Intended Outcomes* listed in our 2007 proposal were:

1) Development of the necessary research design and properly translated (i.e., cultural and language) assessment battery to conduct a longitudinal cohort (community members and their families) pilot study of the newly adapted intervention.

2) Development of an extramural (e.g., NIH) grant proposal to conduct a multi-year randomized trial testing of the efficacy of the intervention.

3) Development and submission of a presentation based on pilot study results to a national/international scientific conference.

4) Capacity development of selected junior members and students from both universities by participating in the research project and the Motivational Interviewing trainings.

To achieve these outcomes we had two trips University of Missouri, Kansas City be introduced to Motivational Interviewing (MI) by our collaborators (Drs Goggin and Catley).

**VISIT 1 (APRIL/MAY 2008)**

We attended a 1-day MI training session at UM; visited a community project focusing on Motivation Interview for behaviour change so as to get exposure to process of data collection. At the completion of data collection we attended a debriefing session. This involved listening to the recorded interviews with Dr Catley as part of supervision and quality control for the fieldwork.

During our visit to UM, we also gave a seminar which was attended by about 50 UM staff. We also met with several Um staff (Pharmacist, Dietician, Nutritionist and Sport scientist) to exchange information about projects and to explore the possibilities of further collaboration.

At the end of the visit were planned for the training of community health workers (CHWs) in Khayelitsha, which was to be provided by Dr Goggin and Catley in Cape Town during January 2009.

The second visit to UM was planned for July 2009.

**Preparations for 2009 visit to UMK**

A number of activities needed to be fulfilled before the visit to Missouri these included:

- Translation of measurements into Xhosa. Translation was done by a group of Xhosa speakers and these were verified by a different group
• Training of community health workers in MI, this was done over 2 day workshops. Training sessions were attended by 5 community health workers from 2 health clubs.
• Recruitment of clients
• Collection of data using the translated tools

Visit 2 (July/August 2009)
The objective of the visit was to analyze the data collected using the newly developed tool adapted from MI tool used by UM Collaborators. Data had not been collected due to the fact that CHWs had problems in conducting interviews and were unable to apply the technique taught. During the first meeting we had to present and discuss the challenges faced by CHWs in using MI to influence behavior.

In order to deal with the challenges, new tools had to be designed these included a fat intake assessment questionnaire, an evaluation form to assess the quality of interviews and a guide that will be used during the MI sessions.

We then went through a simplified MI training adapted specifically for the level of CHWs. This included role play and recording of good interviews.

Towards the end of the visit we developed another training plan:

This has been achieved since the first visit:

1. Training of CHWs on nutrition/fat intake so they can answer frequently asked questions including the diet education/Rationale

2. Pre-intervention CHW training and practice with MI learning to follow the session protocol (practice using the audio-recorders): This included
   a. MI session outline review
   b. MI refresher with MI adherence tool
   c. MI observation (audio/video)
   d. MI role play – recording and feedback

3. Post-session 1 supervision (listen to tape recordings of the first sessions):

Post intervention data collection is in progress. This will be followed by data entry and analysis which will be completed during January 2010 when Drs Goggin and Catley will be coming for their 2nd visit

This data will be used to put together a manuscript with the following title:

1) Title: Feasibility of training Community Healthcare Workers in MI based counseling to reduce obesity among urban township residents in South Africa
2) Author: Catley, Puoane, Tsolekile, Goggin, Muzigaba
3) Target Journals

a. Patient Education Counseling
b. J Nutritional Education Behavior
c. Public Health Reports
d. Ethnicity and Disease
e. SA Medical Journal (but we’ve decided to go for a US journal given our other pubs)

Outputs so far


Krigel, S.W., Catley, D., Puoane, T., Goggin, K., & Burkhalter, S. (2008, Feb). Demographic characteristics and tobacco use among residents of an urban township in South Africa. Poster presented at the 14th Annual Meeting of the Society of Research on Nicotine and Tobacco, Portland, OR.


This has been a valuable experience

Through this collaboration, our capacity development efforts involved assisting Ms. Tsolekile in identifying a dissertation topic and assisting her in developing her research design. Dr Goggin and Catley made this possible by facilitating meetings with, Dr. Berkley-Patton who is one of Dr. Catley and Goggin's junior colleagues at UMKC and Ms Carol Bowe Thompson who is a community collaborator of Dr. Berkley-Patton’s. These meeting assisted Ms. Tsolekile to transform her interest in school and church-based work into a full-fledged dissertation project that will adapt methods and intervention tools used in Kansas City by Drs. Goggin and Berkley-Patton in their community based work.

In addition, a meeting with Maureen Knell, PharmD from the UMKC School of Pharmacy to explore the possibility of developing a new exchange grant proposal. Drs. Puoane and Goggin facilitated e-mail conversations between Dr. Knell and Ehimario Igumbor at the University of the Western Cape and offered feedback which has resulted in the submission of an independent UM/UWC Linkage Program proposal to support their shared goals.

In addition, Drs. Catley and Goggin delivered two day Motivational Interviewing training for 11 colleagues during their recent visit to South Africa.