Adolescent Nutrition
Programming and research in development and emergency contexts

Florence Vasta

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“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

The graphs show the percentage of girls and boys in different regions with varying BMI categories. The categories are:

- Underweight: BMI ≤ -2 SD
- Moderate and severe underweight: BMI ≤ -2 SD
- Overweight: BMI > 1 SD and ≤ 2 SD
- Obese: BMI > 2 SD

The regions include:
- High-income Western countries
- Central Asia and North Africa
- Latin America and Caribbean
- East and South Asia
- Central and Eastern Europe
- Sub-Saharan Africa
- High-income Asia Pacific
- South Asia

The graphs indicate the prevalence of undernutrition and overweight among girls and boys across these regions.
ADOLESCENT GROWTH, DEVELOPMENT AND THE INTERGENERATIONAL CYCLE

- Child Growth Failure
  - Low-Birth Weight Infant
  - Early Pregnancy
    - Low Weight and Height in Teenagers
  - Small Adult Woman
A COMPREHENSIVE FRAMEWORK FOR ADOLESCENT HEALTH
IRON DEFICIENCY ANEMIA BURDEN

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

- 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