Food composition courses in Iran, Benin, Ghana and University of Vienna

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FoodComp Course in Iran, 2008

- Regional course for Near East
  - FAO, Near East, (F. Hachem) funded the course and selected participants
  - Local organization: Mina Esmaeli
  - Technical organization: FAO Rome
  - 15 participants from the Near East and North Africa
  - First time use of Food Composition Study Guide

Results:
- Planning visit of FAO to establish National Food composition programme in Bahrain and Gulf States
FoodComp course in Benin, 2009

- First course for Western and Central Africa in French on food composition and biodiversity
  - Local and overall organization: Bioversity International
  - Technical organization: FAO Rome
  - Funded by WAHO, INF, FINSA, Belgian Technique Cooperation, Bioversity International, FAO, ILSI
  - 15 participants, many from academia
  - Successful use of Food Composition Study Guide

Results:
- Declaration of participants on future work
- Togo is planning to update food composition table and is looking for funding

FoodComp course in Ghana, 2009

- First course for Western and Central Africa in English on food composition and biodiversity
  - Local and overall organization: FAO, University of Ghana, Bioversity International
  - Technical organization: FAO Rome
  - Funded by ILSI, FAO, Bioversity International, WAHO
  - 14 participants, many from academia
  - Several lecturers from previous courses
  - Limited presence of international lecturers but Food Composition Study Guide helped guiding through course and producing final test. Participants also completed some modules before course.

Results:
- Declaration of participants on future work
- Zambia initiated national programme on biodiversity and food composition
Seminar ‘Correct use of food composition data’ at the University of Vienna, Austria, 2008 and 2009

First courses on food composition at the University of Vienna

- 2008: 3 day seminar
  - Organization and funding: FAO and University of Vienna
  - 15 participants
  - all lectures were followed by practical exercises using Food Composition Study Guide, Austrian FFQ and OELS
  - Results: students highly increased their knowledge

- December 2009: Distance learning using Food Composition Study Guide + 1 optional day on questions and application
  - Cost-effective knowledge transfer to future professionals
  - Food Composition Study Guide good basis for university courses

Conclusions

- Difficult to obtain funding
- Training individuals does not always result in outcomes due to institutional constraints (≠ capacity development)
- Use of Study Guide in courses helps participants digest and apply information
- New courses with emphasis on biodiversity
- New courses in universities