



# *Framing the consultation:* Adolescent girls – Why now? And how?

Carolyn Hart  
Project Director, SPRING

Stakeholders Consultation on Adolescent Girls' Nutrition: Evidence, Guidance, and Gaps

October 30–31, 2017



# Adolescent girls' nutrition has been identified as a key priority...



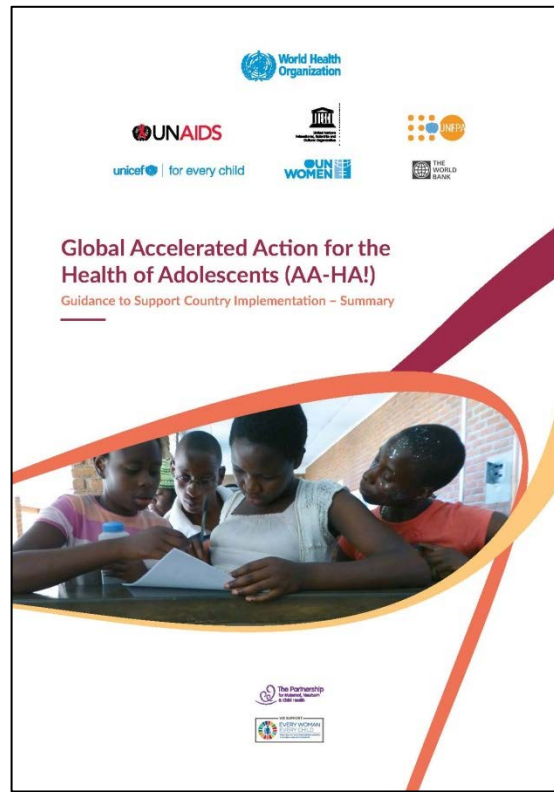
**THE LANCET**  
www.thelancet.com

**Maternal and Child Nutrition**

Executive Summary of *The Lancet* Maternal and Child Nutrition Series



"Nutrition is crucial to both individual and national development. The evidence in this Series furthers the evidence base that good nutrition is a fundamental driver of a wide range of developmental goals. The post-2015 sustainable development agenda must put addressing all forms of malnutrition at the top of its goals."



World Health Organization

UNAIDS


UNICEF | for every child

UN WOMEN

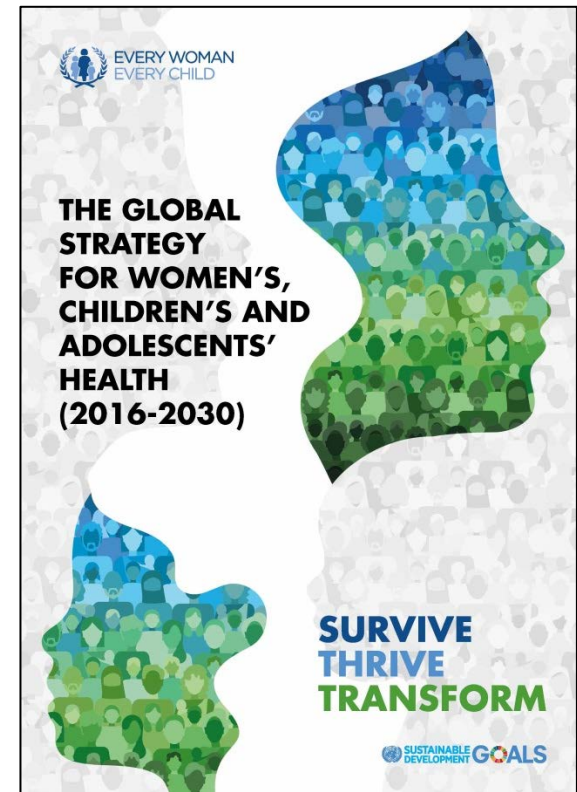
INFP

THE WORLD BANK

**Global Accelerated Action for the Health of Adolescents (AA-HA!)**  
Guidance to Support Country Implementation - Summary




The Partnership for Maternal, Newborn & Child Health



EVERY WOMAN EVERY CHILD

**THE GLOBAL STRATEGY FOR WOMEN'S, CHILDREN'S AND ADOLESCENTS' HEALTH (2016-2030)**



**SURVIVE  
THRIVE  
TRANSFORM**

SUSTAINABLE DEVELOPMENT GOALS



# And there is growing interest!

Plan of Action  
for the  
Prevention of  
in Children  
and Adolescents

53rd Directing Council  
66th Session of the Regional Committee

3 October 2014  
Original: English

 Pan American  
Health  
Organization  
Washington, D.C., USA

**THE LANCET**  
Child & Adolescent Health

Volume 1, Issue 3, November 2017  
www.thelancet.com/child-adolescent



Articles	Articles	Review
Community-based support and HIV serological suppression See page 125	20-year psychosocial outcomes in adolescents who self-harm See page 185	Poverty and biological systems underlying child development See page 225

November 2017  
Volume 1, Issue 3  
Yanira B Mendoza-Rivera, age 24

**The Lancet Commissions**

**THE LANCET**

 **COLUMBIA UNIVERSITY**  
IN THE CITY OF NEW YORK

 **UCL**

**Lancet commission on adolescent health**

Secretary-General's Global Strategy for Women's, Children's and Adolescents' Health, initiated in September 2015, presents an outstanding opportunity for investment in adolescent health and wellbeing. However, because of limits to resources and technical capacities at both the national and the global level, effective response has many challenges. The question of where to make the most effective investments is now pressing for the international development community. This Commission outlines the opportunities and challenges for investment at both country and global levels (panel 1). Adolescent health profiles differ greatly between countries and within nation states. These differences usually reflect a country's progress through an epidemiological transition in which reductions in mortality and fertility shift both population structures and predominant patterns of disease. Just over half of adolescents grow up in multi-burden countries, characterised by high levels of all types of adolescent health problems, including diseases of poverty (HIV and other infectious diseases, undernutrition, and poor sexual and reproductive health), injury and violence, and non-communicable diseases (NCDs). These countries continue to have high adolescent fertility and high unmet need for contraception, particularly in unmarried, sexually active adolescents. For these countries, addressing the diseases of poverty is a priority, at the same time as putting in place strategies to avoid sharp rises in injury, mental disorders, and NCD risks. One in eight adolescents grow up in injury-prone countries, characterised by high persisting levels of unintentional injury or violence and high adolescent lethality rates, and have generally made little progress in reducing these problems in recent decades. For this group of countries there is a need to redouble efforts to reduce injury,

Downloaded from [www.thelancet.com](http://www.thelancet.com) at Tufts University June 15, 2018.  
Personal use only. All rights reserved. Copyright © 2018 Elsevier Inc. All rights reserved.



# Technical Meeting on the Diet and Eating Practices of Adolescent Girls and Women of Reproductive Age



March 16-17,  
2015



**Pan American  
Health  
Organization**



**World Health  
Organization**  
REGIONAL OFFICE FOR THE Americas




**USAID**  
FROM THE AMERICAN PEOPLE


**SPRING**  
Strengthening Partnerships, Results,  
and Innovations in Nutrition Globally



# The March 2015 meeting objectives were to...


1. Review insights and lessons learned from two discussion papers

 **USAID**  
FROM THE AMERICAN PEOPLE


 **SPRING**  
Strengthening Partnerships, Results, and Innovations in Nutrition Globally


Nutrition of Adolescent Girls and Women of Reproductive Age in Low and Middle Income Countries: Current Context and Scientific Basis for Moving Forward

Laura E Caulfield, PhD, Victoria Elliot, MSPH  
Program in Human Nutrition, the Johns Hopkins Bloomberg School of Public Health




DRAFT – NOT FOR CITATION

 **USAID**  
FROM THE AMERICAN PEOPLE

 **SPRING**  
Strengthening Partnerships, Results, and Innovations in Nutrition Globally

Review of Programmatic Responses to Adolescent and Women's Nutritional Needs in Low and Middle Income Countries



# The 3/15 meeting objectives, cont. . . .

2. Identify characteristics of and issues related to key diet and eating practices of adolescent girls and WRA
3. Propose next steps toward unified, scientifically-based guidelines that could be adapted to local feeding practices and conditions



# We concluded that...

- Guidance on diet and eating practices of adolescent girls would be useful
- Guidance should be:
  - well-grounded for implementation within countries
  - based or closely linked to national guidelines and international recommendations
  - specific to this population
- Contextual factors are hugely important
  - the nutrition transition, globalization, urbanization, food security, food safety, sustainability, cultural, gender roles, illness, and seasonality
- While specific practices for adolescent girls may not be all that unique, it's likely that *delivery strategies* will be

## Effective actions to improve adolescent nutrition



FOR MORE INFORMATION, PLEASE CONTACT  
**Department of Nutrition for Health and Development**  
**World Health Organization**  
Avenue Appia 20, CH-1211 Geneva 27, Switzerland  
Email: [nutrition@who.int](mailto:nutrition@who.int)  
[www.who.int/nutrition](http://www.who.int/nutrition)

ISBN 978-92-4-15501-3







# Diet and Eating Practices among Adolescent Girls in Low- and Middle-Income Countries

A Systematic Review

OCTOBER 2017

EMILY C. KEATS, AVIVA RAPPAPORT, REENA JAIN, CHRISTINA OH,  
SHAIJA SHAH, ZULFIQAR A. BHUTTA



REVIEW DRAFT



Pan American  
Health  
Organization



World Health  
Organization  
REGIONAL OFFICE FOR THE  
Americas



USAID  
FROM THE AMERICAN PEOPLE

SPRING  
Strengthening Partnerships, Results,  
and Innovations in Nutrition Globally

# Our 2-Day Program

Stakeholders Consultation on Adolescent Girls' Nutrition: Evidence, Guidance, and Gaps  
October 30 -31, 2017

## DAY 1: Monday 30 October 2017

Time	Session	Facilitator
08:30-09:00	Coffee and registration	
09:00-09:10	Welcome	Francisco Becerra (PAHO) Anne Peniston (USAID)
09:10-09:20	Framing the consultation: Why is this important now? Present overview of plan for DAY 1	Caroÿn Hart (Chair day 1)
09:20-09:30	Objectives and expected outcomes	Peggy Koniz-Booher
09:30-09:45	Introductions	Participants
09:45-10:25	Comparative Analyses of Adolescent Nutrition Indicators	Rukundo Benedict
10:25-10:45	Reflections, Q&A and facilitated discussion	Laura Itzkowitz
10:45-11:15	Break	
11:15-11:45	WHO nutrition-related recommendations targeting adolescent	Pura Maria Solon
11:45-12:15	Reflections, Q&A and facilitated discussion	Abigail Kaplan Ramage
12:15-01:15	Lunch	
01:15-1:45	Presentation: Diet and Eating Practices among Adolescent Girls in Low- and Middle-Income Countries: A Systematic Review (study framework)	Zulfiqar Bhutta and Emily Keats
01:45-02:00	Clarifying Questions	Participants
02:00-02:45	Presentation: Diet and Eating Practices among Adolescent Girls in Low- and Middle-Income Countries: A Systematic Review (findings)	Zulfiqar Bhutta and Emily Keats
02:45-03:00	Clarifying questions	Participants
03:00-03:30	Break	
03:30-04:10	Reflections, Q&A and facilitated discussion	Participants
04:10-04:55	Brazil's food-based dietary guidelines and future directions	Carlos Monteiro
04:55-05:20	Reflections, Q&A and facilitated discussion	Ruben Grajeda
05:20-05:30	Reflections on Day 1	Caroÿn Hart
06:00-07:45	Reception at TONIC AT QUIGLEYS' 2036 G St. NW, Washington, DC 20036	



Stakeholders Consultation on Adolescent Girls' Nutrition: Evidence, Guidance, and Gaps  
October 30 -31, 2017

## DAY 2: Tuesday 31 October 2017

Time	Session	Facilitator
08:30-09:00	Coffee & Registration	
09:00-09:15	Welcome back and recap of day 1	Chessa Lutter (Chair Day 2)
09:15-09:55	Food systems, diet, nutrition and the double burden: Influences and opportunities for action	Jessica Fanzo
9:55-10:15	Reflections, Q&A and facilitated discussion	Sascha Lamstein
10:15-10:45	Panel discussion on program implementation, gaps, challenges and opportunities, and directions for the future	Panel discussants: Marcia Griffith Luz Maria De-Regil Alison Tumiovicz
10:45-11:00	Open discussion	Participants
11:00-11:30	Break	
11:30-12:00	The Double Burden and Double Duty Actions for Adolescents	Corinna Hawkes (remotely)
12:00-12:30	Reflections, Q&A and facilitated discussion	Abigail Kaplan Ramage
12:30-01:30	Lunch	
01:30-02:00	Facilitated discussion on research gaps, and directions for the future	Zulfiqar Bhutta Rafael Perez-Escamilla
02:00-02:15	Reflections on Day 2 and facilitated discussion about the way forward	Chessa Lutter/ Participants
02:15-02:30	Closing remarks	Michael McCabe (USAID) Ruben Grajeda (PAHO)
02:30-03:00	Concluding Break	





THANK YOU!

For more information, please contact:  
[carolyn\\_hart@jsi.com](mailto:carolyn_hart@jsi.com)

