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SPRING
Strengthening Partnerships, Results,
and Innovations in Nutrition Globally



Improving the Diet and Eating Practices of Adolescent Girls: An Overlooked Window of Opportunity

Webinar, 7 Sept 2016

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SPRING believes that targeting girls and women only when they are pregnant is too late to break the intergenerational cycle of malnutrition.

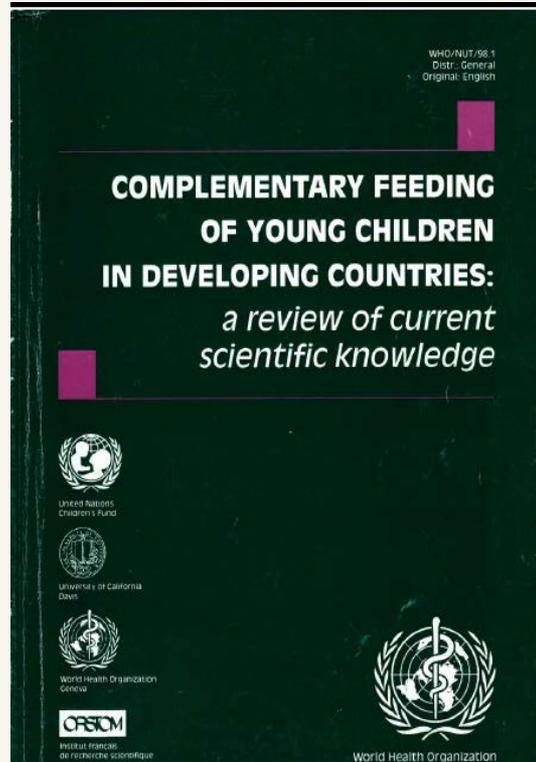


The nutrition of adolescent girls and women is important for the quality of **their own lives and wellbeing.**

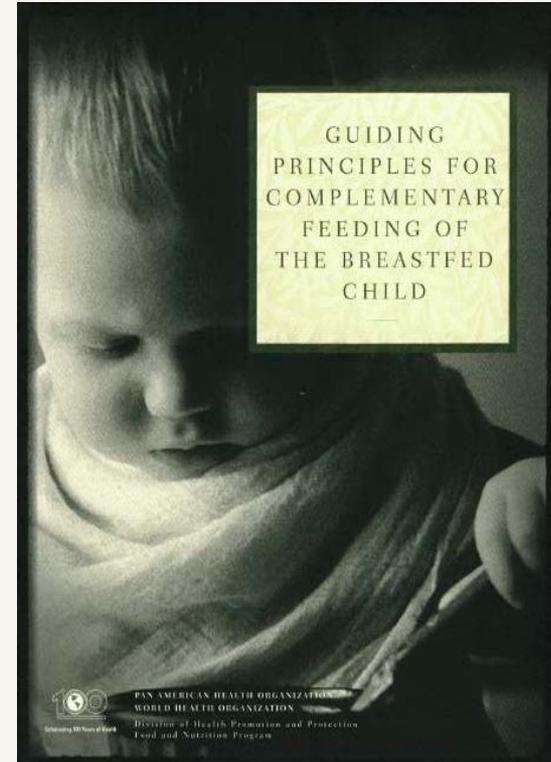
SPRING hopes to push the agenda back to before the 1000 days.



We began by reflecting on existing guiding principles and



This earlier review provided the scientific basis for 9/10 principles (active feeding not evidence based)



Target audience: Policy makers, program planners, health care providers and community leaders

The expanding body of food-based dietary guidelines.

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



Others are doing the same.

There is growing interest in adolescent girls' nutritional status and practices.

**Plan of Action
for the
Prevention of Obesity
in Children
and Adolescents**

53rd Directing Council

66th Session of the Regional Committee of WHO for the Americas

3 October 2014

Original: English



Pan American
Health
Organization



World Health
Organization
Regional Office for the Americas

Washington, D.C., USA, 2014

ADOLESCENT NUTRITION

Policy and programming in SUN+ countries

LANCET

BUILDING A BETTER FUTURE: Supporting Future Generations through Improved Nutritional Health of Girls & Young Women



**International Summit on the Nutrition of Girls & Young Women
Portland, Oregon, USA
May 2015**

Then we contracted the development of two background papers and...



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

Laura E Caulfield, PhD, Victoria Elliot, Program in Human Nutrition, the Johns Hopkins University



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



Co-organized a meeting of technical experts.



March 16 – 17 2015
PAHO/WHO, Washington, DC

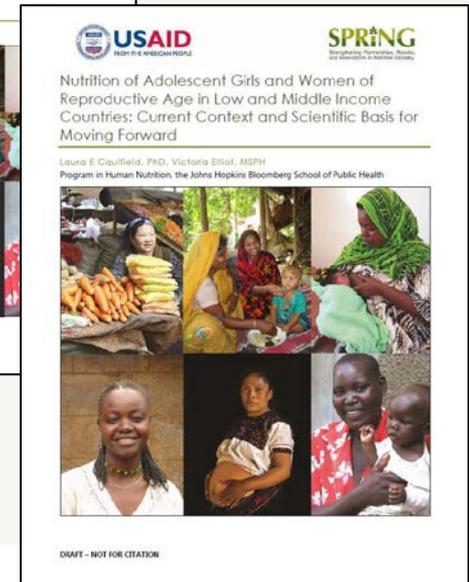
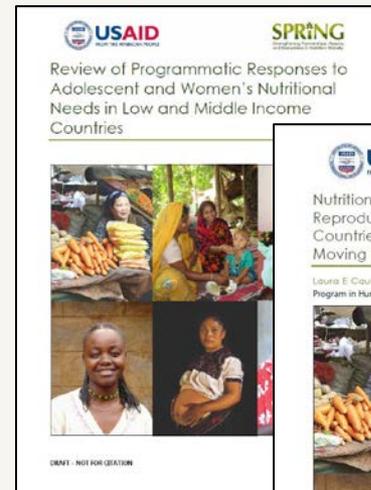


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The meeting objectives were to...

1. Review insights and lessons learned from two discussion papers
2. Identify characteristics of and issues related to key diet and eating practices for strengthening policies and programs for adolescent girls' and WRA's nutrition
3. Propose next steps in development of a set of key diet and eating practices in hopes of eventually developing a set of 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 for programming and advocacy as well as research prioritization.
- Guidance for diet and eating practices for adolescent girls should:
 - Be well-grounded for implementation within countries;
 - Based or closely linked to national guidelines and international recommendations; and
 - Highlight or emphasize issues specific to this population.
- We must take into careful consideration contextual factors including the nutrition transition, globalization, urbanization, food security, food safety, sustainability, adaptation to cultural context, gender roles, illness, and seasonality.
- While specific practices for adolescent girls may not be all that different from those designed for the population at large, the delivery strategies will likely differ.

“We have to shift social norms to have an impact... We need to go further.”

- Katie Taylor (USAID)

Chessa Lutter (PAHO/WHO):

“We need to talk about regulatory and other actions stakeholders can take to create an enabling environment to improve diets and eating practices. Some we can move on now, while some will be longer political processes.”

Maina Muthee (UNICEF):

“The issue of women’s empowerment is a huge hurdle that we need to make sure we address within a conceptual framework and throughout our discussions.”



Today's agenda

Why Focus on Adolescent Health and Wellbeing

George Patton

Investing in Adolescent Girls' Nutrition: A Second Window of Opportunity

Parul Christian

Nutritional Status of Adolescent Girls, Guidelines and Practices to Address Malnutrition: The Global Picture

Luz María De-Regil

Questions and Answers

The background features five stylized, light green leaves arranged in a symmetrical, fan-like pattern. The leaves are simple in shape, with smooth edges and a slight curve. They are set against a light beige or cream-colored background that has a subtle gradient.

For more information, please visit:
spring-nutrition.org/adolescent-and-womens-nutrition