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Reference

Title: Nutrition Recommendations for Improving Adolescent Girls' Health and Wellbeing

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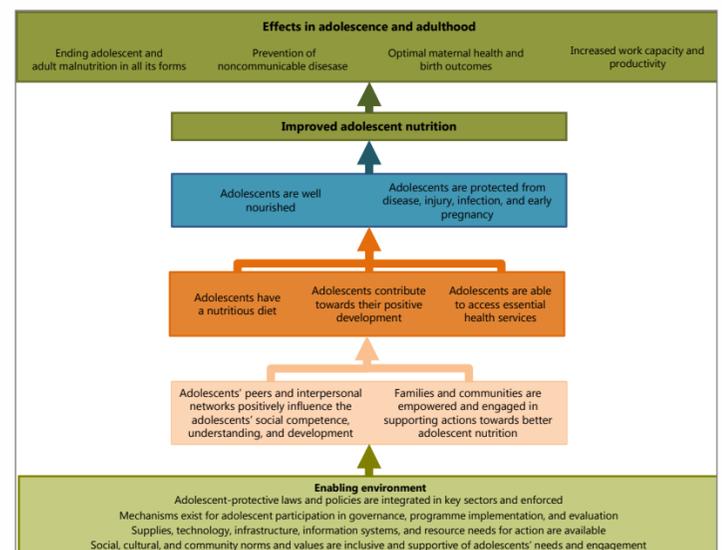
Background and Objectives:



Recent evidence suggests that it is possible to address nutritional deficits and linear growth faltering generated during the first decade of life during adolescence. There are also opportunities to alter the behaviors of adolescent girls that contribute to the epidemic of non-communicable diseases in adults. The challenge of developing appropriate policies, social and behavior change strategies, effective nutrition education programs, and targeted communication tools to improve the nutrition and wellbeing of adolescent girls in low and middle-income countries is complicated by the lack of specific global, evidence-informed nutrition guidance for this critical population.

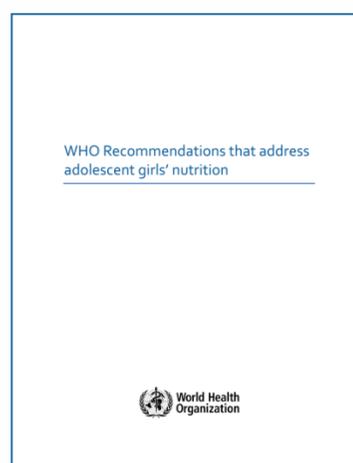
Methods:

The USAID-funded SPRING nutrition project collaborated with WHO's Department of Nutrition to develop a derivative product that summarizes key nutrition-related elements of WHO guidelines that deal with adolescent girls. Building on recommendations from a 2015 technical expert meeting on adolescent and women's nutrition, they developed a conceptual framework for explaining the determinants of adolescent girls' nutrition, health, and wellbeing. This framework guided the selection of recommendations from existing WHO guidelines for inclusion in the derivative product.



Results:

The derivative product, *WHO Recommendations that address adolescent girls' nutrition*, provides global, evidence-informed recommendations for addressing adolescent girls' nutrition. It consolidates WHO recommendations for healthy diets, micronutrient supplementation, fortification, malnutrition management, preconception and antenatal nutrition, physical activity, reproductive health and family planning, and water, sanitation, and hygiene (WASH). The recommendations are presented in a user-friendly format.



Conclusions:

The WHO derivative product provides states and their relevant ministries, donors, academic and research institutions, and implementing partners with evidence-based guidance for prioritizing nutrition interventions for adolescent girls in their programming. Ultimately, this guidance aims to reduce death and disability during the adolescent years, reduce the risk of developing non-communicable diseases in adulthood, and place adolescent girls, and their future offspring, on a healthier trajectory.

Keywords:

Adolescent girls, Adolescent nutrition, Nutrition guidelines, WHO guidelines

Conflict of Interest:

The authors declare no conflicts of interest.

