

## INSIDE:

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**Nutrition Research  
Method Workshop**

**Nutrition  
Assessment and  
food consumption  
workshop**

**Nutrition Glossary**



Indiana University Research Scientist Dr Kate Evens teaching study design for Lao faculty

## Course on Nutrition Research Methods held at Center of Nutrition

The ANRCB Project organized a 10-day course on Nutrition Research Methods for Lao university instructors and researchers working on public health, nutrition, and food security in August 2023. The workshop was taught by four visiting experts from Purdue and Indiana Universities and brought together 24 participants from various Lao institutions, including Center of Nutrition, Lao Topical Public Health Institute, Rice and Cash Crops Research Center (RCRC), National University of Laos, University of Health Sciences.

The intensive workshop covered three training modules previously developed by the ANRCB project: *Strengthening Knowledge of Concepts in Nutrition Research, Research Design and Planning and Module and Statistical Analysis*. Participants discussed teaching methods for use at universities, practiced explaining concepts at the graduate level and discussed the advantages and applications of research tools in the nutrition sector. The participants also had a chance to share observations and discuss their own research experiences during the workshop. The workshop was supported by the United States Agency for International Development (USAID) through CRS.

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### **Strengthening capacity on anthropometric measurement in Vientiane Capital**

The Center of Nutrition (CN), with the USAID-supported ANRCB project, is addressing malnutrition in the country by creating high-quality training resources for anthropometry. In August 2023, the Center conducted training for health center staff in five districts of the capital: Naxaythong, Hatsaifong, Xaythani, Sangthong and Pak Nguem. In total, 112 nurses and health staff attended lectures on theory, group exercises and coached practice. Previously, small facilities in the Capital lacked access to training so staff were excited about the opportunity to improve their skills. Center trainers will return to visit the facilities and monitor their progress and skills in the coming months.



### **INMUCAL improves Nutrition Assessment Research**

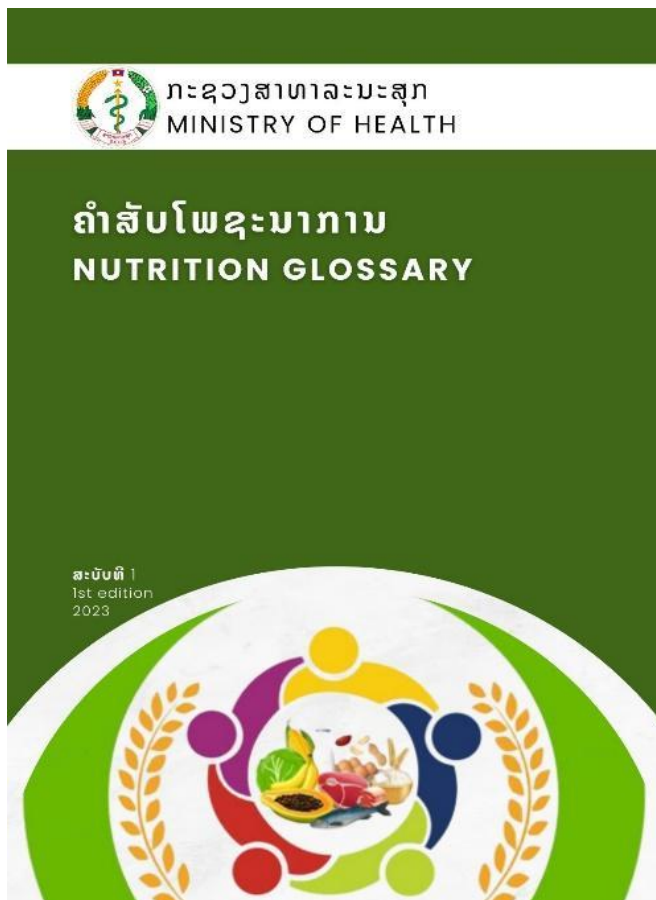
The University of Health Sciences (UHS) held intensive field training on nutrition research in Vang Vieng, Vientiane province on 3-11 September 2023. The training was facilitated by an expert in use of the Thai-designed INMUCAL nutritional assessment software, Associate Professor Dr. Kitti Sranacharoenpong from Mahidol University, Thailand. The training combined theory and practice by alternating between classroom learning and trying out the new techniques learned in nearby communities. Researchers gathered data on the food consumption patterns of primary students and calculated their dietary intake values using a novel software, INMUCAL. UHS intends to integrate these new methods in their graduate program on nutrition with the assistance of the ANRCB project.



The training was attended by 14 professors and researchers from UHS, Lao Tropical Public Health Institute (Lao TPHI), and the Center of Nutrition (CN). The participants acquired skills on how to use INMUCAL to plan research, create food models and instruct nutrition master students on how to use food models for research.



## Lao Resource Spotlight



In 2022, the Center of Nutrition began a multisectoral collaborative process to develop the first Lao Nutrition Glossary. Nutrition stakeholders – students, researchers, and practitioners alike – have long struggled with inconsistent spellings, debated terms, and inappropriate translation with English and Thai languages.

The teams held multiple consultations in person and online to ensure the resulting resource would meet everyone’s needs. Ministries of Education and Agriculture joined Health professionals and professors from multiple faculties and institutes helped to determine which terms to include. 13 of stakeholders of all the 12 meetings Development partners and civil society practitioners helped suggest edits and identify where books and training materials had conflicting terms.

The Glossary was approved by the Ministry of Health in August 2023. At 146 pages long, it includes Lao and English translation and explanations of more than 200 words and abbreviations commonly used in the sector. It will be available freely in electronic form and print copies will be distributed nationwide.

*The Center of Nutrition’s forthcoming Lao-English Nutrition Glossary is intended to help explain key nutrition terms and ensure consistent and accurate translation.*

### First 1000 days

The period from the mother's conception (pregnancy) until the child is 24 months old. An important period in the growth and development of the child because most growth and development of the child occurs during this time, necessitating optimal nutrition and wellbeing.

### Micronutrient Deficiency

A state of malnutrition caused by a shortage of essential vitamins or minerals needed for growth and development, a healthy immune system and proper functioning of the body. People often suffer from more than one deficiency at a time but nonetheless may not show any signs or symptoms, leading to it sometimes being referred to as “hidden hunger.”

### Social & Behavior Change Communication (SBCC)

Empowering individuals and society to reduce obstacles to ensure that society is more equal, united, and peaceful, leading to change and supporting local drive to move towards better social conditions.



## 6<sup>th</sup> Global Conference on micronutrients in The Hague

The conference brings together diverse international and national delegates across sectors and disciplines to drive compelling and evidence-based agendas that promote nutrition and strengthen population resilience in the face of rising shocks including climate change and man-made conflicts.

The Lao delegation to this year's Micronutrient Forum includes key leadership from the Ministry of Health and Institute for Tropical Medicine and Public Health as well as staff of development partners. The Center of Nutrition and the Food and Drug Department, together with UNICEF, will share their work to better understand issues of salt iodization in Laos. Conference insights will be shared with Lao stakeholders at joint events later this year.

## 17<sup>th</sup> ASEAN Food Conference 2023



Dr. Latsamy Siengsounthone, Dean of LaoTPHI, will present about the institutes work to develop the National

Nutrition Research Agenda and Dr. Somphone Soukhavong technical officer of LaoTPHI, will present a poster on *Nutritional Status among Student Adolescents in Vientiane Capital* at the upcoming 17<sup>th</sup> ASEAN Food Conference at Kuching, Malaysia on 24-27<sup>th</sup> October 2023. *See more at: <https://afc2023my.com/>*

## Recent Webinars

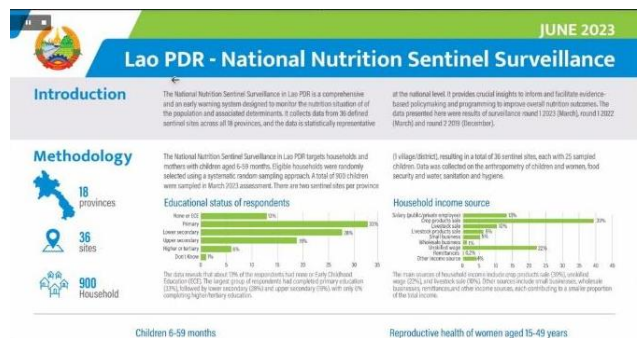
The Center of Nutrition continues to host monthly webinars about many different areas of research. You can catch any you missed on the ANRCB Youtube page in both English and Lao languages.

July 5, 2023

*"Impacts of Inflation on Food Security in Laos"* by Mr. Thongchanhh Bouphavong, Project Coordinator for Association for Rural Mobilizations and Improvement (ARMI) and SUN CSA Management Committee member shared SUN CSA's innovative research.

August 2, 2023

*"Result of the Nutrition Surveillance Round 1, 2023 in Laos"* by Dr. Souphaxay Khamphanthong, Deputy Chief of Research and Surveillance Unit, Center of Nutrition, Ministry of Health.



September 6, 2023

*"The Implementation of Observational Research Design in the Nutrition Goes to School (NGTS) Program: Experiences of The Southeast Asian Ministers of Education Organization (SEAMEO) Regional Center for food and Nutrition (REC FON), by Dr. Judhiastuty Febrihartanty, Research Unit Manager and Co-coordinator of the Nutrition Goes to School (NGTS) Program of SEAMEO REC FON*

Webinar playlist Link: <https://bit.ly/3Zs2ryU>



ສາມາດຕິດຕໍ່ກັບໂຄງການພວກເຮົາໄດ້ທີ່ ສູນໂພຊະນາການ, ຊັ້ນ 2, ບ້ານຊຽງດາ ເມືອງໄຊເສດຖາ, ນະຄອນຫຼວງວຽງຈັນ. ກະລຸນາຕິດຕໍ່: ANRCB@crs.org  
ພາກສ່ວນທີ່ກ່ຽວຂ້ອງກັບວຽກງານໂພຊະນາການ ສາມາດນໍາໃຊ້ບັນດາຫ້ອງອົບຮົມ, ຫ້ອງປະຊຸມ ແລະ ຫ້ອງສະໝຸດ ທີ່ຕັ້ງຢູ່ສູນໂພຊະນາການ ໂດຍການປະສານງານກັບສູນໂພຊະນາການ  
ANRCB is located at the 2<sup>nd</sup> Floor of Center of Nutrition, Xiangda Village, Saysettha District, Vientiane Capital, Lao PDR.  
Nutrition sector stakeholders are welcome to conduct activities in training and meeting rooms and dormitory.  
Bookings can be made directly via with the Center of Nutrition at: nutritioncenterlaopdr@gmail.com or via ANRCB at: anrcb@crs.org