



SEAMEO TROPMED
REGIONAL CENTRE FOR COMMUNITY NUTRITION
UNIVERSITY OF INDONESIA



REGIONAL TRAINING
Health Promotion in Nutrition Programs
Jakarta, February 16 – 27, 2009

TRAINING OUTLINE

I. Background

Health promotion began to gain acceptance worldwide after the launching of the Ottawa Charter for health promotion at the first international health promotion conference held in Ottawa, Canada in 1986. It introduced a focus on health and its determinants into a debate that so far was dominated by a biomedical approach to health. One aim of the Charter was to engage the industrialized world in applying the Health for All principles of equity, empowerment and inter-sectorality to its highly developed health care system and to reiterate the importance of public health action. It proposed a revolutionary shift in perspective that underlined the contribution of other policy sectors in health creation as well as the central role of individuals and communities in contributing to health.

SEAMEO-TROPMED Regional Center for Community Nutrition (RCCN) University of Indonesia in Jakarta, is offering a Master of Science training Program in Community Nutrition. The course of Health Promotion in Nutrition Program is one of the series of courses given in the Master Program that will take place from February 16 – 27, 2009. As the Center's vision to strengthening regional understanding and cooperation in education and training, the course is designed in form of Regional Training that may involve nutritionists and health professionals from the South East Asian region. Sharing and learned experiences from nutritionists and health professionals from countries with similar setting is expected to amplify the sight about health promotion. This course is intended to give nutritionists and health professionals an understanding of, and skills in, the use of health promotion in public health nutrition.

The training covers basic concepts in health promotion and skill development in each phase of the health promotion planning process including: needs assessment, program development, strategy identification, evaluation and development of a dissemination plan

that would be useful for nutritionists and health professionals in the implementation of health promotion area.

On completion of the course the participant should have a broad understanding of the principles guiding health promotion and the development of nutrition promotion programs utilizing a range of appropriately targeted strategies and the process of evaluation.

II. Training objectives

The course will assist participants to develop:

1. Understanding of the principles of health promotion
2. Skills in identification and definition of public health nutrition issues requiring intervention using health promotion
3. Skills in identification of appropriate health promotion responses to address specific public health issues
4. Skills in program development and evaluation for a health promotion intervention for a local public health nutrition issue

III. Schedule

The training will be held for 2 weeks: February 16 – 27 2009, with the following schedule:

WEEK I

1. Introduction of the course
2. Module 1: Major public health issues today
3. Module 2: What is health promotion? Why a new approach to public health?
4. Special Topic in Nutrition: Healthy Settings
5. Module 3: Understanding the determinants of health
6. Module 4: Exploring the Ottawa Charter for health promotion
7. Field visit
8. Module 5: Range of health promotion strategies; behavior change theories
Using behavior change theories and IEC materials

WEEK II

1. Journal reading
2. Module 6: Health promotion program planning, implementation and evaluation
3. Module 7: Developing a nutrition promotion plan
4. Special Topics in Nutrition: nutrition communication
5. Case studies
6. Presentation and discussion of case studies

IV. The venue

The program will be held at SEAMEO - TROPMED Regional Center for Community Nutrition Campus, University of Indonesia

Salemba Raya 6 Jakarta 10430 Indonesia

Phone: 62 21 391 3932; 3193 0205; 3190 2950

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V. Methods

- Lecture
- Journal reading
- Discussion
- Group work
- Case study
- Field visit
- Seminar and presentation
- Special Topic in Nutrition (STN)

VI. Who should attend

Participants from the South East Asian region with the following eligibility criteria:

- hold at least bachelor degree in health/nutrition-related sciences
- have interest or experience in health promotion program/course/training
- affiliated in a government or non government institution
- have sufficient English proficiency

VII. Prospective participants

- MSc students of SEAMEO TROPMED RCCN UI (7 participants)
- PhD students of SEAMEO TROPMED RCCN UI (2 participants)
- Health Polytechnic, Ministry of Health, local university (5 participants)
- Participants from other South East Asian countries (10 participants)

VIII. Course Modules

1. Major public health nutrition issues in Indonesia today
2. What is health promotion? Why a new approach to public health?
3. Understanding the determinants of health
4. The Ottawa Charter For Health Promotion
5. Behavioral determinants of health, theories of behavior change and IEC strategies
6. Health promotion program planning, implementation and evaluation
7. Developing a nutrition promotion plan – Introduction to 10 step planning process

Course coordinators:

Yulianti Wibowo, MSc

Ir. Judhiastuty Februhartanty, MSc, PhD

External consultants:

Dr. Ma Sandra B. Tempongko (Deputy Coordinator, SEAMEO TROPED Network
Bangkok, Thailand)

Jonathan P. Guevarra, RN, RM, MAN (Department of Health Promotion and Education,
College of Public Health, University of the Philippines Manila)

IX. Financial arrangement

The Government of Indonesia through SEAMEO TROPED RCCN will provide grants and travel cost to attend the training for a number of participants.

X. Deadlines

Those interested should send their complete CV together with the application form not later than January 2, 2009.

Candidates eligible for sponsorship will be informed formally within the second week of January 2009.

Further information

Ms. Evi/ Ms. Soraya

Secretariat for Education Division - Non Degree Unit

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