

# Annual Report 2022



Miriam Nanteza, Information technology officer at the Centre of Excellence for Sustainable Health and Dr Fadumo Muhyadin Abdulle, Federal Ministry of Health, Somalia, participant in Managing innovation for sustainable health – Training programme for managers in DRC, Uganda and Somalia.

Photo: Joseph Nkoala

## Centre of Excellence for Sustainable Health

Developing capacity and mobilising actions  
to drive the agenda for sustainable health.



MAKERERE UNIVERSITY



Karolinska  
Institutet

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# A word from our chairpersons

We are proud to present to you the Annual report 2022 for the Centre of Excellence for Sustainable Health which includes an overview of our activities during the year.

The Centre of Excellence for Sustainable Health is dedicated to developing capacity and mobilisation of actions permeated by the UN's 2030 Agenda. The Centre is based on the longstanding cooperation between Makerere University and Karolinska Institutet and our extensive experience and holistic perspective of health. By working together, we hope to achieve sustainable gains in health and well-being and transform how research and policies are formulated and conducted.

Please reach out to us if you want to know more about our work or if you would like to explore areas of cooperation.



*We want to drive an agenda for sustainable health by providing resources and tools for action for researchers, students, professionals and policy makers globally."*

Rhoda Wanyenze, Professor,  
Makerere University and co-chair  
of working group



*Sustainable health is a multisectoral area for study, research and practice towards improving health and well-being for all, while staying within planetary boundaries.*

Tobias Alfvén, Professor,  
Karolinska Institutet and co-chair  
of working group



Photo: Shukri Elimi

Dr. Idil Mohamed, an intern at the project Developing capacity for sustainable development in fragile states, (SDGCap) Somalia team.

## Aim

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The aim of the Centre of Excellence for Sustainable Health is to develop capacity and mobilise actions to drive the agenda for sustainable health. From idea to implementation, the Centre is permeated by the 2030 Agenda and the 17 Sustainable Development Goals.

## Vision

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A world in which every child, adult and elderly person can live a healthy, fulfilled life in a socially, economically and ecologically sustainable way.

## Mission

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To realise sustainable gains in health and well-being and transform how research and policies are formulated and conducted.



Photo: Timothy Nkwasiabwe

From left, Vice Chancellor of Makerere University, Barnabas Nawangwe and former President of KI, Ole Petter Ottersen at a leadership meeting in conjunction with the celebration of the collaboration between KI and Makerere University in Kampala, May 2022.

## A strong partnership for mutual benefit

The collaboration between Karolinska Institutet (KI) and the College of Health Sciences at Makerere University started in 2000 and was initially focused primarily on research. A Memorandum of Understanding as well as an agreement regarding doctoral education were signed in 2003. The cooperation expanded to exchange of students and teachers within several educational programmes. With time, an active alumni network of hundreds of healthcare professionals and researchers has grown and reflects the success of the collaboration. To further deepen the collaboration, the Centre of Excellence for Sustainable Health was established in 2021.



*This an important next step in the long-standing collaboration. Deepening our partnership will be a significant contribution to increase action to achieve the Sustainable Development Goals of the UN's 2030 Agenda."*

*Vice Chancellor of Makerere University  
Barnabas Nawangwe*



*My vision is that the Centre of Excellence for Sustainable Health will help transform how research and policies are formulated and conducted in the area of sustainable health."*

*Former President of KI  
Ole Petter Ottersen*

# Organisation

The Centre's organisational structure is comprising of a steering committee, a working group, and a reference group. Both universities are represented in each group.

- The steering committee assures that the development and work of the Centre is conducted in accordance with its mission and contributes with advice and support for the Centre's operations.
- The working group, co-chaired by the two altering chair-persons, is responsible for the planning and implementation of the Centre's activities, with administrative and communications support at both universities.

- The reference group is a consultative and advisory body to the steering committee and the working group and is composed of experts in relevant fields.

The development of the Centre and its activities have been made possible through core funding from both universities.

The Centres' activities span across the universities and are carried out in collaboration with other actors and partners. In 2022, the reference group grew and now includes a broad range of academics representing an interdisciplinary skillset.



# Core engagements

The Centre's activities are divided into four core engagements:



Participants in the capacity development programme Managing Innovation for Sustainable Health, at a visit to RanLab during the regional study trip to Kampala, Uganda in May 2022.



Midwife Cecilia Ndungu assists mother and child in Kenya.



Joy Roy, lecturer at the Medical Programme at Karolinska Institutet, greets alumni Allan Bakesiga and Linda Atulinda at the alumni event May 2022.

# Capacity development and education



Capacity development and education are cornerstones in our work to mobilise actions to drive the agenda for sustainable health. We have a broad range of activities in this field where we aim to develop capacity to appreciate, design, implement and evaluate sustainable health initiatives.

## Developing capacity for sustainable development in fragile states – SDGCap

The project *Building capacity for sustainable development in fragile states – spearheading a broader development agenda in Africa through health and well-being (SDGCap)* received a 2,5-year funding from Sida, the Swedish International Development Cooperation Agency in 2021. More than 30 activities, with a broad range of stakeholders, have been organised in the countries involved: Democratic Republic of Congo (DRC), Somalia and Uganda. The activities have brought together public sector institutions, civil society, private sector actors and academia.

One of the main activities in DRC was launching the first national forum for the Sustainable Development Goals, FNODD (Forum National sur les Objectifs de Développement Durable). The event is planned to be annual and take place until 2030, to exchange experiences of programmes and initiatives from different sectors.

The Somalia team launched a multisectoral platform for sustainable development. The aim is to identify policies, strategies, and actions that would result in substantial changes and transitions to assure development towards the SDGs.



Participants at the launch of the multisectoral platform for sustainable development.





Addressing the challenge of youth unemployment in Somalia through innovation and entrepreneurship.



*In Somalia, unemployment and poverty force many young people to embark on unsafe journeys across deserts and seas to seek a better life. More than 60% of young people intend to leave the country in search of better opportunities. This workshop aimed to identify key challenges, gaps, and opportunities encountering Somali youth, as well as the best ways to provide skills through innovation and entrepreneurship”,*

Rage Adem, Project lead team member in Somalia

The Ugandan team held a workshop with student leaders from different colleges at Makerere University. The aim was to empower the youth within higher education institutions with knowledge and skills. The purpose was also to present them with a robust multisectoral platform to actively connect, advocate and lobby for issues critical to sustainable development. This includes for example education for sustainable development, climate change, sexual and human rights.



*I believe that without good health, nothing can be achieved. Can we have enough resources to achieve good health? My area of study also includes issues on climate change. I think that we as the youth, this is our time to do something about it; are we encouraging activities that work towards reducing climate change issues? Lets get involved...”*

Emilly, student at the College of Health Sciences, Makerere University



Participants and course management of Capacity building training programme for public health officials in maternal and child health, during a meeting in Kampala in May 2022.

## Capacity development programmes for managers in the health sector

The Swedish Institute has shown continued confidence in the Centre's capacity development programmes, by continuing to fund the Centre's two programmes:

1. Training programme for public health officers in maternal and child health care in Ethiopia, Uganda, Kenya and Malawi (MIDWIZE)
2. Managing Innovation for Sustainable Health (MISH), for staff and health officials in decisionmaking positions, working with public health issues in DRC, Somalia, and Uganda

The programmes have been given for a third consecutive year. The total number of trained participants 2020–2022 are 99, of which 48 completed MISH, and 51 MIDWIZE. As a result of the MIDWIZE program, the number of women who receive respectful maternity care has increased by more than 100 percent in four targeted health facilities and the project has shown to be cost-effective and accepted by the authorities in all four countries.

# Tools and resources



The Centre is working to provide tools and resources to provide guidance to individuals and organisations in the field of sustainable health.

## Tools for action

One key activity of the Centre is creating a set of five so called Tools for Action.

The five Tools for Action are:

- Innovation & Technology for Health
- Research to Action
- Visualising and Communicating Data
- Multisectoral work
- Information and digitalisation

The Tools for Action are self-administered toolkits that provide concrete guidance for academics, policy makers and others, who are looking to accelerate action and enhance results in the field of sustainable health. The toolkits include methods and practical frameworks, which can help individuals and organisation approach sustainable health in effective and impactful ways. Each toolkit is developed through a collaborative process with experts from both Makerere University and Karolinska Institutet. The two toolkits that have been developed in 2022 are Innovation and Health Technology and Knowledge Translation, Research to Action.

## Innovation and Technology for Health

The key to making innovations game-changing is to design them with the needs and perspectives of the end-users. The Innovation and Technology toolkit includes a step-by-step innovation process.



## Research to Action

Knowledge exists on how to address and treat preventable health problems and diseases, yet preventable diseases continue to affect a large part of the world's population due to the knowledge not being translated into action. This toolkit provides important aspects to consider when turning research into action.



# Networks and partnerships



An integral aspect of the Centre's work involves facilitating and promoting networks and partnerships for sustainable health.

## Strategic collaborations

- University of Kinshasa, the Democratic Republic of the Congo
- Benadir University, Somalia
- University of Nairobi, Kenya
- University of Malawi, Malawi
- University of Gondar, Ethiopia
- Tinkr, a company specialising in innovation, Norway

## Global Conversations on Sustainable Health

The "Global Conversations for Sustainable Health" webinar series was arranged during the year to advance and support sustainable health. It serves as a forum for sharing and exchanging creative solutions, concepts, and aspirations that prioritise inclusive engagement towards achieving sustainable health. The topics during the year were:

- Multisectoral collaboration – how to adopt multisectoral collaboration to improve the health of the people and the planet
- Our health is on fire – how climate change affects our health and how can we relieve the consequences
- Information sharing and public participation for sustainable health

**Global Conversation on Sustainable Health**  
**How to adopt multisectoral collaboration to improve the health of the people and the planet**

**THURSDAY 10 MARCH 2022**  
11.30 – 12.15 PM CET  
1.30 – 2.15 PM EAT

**SPEAKERS**

- Gabriel Wikström**  
The Swedish Agenda 2030 coordinator,  
Former Minister for Public Health,  
Healthcare and Sports in the Swedish Government
- Nelson Sewankambo**  
Professor of medicine and former Principal  
Makerere University  
College of Health Sciences

**MODERATORS**

- Dr. Rhoda Wanyenze**  
Program Director CSH  
Professor and Dean School of Public Health,  
Makerere University  
College of Health Sciences
- Johanna Blomgren**  
CSH, Karolinska Institutet

**Zoom Meeting Link**  
<https://bit.ly/ceshglobalconversation>  
After registering, you will receive a confirmation email containing information about joining the meeting.

**Logos:** CESH Centre of Excellence for Sustainable Health, Makerere University, Karolinska Institutet.



Former KI President Ole Petter Ottersen speaks at the alumni event at the College of Health Sciences, Kampala.

## Communicating sustainable health

Representatives from the Centre proactively advocate for sustainable health by leading workshops, presenting posters and participating in panel discussions at local, regional and global network meetings and conferences.

Examples of conferences in 2022, where sustainable health was discussed:

- Nordic Mental Health Conference – Denmark
- The Development Research Conference, Devres2022, at KI and Uppsala University – Sweden
- The World Health Summit – Berlin
- The Global Symposium on Health Systems Research – Colombia
- The European Public Health Conference – Berlin

## Meetings and celebrations in Kampala

The working group and the leadership of the universities met at Makerere University in May 2022 with the purpose of further strengthening the cooperation. In conjunction to the meetings, workshops and study visits arranged by the Centre, KI and Makerere University celebrated 20+ years of collaboration at an alumni event and at a reception at the Swedish ambassador's residence.

At the alumni event more than one hundred alumni, faculty and students and friends from KI, Makerere University and five other African countries participated.



Rhoda Wanyenze (Second from right) co-chair of the Centre and professor and Dean of Makerere University School of Public Health, speaking at the World Health Summit in Berlin.

# Research

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Four research areas have been prioritized due to their relevance for sustainable health. The areas capitalise on the long-standing collaboration between the universities.

## Research areas

- Sexual and reproductive health and rights (SRHR) for the most vulnerable
- Children and adolescents healthy start in life
- Non-communicable diseases
- Climate change and health

## Examples of research activities

A SRHR-seminar series with three online sessions to enhance professionals' and the broader community's comprehension of SRHR concerns by exchanging knowledge, research, and personal experiences.

A scoping review on the global evidence on Sustainable Preventive Integrated Child Health Care (SPIC) which was shared at a multisectoral stakeholder meeting in Kampala in May 2022. The meeting was designed to allow participants to share and exchange their unique experiences and expertise to support programming for integrated preventive child health care in Uganda.

### SUSTAINABLE PREVENTIVE INTEGRATED CHILD HEALTH CARE (SPIC)

CESH Centre of Evidence for Sustainable Health

STAKEHOLDER WORKSHOP  
REPORT 03.05.22



Photo: Helena Lindgren

Alice Kadango, Midwife and University lecturer, University of Malawi, examines a pregnant woman.

Read more about  
the Centre of Excellence  
for Sustainable Health on  
[cesh.health](https://cesh.health)



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