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THE SOCIETY
FOR IMPLEMENTATION
SCIENCE IN NUTRITION

WEBINAR:

Addressing real needs:

**The critical role of implementation in
designing and operationalizing adolescent
nutrition programs**

20 May 2021

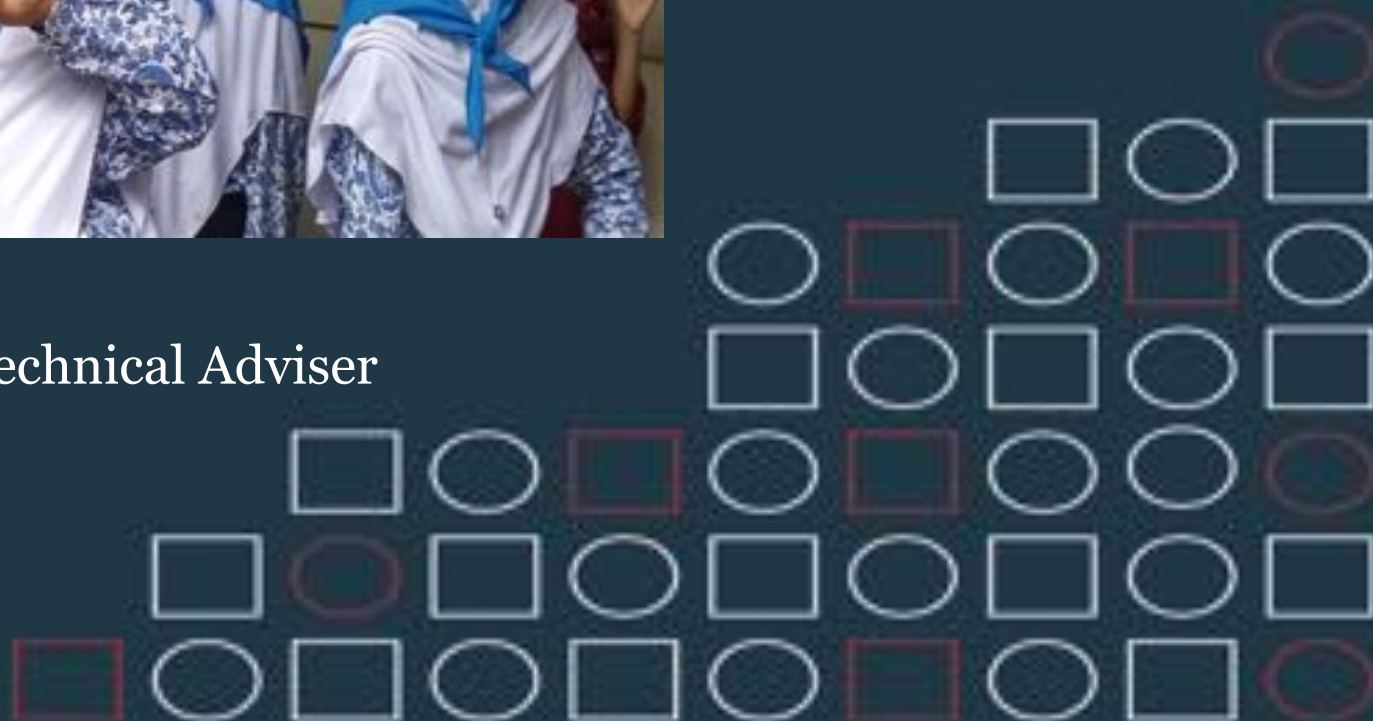
#InvestinIR

Addressing Real Needs

The critical role of implementation research in designing and operationalizing adolescent nutrition programs



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Nutrition International



NUTRITION INTERNATIONAL



A global nutrition organization headquartered in Canada

- Over 400 people worldwide
- Offices in 10 countries
- Technical assistance in > 20
- Programming in > 60
- Global advocacy campaigns
- Reach > 500m people / year

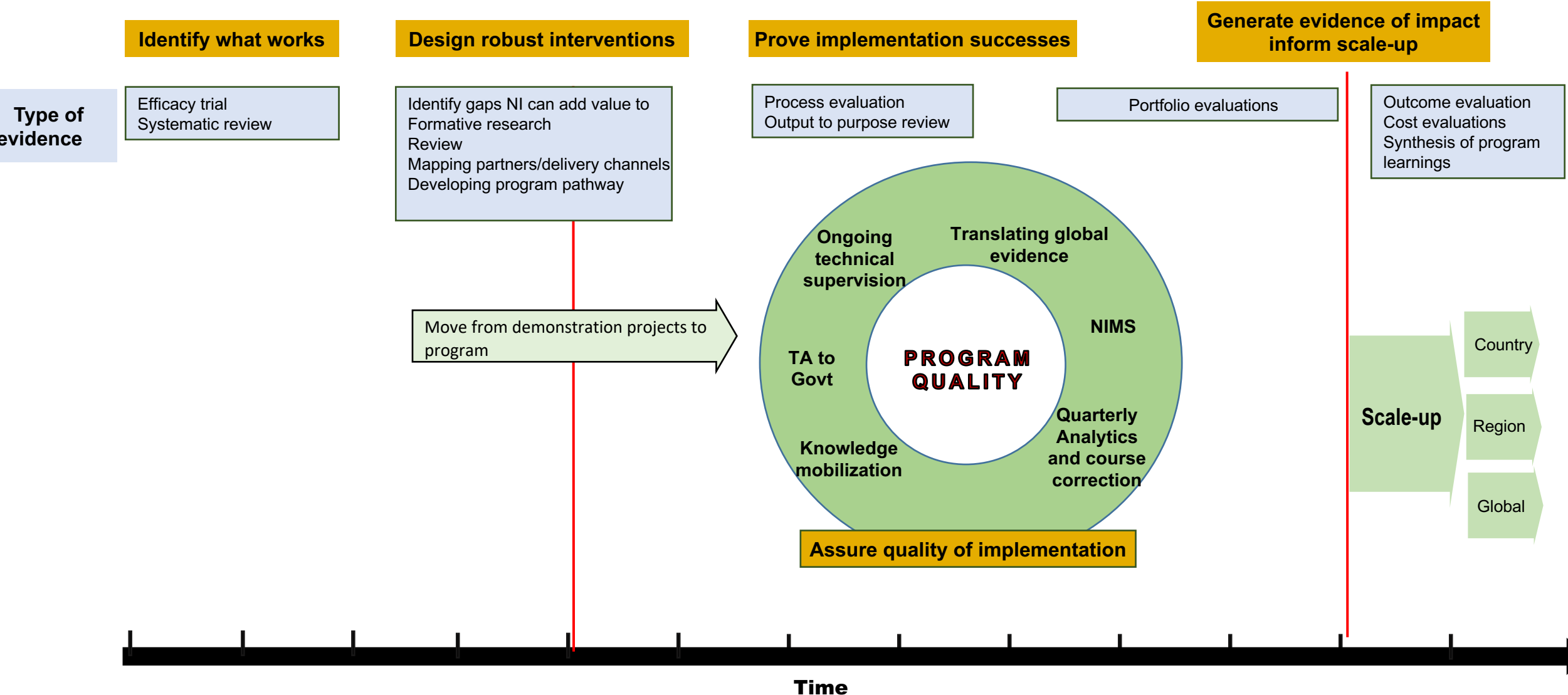


Investing in what works in Nutrition



Population Group	Intervention	Platforms
Adolescent girls	Weekly iron and folic acid (WIFA)	<ul style="list-style-type: none"> • School based programs • Community outreach
	Nutrition Education	
Pregnant and postpartum women and infants	Maternal nutrition support, including iron and folic acid (IFA) supplementation	<ul style="list-style-type: none"> • Health facilities • Community outreach • BCC
	Birth package	
Infants and Children under 5	Vitamin A supplementation	<ul style="list-style-type: none"> • Child Health Days • Health facilities • Community outreach • Early childhood development centres
	Zinc/ORS for treatment of childhood diarrhea	
	IYCN (Complementary feeding, MNPs, optimal breastfeeding)	
All population groups	Food fortification	<ul style="list-style-type: none"> • Private sector • Social protection programs • Support for government
	Salt iodization	

A framework for "Evidence to Action" programming



Adolescent Nutrition

- 16% (1 in 6) of the World's population is between 10-19 years of age
 - 1.2 billion girls and boys¹
- After infancy, adolescence (10-19 years of age) is the most rapid period of growth with the highest nutritional needs²
 - Ages 15–19 have the greatest total energy requirement compared to any age group (~2,420 kcal/day)
 - Higher needs for micronutrients: Iron, vitamin D, calcium & Zinc³
 - Both undernutrition and obesity & overweight in adolescents are public health concerns in low- and middle income countries³



What adolescents eat?

Poor diets drive malnutrition in the world



50% of **adolescent girls** in low- and middle-income countries **do not eat 3 meals per day**; most skip breakfast.



40% of **adolescent girls** in Latin America and the Caribbean **consume fast foods daily**.

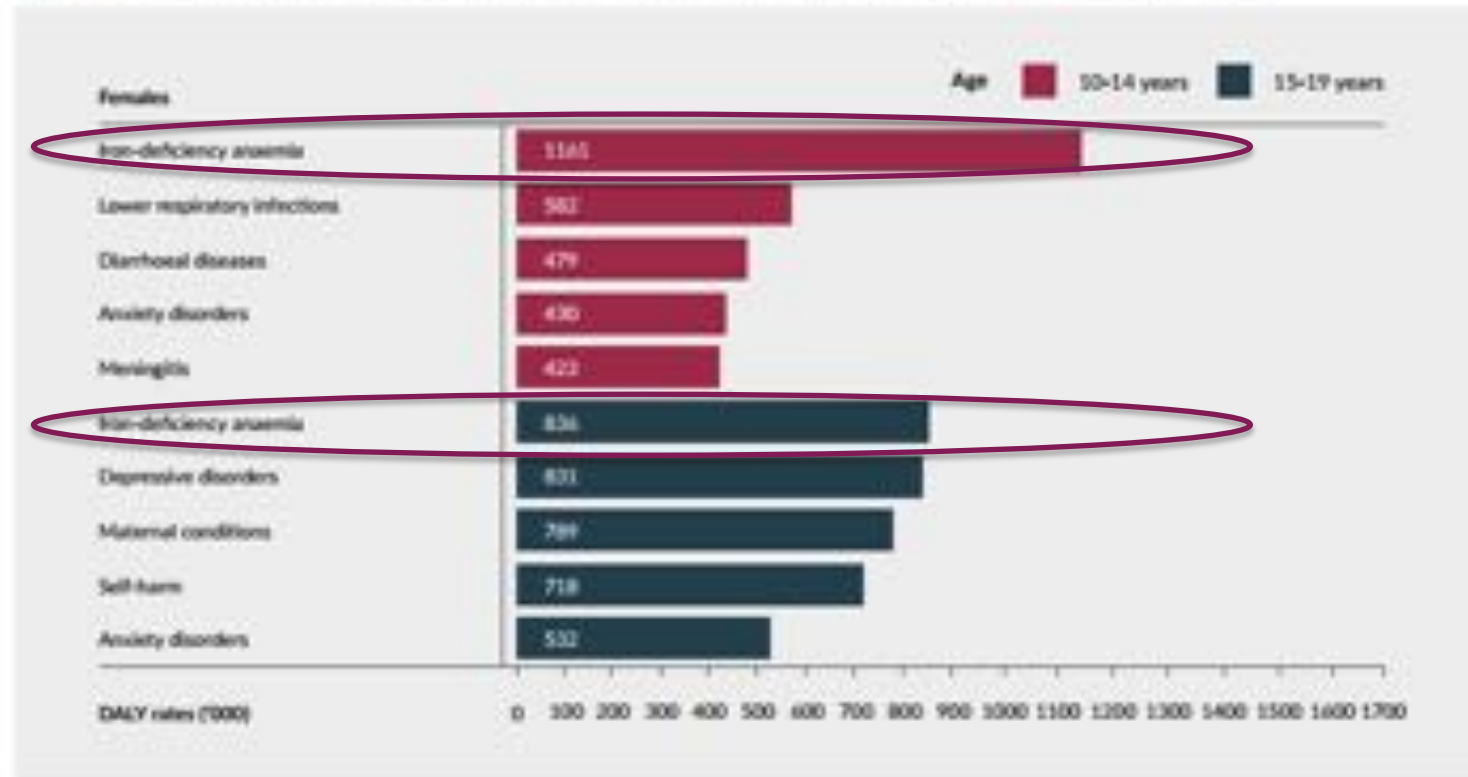


46% of **adolescents** in East Asia and the Pacific **do not eat enough fruits and vegetables** daily.

*Keats et.al., 2017

Iron-deficiency anaemia number one cause of DALYs for adolescent girls

Figure E. Estimated top five causes of adolescent disability-adjusted life years (DALY) lost by sex and age, 2015.



NI's Adolescent Nutrition Programs and Innovative Partnerships



Lessons from Delivering WIFAS & Nutrition Education

School Based Delivery

1. Adherence & Participation is highly linked to attendance
2. Peer adolescent girl leaders have played a key role
3. Keeping teachers engaged is essential
4. Coordination with both Ministries of Education and Health at every level are critical

Reaching Out-of-School Girls

1. Hard to reach approach, more resource intensive, adherence is harder to monitor and support
2. Low levels of adolescent access to health system for preventative services & intervention

An Implementation
Research Agenda?



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