

Adolescent Nutrition

Programming and research in development
and emergency contexts

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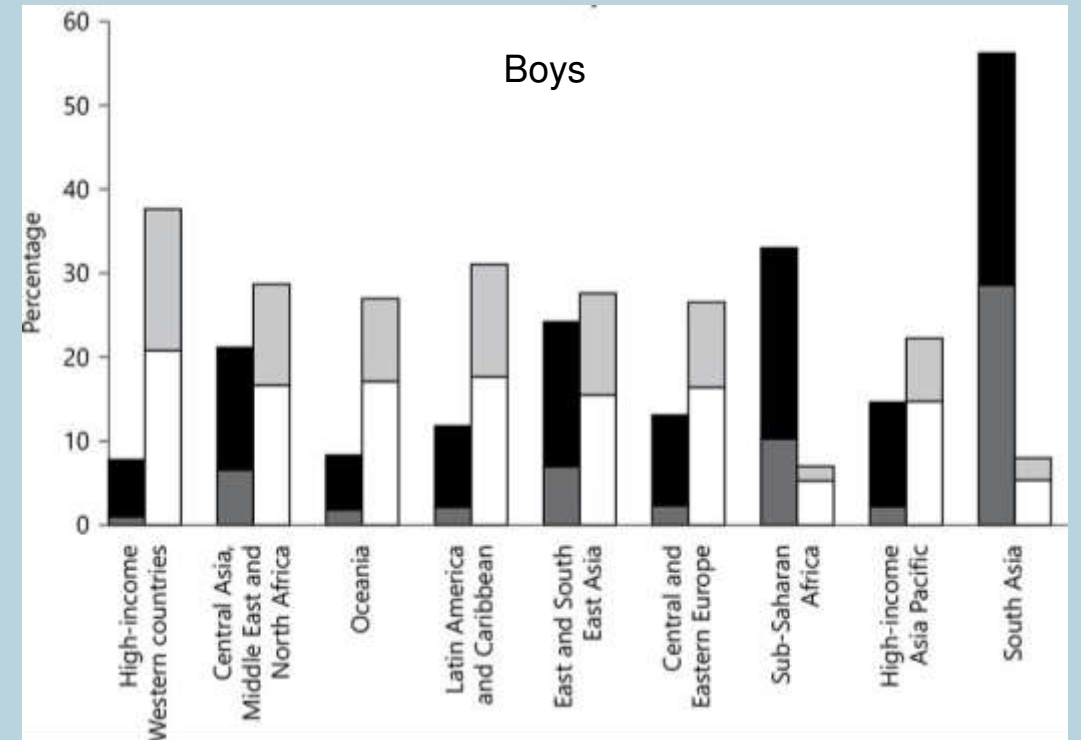
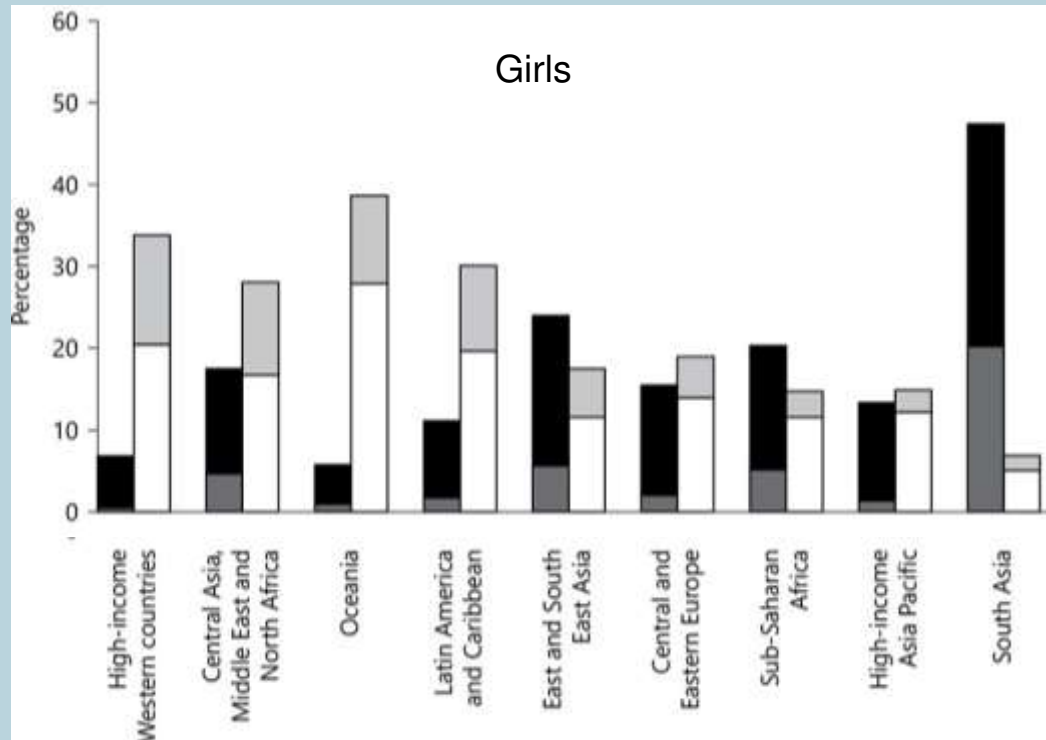
■ ADOLESCENTS AND GLOBAL TARGETS



“Adolescents and young people are our best chance to achieve radical change for a prosperous, healthy, and sustainable world.”

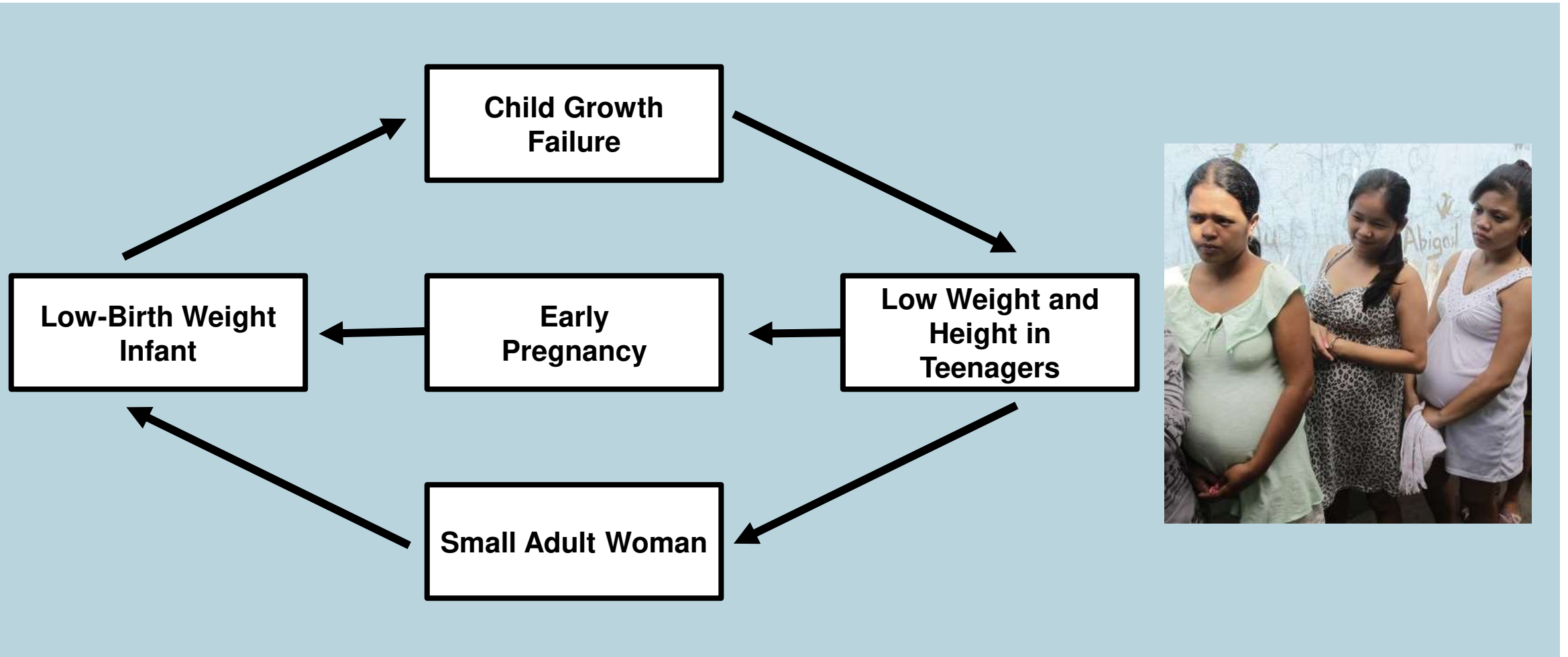
Lancet, Adolescent health and wellbeing: a key to a sustainable future

THE STATE OF ADOLESCENT NUTRITION

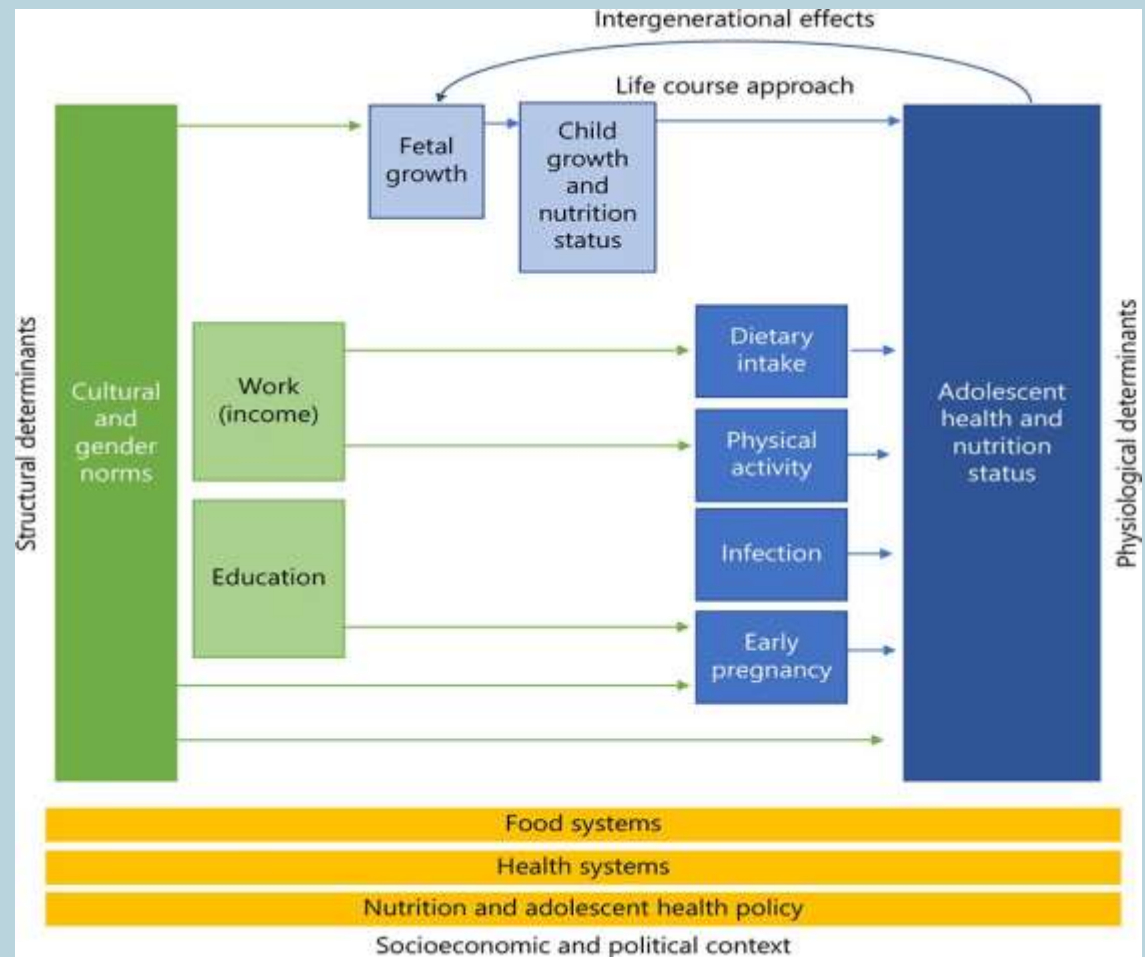


■ <-1 SD BMI ≤-2 SD (underweight) □ >1 SD BMI ≤2 SD (overweight)
 ■ <-2 SD BMI (moderate and severe underweight) □ >2 SD BMI (obese)

ADOLESCENT GROWTH, DEVELOPMENT AND THE INTERGENERATIONAL CYCLE

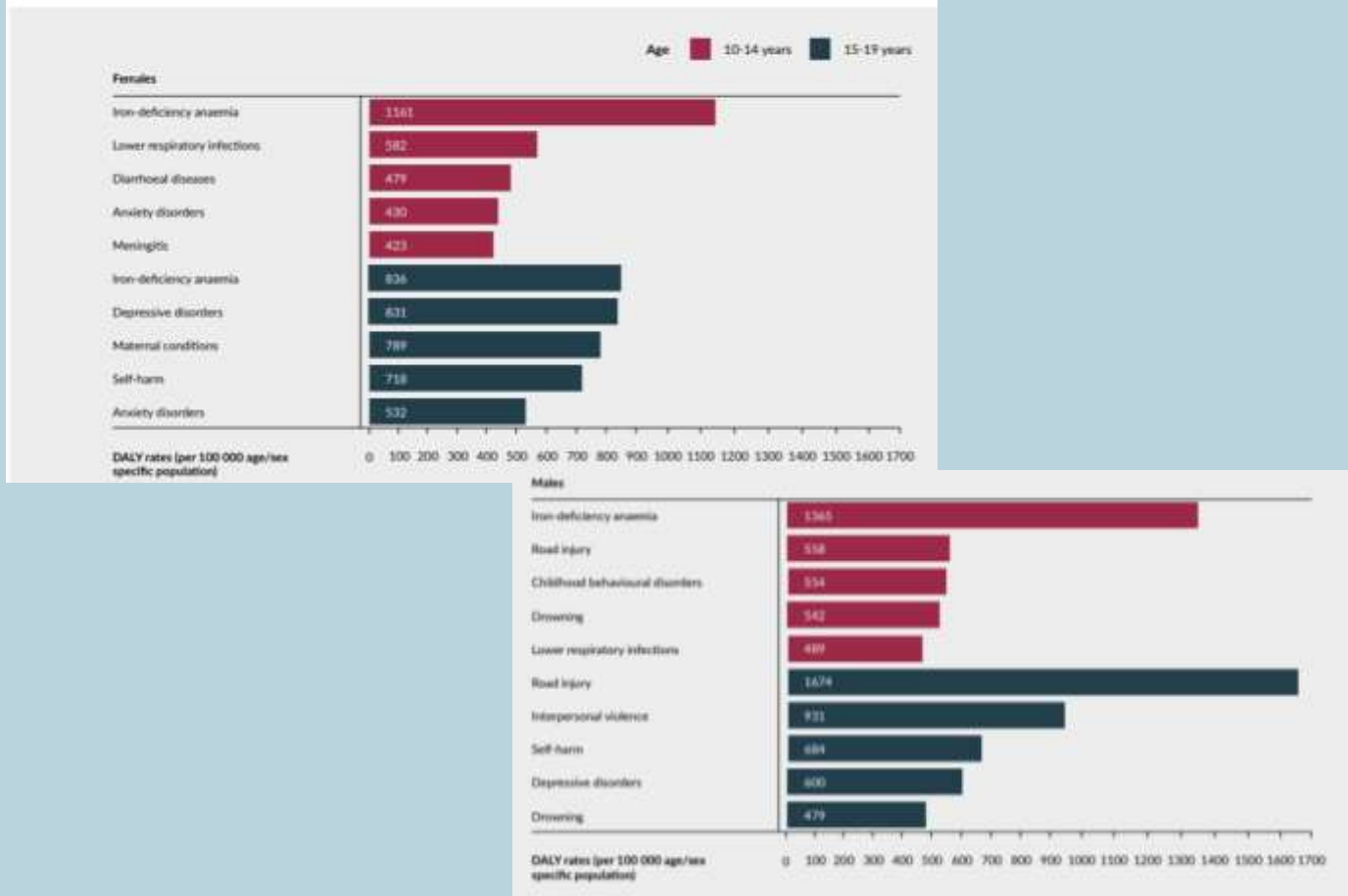


A COMPREHENSIVE FRAMEWORK FOR ADOLESCENT HEALTH



IRON DEFICIENCY ANEMIA BURDEN

Figure 4. Estimated top five causes of adolescent disability-adjusted life years (DALYs) lost by sex and age, 2015



Global Nutrition Targets 2025

- 1 achieve a 40% reduction in the number of children under-5 who are stunted;
- 2 achieve a 50% reduction of anaemia in women of reproductive age;
- 3 achieve a 30% reduction in low birth weight;
- 4 ensure that there is no increase in childhood overweight;
- 5 increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%;
- 6 reduce and maintain childhood wasting to less than 5%.

EVIDENCE FOR WHAT WORKS, CURRENT RECOMMENDATIONS



Global Accelerated Action for the Health of Adolescents (AA-HA!)

Guidance to Support Country Implementation - Summary

- Nutrition
- Hygiene & Safe environments
- Women's economic empowerment & gender equality
- Promoting secondary education
- Delayed marriage and family planning

Yet, large gaps remain...

LEARNING GAPS

- **Representative data** on diet, behaviors, and patterns and determinants of choices
- **Standardized indicators** and data collection instruments
- Cultural, economic, societal and other **influencing factors** on adolescent nutrition
- **Growth and development** during adolescence
- **Impact** of nutrition policies, food environment, and marketing-nutrition transition
- Etiology, burden and **effective interventions for anemia and other micronutrient deficiencies**



RECOMMENDATIONS FOR FUTURE PROGRAMMING & RESEARCH

- **Program/implementation research**
- Standardized **monitoring of growth and measurement** of diet, behaviors/practices
- **Cross-sectoral interventions:** Delayed marriage, family planning, education, gender equality, women's economic empowerment, agriculture
- **Evaluations**, including economic/cost-benefit analysis of interventions and programming



ADDRESSING ADOLESCENT NUTRITION IN HUMANITARIAN SETTINGS



<http://www.humanitarianweb.org>

