

# NUTRITION EXCHANGE



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## Summary of Nutrition Exchange evaluation

Nutrition Exchange is an annual publication produced in three languages by ENN, a UK based charity. The publication targets those working in the nutrition and related sectors at national level. In April - May 2015, an evaluation of the publication was conducted through an online survey. We warmly thank you all for your participation in the survey. Key findings are presented here.

A total of 159 respondents completed the Nutrition Exchange survey. Of the 136 respondents that indicated which country they were working in, most were working in Africa (65%) while others were working in North America/Europe (14%), Asia (13%), Middle East (5%) and South America/Caribbean (1%). In response to what type of organization they work for, 32% (of 138 respondents) were working with international non-governmental organizations (NGOs), 15% government, 12% UN agencies, 11% academic institutions, and 8% local NGOs. Others were independent consultants/self-employed (7%), students (5%) or were working with civil society/private sector (4%).

A great majority of respondents read the publication in English (93% of 158 respondents) while 16% read it in French and 5% read it in Arabic; though it is recognized that the evaluation was carried out in English so this will have influenced the findings.

Almost all respondents (98% of 158 respondents) consider Nutrition Exchange easy to read and understand.

*“I have adopted a number of research ideas from other countries (shared in Nutrition Exchange) and contextualised them to my own current programming”*

– Local NGO worker

## Use of Nutrition Exchange

Respondents primarily use Nutrition Exchange for personal learning (68% of 140 respondents), to keep up to date with news (54%) and research (46%), and to understand how other agencies are dealing with challenges or programming in specific contexts (32%). Nutrition Exchange is also shared and used to build capacity of staff and local partners.

*“We use Nutrition Exchange to inform our practices and the programmes we implement.”* – INGO worker

## Interest of readers

All types of Nutrition Exchange content (programming experiences, research and news/events) were identified as valuable (140 respondents). Respondents suggested that additional information on the following topics would be useful: IYCF and complementary feeding, stunting prevention, nutrition programmes for adolescent, adult and the elderly; and experiences from governments on mainstreaming nutrition at policy level.

## Contributing to NEX

16% of 140 respondents have contributed to an article published in Nutrition Exchange. Respondents reported the following benefits from writing up their experiences for publication:

- Sharing their experiences more widely through the publication
- Improving their writing skills
- Increased visibility of the organization and its work

*“It has improved my capacity to write.”*

– Local NGO employee

*Summaries of published research and programmes on these topics will be prioritized for our next issue. Additionally, a call for readers' experiences and learning around these topics will be issued later this year.*

For respondents that have not contributed to Nutrition Exchange, the main reasons (reported by 112 respondents) why they have not contributed were:

- Unsure of the process
- No time
- Unsure if their experiences are valuable to others
- Lack of confidence in writing skills

*"I benefited from the Nutrition Exchange editors comments and feedback. The experience helped me to write a concise and informative article."*

- Researcher in an African academic institution

*ENN has developed a short guide on how to publish in Nutrition Exchange, available at <http://www.ennonline.net/subscribe/nex>. Additionally, the Nutrition Exchange editorial team has the capacity to support individuals interested in writing an article, please contact us directly ([valerie@ennonline.net](mailto:valerie@ennonline.net)) for more information. We aim to identify more effective ways to communicate how readers can publish articles in Nutrition Exchange.*

## Access and reading preferences

Half of the respondents received print copies and half received only electronic copies of the publication. Many receiving only an electronic copy did not know it was possible to receive a print copy.

*To receive a free print copy of the next issue, please register at <http://www.ennonline.net/subscribe/nex>*

Regarding preferred frequency of the publication, more than half of survey respondents (54% of 129 respondents) were happy with an annual publication while 45% requested more frequent publication, the majority suggesting twice a year or quarterly publications. Regarding how respondents would like to receive information from ENN in the future, 76% (of 123 respondents) requested regular news updates via email from ENN, 54% were interested in keeping up to date via the ENN website while 12% expressed interest in receiving news via Facebook.

*Currently ENN has funding for an annual publication of Nutrition Exchange. However ENN is exploring other avenues to capture and disseminate learning more regularly and we will notify our readers of any new developments. Meanwhile, please view ENN's newsroom for continual updates in the sector <http://www.ennonline.net/newsroom>*

Overall a majority of respondents (95% of 129 respondents) were satisfied with the publication. Suggestions for improving the publication include:

- Increase contributions from government staff
- Increase information on nutrition in development contexts.

*Nutrition Exchange aims to be a publication written by national actors for national actors so we are pleased to see this re-emphasised. Please encourage those working in government and in civil society organisations to get in touch with us about writing up their experiences of nutrition programming.*

