



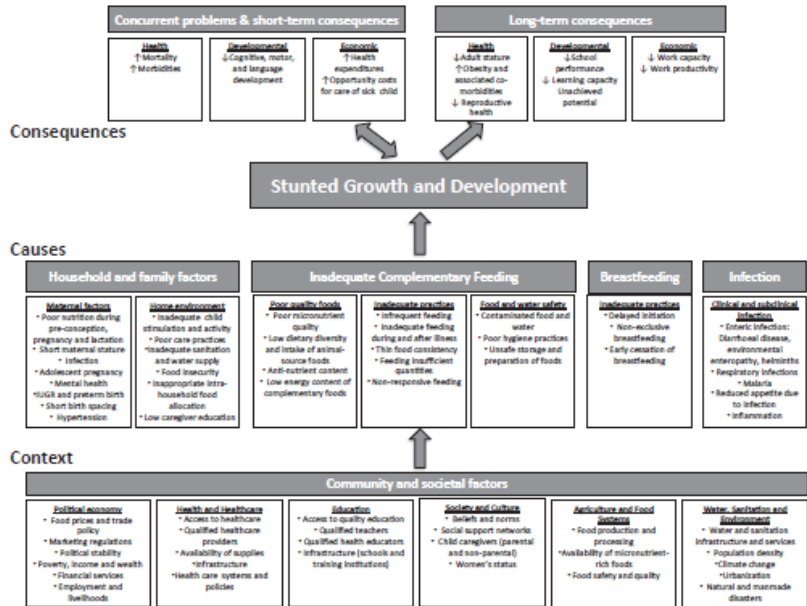
Program implementation gaps, challenges and opportunities, and directions for the future

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

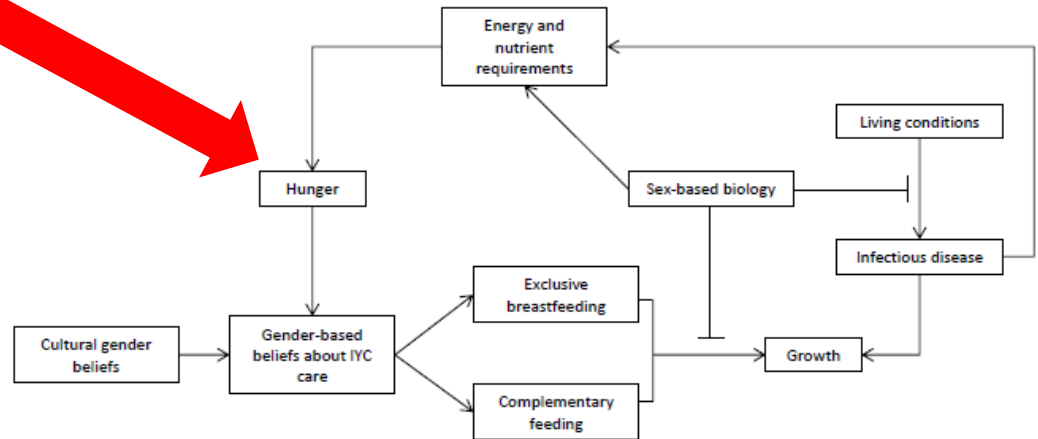
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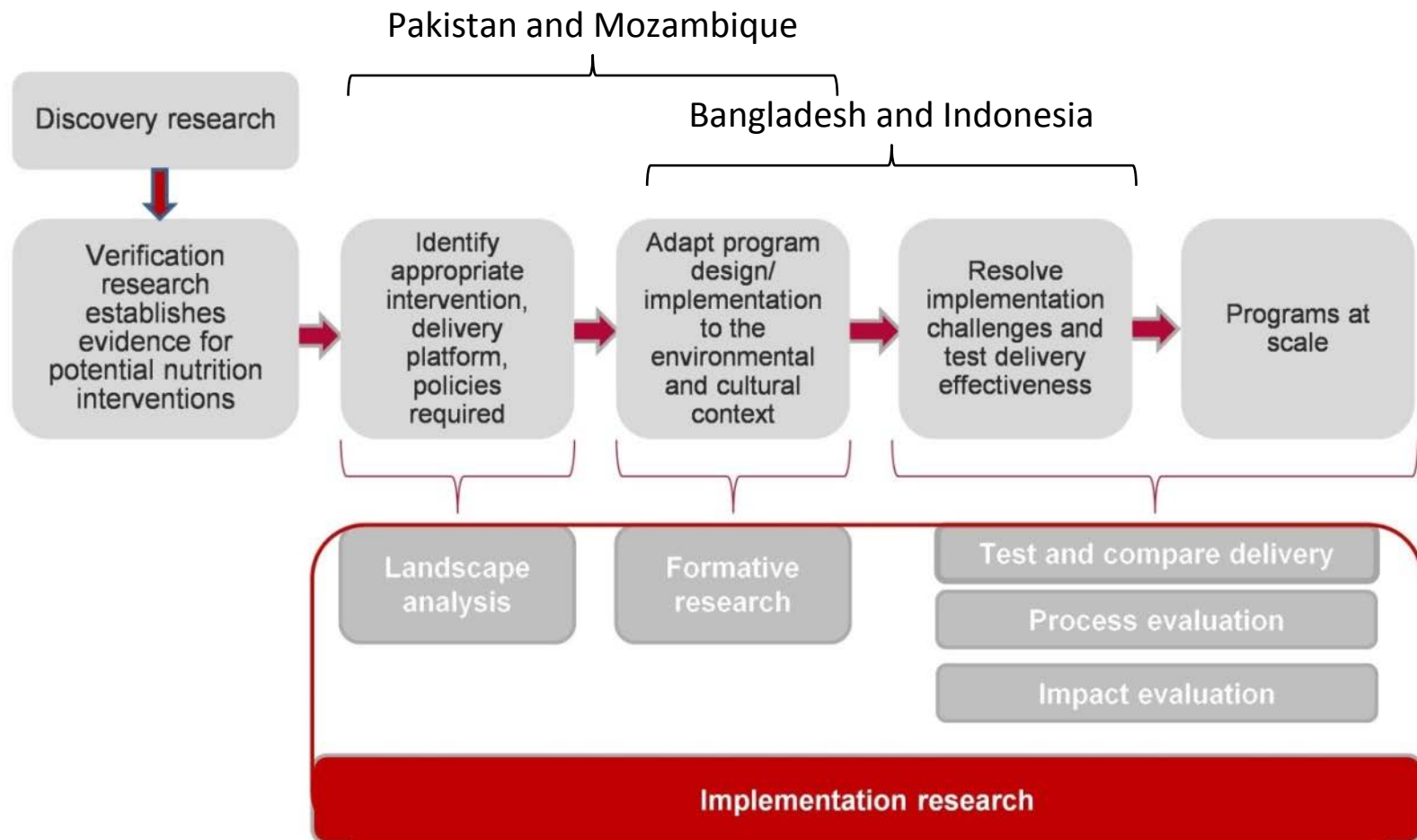


We need context-specific impact pathways which allow for understanding the causal relationships between determinants and provide insight into which interventions can best improve adolescent diets and nutritional status

Fig. 1. WHO conceptual framework on Childhood Stunting: Context, Causes, and Consequences, with an emphasis on community and societal factors



The goal of our adolescent work is to learn about *what* interventions improve dietary quality of adolescents and *how* to implement them



Snacking Behavior in Adolescent Girls Living in Urban Cities in Java, Indonesia

- Free-listing identified over 200 snack foods, most salient packaged and high in salt, sugar, fat
- Snacking called habitual and addictive
- Motivation to snack include boredom, need for a “companion” while studying, watching television or browsing internet
- Selection primarily guided by taste, which overrides concerns about health
- Plethora of cheap snack foods, wide range of exotic flavors (ex. puffed snacks have chocolate barbecue, barbecue chicken, salt cheese, cheeseburger, seafood, shrimp, strawberry flavors)



Nourishing Dreams: Improving the Quality of Adolescents' Diet

Technical consultation to explore what could facilitate and motivate key groups to carry out critical actions necessary for improving adolescent diets in low and middle-income countries.



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THANK YOU!

For more information, please contact:

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