



FAMILY FARMING LIFESTYLE AND HEALTH IN THE PACIFIC

D4.2: Methodological & epistemological workshop and first results at USP (taking place in M21)

Work package:	WP 4: Knowledge exchange and education
Deliverable due date:	M 22
Actual submission date:	M 43
Start date of project:	1st of October 2020
Duration:	63 months
Organisation name:	University of New Caledonia - University of the South Pacific
Authors:	Jean-Marie FOTSING, Olivier GALY, Otto NAVUNICAGI and Felicity NILWO-ROGERS
Nature:	Public

Project co-funded by the European Commission within the Horizon 2020 Programme (2014-2020)		
Dissemination Level		
PU	Public	X
PP	Restricted to other programme participants (including the Commission Services)	
RE	Restricted to a group specified by the consortium (including the Commission Services)	
CO	Confidential, only for members of the consortium (including the Commission Services)	

N.B: the powerpoint and online presentations of this deliverable are available on the FALAH website:
<https://falah.unc.nc/en/falah-events-presentation>

This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 873185

Table of content

1. Summary.....	3
2. General introduction	3
2.1. Objectives of the Fiji workshop	3
2.2. Preparation of the workshop	4
3. Workshop Report	5
3.1. Opening ceremony	5
3.2. Scientific presentations and communications.....	7
3.2.1. Session 1: Reminders: Research project, WP2 & WP3, additional enrichments	7
3.2.2. Session 2: Scientific activities of FALAH teams.....	9
3.2.3. Session 3: Case studies, methodological discussion and epistemology WP2 - WP3.....	12
3.3. Field trip around Suva	14
3.3.1. Stop and visit at Muluva village	14
3.3.2. Stop and visit at Buretu village	14
3.3.3. 3.3.3. Stop and visit at Pacific community Experimental Gardens.....	15
4. Conclusion and Post workshop	17
4.1. Conclusion	17
4.2. Post workshop.....	17
5. Communication on the workshop	18

Methodological & epistemological workshop and first results at USP (taking place in M21)

EPISTEMOLOGY AND METHODOLOGICAL APPROACHES AND FIRST RESULTS

1. Summary

The document is the synthesis of the first scientific days that marked the resumption of the FALAH program after the opening of the borders following the COVID 19 crisis. Scheduled to be the second largest external event after the Vanuatu events, the Fiji workshops were held in first place due to the late opening of the borders in Vanuatu. Organized by the University of the South Pacific (USP) at Suva, the workshop titled “*Epistemology and methodological approaches and first results*” from June 28 to 30, 2022. The workshops took place over two days of scientific presentations with a total of 18 communications and one day of field trips. The USP workshops were preceded and followed by periods of preparation and training given by scientific coordinators to local partners involved in the FALAH program. This 18-pages (and 4-pages appendix) document outlines the work during, before and after the three days seminar. It covers the pre- and post-workshop components and is aimed at project participants and partners.

2. General introduction

2.1. Objectives of the Fiji workshop

After the reopening of Fiji's borders in June 2022 following the covid-19 crisis, the first off-site scientific event of the FALAH (Family farming, Lifestyle and Health in the Pacific) project took place from 28 to 30 June 2022 at the University of the South Pacific (USP). This seminar on the theme: “*Epistemology, methodological approaches and first results*” provided input to the project's work package 2 and 3. This seminar was initially planned to take second place to the Vanuatu seminar scheduled for April 2022, which was postponed until October. The results of the Vanuatu seminar on initial methodological approaches were to be further developed in Fiji.

Despite the reversal of the timetable, the Fiji seminar set itself the objective of taking stock of the conceptual advances made, in particular the definitions of family farming and the methods used to analyze its contribution to people's food and health. The reversal of the calendar gave this first external seminar the opportunity to adjust its training program for the project partners. It was this orientation that justified the presence of **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALY**, scientific coordinators of FALAH in Fiji before and after the three-day seminar. The FALAH scientific coordinators were thus able to participate in the finalization of the workshop's program, the selection of sites to visit during the field trip and the training of young researchers in methods of collecting and analyzing data on diet, health and well-being of populations.

The workshop assembled a team of committed, dynamic and experienced researchers and academics from Australia and the Pacific Islands Countries and Territories. It also included postgraduate research students from the Pacific Centre for Environment and Sustainable Development (PaCE-SD) at the University of the South Pacific (USP). It is an output of the project that was highly anticipated given the closing of international borders for the past two years, due to the Covid 19 pandemic.

In this context, it is important to define the way forward and provide clarity on the various aspects of the FALAH project. A clear understanding of the administrative, financial, partnership and

secondments, methodological discussions and epistemology are key to the future progress of the project hence the convening of this workshop was important. Being the host of the inaugural FALAH workshop was indeed fitting for the University of the South Pacific, given the fact that its staff and Postgraduate research students make up the largest number of the FALAH Pacific team. The FALAH Fiji team is headed by the Director Research, **Prof. Sushil KUMAR** who is assisted by **Dr. Viliamu IESE**. Secondments for the USP FALAH Team are scheduled to begin in January, 2023. In this context, the expectations of these scientific days were very important for FALAH's USP partners after such a long period of inactivity.

2.2. Preparation of the workshop

The Fiji seminar was prepared in advance by **Prof. Jean-Marie FOTSING**, FALAH leader and scientific coordinator of the project, who was present at the USP from the first of June. He was joined on June 13 by **Dr. Olivier GALLY**, scientific co-coordinator and team leader work package 3. Finally, on June 25th, **Ms. Marine MARTINEZ**, the administrative and financial coordinator, joined the FALAH team in Suva.

A working group was formed to provide logistical and administrative support towards the preparation of the workshop and during the workshop as well. The working group was led by **Dr. Viliamu IESE** and it comprised **Prof. Jito VANUALAILAI**, Deputy Vice Chancellor Education at the USP, **Prof. Sushil KUMAR**, Director Research Office at the USP, **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALLY**, FALAH scientific coordinator ; **Ms. Mathilde SOUCHON**, coordinator of PIURN network and representatives from the USP Research Office and the PaCE-SD. Members of the group worked closely with **Prof. Jean-Marie FOTSING** and had frequent meetings to check on the progress of the preparations for the workshop (figures 1 to 4).



Figure 1: Coordinators at USP Research office



Figure 2: Meeting at USP Research office



Figure 3: Meeting at USP Research office



Figure 4: FALAH Team and director of Buretu school

Prior to the workshop, a team lead by **Dr. Viliamu IESE** traveled to Lautoka, which is the second largest city in Fiji and is located on the West Coast of the island of Viti Levu. The purpose of the trip was to meet the team at the Foundation for Rural Integrated Enterprises & Development (FRIEND) Fiji and introduce the FALAH Project to them. The PaCE-SD has worked closely with the foundation over the years, and has overseen the successful evaluation of food security interventions implemented by the foundation. **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALY**, scientific coordinators of FALAH, met the communities of the research fields in Fiji, the week before, with the USP FALAH team. A final meeting was held with the USP Deputy Vice Chancellor Education, **Prof. Jito VANUALAILAI** a week prior to the workshop. Everything was ready for the three days seminar at the USP.

3. Workshop Report

The three-day seminar provided an opportunity to present methodological advances during classroom sessions, followed by a field trip to complement the presentations. The scientific activities were preceded by an opening ceremony marked by various speeches followed by traditional animations.

3.1. Opening ceremony

Day 1 of the workshop started with the official opening ceremony held at the AUSAID Theatre on the USP Laucala campus in Suva, Fiji. The ceremony, which brought together about sixty peoples, was marked by speeches by representatives of the institutions and partners of the FALAH project.

In their speeches, **Prof. Jito VANUALAILAI**, Deputy Vice-Chancellor for Education of USP, **Prof. Jean-Marie FOTSING**, leader and scientific coordinator of the FALAH project and **Prof. Catherine RIS**, President of the University of New Caledonia (remote speech from Noumea), focus on the highly selective European program that allows the University of the South Pacific and the University of New-Caledonia to deploy on the essential problems of the territories and states of the Pacific with teams from Europe (France and Germany), Australia and the Pacific Islands (figures 5 and 6).



Figure 5 and 6: Opening of the Workshop

His **Excellency François-Xavier LÉGER**, Ambassador of France to Fiji, expressed his satisfaction at participating in this event which honors France and Europe and strengthens France's relations in the Pacific (figure 7). **Dr. Erja ASKOLA**, Deputy Director of the Delegation of the European Union to the Pacific, reaffirmed the European Union's support for scientific cooperation in the Pacific region, exemplified by the FALAH project. **Mr. Vinesh KUMAR**, Permanent Secretary for Agriculture in Fiji,

recalled the challenges faced by the Pacific region in terms of food security, health, in a context of climate change. These issues, at the heart of the project, demonstrate the need to strengthen collaboration between the different countries and territories of the Pacific (figure 8).



Figure 7: Mr. François-Xavier LÉGER



Figure 8: Vinesh KUMAR

The opening ceremony ends with a traditional kava ceremony accorded to the invited guests (figure 9) and a traditional meke or dance performed by the members of the USP ITaukei¹ Students Association. This was followed by an official group photo bringing together all the participants of the FALAH family (Figure 10) and concluded with morning tea for the invited guests, workshop participants and cultural performers.



Figure 9: Kava to The French Ambassador



Figure 10: participants at the opening ceremony

¹ ITaukei – refers to the indigenous people of Fiji.

3.2. Scientifics presentations and communications

The scientific presentations that followed the opening ceremony were organized into sessions under the general theme of the workshops: ***Epistemology, methodological approaches and first results***. They started in the second half of the morning and continued in rooms on the USP campus during the two days of June 28th and 29th, 2022.

Three sessions were organized for communications and exchanges:

A first session devoted to **general presentations** was a necessary reminder of the foundations and fundamentals of the FALAH project after a long period of interruption (five presentations, one of which focused specifically on the administrative and financial aspects very specific to the RISE project).

The second session focused on **scientific activities of FALAH teams**, in particular those from third countries in the Pacific islands: Fiji, Vanuatu, Salomon Islands, PNG and New Caledonia. The papers focused on the team members, their specialties, the partners and the scientific skills don't support their attachment to the FALAH scientific WPs (six presentations)

A third session was devoted to **case studies, methodological discussion and epistemology for WP2 and WP3**. There are seven papers presented in this session.

During the two days seminar, a total of eighteen scientific papers have been presented and discussed with the participants. The discussions guided and hosted by the scientific leaders of WPs gave rise to particularly interesting exchanges and closed the sessions.

3.2.1. Session 1: Reminders: Research project, WP2 & WP3, additional enrichments

The session one program started with an introductory presentation on the purpose of the workshop by **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALY** scientific coordinators of the FALAH Project from the University of New Caledonia (UNC).

3.2.1.1. 3.2.1.1. Research project: Family farming lifestyle and Health in the Pacific

This first presentation focused on the specificities of the RISE-FALAH program and the importance of exchanges between partners and WPs. They then presented the objectives, challenges, methods, organization and implementation of FALAH, as well as the necessary complementary enrichments (ethics, scientific valorization, networking of researchers, additional funding, bridges, etc.) essential to the successful completion and success of the project.

They also focus on the main objectives of the USP seminar held before the first workshop planned in Vanuatu. They mentioned some examples of methodological enrichments between WP2 and WP3 by showing how to combine spatial data on family farming, cultivated areas seen by satellites images and cultivation practices related to seasonal evolution with social information's based on human behavior, consumption habits, and cultural exchanges of products and the importance of transformed food in diet mainly in urban and peri-urban areas.

3.2.1.2. WP2 & WP3 and additional enrichments

The following communications focused on the two scientific work packages of the FALAH project (WP2 by the team leader **Dr. Severine BOUARD** and WP3 by the team leader **Dr. Olivier GALY**).

3.2.1.3. WP2: “Family farming”

From the two main research questions addressed to WP2, **Dr. Severine BOUARD** based her communication on this simple question: *how to improve knowledge on family farming in the Pacific and its contribution within the Nexus of Agriculture-Food-Health?* Through this question, she gave her definition of family farming (FF) and mentioned few methodological tips to embrace FF complexity and diversity.

Considering FF as a “means of organizing agricultural, forestry, fisheries, pastoral and aquaculture production which is managed and operated by a family and predominantly reliant on family capital and labor, including both women’s and men’s. The family and the farm are linked, co-evolve and combine economic, environmental, social and cultural functions”.

From this large and simple definition of FF, the relation between WP2 and WP3 can be based on the link through the consumption and market for food supply. On this way, she first demonstrates the importance of understanding the properties and interactions between soil and vegetation within cultivated systems to optimize agro-ecological practices and agrobiodiversity. Secondly, she mentioned that it’s important to analyze the uses, know-how and practices of rural households, their consumption practices of own-grown production to support the dynamics of rural societies. Those elements are necessary to improve food security and methodological enrichments between the two scientific work packages (WP2 and WP3).

3.2.1.4. WP3: “lifestyle and Health”

From a close point of view, **Dr. Olivier GALY** team leader of WP3 defined and mentioned that *“lifestyle of a person can be understood as the combination of daily physical activity, diet and sleep behaviors that are influenced by social, spatial and temporal components in which the person lives”*. This definition although simple, reveals many components related to other activities like farming, hunting and fishing, activities closely related to FF. From then, it becomes easy to find scientific links between WP2 and WP3. Moreover, lifestyle and diet are closely related to food system that gathers all the elements (environment, people, inputs, processes, infrastructures, institutions, etc.) and activities that relate to the production, processing, distribution, preparation and consumption of food, and the output of these activities, including socio-environmental outcomes.

3.2.1.5. Participants to the first session of presentations (WP2 and WP3)



Figure 11: Students and researchers attending presentations of WP2 & WP3



Figure 12: Senior researchers listening to the presentations of WP2 & WP3

3.2.1.6. WP3 and WP3 additional enrichments

Both presentations highlighted common points of methodological enrichment. Family farming, food, and lifestyle share common approaches to field data collection. These data cover three groups of components. The social components include the general population, with children in schools, stay-at-home parents, and communities all of whom are involved in agricultural practices, hunting, and fishing activities. They also involve temporal components including the seasons and intergenerational relationships between children, parents and grand-parents. They also concern the spatial aspects that involve the areas of agricultural production, the places of habitation and frequentation: rural, urban and peri-urban environments. In these spaces, the relations of production and the habits of consumption are different and sometimes complementary. This means to extend the field work to sites and lands representative of social and economic diversity and multiple issues. Then what about the size of the questionnaires used to collect information on all the components?

The challenge of creating a database considering the diversity of dimensions, scales and variables lead to have common Tools, methods and metrics for WP2 and WP3.

A specificity of these tools is that we innovate by creating a digital tool to gather diet in communities with the iRecall-Pacific App. This app is adapted to food database from Pacific Islands (for the moment New Caledonia and will be translated and adapted for Vanuatu, Fiji, Solomon Islands) and will help colleagues from WP2 and WP3. In addition, we build and adapted other tools on Redcap application regarding family farming and lifestyle in the Pacific. So, the teams will now build research capacity via FALAH network in the region.

3.2.2. Session 2: Scientific activities of FALAH teams

The second session of the USP workshop continue in the afternoon with five communications from the pacific islands research teams involved in the FALAH program. In addition, FALAH administrative coordinator **Ms. Marine MARTINEZ** together with the coordinator of PIURN Network, **Ms. Mathilde SOUCHON**, communicate the funding modalities, partnership and secondments aspects.

3.2.2.1. FALAH scientific activities at the USP

The activities of the USP's FALAH team were presented by **Dr. Viliamu IESE** leader of the host team USP and **Dr. Siaka DIARA**. Following on from the general presentations bellow, he gave the main lines of the USP research program working on five selected sites all based at Viti Levu Island: one in urban area, two in peri-urban areas and two in rural areas (figure 13).

The ongoing current research work is carried out mainly by Master's graduate students and future PhD students from the PaCE-SD (Pacific Centre for Environment and Sustainable Development). Some research topics are attached to WP2 (mangroves and food resources on the Saweni Beach; small-scale fishing, sugar cane production...), others to WP3 (consumption habits and food preferences, farmers' perception of the consumption of farm milk or industrial milk) etc.



Figure 13: Dr. Viliamu IESE Leader of the USP FALAH Team

3.2.2.2. FALAH scientific activities at SPC and SINU

Doctor Ellen IRAMU presented SPC research work, with an accent on their food cubes, these movable containers that can be filled with soil and used like garden beds to enable atoll households to grow their own diverse food crops. They are a 'wicking based system', meaning the soil or compost in the container draws water up from the base to provide the plants with the moisture they need to grow.

Doctor John FASI, FALAH Team Leader from the Solomon Islands National University (SINU) began his remarks by introducing the six members of the SINU team. Then, he mentioned the small size of this team with diverse skills, which does not facilitate cohesion and the start of field activities as planned. He stressed that the members are young researchers and priority is given to training, hence the trips to Europe to benefit from the contributions of senior partners.

3.2.2.3. Presentation of administrative, financial, partnership and secondments aspects

Day 1 also featured a presentation by **Ms. Marine MARTINEZ** on the administrative, financial, partnership and secondments aspects of the project and **Ms. Mathilde SOUCHON**, PIURN coordinator, on the collaborative aspects of the FALAH project.

3.2.2.4. iRecall24: a digital nutrition app for Pacific Islands: the example of New Caledonia

Doctor Juliana CHEN (University of Sydney) and **Ms. Solene BERTRAND** (SPC) explained in their presentation that with the exception of Fiji, for the majority of low to middle-income countries in the Pacific Island countries and territories, including New Caledonia, no national nutrition survey has ever been conducted. With advancements in technology, smartphone nutrition applications (apps) for mobile devices are a convenient and valid way to survey diets at the population level. Furthermore, electronic self-administered 24-h recall tools exist and have been validated for use in both children and adult populations (e.g., ASA-24, Intake24, and myfood24). However, none have been designed for the Pacific Island countries and territories, including New Caledonia. The backend to such dietary assessment tools for measuring and assessing diets is having a food composition database that reflects the food supply of the country. The Food and Agricultural Organization (FAO) *Pacific Islands Food Composition Tables*, Second Edition was developed in 2004, providing a nutrient composition data for close to 900 foods of the Pacific region. A feasibility study for updating to a third edition of the Pacific database was undertaken in 2019 with six countries, but no publicly available updates have been released. So, we innovate by creating a digital tool to gather diet in communities with the iRecall-Pacific App. This app is adapted to food database from Pacific Islands (for the moment New Caledonia and will be translated and adapted for Vanuatu, Fiji, Solomon Islands) and will help colleagues from WP2 and WP3. In addition, we build and adapted other tools on Redcap application regarding family farming and lifestyle in the Pacific. So, the teams will now build research capacity via FALAH network in the region.

The published work can be found here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8156489/>



Figure 14: A digital nutrition application presentation

3.2.3. Session 3: Case studies, methodological discussion and epistemology WP2 - WP3

Day 2 began with a presentation on case studies, methodological discussions and epistemology by Dr. Viliamu IESE.

3.2.3.1. Presentation of Papua New Guinea teams and upcoming research on small scale agriculture, Lifestyle, and health.

3.2.3.2. Presentation of Vanuatu teams and first results on urban and peri urban agriculture in Port Vila.



Figure 15 and 16: First results on urban and peri urban agriculture in Port Vila

3.2.3.3. Food Security and small holder farming in Pacific Island countries and territories: A Scoping Review

The Pacific Island Countries and Territories (PICTs) is a region where such linkages can be investigated as the PICTs are confronting climate change while facing a decrease in available arable land and increasing rates of urbanization. Around 80% of all Pacific Islanders still rely on agricultural produce from their own gardens or from small holder farmers to support or to supplement their diets. Increased reliance on imports is itself an indicator of diminishing food security, and with the PICTs facing a range of food security challenges, it is timely to assess the existing literature in the PICTs on the relationship between smallholder farming and food security. This scoping review analyses 49 peer reviewed and grey literature studies in English from 1970–2019 concerning the relationship between food security and small holder farming in the PICTs. It identifies four main themes:

- (1) Community adaptation, resilience and crop diversification;
- (2) Decreased availability of local foods and land;
- (3) Changes in diet;
- (4) Gender and agricultural production.

The review shows Pacific peoples quickly adapt to changing circumstances to plant different crops both for food and for sale, and it identifies the role of small holder agriculture as crucial to:

- (1) growing local foods to support food security, and
- (2) expanding domestic asset creation to promote economic development, especially for women.

3.2.3.4. Case study in Lifou (New Caledonia): discussions on epistemology and transversalities

During this presentation **Dr. Olivier GALY** presented a pilot study done in Lifou that included crossed methodologies and crossed interests of WP2 and WP3. In the Melanesian culture, traditional activities are organized around family farming, although the lifestyle transition taking place over the last several decades has led to imbalances in diet and physical activity, with both leading to obesity. The aim of this interdisciplinary study was to understand the links between family farming (produced, exchanged, sold, and consumed food), diet (focused on produced, hunted, and caught food), physical activity (sedentary, light, and moderate-to-vigorous physical activity) and obesity in Melanesian from Lifou Island families (parents and children). Forty families, including 142 adults and children, completed individual food frequency questionnaires, who wore tri-axial accelerometers for seven continuous days, and had weight and height measured with a bio-impedance device. A family farming questionnaire was conducted at the household level concerning family farming practices and sociodemographic variables. Multinomial regression analyses and logistic regression models were used to analyze the data. Results showed that family farming production brings a modest contribution to diet and active lifestyles for the family farmers of Lifou Island. The drivers for obesity in these tribal communities were linked to diet in the adults, whereas parental socioeconomic status and moderate-to-vigorous physical activity were the main factors associated to being overweight and obesity in children. These differences in lifestyle behaviors within families suggest a transition in cultural practices at the intergenerational level. Future directions should consider seasonality and a more in-depth analysis of diet including macro- and micro- nutrients to acquire more accurate information on the intergenerational transition in cultural practices and its consequences on health outcomes in the Pacific region.

3.2.3.5. Public seminar How to build an international multidisciplinary research project: FALAH an European Union Research and Innovation Staff Exchange project

Asked by USP governance, the coordinators were invited for a public seminar to explain how they structured, build and develop a RISE MSCA project. This was done with the perspective of the University of New-Caledonia and brought important elements to the public who asked several interesting questions after the presentation.

3.2.3.6. Part 1: Case study in Fiji and discussions on achievements and opportunities to improve methods and Approaches for WP2 and WP3 (Fiji, Vanuatu, New Caledonia, Solomon Islands, Papua New Guinea)

3.2.3.7. Part 2: Discussions on achievements and opportunities to improve methods and Approaches for WP2 and WP3 (Fiji, Vanuatu, New Caledonia, Solomon Islands, Papua New Guinea)

It also included presentations from the Divine Word University and the Institute of Medical Research in Papua New Guinea, Ministry of Education and Training (MoET) Vanuatu and Western Sydney University (WSU).

It finally concluded with discussions on the achievements and way forward.

3.3. Field trip around Suva

The final day of the workshop took a different approach. The participants were given the opportunity to go for a field trip around Suva on 30th June. The field trip took place in three stages with a stop at sites previously chosen for their representativeness and intended to serve as exploration grounds for the FALAH program. The participants visited 2 villages: Molitua and Buretu and the Pacific community Experimental Gardens in Suva. Upon arriving in both villages, a kava ceremony known as the “sevusevu”² was presented to the village headmen and elders. Before departure a second kava ceremony known as the “i-tatau”³ was also presented. Rugby balls were donated by the FALAH team in both villages.

3.3.1. Stop and visit at Molitua village

The first site to welcome the seminarians was the village of Molitua. The team was hosted to morning tea before going on a tour of the village. This guided tour allowed the project stakeholders to learn about the agricultural practices and production methods of the inhabitants who live mainly on local resources from food crops, small-scale fishing and shellfish collection. Production techniques, social functioning and lifestyle habits and their relationship with the urban dwellers of Suva were also discussed.

3.3.2. Stop and visit at Buretu village

The second site of interest was the Buretu village in which the actors and participants of the FALAH project took part in several activities. Received by the chief, they then visited the village and the basic flood protection facilities, but also the activities practiced by the inhabitants, including intercropping, small-scale pig farming, shellfish collection and other resources under the mangrove.

The highlight of the day was the meeting with the students of the Buretu Primary School who had prepared chanted and sung songs as a welcome to the FALAH teams. “*Children are the future of humanity*,” said **Prof. Jean-Marie FOTSING** to the students, who were visibly happy with the meeting. This school visit fits perfectly with one of the major research axes of the FALAH project, which consists of analyzing the lifestyle through diet and physical activity of young people in a school environment. This approach will be complemented by a similar analysis of parents and grandparents in families to study intergenerational lifestyle changes.

² Sevusevu – a traditional iTaukei ceremony that involves the presentation of kava by visitors before entering an iTaukei village in Fiji. This gives them access to the village for the intended purpose and it also releases the blessings of the village elders.

³ I-tatau – similar to the sevusevu, it is presented before departing the village. It is the traditional iTaukei way of thanking the host village and also apologizing for any behavior by the visitors that were not fitting to village protocols.



Figure 17 and 18: Participants at the Buretu Primary School



Figure 19 and 20: Diner at the Buretu Village

3.3.3. 3.3.3. Stop and visit at Pacific community Experimental Gardens

The final leg of the field visits took place at the Pacific Community Experimental Gardens in Suva. Upon returning from the villages the team visited the CePaCT and food cube field research at the Pacific Community (SPC) Office in Narere, Nasinu. The visit was facilitated by **Dr. Ellen IRAMU** and **Dr. ATUMAIRA** from the South Pacific Community (SPC).

The researchers are conducting an experiment to deepen knowledge of crops on different soils in order to analyze the water requirements of plants and their growth rates. The results of this study will contribute to improving regional efforts to support food production, ecosystem health and climate change mitigation.



Figure 21 and 22: Pacific Community Experimental Gardens

The final day of the workshop concluded with a buffet dinner at Paradiso Restaurant in Suva, the capital city of Fiji. The highlight of the dinner was a cultural performance by the representatives of the USP Samoan Students Association.



Figure 23: Participants at the Workshop

4. Conclusion and Post workshop

4.1. Conclusion

The successful completion of the inaugural FALAH workshop in Fiji shows a strong collaboration between the University of the South Pacific, the University of New Caledonia co-chairs of the Pacific Islands University Research Network, and the others PIURN Members Universities. It also reassures the commitment that France has towards strengthening research collaboration in the Pacific through research institutes and universities such as the University of the South Pacific. Vice versa the participation of universities from Australia and the Pacific at the workshop depicts a sign of welcome towards the idea of research collaboration with France and countries from the European Union.

The FALAH Project is seen as an opportunity to create lasting links with researchers from Europe, Australia and the Pacific region. The convening of this workshop has paved the way for this and further strengthens the project's multidisciplinary research in connecting agriculture and food, and focusing on the role that families in the Pacific play in farming and food.

Furthermore, the series of workshops that lie-ahead will continue to strengthen this research collaboration and increase knowledge base. This would have a positive impact on the objectives of the project which includes the promotion of sustainable family farming and ensuring supplies for urban and rural population. This would further contribute to a healthy and balanced diet based on local products, a simple, low-sedentary lifestyle and the sharing and exchange of traditional and scientific knowledge. Also including the transition to sustainable food systems, food safety, active life, populations and environment's health.

4.2. Post workshop

At the end of the three scientific days, **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALY** facilitated post-workshop meetings with the senior members of the FALAH Fiji team and PhD students to discuss their secondments. Other meetings were also held with USP ICT, SPC and the Fiji National University (FNU) from 1st to 7 July 2022.

On July 1st, the master's and doctoral students involved in the FALAH project presented their research work in front of the scientific coordinators **Prof. Jean-Marie FOTSING** and **Dr. Olivier GALY**.



Figure 24: Training session post workshop

On 5 July, **Dr. Olivier GALY** and **Ms. Mathilde SOUCHON**, representative of PIURN, met with the Vice-President in charge of research of the National University of Fiji (NUF) to raise awareness of the FALAH project with a view to a scientific gateway with specialized teams from the FNU.

Doctor Olivier GALY also provided training in qualitative and quantitative research methods dedicated to lifestyle and health for USP senior researchers involved in the FALAH project.

On 7 July, training sessions for PhD students will prepare the presentation of their work for the FALAH scientific event in October.

Finally, on the 8th of July, **Ms. Jackie LAUFF** (USP) and her team held a meeting at the University of the South Pacific's Department of Education. The latter made it possible to raise awareness of the FALAH project and to share common interests in education and in the physical activity and sport sector. The opening of a Center for Sport and Sustainable Development in the Pacific will be launched in the coming months. It will combine training and research in response to the expectations of all the actors of the meeting who have already expressed their common interests.

The next delocalized scientific seminar of the FALAH project will take place on 25, 26 and 27 October 2022 in Port Vila, Vanuatu.

5. Communication on the workshop

The USP Information Technology Department generated a zoom link for the workshop. The link was shared with all the participants, including the offshore participants as well. In addition to this, **Mr. Christopher WARD** from the PaCE-SD Communications team and **Ms. Virginie GRIZON** from the FALAH Project communications team in New-Caledonia also covered the workshop. Popular social media platforms such as Facebook, Twitter and LinkedIn were used in this regard. The official opening of the workshop was also covered and documented by the USP Uni News, together with other articles published in the University of New Caledonia (UNC) newsletter and through the Pacific Islands Universities Research Network (PIURN). The links below provide access to these articles and news piece.

University of New-Caledonia website:

- <https://unc.nc/retrospective-du-premier-seminaire-scientifique-delocalise-du-projet-rise-falah-a-fidji-du-28-au-30-juin-a-lusp-de-suva-fidji/>
- <https://www.facebook.com/univ.nc>
- https://twitter.com/unc_nc
- <https://www.linkedin.com/school/univ-nc>

Others website:

- <https://piurn.org/usp-hosts-the-first-scientific-falah-workshop/>
- <https://piurn.org/fr/usp-organise-le-premier-seminaire-scientifique-du-projet-falah/>
- <https://www.usp.ac.fj/news/researchers-convene-for-the-falah-workshop-at-laucala-campus/>

Table 1: Facebook activity of June and July 2022

Hour of publication	Facebook link	Type of publication	Clicks	Other clicks	Views	Impression
06/15/2022 01:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02t3gckmVjtGNDpJ8RJ8b47aqRHhofgxBYhsfuNVKJ4DS1wxp4nfAHo2f9ippmEAfsl&id=105205201391646	Link	3	1	0	121
06/14/2022 15:06	https://www.facebook.com/permalink.php?story_fbid=pfbid036xyUBGjTRm6pwr952iBKN6E9fvze5KfmkHrA2Gv6ZBejMVY5gv64HT42y4QcjCrl&id=105205201391646	Photo	0	39	3	1278
06/30/2022 15:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02xzMqBY33liuPy7fZMbiD9XycS9bJhvydZPVVwC346fA68nVYoG2hzVLG2EVaEKo6l&id=105205201391646	Vidéo	0	9	75	173
06/30/2022 11:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02LKvv2dENZuCi8xssVuy6Bn6Jw5QQeg1ue4R1YXrVNAzc7kPX1bPc5NGAgALWptqTl&id=105205201391646	Photo	0	5	4	160
06/29/2022 21:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02NbRGvdw2KzQrwyWBZDnbgpV5HJLy8gQ1w5jrdgt8MZrG1f38ZfwnEjDCDXgyAoY8l&id=105205201391646	Autre	0	15	7	145
06/29/2022 21:06	https://www.facebook.com/permalink.php?story_fbid=pfbid0stQGgmF4QGYxq11gAqRL5dEkCM8afpxH5C2kXextmS9mwn6TPDx5MjYknZmvpubAl&id=105205201391646	Vidéo	0	8	61	141
06/29/2022 21:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02xaSWSTNieL6S8PSyqi9LzBpjEYZnCIytT3AoJDVAeQ5ZouLekC1kVK69WgUbJvDI&id=105205201391646	Photo	0	4	4	142

Hour of publication	Facebook link	Type of publication	Clicks	Other clicks	Views	Impression
06/28/2022 17:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02DGB2JypsV7T3uAJr6FAkXKrqpDXFnqiAtSuKd9RspPzYT65wvhlJfv98XRb4Wdg9Ql&id=105205201391646	Photo	0	2	6	130
06/28/2022 17:06	https://www.facebook.com/permalink.php?story_fbid=pfbid0Uks8KC5YJzhNUMCz1rsdLDuHoyw7zkWS4XhxGzWvBifNigFF3bjedToF3qeQUHfYl&id=105205201391646	Picture	0	12	6	160
06/27/2022 16:06	https://www.facebook.com/permalink.php?story_fbid=pfbid03M5FvxHr8JEiyYb9zqKXp3T1BddG3pMLRXZAFtRaHVffjFXxXndRxUJoAgsMT5fyl&id=105205201391646	Picture	0	5	7	143
06/23/2022 23:06	https://www.facebook.com/permalink.php?story_fbid=pfbid02Qb5BKGCMUH752A39Ts6xFLZYbwNyxiBUxC9nG7hyFoVv4yN9bMkYZ5nehgvNqMkkl&id=105205201391646	Picture	7	22	1	358
06/23/2022 22:06	https://www.facebook.com/permalink.php?story_fbid=pfbid0m7aCjmTj4GzEQVuDx2YEGiacW5tDy2Yv1t7sSxgYiEfbF17pMXb7mTT2AHkSBTRtl&id=105205201391646	Picture	0	3	2	134
06/21/2022 18:06	https://www.facebook.com/permalink.php?story_fbid=pfbid08u2TsetYoAK4ochHJybh1HR7KbBBAqvPW3cYVHujn5MisGMHfaX7uFiR1XVKYgpgl&id=105205201391646	Picture	3	219	51	1342
06/21/2022 01:06	https://www.facebook.com/permalink.php?story_fbid=pfbid0UFbYHeAqfn22NaDdeotvTY5UCLVZB5GZT8apMaX6ZyiNso6ckHybn91Vc5Q3QTUI&id=105205201391646	Link	2	1	0	114
06/19/2022 13:06	https://www.facebook.com/permalink.php?story_fbid=pfbid027bzipRCVDaPffV6fjr3NwCATD9gqhDyaoaqAKmgvkzSKQPiVMBfg1u4s2GY9JDeWl&id=105205201391646	Picture	0	12	0	756

Hour of publication	Facebook link	Type of publication	Clicks	Other clicks	Views	Impression
07/18/2022 23:07	https://www.facebook.com/permalink.php?story_fbid=pfbid022JTkSV9sHdhGr5pz8zU7GdViEvX1zyt2ymvE19ThrE6JPtaNVEsNkrHDpoRMAMGgl&id=105205201391646	Picture	0	3	1	177
07/12/2022 17:07	https://www.facebook.com/permalink.php?story_fbid=pfbid0uJkDtLg2Z881A7aNKBa6cDE658iN3wPkjQ4IC6BuXNXaCe2SWKoCUcQhCmZtDN98l&id=105205201391646	Picture	6	4	5	168
07/10/2022 22:07	https://www.facebook.com/permalink.php?story_fbid=pfbid0h9FQQLj38KRbzjTiF67T31Nq4ynjKK59AsjeYeRW6SqC8rMy5sNg5drYf3HgNool&id=105205201391646	Video	0	2	50	158
07/06/2022 21:07	https://www.facebook.com/permalink.php?story_fbid=pfbid0LnMr8tmzffFzbtKzirAS9F1u4AwGefuHcgX9eVjsczmNCvjagFs41AcCR2urxbUVl&id=105205201391646	Picture	0	20	12	168
07/03/2022 18:07	https://www.facebook.com/permalink.php?story_fbid=pfbid02548JfYwGiuhMewcTZhzRAZVaqPp3RxUtu6crsaVCuFaT3vUa6M7f8hmWfNWc26Ppl&id=105205201391646	Picture	0	77	51	2484
07/01/2022 09:07	https://www.facebook.com/permalink.php?story_fbid=pfbid0QmWnpB8BkHJWfYFjiZTSCmj1HD9dVb2Y4hos8rHNhvEHjmWutHhJmRXdR5Fe2RJfI&id=105205201391646	Other	8	1	0	152

Table 2: Tweeter activity of 2022

Tweet ID	TWEET Link	Tweet	Hour of publication	Impressions
154264650 768570777 6	https://twitter.com/FALAHpacific/status/1542646507685707776	The meetings in the village of Buretu ended with a lunch cooked by the inhabitants, with local products. https://t.co/tCnICP7GKO	2022-06-30 23:09 +0000	1.0
154264596 460301926 4	https://twitter.com/FALAHpacific/status/1542645964603019264	The villages of Molituva and Buretu welcomed the actors of the FALAH project. https://t.co/zSsawzCk4O	2022-06-30 23:07 +0000	1.0
154193337 397503590 5	https://twitter.com/FALAHpacific/status/1541933373975035905	Today, 8 workshops are planned. In the photo, Adeline Mweleul presents the first results obtained in Vanuatu. https://t.co/xiLuJZ5duE	2022-06-28 23:55 +0000	1.0
154193314 507930009 6	https://twitter.com/FALAHpacific/status/1541933145079300096	About 30 people attend the workshops. All 14 international partner institutions are represented and attend the discussions by videoconference. #Pace-SD https://t.co/ReIZ3c5sdM	2022-06-28 23:54 +0000	1.0
154156655 443722240 0	https://twitter.com/FALAHpacific/status/1541566554437222400	The Family Farming, Lifestyle, and Health (FALAH) workshop at USP, suva was officially launched this morning. #FALAH#USP#EU	2022-06-27 23:38 +0000	5.0
154125192 948522598 4	https://twitter.com/FALAHpacific/status/1541251929485225984	J-1 before the opening ceremony of FALAH Workshop at USP, Fiji #FALAH#USP	2022-06-27 02:47 +0000	8.0