

Tools for Delivering School-Based Adolescent Nutrition Interventions





INTRODUCTION

This catalogue presents school-based adolescent nutrition program leaders and implementers with a descriptive list of effective tools for delivering SBC-based adolescent nutrition interventions at scale.

The materials were originally developed between 2019-2022 by Alive & Thrive (A&T) in collaboration with the governments of Ethiopia's Southern Nations and Nationalities and Peoples' and Somali regional states. A&T's program for adolescent girls was designed to integrate adolescent nutrition interventions in school, health, and community platforms. The program was funded by the Bill & Melinda Gates Foundation.

INTERPERSONAL COMMUNICATION

Adolescent Nutrition Passport



Intended Audience

Adolescent girls, parents, schoolteachers, and health extension workers

Description

The booklet provides information on improving adolescent nutrition, including ways of diversifying one's diet with locally available food sources, and benefits of eating breakfast and snacks and consuming three diversified meals a day. It also provides important tips on making healthy food choices and practicing handwashing at critical times. The job aid has a section that encourages adolescent girls to discuss adolescent nutrition with their parents and tasks them to identify and list locally available foods, document progress made in their nutrition status and monitor their BMI measurement results.

Available in Afar, Amharic, Oromiffa, and Somali languages

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The Teacher's Facilitation Guide



Intended Audience

Schoolteachers

Description

The guide provides examples on how to facilitate nutrition sessions and deliver simple messages. It highlights the core actions/steps for the teacher to follow while promoting adolescent nutrition messages in class and school club activities.

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The Teacher's Reference Guide



Intended Audience

School supervisors, principals, and teachers

Description

The booklet provides guidance for its users on adolescent nutrition, the roles of teachers and school actors to play in support of adolescent girls in the practices to improve their nutrition status. It is a concise guide for the school actors that summarizes the benefits of consuming varieties of food for girls during their period of adolescence.

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The Health Extension Worker's Reference Guide



Intended Audience

Health extension workers and health centre staff

Description

The booklet comprises information on the importance of adolescent nutrition and roles health extension workers and health care providers can play in support of improved adolescent nutrition practices. It provides summarized information on the benefits of consuming from different food groups every day.

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Job Aid for Community Volunteers



Intended Audience

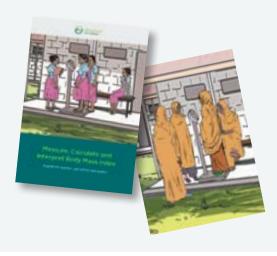
Women development army team leaders, religious leaders, and community volunteers

Description

The job aid presents the three key messages that community volunteers and religious leaders need to emphasize during their engagement in promoting adolescent nutrition for their communities.

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The Body Mass Index Guide



Intended Audience

School principals and teachers

Description

The material provides guidance on the steps to be followed to measure weight and height as well as to calculate and interpret BMI using the BMI for age chart.

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COMMUNITY MOBILIZATION

Poster: "Diet Diversity"



Intended Audience

Adolescent girls in schools, parents, and families visiting health centres

Description

The poster seeks to motivate target audiences to consume healthy diets diversified with locally available foods. While the messages in the poster target adolescent girls and families, the material can also be used by health extension workers and schoolteachers promoting adolescent nutrition in school and health facility platforms.

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Poster: "Benefits of eating breakfast"



Intended Audience

Adolescent girls in schools, parents, and families visiting health centres

Description

This poster intends to motivate adolescent girls to consume breakfast. It is intended for use in schools and health facilities for health extension workers and schoolteachers to guide their adolescent nutrition promotional activities.

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Poster: "Benefits of consuming healthy snacks in school"



Intended Audience

Adolescent girls in schools, parents, and families visiting health centres

Purpose

The poster seeks to motivate adolescent girls to bring snacks to school to consume during school recess. It is made for use in school and health facilities by health extension workers and schoolteachers to promote adolescent nutrition.

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STRATEGIC USE OF DATA

Supportive Supervision Checklist



Supportive supervision checklist: A tool to generate feedback on utilization of contact points, asses message quality and message uptake by target audiences

Intended Audience

Experts in health and education offices, school supervisors and health centre heads

Description

This checklist provides guidance for the intended users to administer interviews with service providers (HEWS and school actors), target audiences (adolescent girls and their parents), note observations of actual service delivery and provide comments and feedback on performances.

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