Capitalizing on a Second Window of Opportunity:

Improving adolescent girls’ nutrition through the promotion of WIFAS, nutrition education, and gender equality

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Global Technical Services
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Table 1

Suggested scheme for intermittent iron and folic acid supplementation in menstruating women

<table>
<thead>
<tr>
<th>Supplement composition</th>
<th>Iron: 60 mg of elemental iron&lt;br&gt;Folic acid: 2800 μg (2.8 mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>One supplement per week</td>
</tr>
<tr>
<td>Duration and time interval between periods of supplementation</td>
<td>3 months of supplementation followed by 3 months of no supplementation after which the provision of supplements should restart. If feasible, intermittent supplements could be given throughout the school or calendar year</td>
</tr>
<tr>
<td>Target group</td>
<td>All menstruating adolescent girls and adult women</td>
</tr>
<tr>
<td>Settings</td>
<td>Populations where the prevalence of anaemia among non-pregnant women of reproductive age is 20% or higher</td>
</tr>
</tbody>
</table>

*60 mg of elemental iron equals 300 mg of ferrous sulfate heptahydrate, 180 mg of ferrous fumarate or 500 mg of ferrous gluconate.*
NI’s global Adolescent Nutrition programs
Nothing about her without her
Anaemia in Indonesia

- **National prevalence:**
  - 18%
  - Adolescents and women of reproductive age

- **Cimahi and Bandung districts:**
  - 40-50%
  - Junior high school girls
Indonesia’s Adolescent Nutrition program
Indonesia Adolescent Nutrition program
Program activities
Formative research
Behavior Change Interventions
What do you know about Anemia?
Lessons learned

Coordination

Engaged teachers

Interactive BCI

WASH and gender

Lack of water

Gender barriers to attendance
Next steps
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