

TECHNICAL MEETING ON THE DIET AND EATING PRACTICES OF ADOLESCENT GIRLS AND WOMEN OF REPRODUCTIVE AGE



OBJECTIVES AND OUTCOMES

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SPRING

March 16–17, 2015

Objective #1

- Review insights and lessons learned from the two discussion papers



Objective #2



- Identify characteristics and issues related to key diet and eating practices for strengthening policies and programs



Objective #3

- Propose next steps in development of a set of recommendations for key diet and eating practices



Proposed Outcomes

- Summary of **characteristics** and **issues** related to key diet and eating practices for strengthening policies and programs, and
- Summary of **next steps** for the development of recommendations for adolescents and WRA.



Quick Glance at Current, Complementary Work

- FAO/FANTA Minimum Dietary Diversity – Women (MDD-W), July 2014
- Adolescent policy/program review, April 2015
Save the Children
- International Summit on the Nutrition of Adolescent Girls and Young Women, Oregon, May, 2015



Minimum Dietary Diversity – Women (MDD-W)

FAO and the FANTA convened a consensus meeting in July 2014:

- Proxy indicator for global use in assessing the micronutrient adequacy of women's diets
- Reflects consumption of at least five of ten food groups
- Provides a new tool for assessment, target-setting, and advocacy



Minimum Dietary Diversity – Women (MDD-W)

MDD-W food groups

1. All starchy staple foods	6. Eggs
2. Beans and peas	7. Vitamin A-rich dark green leafy vegetables
3. Nuts and seeds	8. Other vitamin A-rich vegetables and fruits
4. Dairy	9. Other vegetables
5. Flesh foods	10. Other fruits

Women consuming foods from five or more food groups have a greater likelihood of meeting their micronutrient needs than women consuming foods from fewer food groups.



Adolescent policy/program review: Save the Children - April 2015

Highlights of review - actions to be taken:

- The international community needs to give greater attention to meeting adolescents' nutritional needs.
- SUN country governments should consider the long-term economic /health benefits to be gained from strengthening adolescent nutrition, and prioritize adolescents in policies/practices



Adolescent policy/program review: Save the Children - April 2015

Highlights of review continued:

- A multi-sectoral approach in policy and practice is critical.
- Strategies need to consider the context-specific burdens of malnutrition, including undernutrition, obesity and eating disorders.
- Coordination must be undertaken at the ministerial level, with guidance from the relevant UN organizations, particularly the WHO/UNICEF/UNFPA.



Adolescent policy/program review: Save the Children - April 2015

Highlights of review continued:

- Given the challenges in reaching this demographic group - **capitalize on the mechanisms that the multi-sectoral programs use to reach adolescents.**
- **Explore social media** to provide innovative opportunities for engaging adolescents not receptive to traditional health/nutrition education approaches.
- Critical that the focus on adolescents is translated into practice.



International Summit on the Nutrition of Adolescent Girls and Young Women, Portland, Oregon – May 14-17, 2015

- Host: Moore Institute for Nutrition & Wellness
- Goals: Build new and enduring bridges between nutrition scientists and practitioners.
- Global leaders from > 15 countries will discuss: Research, programmatic and policy recommendations to address gaps in knowledge, food availability/policies/practices



International Summit Cont.

Develop a consensus document highlighting:

- Major gaps in knowledge related to young women and maternal nutrition.
- How food availability and food choices among girls and young women can be improved.
- What international policies /practices would benefit the status of women across the globe and improve their access to nutritious food.

Website: <http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/the-moore-institute/news-and-media/international-summit.cfm> (Oregon Health and Science Institute: The Moore Institute).



Food-Based Dietary Guidelines (FBDGs) Summary Project - TBD

- FAO recently launched an on-line repository of ~100 country FBDGs and associated resources.



FBDGs Summary Project cont.

- FBDG are an attempt to translate a vast (yet incomplete) evidence base regarding relationships between **foods, diet patterns,** and **health** into specific and culturally appropriate recommendations.
- Such guidelines are intended to influence consumer behavior and, in some countries, (e.g. the U.S.) to be used to inform a range of national policies and programs.



• Research team has proposed comprehensively

FBDGs Summary Project cont.

- Since the 1996, many countries and regions have developed their own national guidelines.
- Development of FBDG is a scientific and political process, incorporating a range of evidence and stakeholder perspectives.
- The types of evidence include: assessments of food and nutrient intakes, food supplies, prevalence, public health importance, etc.













FBDGs Summary Project cont.

- Research team has proposed a comprehensive review of the state of these FBDGs.
- One task is to collate “key messages” for some or all FBDGs (beginning with focus on women)
- This review is intended to contribute to development of globally relevant metrics for - diet quality.
- Further details related to this and other FBDGs initiatives will be presented in morning panel.



Our 2-Day Program

    		
Technical meeting on the diet and eating practices of adolescent girls and women of reproductive age Washington D.C., March 16-17, 2015 Agenda		
Monday 16 March 2015		
08h30-09h00	Coffee & Registration	
09h00-09h30	Welcome	Francisco Becerra Kate Taylor
09h30-09h45	Objectives and Outcomes	Peggy Koniz-Booher
09h45-10h00	Introductions	Anuradha Narayan
10h00-10h30	Presentation: Development of the Guiding Principles for Child Feeding	Chessa Lutter
10h30-11h00	Break	
11h00-11h30	Presentation: WHO Evidence-Informed Guideline Development Process	Ludovic Reveiz
11h30-12h30	Panel: Food-Based Dietary Guidelines for Adolescent Girls and WRA	Megan Deitchler Rafael Perez-Escamilla Mary Armond Ruben Grajeda
12h30-01h30	Lunch	
01h30-02h00	Presentation: The Landscape of Nutrition of Adolescent Girls and Women (Paper 1, Section 1)	Laura Caulfield
02h00-02h45	Facilitated Discussion: Key Nutrition Problems and Causes	Participants
02h45-03h15	Break	
03h15-03h45	Presentation: Evidence-Based Solutions Within the Continuum of Care (Paper 1, Section 2)	Laura Caulfield
03h45-05h15	Facilitated Discussion: Key Diet and Eating Practices of Adolescent Girls and WRA	Participants
05h15-05h30	Wrap up	Anuradha Narayan
06h30-08h30	Dinner	

    		
Technical meeting on the diet and eating practices of adolescent girls and women of reproductive age Washington D.C., March 16-17, 2015 Agenda		
Tuesday 17 March 2015		
08h30-09h00	Coffee	
09h00-09h15	Recap of Day 1	Anuradha Narayan
09h15-09h45	Presentation: Programmatic Experiences and Platforms for Promoting Key Diet and Eating Practices (Paper 2)	Sascha Lamstein
09h45-10h30	Facilitated Discussion: Identify Settings, Platforms, and Strategies to Reach Each Target Group	Participants
10h30-11h00	Break	
11h00-12h30	Facilitated Discussion: Prioritize and Group Key Diet and Eating Practices for Adolescent Girls and WRA	Participants
12h30-01h30	Lunch	
01h30-02h30	Consensus Building Around Process	Participants
02h30-03h00	Closing Remarks	



Our 3 objectives and expectations for your active engagement

- Review insights and lessons learned from the 2 discussion papers/*identify gaps* (Participants)
- Identify characteristics and issues related to key diet and eating practices for strengthening policies and programs/*identify gaps* (Participants)
- Propose next steps in development of a set of recommendations for key diet and eating practices/*identify gaps* (Participants)





Thank you

