

Ontario Tech University

(I) Cover page

***Project title:** Scaling-up and evaluating salt reduction policies and programs in Latin American countries.

***IDRC project number:** Project # 108167-001

***Research organization involved in the study:** (that prepares this report)

The University of Ontario Institute of Technology (Ontario Tech University)

***Location of the study:** (Address of the research institution in the country that prepares this report)

University of Ontario Institute of Technology (Ontario Tech University)
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Canada

***By:** (Co-researcher of the Project in the country, position, department and institution, email)

Name	Position	Department and institution
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Janice Padilla-Moseley	Graduate student,	University of Ontario Institute of Technology (Ontario Tech University)

***Report type:** Final Technical Report

***Date:** (the report is sent to Costa Rica)

Feb 10, 2020

***Insert copyright and licensing information:**

2019 INCIENSA (please include institutions involved in the project)

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(X) Executive summary

Provide an informative summary of the key advances, significant research findings, important outcomes and innovative outputs of the project. The focus should be on project achievements in terms of outputs and outcomes.

There is an increasing amount of dietary sodium-focused research in Latin American countries (LAC) to inform policies and programs to address the excess sodium intakes and high rates of hypertension and cardiovascular disease. Ideally, research evidence should be used to inform health policy and political agendas; however, limited resources and tools, lack of knowledge translation (KT) skills and capacity, and unpredictable political climates pose challenges when linking research to policy action.

Latin American researchers can utilize the assistance from other IDRC countries who are experienced in KT efforts to build KT capacity, increase interprofessional collaboration and facilitate with dissemination of research to drive program and policy action on sodium reduction. We have developed, validated and implemented a KT workbook, which is designed as a practical, action-oriented workplan to generate evidence-based KT plans. Countries have utilized the workbooks in transferring the research knowledge generated to project end users.

We have worked with the country researchers to conduct an overall assessment of changes to sodium levels in the packaged food supply across 4 participating countries (Peru, Paraguay, Argentina and Costa Rica), from 2015 to 2018. While the 2018 data have only recently been generated; we have been using the 2015 data (published in *Nutrients*, Jan 2019) to advocate for more stringent regional sodium targets for LAC.

There is also a need to conduct an overall program evaluation to determine if the objectives of the funded project were achieved, and to use this evaluation to inform recommendations for future funded research (Objective 5). This evaluation is currently underway and will be submitted prior to March 5, 2020.

With the extension to the Consortium funding, we have been conducting a qualitative study to assess influence of the IDRC research project (#108167-001) on sodium reduction policies and program development and changes (e.g. program/practice changes) and facilitators and barriers to the uptake of research knowledge and implementing policies and programs in the IDRC countries. As part of this work, we have conducted nine 60-minute interviews with Ministry of Health officials who work in non-communicable disease programs and with the IDRC grant country leads. The results are currently being synthesized and will be submitted prior to March 5, 2020.

(XI) The research problem

What was the basic rationale of the project and the research problem or problems being addressed? Often, the researchers' understanding of the problems will have evolved since the project was approved. The report should describe this evolution and the reasons behind it. Did the research process lead to a revised view of the research problem?

Provide a synthesized reflection on the overall progress of the global project (please include the general objective of the project). Describe the contribution to knowledge that this project represents from a scientific, developmental and/or policy perspective.

Describe the research problem in your country (just for Latin American countries). Costa Rica will include the rest of the information (basic rationale and the research problem of the project). Include the complete bibliographic references at the end of the report.

There is an increasing amount of dietary sodium-focused research in Latin American countries (LAC) to inform policies and programs to address the excess sodium intakes and high rates of hypertension and cardiovascular disease. However, limited resources, lack of research to support population-wide sodium reduction programs, knowledge translation (KT) skills and capacity, and unpredictable political climates pose challenges when linking research to policy action.

Describe the contribution to knowledge that this project represents from a scientific, developmental and/or policy perspective.

This is my perspective for the overall project.

- 1) Capacity building. Each of the project objectives (including knowledge translation) included numerous training opportunities with experts so that each participating country can establish comfort and expertise in the methodologies and analytic approaches.
- 2) Partnership development. Each country had the opportunity to work with new partners within the countries. They also worked with international experts in the US, Canada and the UK; who helped train, inform research project, guide data analysis and collection to achieve the study outcomes. Importantly, countries also collaborated with each other, and leaders emerged within different objectives.
- 3) Generation of new knowledge to guide policies and programs. The data generated can provide a basis to inform new policies and modification of existing policies/programs (i.e., Regional sodium targets, economic analyses).
- 4) Development of novel tools to support practical, action-oriented knowledge translation to key stakeholders. We have developed KT workbooks to support researchers in developing and implementing KT plans for each research objective.

(XII) Progress towards milestones

All interim reports were duly submitted

(XIII) Synthesis of research results and development outcomes

Please notice that for each objective the report has to include both the scientific results as well as other results such as outcomes (changes induced by the project) referred to influencing policies, strengthening capacities, building awareness, policy support, etc.

The analysis of outcomes should take into account social, gender, and environmental dimensions wherever appropriate and possible. It can be done in two ways, but should be consistent the approach used in your past interim technical reports (confer with the program officer to determine the preferred approach):

By each project research objective:

- Synthesize the main research results during the project, highlighting the progress made by the project. This should be done by listing each specific objective as it is written in the Grant Agreement, highlighting the progress for each one.
- If applicable, include any summarized quantitative analysis to back up the results as an annex to this report.
- Highlight any unexpected, surprising or interesting innovative results that you can draw out of the research.
- Explain how the research results are being used, and what their impact has been on specific communities or populations in the targeted country(ies) at the end of the project.
- How were research ethics issues, if any, assessed and managed?
- Describe any potential uptake of project results within 3 years of the end of the project.

GENERAL OBJECTIVE: To promote political innovations in the reduction of sodium in food systems in Latin America, through the strengthening and evaluation of the scaling of existing salt reduction programs and support to new programs by a consortium of institutions in Argentina, Brazil , Costa Rica, Paraguay and Peru.

- 1) **Consortium Objective 1A: Multi-country longitudinal analysis of sodium in packaged foods: Objective:** To determine if a significantly greater proportion of packaged foods from four LAC (Argentina, Costa Rica, Paraguay and Peru) meet the PAHO regional targets in 2018, compared to 2015 (2015 data published by Arcand J et al. Nutrients, 2019). **Results:** Compliance with regional targets significantly increased from 83% (n=3,198/3,859) to 86% (4,894/5,663), respectively for 2015-2016 and 2017-2018 (p<0.001). At the category level, four food categories had a significantly higher proportion of foods meeting regional targets from 2015-2016 to 2017-2018: Bread products from 78% (n=273/350) to 92% (n=287/311, p<0.001), cakes from 63% (n=197/312) to 78% (n=181/230, p<0.001), breaded

meat and poultry from 61% (n=44/72) to 87% (n=67/77, $p<0.001$) and wet and dry soups from 62% (n=136/217) to 79% (n=120/152, $p<0.001$). However, two categories had a significantly lower number of foods meeting the targets over time: Cookies decreased from 94% (n=408/432, $p<0.001$) to 87% (n=328/378), and meats and sausages from 87% (n=328/378) to 80% (n=285/357, $p=0.01$). The other fourteen categories did not significantly change. **Conclusions:** Only 4 of 18 food categories had a higher proportion of foods meeting the PAHO regional sodium targets, while two categories had fewer foods meeting the targets, over time. Since a high proportion of foods were already meeting the targets at baseline and sodium intakes in LAC remain unacceptably high, more stringent sodium targets are required to support further sodium reductions in packaged foods in LAC. **The full report of the findings can be found in an Annex.**

- 2) **Consortium Objective 4. "Development and validation of a knowledge translation (KT) workplan to facilitate research to policy action on dietary sodium reduction in Latin America countries." Objective.** to develop, validate and implement an evidence-informed KT workbook to enable country researchers to generate effective knowledge-to-action strategies for dietary sodium-related research outputs. **Results.** The environmental scan identified 4 KT models that took practical KT planning approaches. These were used to inform the design of a customized workbook considering the LAC regional context. The workbook consisted of 11 steps to identify and describe the message, audience, goals, engagement time-points, action, agents of change, strategies, experts, resources, budget and implementation. Eight stakeholders provided feedback, with 3 validation surveys completed and 5 open-ended descriptive comments received. The results identified that key terms required translations into Spanish to mitigate ambiguity. Stakeholders noted that the workbook was comprehensive, encompassed relevant target groups and considered study outcomes/messages. The webinar attendees commented that the workbook provided new, practical insights and broad thinking about dissemination strategies beyond the traditional peer review publications and academic conferences. To support the countries in developing and implementing the KT workplans, a live interactive webinar training session was scheduled with the country leads for each objective. This webinar was also recorded for future reference. A half day KT workshop was also held in Costa Rica in February 2019. **Conclusions.** A review of current best practices in KT and stakeholder feedback were used to develop a KT workbook that is suitable and relevant for researchers in LAC, educational, and feasible to generate country and project-specific KT plans. **The four KT workplan**

templates can be found in an Annex. It should be noted that there was no IDRC funding (travel or research expenses) for the KT workbook development or training sessions we conducted. This objective was possible based on in-kind support from Ontario Tech University.

- 3) **Consortium Objective 5. Program evaluation for "Scaling-up and evaluating salt reduction policies and programs in Latin American countries. IDRC Project #108167-001" Objective.** The conduct an overall program evaluation is assess the impacts of a funded research program on generating scientific knowledge, in enhancing scientific capacity, partnership building and engagement and social change to influence the implementation of dietary sodium reduction policies and programs to reduce the burden of hypertension in participating Latin American countries. Specifically, the program evaluation will use the logic model as a basis for evaluation and place emphasis on determining if the short-term Research and Consortium Outcomes were achieved. **Results.** The results are currently being synthesized and written. A program evaluation report will be submitted before March 5, 2020 to the Costa Rican team. **A revised logic model that includes the outcomes being examined is in the Annex.**
- 4) **Consortium Extension, Objective 5. "Qualitative evaluation of sodium reduction research on policies and programs in LAC". Objectives.** To examine the influence of the IDRC research project (#108167-001) on sodium reduction policies and program development and changes (e.g. program/practice changes) and facilitators and barriers to the uptake of research knowledge and implementing policies and programs in the IDRC countries. **Results.** The results are currently being synthesized and written. A program evaluation report will be submitted before March 5, 2020 to the Costa Rican team. **A copy of the interview guide is included in the Annex.**

OBJECTIVE 5. Develop a knowledge translation strategy to promote optimal reach, uptake and adoption of research findings; evaluate study elements and prepare material for governments, PAHO and others to support implementation of sodium reduction throughout Latin America (All countries).

Prepare and include in this section a summary table of the list of outputs to date according to category and sector. Include the outputs that were planned but have not yet materialized.

	Government	International organizations	Scientific organizations	Overall
Oral Presentation	2	1	1	4
Publication in an academic journal			1	1
Oral abstract presentation			1	1
Poster abstract presentation			1	1
Total	2	1	4	7

(XIV) Methodology

Describe and discuss the research methods and analytical techniques used and any problems that arose. Research instruments such as questionnaires, interview guides, and any other documentation judged useful to understanding the project should also be included. Indicate and explain any changes in orientation that may have occurred since the project was designed. Indicate any particular learning about merits of different methods for addressing the project's research problem and generating desired outputs and outcomes.

Consortium Objective 1A: "Multi-country longitudinal analysis of sodium in packaged foods"

Methods: This analysis utilized two cross-sectional food label datasets collected in 2015-2016 (n=3,859) and 2017-2018 (n=5,663). The sodium content in foods was obtained from the nutrient declarations on food packages in mg/serving and were standardized to mg/100 g or ml. Proportions of products meeting targets were calculated. Chi-square tested for differences in proportions between years. This analysis was not in the original plan but was decided to be of importance by all countries at the face-to-face meeting in Costa Rica; with J. Arcand being asked to lead the analysis and written manuscript. It is anticipated that this data can inform the revision of the Regional Targets, coordinated by PAHO; and is therefore of significant importance for the region.

Consortium Objective 4. "Development and validation of a knowledge translation (KT) workplan to facilitate research to policy action on dietary sodium reduction in Latin America countries."

Methods. An environmental scan identifying established KT plans was conducted to assess best practices. Next, an interdisciplinary committee (n=5) of government representatives, KT experts, academics and researchers informed the iterative creation of a KT workbook. The KT workbook was then validated by 8 stakeholders using a 14-item questionnaire with open-ended and five-point Likert scale questions. Feedback was used to revise the KT workbook which was piloted among a team of 16 LAC researchers, accompanied by an instructional, interactive webinar demonstration. The final output was the development of 4 KT Workbooks that can be adapted in the future for various types of research projects.

Consortium Objective 5. Program evaluation for "Scaling-up and evaluating salt reduction policies and programs in Latin American countries. IDRC Project #108167-001"

Methods. Multiple methods will be used to collected data among key stakeholders included 1) A validated program evaluation survey 2) Interviews with the Costa Rican coordinating team and with individual country leads, document review and data extracted from a qualitative study that examined barriers and facilitators related to uptake of research data in policies and programs in LAC (Consortium Extension, Objective 5). Data acquisition began in December 2019. A copy of the logic model is included in the Annex.

Consortium Extension, Objective 5. "Qualitative evaluation of sodium reduction research on policies and programs in LAC".

Methods. A 60 minute qualitative interview with the research lead in each participating country (n=5) and Ministry of Health officials in charge of non-communicable disease programs (n=4 from each countries, except Brazil). The PARiHS (Promoting Action on Research Implementation in Health Services) framework and the Diffusion of Innovations (DOI) Theory were used to guide the semi-structured interview guide. A copy of the interview guide is developed and used is in the Annex.

(XV) Project Outputs

Please notice that IDRC understands as **outputs** concrete tangible products, such as articles, databases, new software applications, new techniques, brochures, media notes, etc.

Making reference to the open access dissemination plan, what were the main outputs of the project? Identify any outputs that were planned, but which have yet to materialize. Specify when these outputs will be completed, including plans for any future publications. Specify how you have met the requirements of [IDRC's Open Access Policy](#). If appropriate, highlight any unique or innovative outputs. If appropriate, explain why outputs were not completed or were of poor quality.

Please complete in English the questionnaire entitled IDRC's Tracking Program Level Indicators (Annex 1.).

The detail of the products and activities of disclosure or transfer of knowledge that are considered relevant is required to include them in the Excel file attached (Annex 2.), please follow the format provided and attach this document to the progress report of the project

Annex 1 is for the exclusive use of IDRC and Annex 2 will be used by Costa Rica to compile the transfer activities of all countries. Please send both documents in Word or Excel and in pdf.

Consortium Objective 1A: Multi-country longitudinal analysis of sodium in packaged foods: Objective:

Outputs:

- A database containing the sodium content of foods for all countries in 2015 and 2018.
- A report that contains data that can be shared with regional stakeholders. A manuscript will be prepared and submitted to an academic journal in the Spring 2020.
- PAHO indicates that they will coordinate a revision the sodium targets in 2020. The 2015 data has been presented at an initial meeting to discuss the revision of the targets; the new data from 2018 will provide more recent estimates upon which to make decisions about target levels.

Consortium Objective 4. "Development and validation of a knowledge translation (KT) workplan to facilitate research to policy action on dietary sodium reduction in Latin America countries."

Outputs:

- Development of four KT workbooks that correspond to each research objectives 1A, 1B, 2 and 3).
- A recorded training session to accompany the KT workbooks
- Published abstract, presented at the Canadian Nutrition Society 2019
- A manuscript is in preparation, to be submitted in the Summer 2020.

Consortium Objective 5. Program evaluation for "Scaling-up and evaluating salt reduction policies and programs in Latin American countries. IDRC Project #108167-001"

Outputs.

- A report with the results will be submitted to the IDRC in March 2020
- A manuscript that will be submitted to an academic journal in the Summer 2020.

Consortium Extension, Objective 5. "Qualitative evaluation of sodium reduction research on policies and programs in LAC".

Outputs.

- A report with the results will be submitted to the IDRC in March 2020
- A manuscript that will be submitted to an academic journal in the Fall 2020.

(XVI) Problems and Challenges

Have there been any problems or challenges faced by the project? These could include delays, problems amongst stakeholders, with research activities etc. Highlight any risks that might have emerged in the project, and innovative ways you have found to deal with these risks.

Reflect on possible problems and challenges related to ethics.

None to report.

(XVII) Administrative Reflections and Recommendations

This section is not about research recommendations, but administrative recommendations for IDRC. What would you do differently as a result of this experience, and what general and useful lessons can be derived for improving future projects?

What recommendations would you make to IDRC with respect to the administration of the project, related to the scope, duration, or budget? Candid observations about the overall experience with the project are encouraged. However, any sensitive or confidential information should be addressed through a direct exchange with the program officer, and documented and filed separately.

Administratively, we had a positive experience. The transfer of funds was efficient and effective. When there were left over funds, an extension was provided so that we could use those funds to conduct more research. I do know there were several challenges with other countries. These we are documenting as part of the program evaluation.

(XVIII)References

(Use format that is in the Project Protocol approved by the IDRC).

ANNEX 1: TRACKING PROGRAM LEVEL INDICATORS

We kindly request that you complete the following questionnaire on your project's achievements. It includes a set of indicators selected to document and monitor outcomes of the Food, Environment, and Health Program at the global scale. These indicators will help our Program track progress toward the targets set in our Implementation Plan approved by IDRC's board of governors in 2015. This exercise is for IDRC's internal reporting only, and is **not** intended as an assessment of your project. Results from your project will be aggregated with those from other funded projects in order to provide a picture of collective achievements for the program as a whole. Your input will help us assess and improve our programming.

This questionnaire should be **completed once a year by all grantees** and returned at the same time as your interim technical report. In some cases, you may be completing this report for the first time alongside your final technical report. The information in your technical report should assist you in completing the questionnaire.

<p>INSTRUCTIONS:</p> <p>Please provide answers to the questions below based on <u>actual</u> achievements and outcomes. If this is the first time you are completing this questionnaire, please include all achievements since the inception of the project. If you have submitted this questionnaire in the past, please add any new achievements or progress since your last report.</p> <p>In some cases, your responses to these questions may repeat achievements mentioned earlier in the technical report. If this is the case, please extract (copy and paste is acceptable) the information here. Please keep your answers brief, limiting to one to two paragraphs per question.</p> <p>Projects are not expected to document achievements for each of the questions; it is normal that some questions may not apply to your project and remain blank.</p>	<p><i>This column left blank for internal purposes</i></p>
<p><i>Please provide identifying project information below:</i></p>	
<p>Project number: 108167-001</p> <p>Project title: Scaling-up and evaluating salt reduction policies and programs in Latin American countries</p> <p>Date this report was prepared: Feb 10, 2020</p>	
<p>1a. What innovations is your project testing, assessing or adapting to reduce the burden of chronic or infectious diseases? A definition of an innovation is provided in the footnotes for your reference.² If your project has been contributing to multiple innovations, please describe them individually.</p>	<p>Ind. #2</p>
<p><i>Please describe briefly (limit to 1-2 paragraphs)</i></p> <p>Based on a review of current best practices in KT, we developed 4 KT workbooks that corresponded to each of the project's research objectives (Objectives 1A, 1B, 2 and 3). The purpose of the KT workbooks was to provide researchers with a step-by-step guide to developing an action-oriented KT plan, to successfully transfer research knowledge and other outputs/innovations to end-users.</p>	<p>0</p>

² Innovations can be understood as new and significantly improved ways of doing or organizing something, and include the adaptation of existing products or processes to new contexts. They include: **products** (a market and/or publically distributed good); **processes or practises** (a new method, skill or behaviour that creates positive change); **programs** (organizational arrangements or system of services that meets a need for a defined community). Examples of innovations related to reducing the burden of infectious and chronic diseases could include testing: the use of screens in preventing Dengue and other Aedes mosquito transmitted diseases; the potential of community kitchens to provide healthier meals to low-income populations; applying a new methodology to assess food policies and food environments.

1b. Of the innovations described in 1a), have any of them been applied at scale? For example, has the innovation been adopted for wide-scale use by a large population, by government, or applied in different contexts, countries, or markets? Explain how this innovation is being applied at scale and what processes have enabled wide-spread use and/or scale-up.	Ind. #3
<p><i>Please describe briefly (limit to 1-2 paragraphs)</i></p> <p>The workbooks have only been used within the context of the current IDRC grant. We have presented the workbooks at two conferences, with one published abstract. We plan on writing a journal article and will upload the KT workbooks to the IDRC, portal which will result in more widespread distribution.</p>	0
1c. Approximately how many individuals are benefiting from the innovation?	Ind. #3
<p><i>Please indicate the approximate number of beneficiaries, if this information is known</i></p> <p>Presently approximately 12-15 individuals are benefiting from this innovation; however, because it systematically may enable the transfer of knowledge from researcher to knowledge-user, the impacts/individuals benefiting may be quite significant (if the knowledge transfer and uptake of knowledge was successful).</p>	
2. Is your project assessing policy effectiveness? If yes, please list and briefly describe what policies the project is assessing, and briefly comment on the relevance and potential impact.	Ind. #4
<p><i>Please describe briefly (limit to 1-2 paragraphs)</i></p> <p>The comprehensive longitudinal study conducted as part of Objective 1A is assessing the changes in the sodium content of packaged food over time in Costa Rica, Argentina, Peru and Paraguay. We conducted an overall assessment of changes in the sodium content of packaged foods compared to the regional sodium reduction targets, thus indirectly assesses effectiveness of sodium policies (or lack there of) in reducing the sodium content of packaged foods (an important source of sodium). We found that between 2015 and 2018, only 4 of 18 food categories had a higher proportion of foods meeting the PAHO regional sodium targets, while two categories had fewer foods meeting the targets. Since a high proportion of foods were already meeting the targets at baseline and sodium intakes in LAC remain</p>	0

unacceptably high, the data suggest that more stringent sodium targets are required to support further sodium reductions in packaged foods in LAC.	
3a. List and describe the key activities/mechanisms your project engaged in to inform/influence practice or policy (e.g. multi-stakeholder and community processes, participation in policy dialogues or policy-setting processes, engagement in making policy recommendations, or other relevant actions).	Ind. #5
<p><i>Please describe briefly (limit to 1-2 paragraphs)</i></p> <p>For the project discussed in Section 2, above, we have been interacting with PAHO to share our data and advocate for updated regional targets. The 2015 data has been presented to PAHO in June 2019. Since the longitudinal assessment is complete, we will now share this data which further supports the need for more stringent regional targets. Individual countries have analyzed their data, and are working at the country-level to use their data to advocate for policy and program changes.</p> <p>The development and validation of the KT workbooks has been presented at conferences. We will make them available for other researchers via the IDRC portal. We will also prepare a manuscript which describes our development and validation processes, and includes copies of the KT workbooks in an online Appendix.</p>	Choose an item.
3b. Have any of the efforts described in 3a) contributed to new practices or policies <i>being implemented or existing policies/practices being changed</i> based partly or wholly on the work of the project? How were strategic stakeholders involved in these processes?	Ind. # 5
<p><i>Please describe briefly (limit to 1-2 paragraphs)</i></p> <p>The evaluation of sodium levels in the food supply (published Jan 2019) supported the public-private alliance of the national targets on salt reduction.</p> <p>We also have email confirmation that PAHO is committed to re-evaluating the regional sodium reduction targets.</p>	0

3c. What was the level of jurisdiction of the policy/policies implemented or changed?			Ind. 5												
<table border="1"> <thead> <tr> <th></th> <th>Identify the policy <i>e.g. regulation of TV food advertising to children in Peru</i></th> <th>Select level of jurisdiction 1= local/municipal/district 2= provincial/sub-national 3= national 4= multinational/international</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>N/A</td> <td></td> </tr> <tr> <td>2.</td> <td>N/A</td> <td></td> </tr> <tr> <td>3.</td> <td>N/A</td> <td></td> </tr> </tbody> </table>				Identify the policy <i>e.g. regulation of TV food advertising to children in Peru</i>	Select level of jurisdiction 1= local/municipal/district 2= provincial/sub-national 3= national 4= multinational/international	1.	N/A		2.	N/A		3.	N/A		Choose an item.
	Identify the policy <i>e.g. regulation of TV food advertising to children in Peru</i>	Select level of jurisdiction 1= local/municipal/district 2= provincial/sub-national 3= national 4= multinational/international													
1.	N/A														
2.	N/A														
3.	N/A														
4a. Did your project intend to specifically benefit women, men, boys or girls or a marginalized group?			Ind. 3												
<p>Please place an x in the box corresponding to the target group:</p> <p>N/A for the projects that we participated in.</p> <table border="1"> <tbody> <tr> <td>Intended to benefit mostly men/boys</td> <td></td> </tr> <tr> <td>Intended to benefit mostly women/girls</td> <td></td> </tr> <tr> <td>Intended to equally benefit women/girls and men/boys</td> <td></td> </tr> <tr> <td>Intended to primarily benefit a marginalized group (name of the group): _____</td> <td></td> </tr> <tr> <td>No intentional focus on gender or a marginalized group</td> <td></td> </tr> <tr> <td>Not applicable</td> <td></td> </tr> </tbody> </table>			Intended to benefit mostly men/boys		Intended to benefit mostly women/girls		Intended to equally benefit women/girls and men/boys		Intended to primarily benefit a marginalized group (name of the group): _____		No intentional focus on gender or a marginalized group		Not applicable		Choose an item.
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Intended to primarily benefit a marginalized group (name of the group): _____															
No intentional focus on gender or a marginalized group															
Not applicable															

4b. Did you investigate how sex, gender, age, education, income, ethnicity, social standing, or other social determinants impact the health of your target population? What did you do to address these factors (for example: collecting disaggregated data, conducting gendered analyses, considering differential impacts to women, men, girls, and boys, using participatory research approaches, etc.)? How did these approaches influence the results and impacts (e.g. research, policies, and innovations)?					Ind. 6
<i>Please describe briefly (limit to 1-2 paragraphs)</i> N/A for the projects that we participated in.					0
5. Did your project include economic analyses/modeling (e.g. costing, cost-benefit analysis, etc.)? If yes, what was the purpose of including these elements and how are they contributing to achieving your project objectives?					Ind. #1
<i>Please describe briefly (limit to 1-2 paragraphs)</i> N/A for the projects that we participated in.					0
6. List all <i>peer-reviewed</i> articles that your project has published? Please do not include other types of publications here.					Ind. #11,12
<i>Please list:</i>					Choose an item.
	Title	Journal name	Primary author	Open access (Yes/No)	
7.	Sodium levels in packaged foods sold in 14 Latin American and Caribbean countries.	Nutrients. 2019; 11:369.	Arcand J , Blanco-Metzler A, Benavides Aguilar K, L'Abbe MR, Legetic B.	Yes	
8.					

9.																																								
10.																																								
11.																																								
12.																																								
<p>7. Have individuals involved in your project accomplished one of the following achievements listed below, due in part to their involvement in this project? Is yes, please list the name and sex of the individual and describe the accomplishment. Indicate if any of these individuals are Canadian placing an 'x' in the box labelled 'CAD'.</p> <p>a) received awards and other honours;</p> <p>b) influenced or advised policies;</p> <p>c) expanded the adoption of effective practices, including in new settings/populations;</p> <p>d) other significant achievements</p>					Ind. #10 a, 10b, 10c																																			
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8. Has your project supported any Masters students, PhD students, or post-doctoral fellows? If yes, please list the name, sex, and nationality of the individuals, and their status as Master's students, PhD students or post-docs. Indicate if any of these individuals are Canadian by placing an 'x' in the box labelled 'CAD'.					Ind. #8,9
Please list:					0
	Name	Female/ Male	CAD	Master/PhD/P ost-doc	
7.	Janice Padilla-Mosely	Female	X	Master	
8.	Beatriz Franco Arellano	Female	X	PhD	
9.					
10.					
11.					
12.					
9. Has your project or its findings been cited in the media? Please provide the title of the media citation and an accompanying web-links for the <i>most relevant</i> citations <i>linked to important achievements of the project</i>. No					
Please list:					0
	Title	Description in English (optional)	Website link		
7.					
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<p>Please complete the relevant sections directly within the FEH database: http://ic.idrc.ca/sites/feh/_layouts/15/DocIdRedir.aspx?ID=IC16-1689834993-197</p>														
<p>Identify the project as: Gender neutral, Gender sensitive, Gender specific, Gender transformative</p> <ul style="list-style-type: none"> • Gender neutral (not applicable): gender is not an operative variable or concept for this project. • Gender blind: ignored gender variables and did not promote gender equity. • Gender sensitive: considers gender variables, but does not (yet) involve action to address them. • Gender specific: acknowledges gender norms, roles and responsibilities and promotes gender-specific improvements. • Gender transformative: examines, questions and aims to change norms, roles and inequalities toward greater equity 														
<p>Transformative organizations:</p> <p>From the organizations involved in this project, indicate which ones were supported to build organizational capacity so that they are now in a position to play a more transformative role in their field or community? Place a check in the 'CAD' column if they are a Canadian organization.</p> <table border="1"> <thead> <tr> <th>Name of organization</th> <th>Brief description of the specific means/activities by which the project supported increased organizational capacity</th> <th>CAD</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table>			Name of organization	Brief description of the specific means/activities by which the project supported increased organizational capacity	CAD									
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<p>Contribution to IDRC's development outcomes</p> <p>If the project contributes in a significant way to one or more of the 3 development outcomes, provide a short description of its contribution below. There is no need to complete this section for all projects, but only those with the most relevant stories that are of interest for the program to highlight.</p>														
<p>Health for all:</p>														

Economic empowerment:
Gender empowerment:
Do any of the achievements described in this report or in relation to the development outcomes have the potential as a communications story ? If so, briefly describe: