visualize connections & gaps
 - Understand situations
 - See potential areas of synergies
 - Bring an excel database to life!



If you want to
go fast, go alone.

If you want to
go far, go together.



< > AgNut Malawi Resources (~6200 items)

AgNut Malawi Resources (~6200 items)

Name
> 1 - Policy, Strategy (~700 items)
✓ 2 - Programme (~5500 items)
> 1 Community (local language) (~600 items)
> 2 Front Line Worker (~1700 items)
> 3 National and District Level (~3200 items)
> DAESS Guides, SOPs (~40 items)

e-file sharing (google drive)*

Environment, Agriculture, Nutrition,
Gender, COVID-19

<http://bit.do/MalawiAgNut>

EDI: Equity – Diversity – Inclusion

- ▶ Equity is a core principle aiming for collaboration to assure all voices are respected
 - ICDA – within and across nations
 - SANE – for farmer's voice, especially for young people and females of ages for equitable access to agriculture and nutrition services and their impacts / benefits
- ▶ Both actively seek out diverse perspectives and how to address diversity at all levels (households, communities, extension services, planning, policy / laws, etc.)
- ▶ Transparent about the dominance of “Western” perspectives
- ▶ Translation efforts
- ▶ Engage local contacts from platforms (SANE) and member countries (ICDA)

Implications for Practice

- ▶ The sustainability of our food systems is a local and global issue: solutions must be documented, built on, and shared
- ▶ Information and Communication Technologies are becoming more and more accessible – but - recognition of and addressing barriers to ICTs is equally important
- ▶ Networking allows peer-to-peer collaboration and learning and can increase relevance of action. Member driven networks and Communities of Practice can be valuable.
 - BUT – significant challenges exist to engage participation:
 - Time, Money, Networks, Confusing technologies, Competing priorities, Power struggles, Misunderstandings in written communication, – all things to work on!

ICTs can assist Nutrition professionals to better:

- ▶ make sense of the organizations and actions taking place allowing us to make better decisions and track those decisions together,
- ▶ access tools that increase knowledge of SFS,
- ▶ demonstrate the relevance of concurrently examining nutrition in the context of SFS,
- ▶ provide examples of how nutrition educators can incorporate an SFS lens in practice, and
- ▶ feel connected to peers that are also trying to improve sustainability of nutrition.

Let's Discuss!

1. Have you done something similar to share?
2. Is this new for you? Do you need clarity anywhere?
3. Do you disagree? Why?
4. How do we scale equitably considering the digital divide?
5. Other?