



Changemaker Project



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HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH



In Search of Better Health



THE AGA KHAN UNIVERSITY



**CHANGE
MAKER**

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

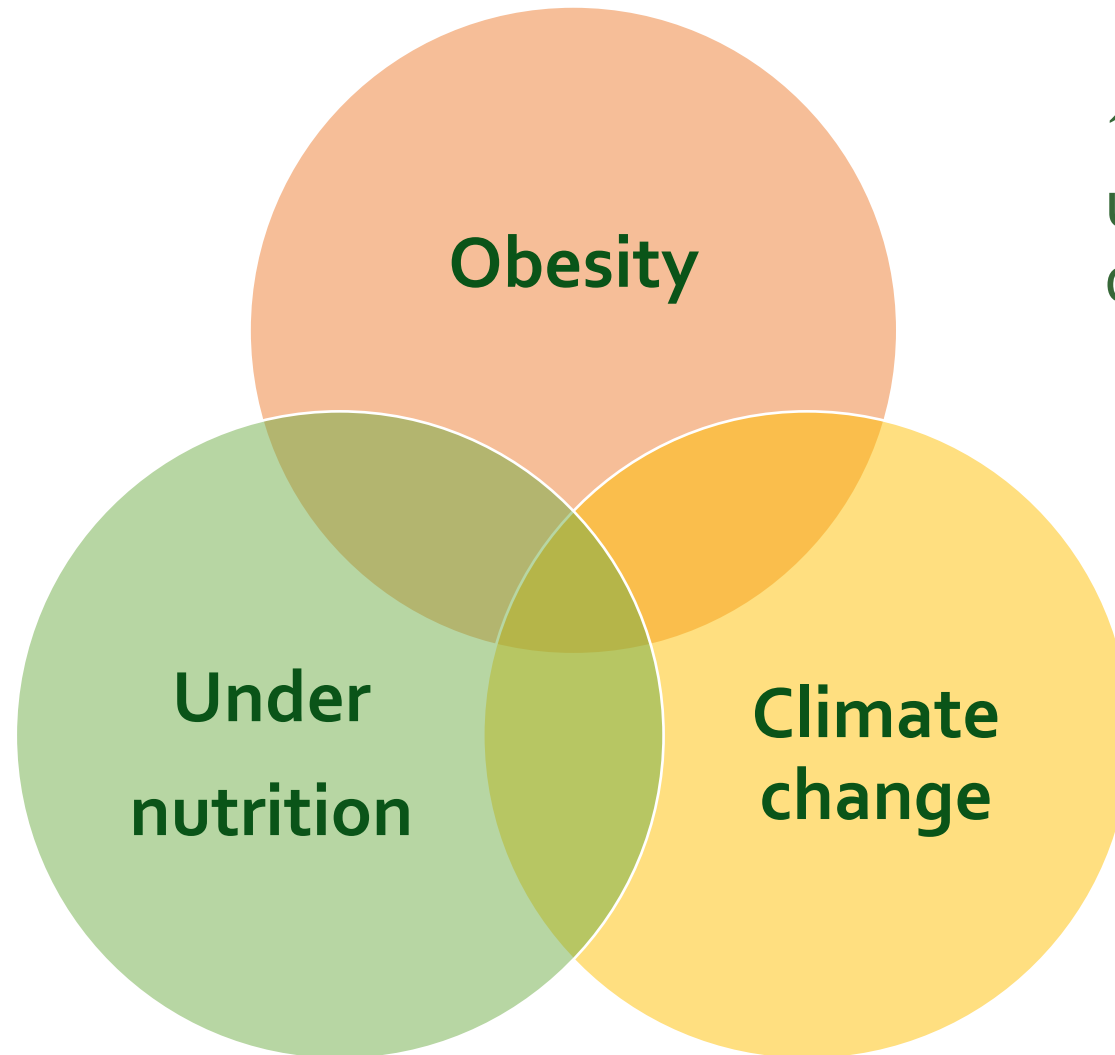


Aim

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.



The Global Syndemic



↑ rates –
urbanization and
changing diets

↑ rates – food
insecurity

Vulnerabilities
threaten food
production

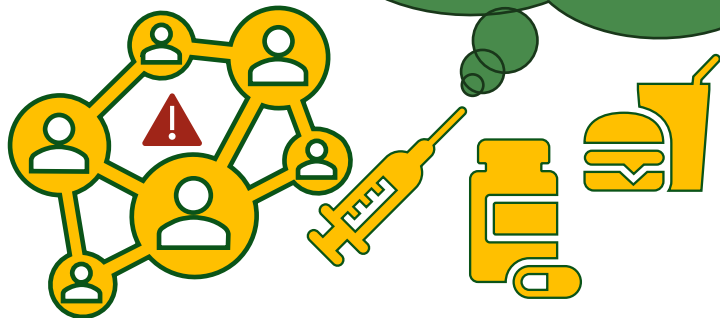


Why focus on adolescents?

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"*



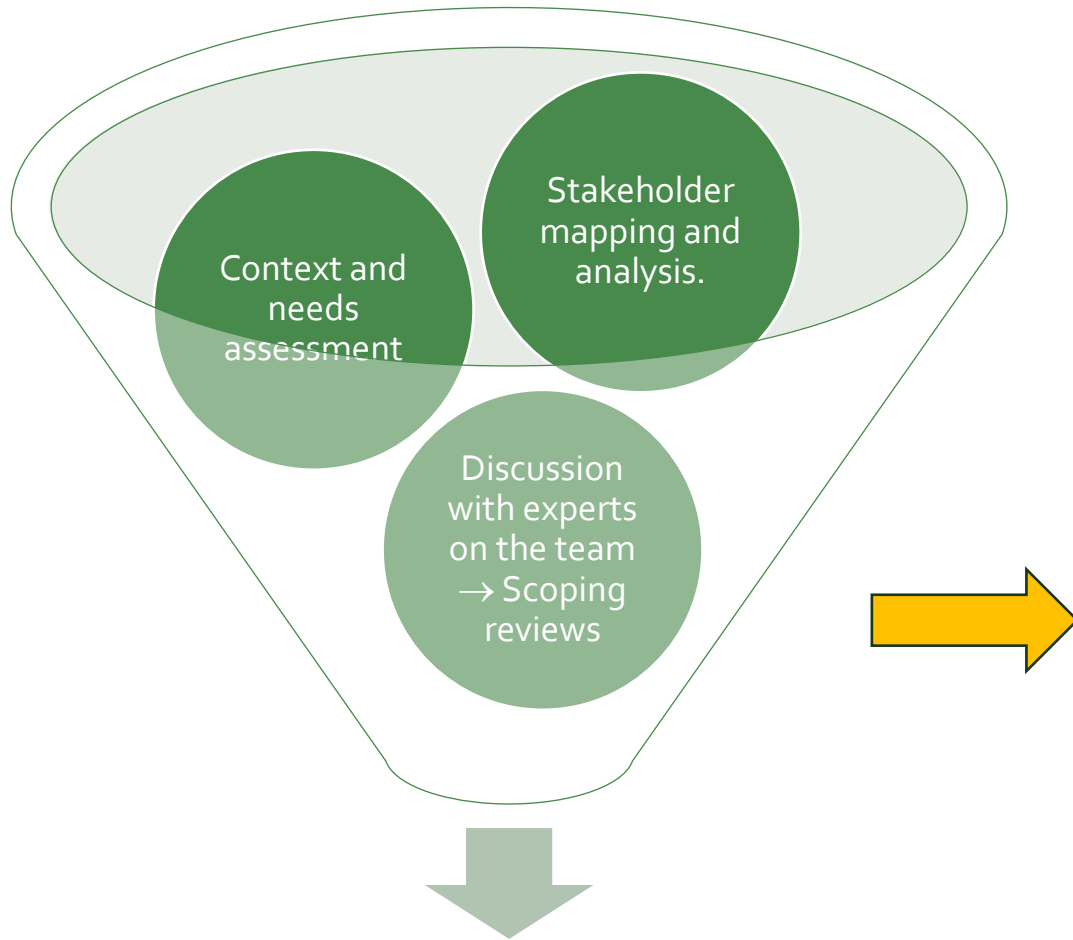
The four intervention components



Sustainable Health Intervention



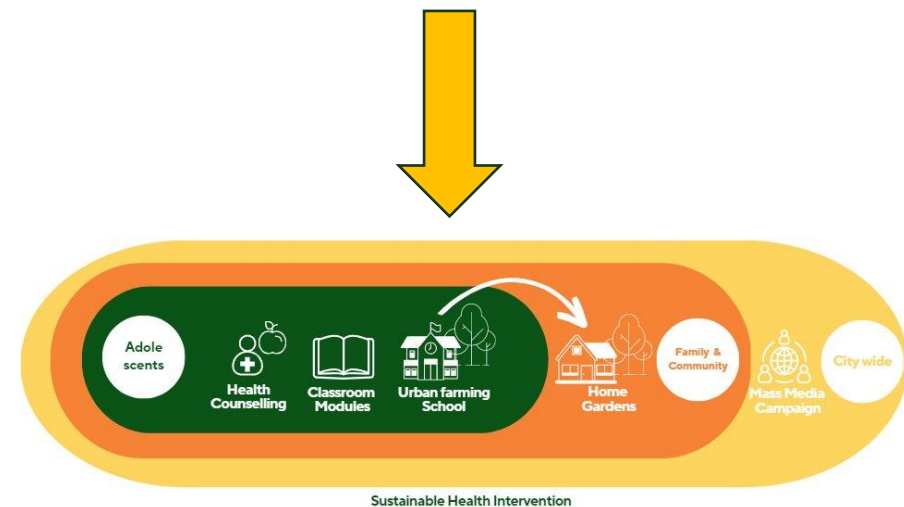
How will we implement? The Formative Phase



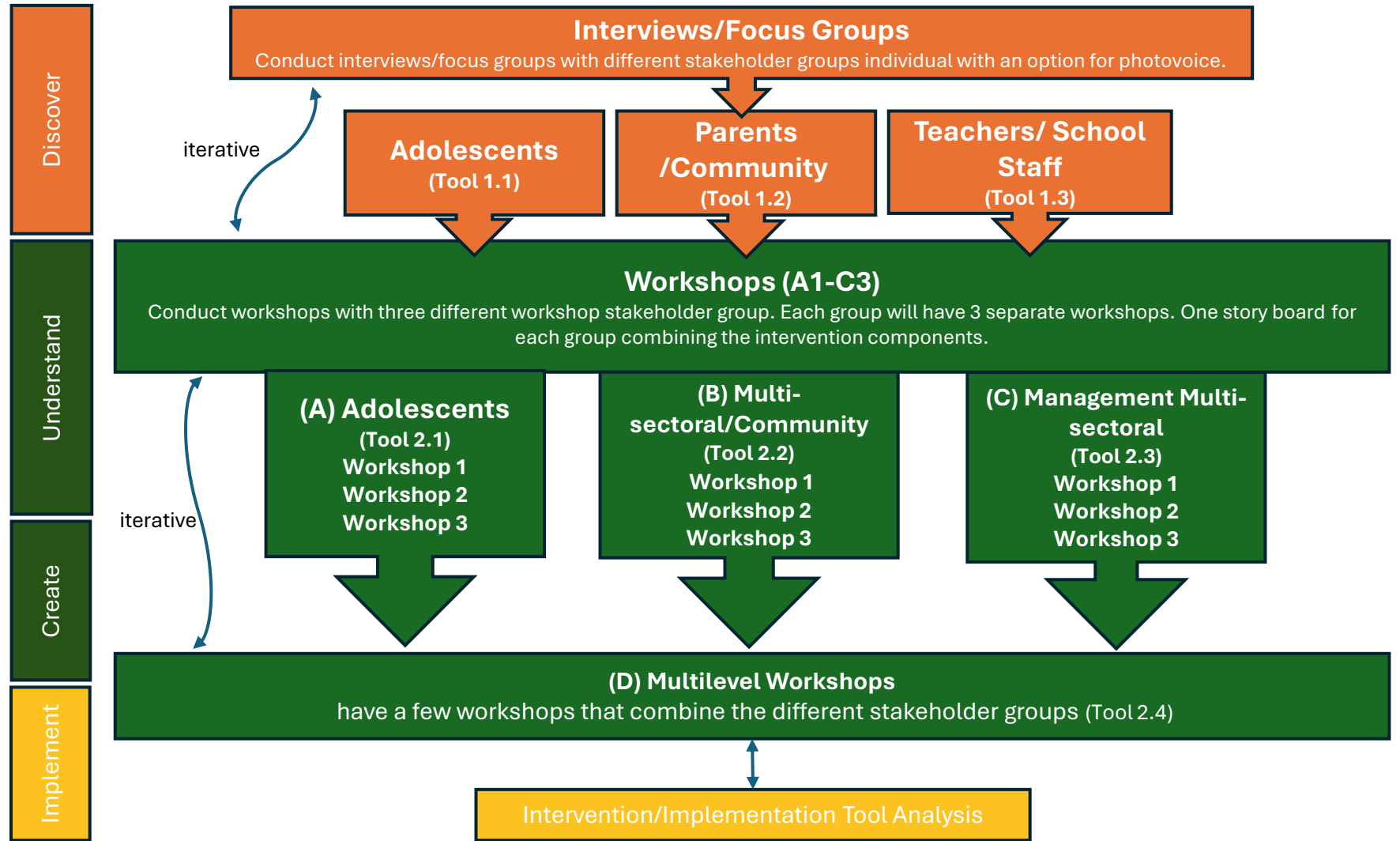
Remaining questions?

Co-design workshops with the intervention taskforce to address:

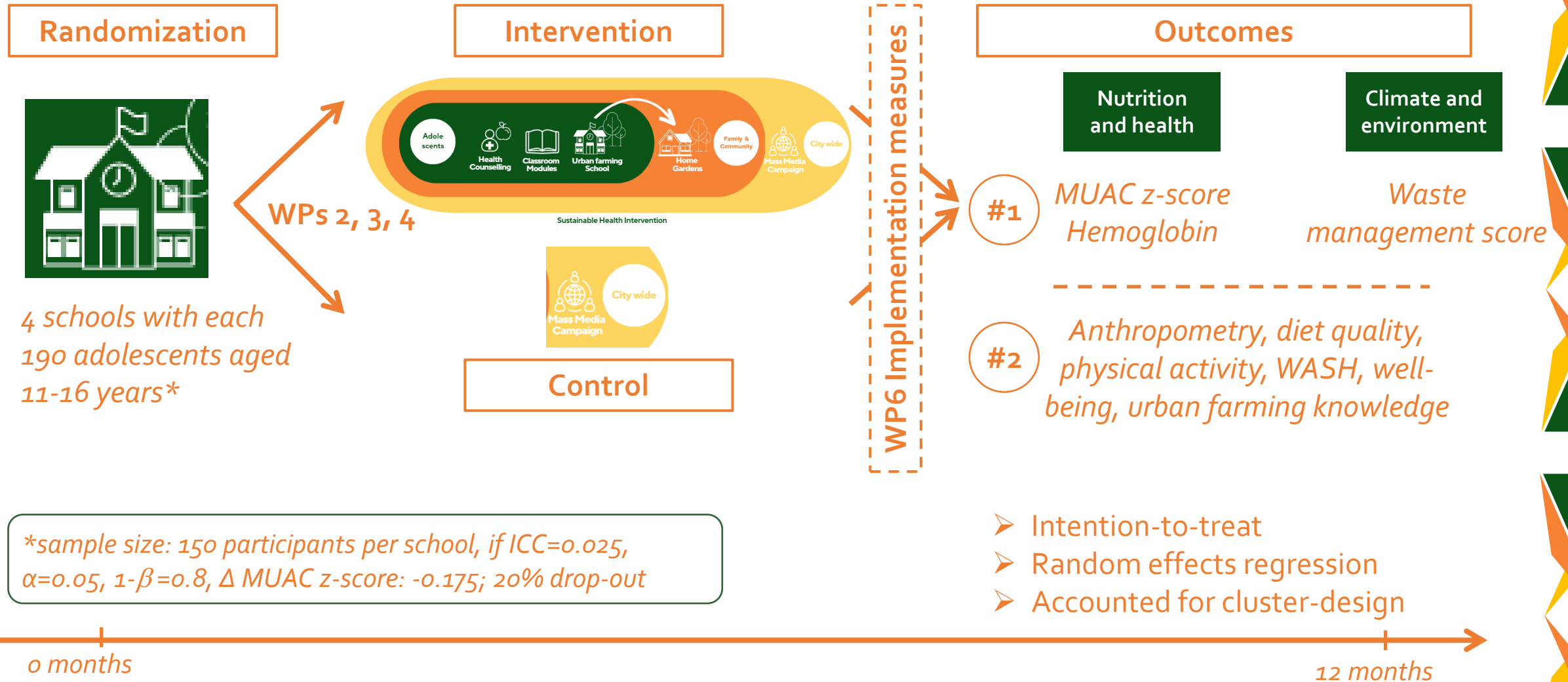
- Remaining questions
- Intervention components
- Implementation processes



Co-Design Process



How will we evaluate it? Three cluster-randomized controlled trials and process evaluation



*sample size: 150 participants per school, if ICC=0.025, $\alpha=0.05$, $1-\beta=0.8$, Δ MUAC z-score: -0.175; 20% drop-out

- Intention-to-treat
- Random effects regression
- Accounted for cluster-design



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



Ethical advisory board – Roles and Responsibilities

Consult on Ethically Sensitive Issues

Help support Changemaker some of the known sensitive issues that exists within the project.

→ *We would like your advice and feedback on how to act ethically throughout the project. E.g., working with vulnerable adolescents, culture aspects related to LMICs, protection of personal data.*

Address Unanticipated Ethical Concerns

There will be some unanticipated ethical concerns that arise over the course of the project.

→ *At these moments we will turn to you for advice and support on how to ethically handle the issue. E.g., incidental findings relating to HB measurements, psychological assessments, or safety of research staff.*

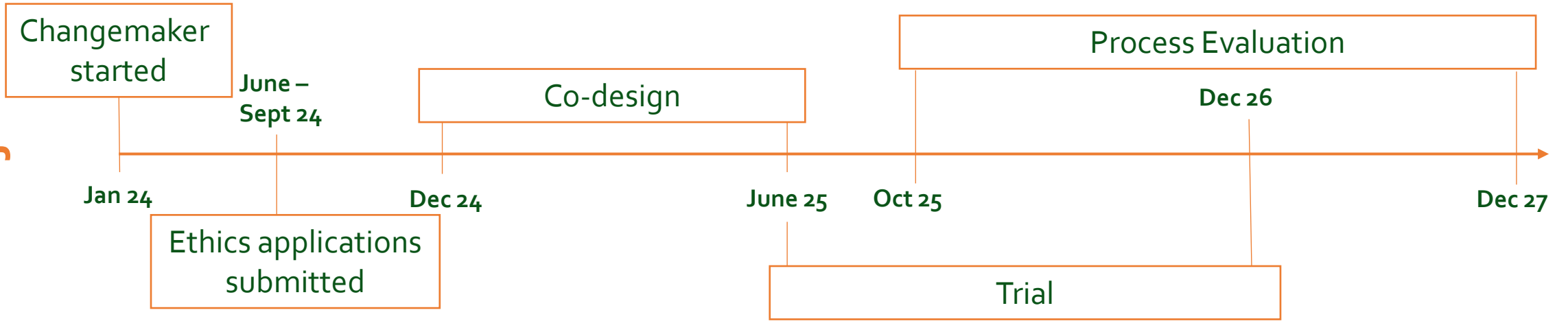
Submit Changemaker Reports on Ethical Issues

Submit to the EU three reports on the ethical implications and issues based on our Changemaker EU report and meeting conversations at **18 Months; 36 Months; and 48 Months.**



Timeline

Project



Ethics Board



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?
Click below.



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