



Changemaker Project



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HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH



In Search of Better Health



THE AGA KHAN UNIVERSITY





Promoting co-designed sustainable health interventions with young changemakers for reduced risk of non-communicable diseases (NCDs) in urban Burkina Faso, Kenya and Tanzania



CHANGE MAKER

GLOBAL PARTNERS



Aim

To implement and evaluate a **sustainable health intervention program** on health, nutrition, and environmental outcomes for the **reduction in risk** of adolescent obesity and other related non-communicable diseases (NCDs) **together with adolescents** in **three** rapidly urbanizing cities in Burkina Faso, Kenya, Tanzania.

Settings

Ouagadougou,
Burkina Faso



Kisumu,
Kenya

Dar es
Salaam,
Tanzania

Informal Settlements

Between 1.5 to 5.2% annual increase in urban populations in the 3 sites ^(8,9,10)

Increases environmental degradation, sedentary lifestyles, consumption of energy dense foods = Increased risk of NCDs

School setting – site for behavior change

Settings



Ouagadougou, Burkina Faso

- Capital of BF
- Central and landlocked
- 45.1% of urban population
- School year runs from Oct to May
- Rainy season is between June to Octo
- 18 % of adolescents have BMI ≥ 25 kg/m², 15% anemia



Kisumu, Kenya

- Port city in western Kenya
- Next to Lake Victoria
- Pop = ~1 million people
- School year runs from Jan to Nov
- Jan to March is dry and long rains, may to July is long/ short rains, sept to nov is short rains
- X % of adolescents have BMI ≥ 25 kg/m², X % anemia

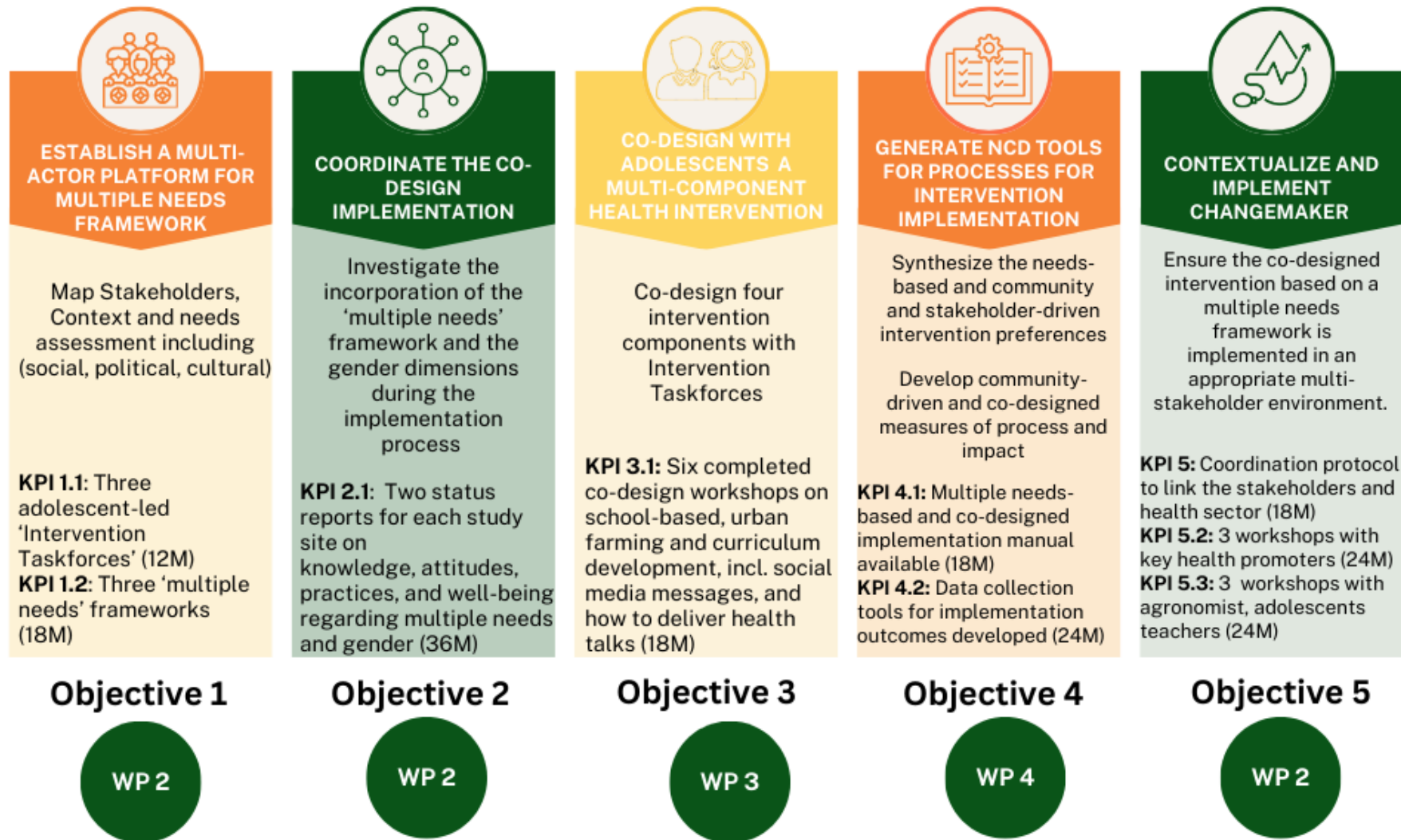


Dar es Salaam, Tanzania

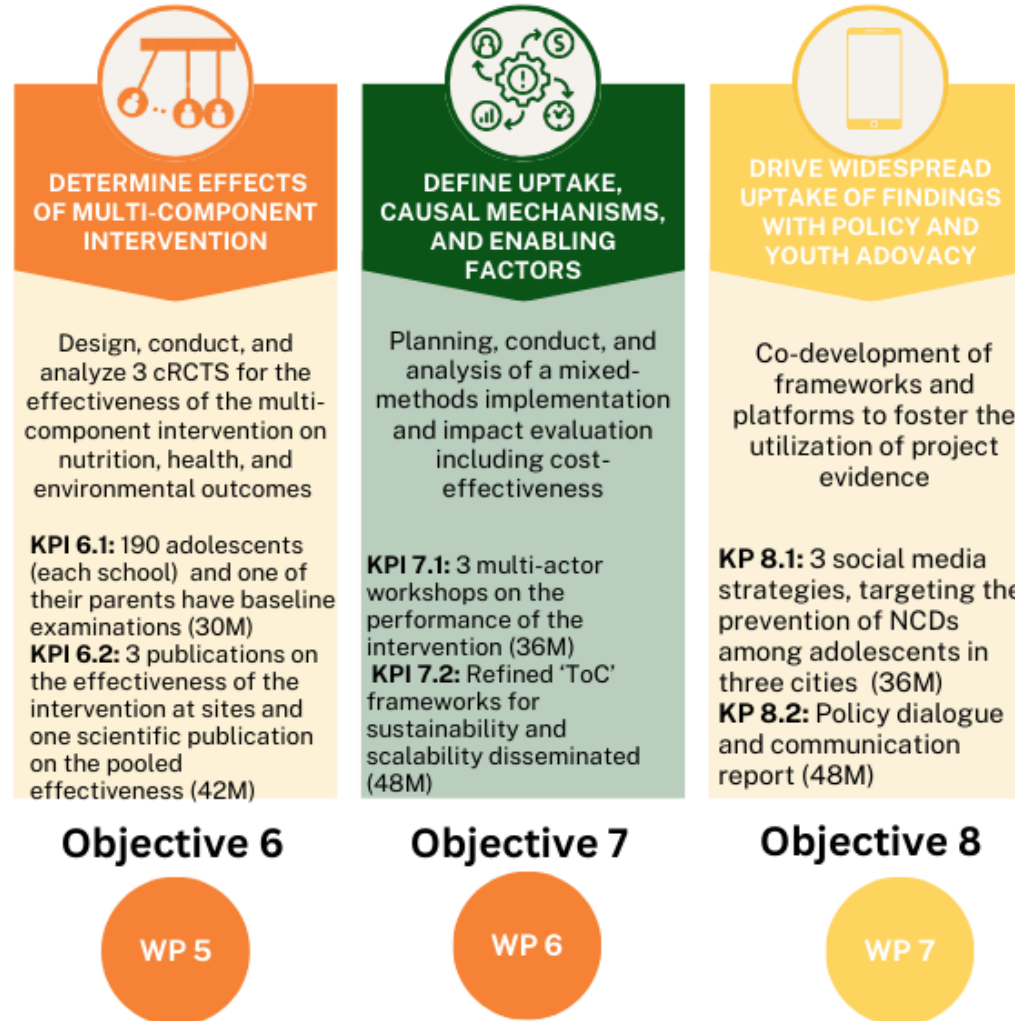
- Largest city and financial hub
- Next to the ocean
- Pop = over 8 million people
- School year runs from Jan to Nov
- Warmer period from Nov to March and cooler June to Aug
- X % of adolescents have BMI ≥ 25 kg/m², X % anemia



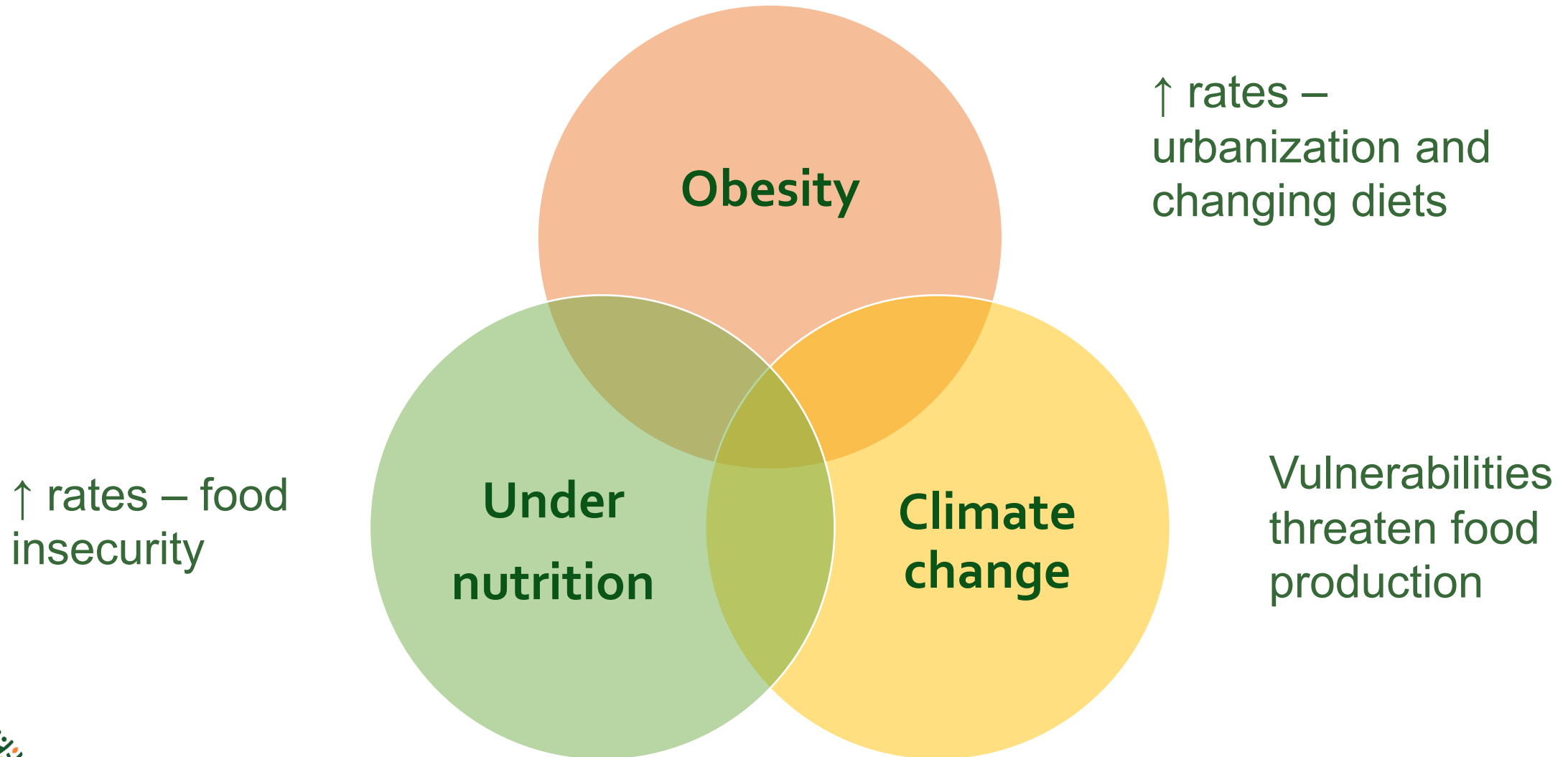
CHANGEMAKER 'SMART' OBJECTIVES



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The Global Syndemic

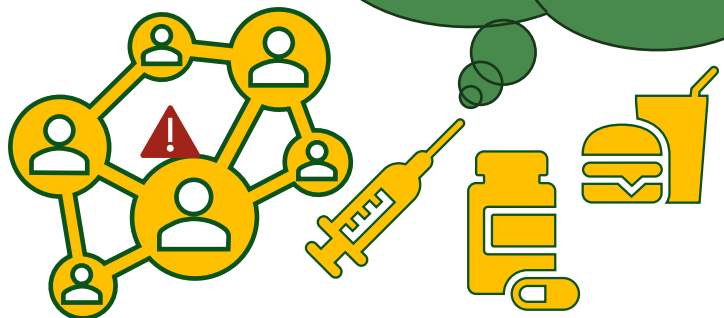


Why focus on adolescents?

Critical time-period
when lifelong behavior
patterns are established



~70% of premature adult
deaths from behaviors
started in adolescence



By 2050 SSA suspected
to have largest
adolescent population
globally



Unless action is taken to
curb NCDs, young
population will add
tremendous pressure to
health systems



Sustainable Health Interventions

*"A multi-sectoral area for study, research and practice, that places priority on **improving determinants of health** and wellbeing and implementing knowledge through resilient systems to achieve **health equity** for all people worldwide **WHILE** staying within **planetary boundaries** that sustain life-supporting ecosystems"*



The four intervention components



Sustainable Health Intervention



Sustainable Urban Farming

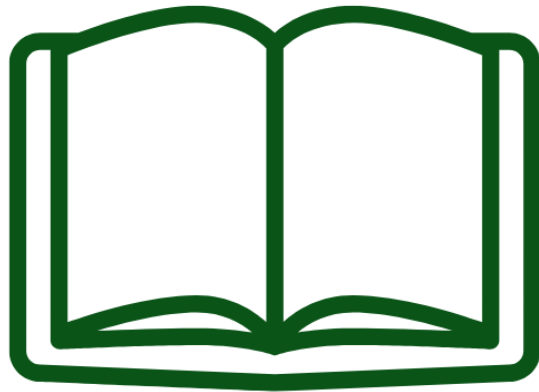


Changemaker shall establishing urban farms as a space for students to learn about gardening and participate in fruit and vegetable cultivation.

- Select the most nutritious and climate appropriate crops.
- Fruits and vegetables would be used during school lunches or snacks.
- Encourage the students to take these practices of urban gardening into the homes or community.



Sustainable Classroom Health Modules



Co-developed a sustainable health modules targeted at improving adolescent knowledge and changing behavior.

- Integrated into the existing school curriculum
- Standardized delivery of content and scalability.
- Topics:
Urban farming, Diet (diversity and fruits /vegetables), Composting (waste management), physical activity, Diet (sugary drinks and ultra-processed food, wellbeing, and a topic specified during co-design



Health Counseling with MI



The Changemaker implementor (HCW, CHW, teacher, etc.) will conduct individual or small group health counseling using the motivational interviewing (MI) strategy for behavior change.

- MI uses ideas of intrinsic motivation and goal setting to help generate behavior change.
- Together with the adolescent, the implementor will develop a specific and achievable plan for behavior change that includes specific goals, strategies, and action steps.



Mass Media Campaign

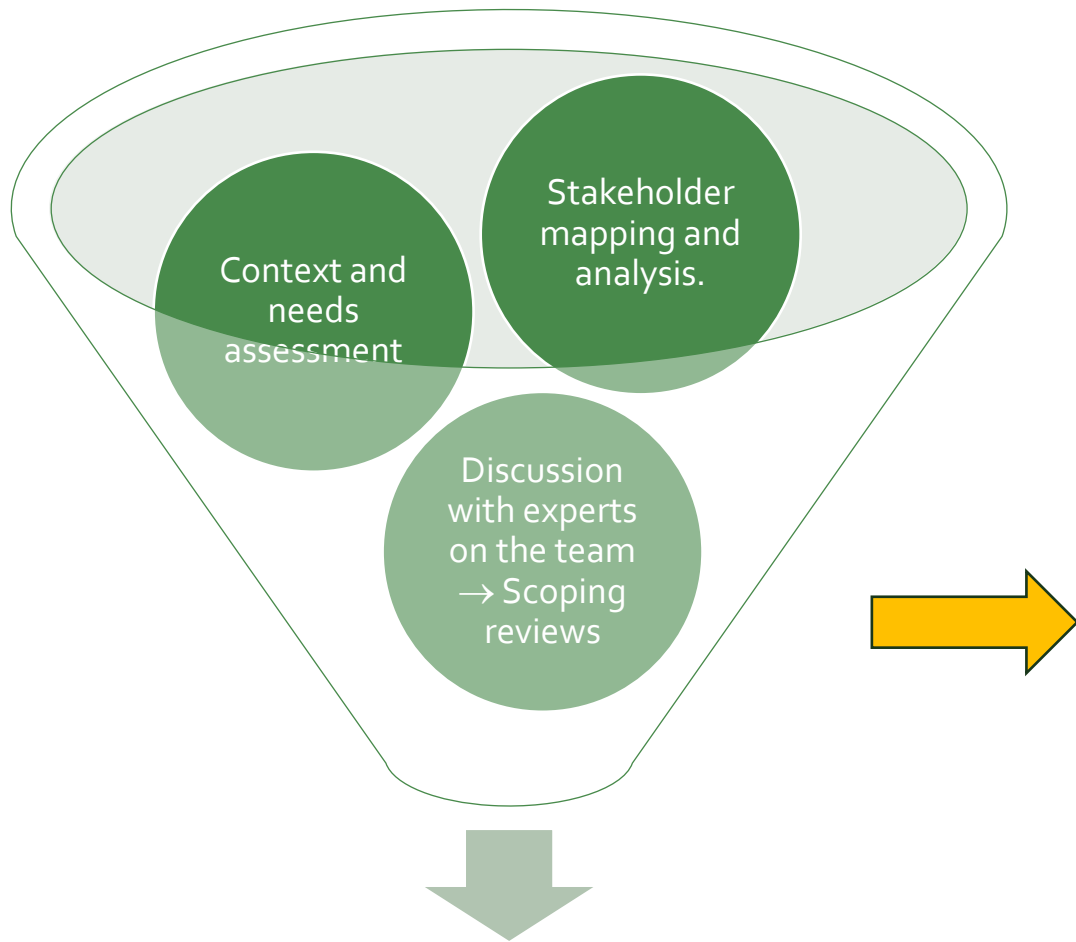


Changemaker shall implement a mass media campaign that considers the cultural and social factors that affect the behavior and attitudes of adolescents.

- The campaign materials will be co-created in a way that is
 - engaging and culturally relevant.
 - resonate with adolescents and ensure they are easily understood.
- Disseminated through various communication channels such as television, radio, billboards, social media, and community events.



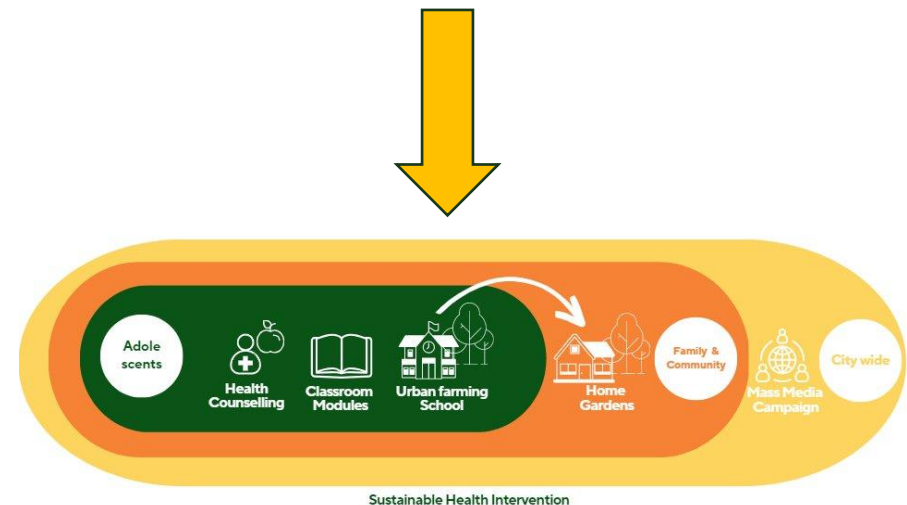
How will we implement? The Formative Phase



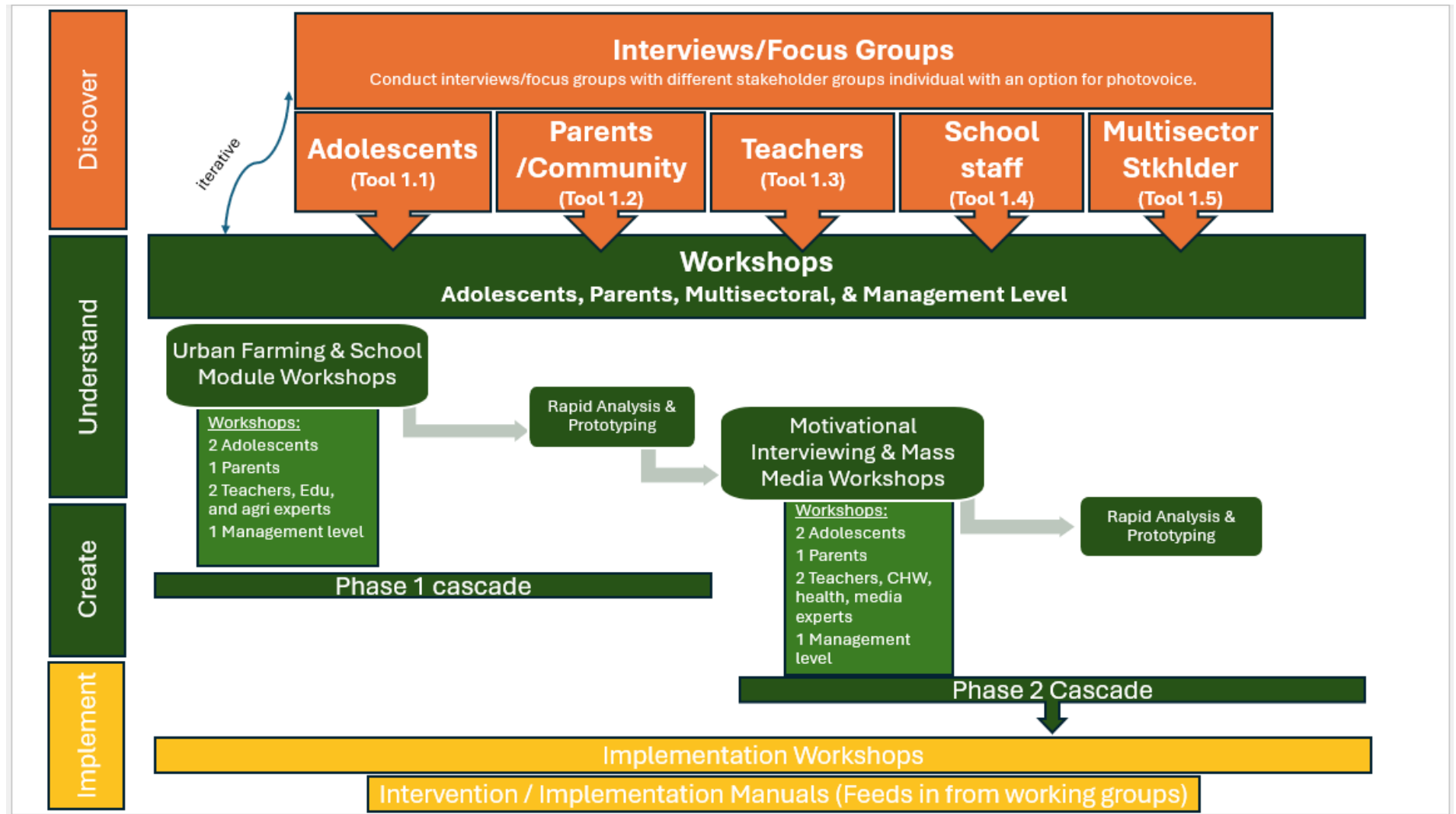
Remaining questions?

Co-design workshops with the intervention taskforce to address:

- Remaining questions
- Intervention components
- Implementation processes



Co-Design Process





How will we evaluate it? Impact evaluation outcomes and methods

Process evaluation

Reach (Coverage, representation, motivations/barriers)

Adoption (delivery agents, mechanisms, support and supervision to deliver)

Implementation (coverage against target, fidelity, any changes, reasons)

Activity logs

Observation reports

Feedback loops

Quantitative surveys with stakeholders

Costing logs

Qualitative investigation

Effectiveness (positive/negative impact on individual and organizational outcomes)

Maintenance (willingness to institutionalize intervention activities, changes needed, reasons, sustaining positive individual/organization impact)

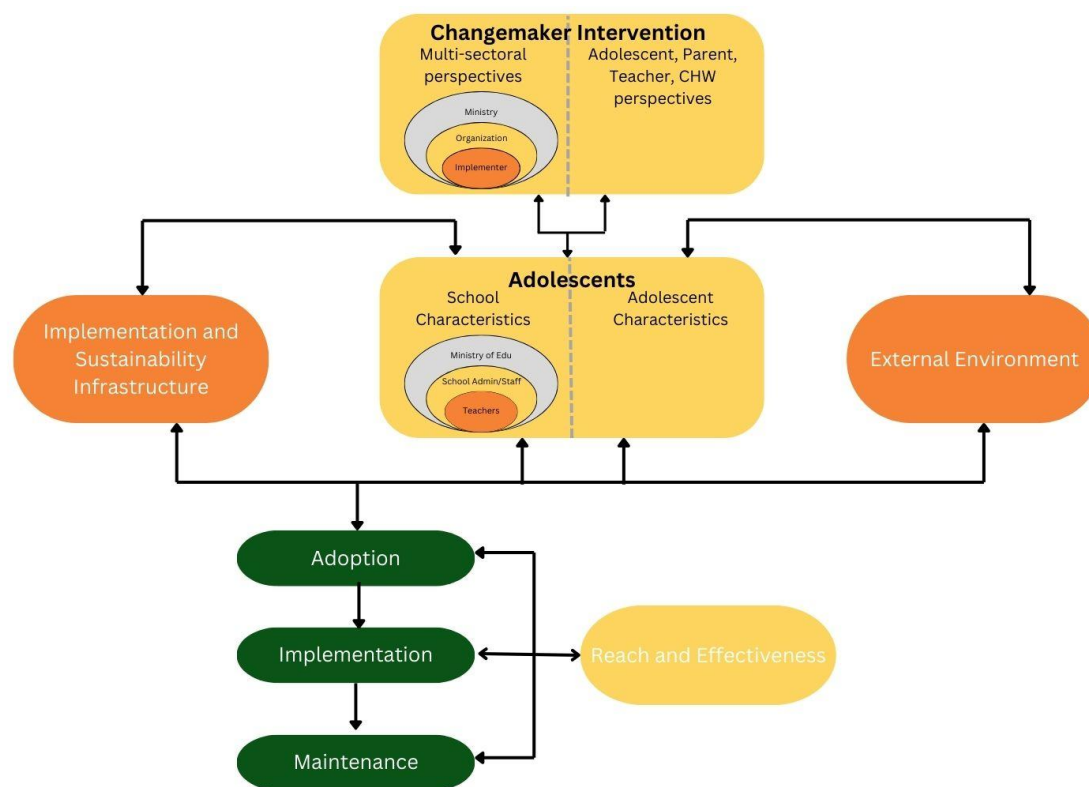
Iterative focus group discussions and interviews with selected stakeholders during implementation

Workshop with intervention task force three during implementation and one at the end of implementation (design methods)

Triangulation



PRISM Framework



Potential Ethical Considerations



Voluntary participation – potentially difficult for adolescent and families to understand



Protection from obesity and overweight stigma – during all phases need to be aware of existing stigmas



Respect for adolescents' time – this project adds additional tasks and responsibilities for adolescents, particularly with co-design.



Data privacy and confidentiality – follow country specific guidelines



Implementors or data collections may face sensitive issues – how best to ensure they are addressed



Power imbalance – perceived role of adolescents and their decision-making power



Equal opportunity to participate in research - ensure both genders, ethnic minorities, diverse socio-econ have opportunity to participate



Thank You!



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Questions?



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