



Dr Eglal Elamin, WHO fellow in nutrition, 15 October 2019–20 July 2020

The positive and motivating work environment. Everyone around the office is giving their best and helping others to deliver their best as well.

I am a doctor and a community medicine lecturer from Sudan. I am a graduate of the Faculty of Medicine and I hold a Masters' Degree in Community Medicine, both from the University of Khartoum, Sudan.

What inspired you to come to work everyday?

Being a part of the relentless efforts exerted by WHO to improve the health and well-being of populations is an energizing and inspiring drive.

What were your major contributions during the fellowship?

- Conducted a review focusing on the misconceptions in public health practice in the assessment of vitamin D in the Region.
- Updated the regional data on nutrition policies, strategies and programmes for 2009–2019 impact evaluation.
- Designed a tool to assess the adherence to guidelines for management of malnutrition in the Region.
- Conducted an in-depth review of anaemia in Pakistan.

What are your future goals ?

I will continue working, learning and developing myself to support and contribute in strengthening evidence-based public health practices and decisions worldwide, regionally, and of course in Sudan.

Any tips or suggestions for future fellows?

This is a great opportunity. Use every moment of it. Donot hesitate to reach out to your colleagues and get engaged in activities. But also don't forget to enjoy your time and have fun.

What were your fun experiences outside the office in Cairo?

Cairo is a uniquely rich city; the history, the music, the food and more. There is a lot to explore. Simply, sitting in a café and watching the dynamic life around you is a great pleasure.

Your expectations versus reality?

This fellowship is much more than what I have expected. I had the opportunity to expand both my professional as well as social networks. It has offered me more than work experience.

The fellowship at the Regional Office is an opportunity to be deeply engaged in the field of public health. Being at the office was a great chance to contribute, learn and grow.

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