



STUDENTS AS
CO-CREATORS

A Curriculum Design Collaboration

***Assistance in Co creation of the 2024 UoW / WPHNA Conference
Questioning the Solutions: has the Decade of Nutrition delivered?***

Student Partners: Fabia Hannan Mone, Zahistha Begum Raj Gafoor, Christiana Asala, Amruta Appala, Felicia Opeyemi Fadipe, Esohe Gift Iyi-Aguebor, Waiyin Ng (Erica).

Academic Partner: Dr Regina Keith



School of Life Sciences

Academic Year 2022-2023



Students as Co-Creators: Working in partnership report

Academic: Dr Regina Keith

Student collaborators: Fabia Hannan Mone, Zahistha Begum Raj Gafoor, Christiana Asala, Amruta Appala, Felicia Opeyemi Fadipe, Esohe Gift Iyi-Aguebor, Waiyin Ng (Erica) *All are current MSc students of Global Public Health Nutrition (GPHN)*.

Project: Assistance in Co creation of the 2024 UoW / WPHNA Conference
Questioning the Solutions: has the Decade of Nutrition delivered?

Where did the inspiration to do the project come from

Our Course Leader, Dr. Regina Murphy Keith is on the Executive Committee of the World Public Health Nutrition Association (WPHNA). The organisation is a professional organisation and a charity. Their aim to build global capacity for Public Health Nutrition through supporting competency assessment, sharing research through their journal World Nutrition and running congresses every 4 years. In 2020 the Congress was planned to be held in Australia. Ten alumni students from the MSc GPHN had abstracts accepted for presentations and posters and the Course Leader was leading on hunger and health services. Due to COVID the conference was moved online. However, when the VC heard about the number of alumni accepted to speak, he said that we should bid to host the next Congress in 2024. We prepared a bid with support from the VC Peter Bonfield, Andrew Linn and other internal leaders and submitted it in August 2023. In December 2023, we learned that the University of Westminster had been selected to host the 2024 World Public Health Nutrition congress. We were very excited as it meant we could play a role in helping to design the congress and submit our own research to be presented. As the congress is focusing on the lack of progress in the achievement of the Global Nutrition Targets, we felt this was so relevant for our own careers. The UN secretary General set the Decade of Nutrition from 2016 – 2025 as a way of helping to meet

the Sustainable Development Goals 2 and 3. Presently we are off track for all but one goal (to halt the prevalence of childhood obesity). Globally “only seven countries are on track to meet four of the six maternal, infant and young child nutrition targets by 2025, while no country is ‘on track’ to halt the rise in adult obesity or achieve a 30% relative reduction in salt/sodium intake” (GNR 2021).

- 148 million under-fives are chronically malnourished (an increase from 145 million)
- 45 million are acutely malnourished.
- 37 million overweight (a reduction from 39 million)
- There has been no progress in reducing the women who are anaemic or the millions of children who are born too small.

In 2021, 828 million people went to bed hungry, while around 2.3 billion suffered from food insecurity, in a world that produces enough food to feed everyone (FAO 2022). COVID 19 has had a negative impact on food security globally, with 350 million more people suffering from food insecurity and 924 million assessed as severely food insecure, than in 2019 (FAO 2022). Today one in three people in the world are malnourished (GNR 2021), yet 3.1 billion people cannot afford to purchase a healthy diet (SOFI 2022). The impact of COVID on food security and public health nutrition globally, combined with the impact of the rising cost of living on the health and wellbeing of the global community, makes the 2024 Congress an opportunity to reassess global, national, and regional commitment to tackling malnutrition in all its forms.

As we have so many students from Nigeria and India (28 this year) these countries account for almost half the deaths due to Undernutrition. We felt really inspired to make this congress a success as it is not just our future but the future of our families and communities.

In our class we have diverse health professionals from doctors, nurses, midwives and dentists but they also have other skills such as social media and links to organisations in their own region and countries. We had a meeting and there for the class and many students wanted to be part of the collaborating committee the SCC let us have six but we left it open for all to help bring their skills to help with the organisation and success of the Congress.

What did you set out to achieve?

We wanted to create an active team of current GPHN students to support the planning and success of the UoW /WPHNA congress, to ensure the voices of our countries and the youth were included in the Congress.

We wanted to ensure that our voices also were fed into the 1.8 billion actions for the 75th anniversary of the World Health Organisation.

As the World Public Health Nutrition Congress occurs every 4 years and next year WPHN Congress will be hosted by UoW we wanted to take advantage of the chance to help plan a global congress in our own field in our own university.

This Congress will give the University the chance to highlight their research and positively influence the future direction of public health nutrition globally. In line with our institutional values, we will ensure that the Congress is a forum that enables conversations free from any conflict of interests, which has often been seen in global nutrition fora. Our team will support each of the seven themes of the conference to pull together briefing reports and manage meetings for theme working groups, working with technical leads.

We also wanted to use other skills our alumni had so we also wanted to with them to help use their experience in the planning process. Thew SCC project around the newsletter and employability really helped us to contact alumni.

Aim: to ensure a successful Congress in 2024 with active student engagement

Objectives:

1. To identify areas of interest to students
2. To raise awareness of the congress
3. To support the effective engagement of our voices but also community voices from our communities not just from health workers and academics

How did students and staff work together on this project?

To gain a better understanding of the congress, we organized an informal meeting with academic staff at our Cavendish campus. This proved to be a novel experience for many of the student SCC members due to their diverse academic backgrounds and areas of expertise. To keep a connection with student members and help informal discussions, we set a WhatsApp group. Additionally, we set up an email group that included both students and staff to enhance communication and collaboration.

In May we held a meeting with students to gain their voices for the 1.8 billion campaigns for the right to health for all and our Course Leader travelled to the World Health Organisation for the World Health Assembly. She met with over 200 people and distributed 500 save the date flyers for the Conference. Our voices and photos made it to the global website for the 1.8 billion voices which made us very proud.

Student members held meetings with Alumni and travelled to Coventry, Cardiff, Manchester, and Leeds to share information of the congress with other students there. Students also attended the Glasgow Nutrition Society conference and shared the call for abstracts with the 50 participants there.

In June we were able to meet the President of the WPHNA who visited from Australia, we set up a reception for her and set up a session for staff from SLS and alumni and students to meet with four other members of the WPHNA from Australia, Ireland, UK and Mexico. These two events helped to shape the draft programme of the Congress.

The Course Leader along with the VC and the President of WPHNA held a round table one year before the Congress on June 14th with 28 key academics, alumni, MPs and NGOs working in Nutrition to ask them to feed into the programme also.

The email group played a crucial role in sending vital information, addressing concerns, and meeting deadlines. Regular follow-ups and meetings with our academic supervisor were instrumental in kick-starting team activities and promoting progress.



Image -1: VC Round Table with 28 key stakeholders and Alumni and course leader
As part of our pre-congress preparations, team members engaged in meetings both on and off campus. We met with the WPHNA President and the Vice Chancellor of UoW to discuss pre-congress planning.

Our team also played a pivotal role in compiling a contact list of public health nutrition enthusiasts and institutions, which has been instrumental in spreading the word about the WPHNA congress on a global scale. Additionally, we had meetings with the mayors of Westminster and Camden councils, and SCC members visited various universities to raise awareness about our upcoming congress.

Image 2: SCC member doing video presentation for Congress.



A	B	C	D	E	F
	Email Address	Have you heard of the WPHNA? Are you interested in attending?	What areas would you like to be part of?	What areas would you like to be part of?	What areas would you like to be part of?
8/24/2023 13:43:24	hrathirahant@gmail.com	Yes	Yes	1. Sustainable, resilient food sy	1. Sustainable, resilient food sy
8/24/2023 13:47:46	regina.keith@yahoo.co.uk	Yes	Yes	Nutrition in emergency	1. Sustainable, resilient food sy
8/24/2023 14:13:26	mls@nasa.gov	Yes	Yes	Food Systems and Nutrition	1. Sustainable, resilient food sy
8/24/2023 14:45:29	musoniamofu@gmail.com	No	Yes	Indicators of nutrition governan	1. Sustainable, resilient food sy
8/24/2023 14:49:24	melaleuca@gmail.com	Yes	Yes	nutrition	2. Health systems delivery for or
8/24/2023 14:53:37	gladys2@gmail.com	Yes	Yes	2. Building capacity for public	No
8/24/2023 14:52:16	edherlow@zeo@gmail.com	Yes	Yes	Advocates	2. Health systems delivery for or
8/24/2023 14:04:26	helenbuckleyputnab@gmail.co	Yes	Yes	Public health nutrition	4. Trade and investment for org
8/24/2023 14:05:12	wilfredadima@yahoo.com	No	Yes	Nutrition mainstreaming in soci	3. Social protection to ensure f
8/24/2023 14:09:27	maybormarjita@gmail.com	Yes	Yes	2. Health systems delivery for or	1. Sustainable, resilient food sy
8/24/2023 14:09:49	audreyhewson@gmail.com	Yes	Yes	Clean solutions of public health	2. Health systems delivery for or
8/24/2023 14:09:52	nancyandita@gmail.com	No	Yes	Trade and investment for impo	1. Sustainable, resilient food sy
8/24/2023 14:49:28	melachut0@gmail.com	No	Yes	Nutrition in Resilience	1. Sustainable, resilient food sy
8/24/2023 14:52:57	veronicanyirongo@gmail.com	Yes	Yes	Social protection to ensure foo	3. Social protection to ensure f
8/24/2023 20:44:54	helenbo@gmail.com	No	Yes	Food security	3. Social protection to ensure f
8/24/2023 20:46:22	tracyweston@gmail.com	Yes	Yes	Health delivery for optimal nut	1. Sustainable, resilient food sy
8/24/2023 22:38:36	Chiripofwa1@yahoo.com	No	Yes	Strengthened adolescent nutrit	2. Health systems delivery for or
8/24/2023 23:06:11	chitra.kumar@bupa.com	Yes	Yes	Sustainable, resilient food syste	1. Sustainable, resilient food sy
8/24/2023 01:17:18	marjandant4@gmail.com	Yes	Yes	Investing in Nutrition	4. Trade and investment for org
8/24/2023 02:29:37	angelhwa.02@gmail.com	Yes	Yes	Nutrition	2. Health systems delivery for or
8/24/2023 03:11:24	yabot@gha.gov	No	Yes	Strengthened governance and	4. Strengthened governance of No
8/25/2023 2:18:21	impriestolive@gmail.com	Yes	Yes	Social protection to ensure foo	3. Social protection to ensure f
8/25/2023 17:52:42	nanasale@gmail.com	Yes	Yes	Food systems and nutrition	1. Sustainable, resilient food sy
8/25/2023 18:31:08	paullunandell2001@gmail.co	Yes	Yes	Research presentation and wor	4. Trade and investment for org
8/25/2023 20:23:13	zahibagumun@gmail.com	Yes	Yes	Social media promotion, abate	3. Social protection to ensure f
8/25/2023 20:23:22	Dr. Arima.namshuman@gmail	Yes	Yes	Food systems and building cap	1. Sustainable, resilient food sy
8/25/2023 20:29:21	weh@hoo@gmail.com	Yes	Yes	Event planning and Research	2. Health systems delivery for or
8/25/2023 20:39:17	evan@ochoa@gmail.com	Yes	Yes	Promoting Healthy Eating	3. Social protection to ensure f
8/25/2023 21:11:31	shiriyabin@gmail.com	Yes	Yes	Health system and nutrition	7. Building capacity for public

Image 3: SCC contact list

Throughout this SCC project, we have enjoyed unwavering support from our academic supervisor, Dr. Regina Keith. While we recognize that our journey may differ from others', this learning opportunity represents a significant milestone in our lives as a steering participant in this congress.

What kind of impact do you anticipate that your work may have on learning and teaching going forward (specific to your course/module or in a broader context)

This project was set up to enhance the success of the WPHNA congress. The SCC team managed planning and organizing pre-congress activities, creating, and supporting a contact list of public health nutrition enthusiasts and institutions, meeting with stakeholders, and raising awareness about the congress at different universities.

As students of GPHN, we are honoured to be part of the steering committee and various workgroups, gaining valuable firsthand experience in the process. In addition to our academic assignments and group projects, we proactively engaged in a variety of activities both on and off campus. These endeavours helped valuable networking opportunities and allowed us to connect with professionals who could potentially be our future employers.

A big impact is the changing of the conference plan for a Gala dinner our voices and that of alumni suggested a community dinner which is now being planned with us and the NGOs

Hopefully some of our research will be accepted for the congress and even just attending the Congress next year will improve our chances of excellent jobs after we graduate and also those of our contacts at home.



Image 4: Round Table Discussion with WPHNA EC and Academics and SCC

This project marked a significant milestone in the history of the WPHNA congress hosted by our university, and we take pride in being integral to its success. Through our involvement, we have increased our abilities and developed strengths in working under pressure alongside diverse stakeholders. This experience has boosted our confidence and nurtured essential transferable skills which will be helpful in our future.

Any lessons learned from working in partnership?

The timeline was not good for PG students but the SCC team were very supportive. We are going to put in a QHT bid so those of us graduating can continue to work on the Congress preparations, it would have been helpful to link this to a longer timeline for funds to pay students for maybe 5 hours a week.

Despite the first hurdles of collaborating with various organizations without prior congress experience, our journey has been exceptionally fulfilling. Throughout this experience, we engaged with a diverse array of stakeholders, absorbing invaluable insights and forging connections with

fellow universities and public health associations. This direct involvement holds excellent value, particularly for students like us who harbour ambitions of pursuing careers in public health. Furthermore, we have honed the skill of harnessing the talents and capabilities of our peers through collaborative efforts.

At the heart of our SCC project lies the fundamental goal of bolstering the success of the WPHNA congress via effective teamwork. Our team is actively immersed in the congress working group, unwavering in our commitment to contribute to the forthcoming congress's triumph to the best of our abilities.



**WPHN
CONGRESS
2024**
LONDON, UK



WPHNA

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