



# ImpENSA

IMPROVING EARLY NUTRITION AND HEALTH  
in South Africa through Capacity Building

*Make the first 1000 days count*

ImpENSA (Improving Early Nutrition and Health in South Africa) is a capacity building project co-funded by the Erasmus+ Programme of the European Union. The project aims to facilitate continued professional development & strengthen relations between higher education and the wider economic and social environment through the development of an innovative, evidence-based, blended learning programme for health care professionals, with the focus on the first 1000 days of life.

The ImpENSA Training Programme aims to equip health care professionals with the knowledge and skills to support pregnant women, mothers and caregivers during this critical period to optimise micronutrient nutrition. The Training Programme will consist of four modules:

- Module 1 (eLearning): Optimising micronutrient nutrition during the first 1000 days of life.
- Module 2 (eLearning): Communication to support behaviour change.
- Module 3 (face-to-face): Healthy Conversation Skills to support behaviour change.
- Train-the-trainer module (face-to-face): Training of trainers to deliver the ImpENSA Programme.

The ImpENSA Training Programme is being developed through the combined knowledge & skills of a consortium of European and South African experts in the fields of nutrition, nutritional programming, behaviour change, psychology, education, technology enhanced/enabled learning and staff development from:

- Stellenbosch University, South Africa
- North-West University, South Africa
- University of Cape Town, South Africa
- Ludwig-Maximilian University, Germany
- University of Southampton, United Kingdom
- Medical University of Warsaw, Poland

- Association for Dietetics in South Africa
- Nutrition Society of South Africa

Project leaders at the Faculty of Medicine and Health Sciences of Stellenbosch University are Prof Renè Blaauw of the Department of Human Nutrition and Prof Etienne Nel of the Department of Paediatrics and Child Health

For more information, please visit the website.

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Twitter: <https://twitter.com/earlynutrition?lang=en>



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