


# Adolescent Nutrition - CRS Ethiopia Experience

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COMMUNITY HEALTH ACTION  
FOR THE  
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 **coregroup** global health practitioner conference

#GHPC18



# USAID Agriculture, Health & Nutrition Education

FROM THE AMERICAN PEOPLE



Homestead gardens >>>> Health Diet for Children and Adolescents



1 Learning sessions, Community Mobilisation for improved nutrition

faith. action. results.

M&E- LQAS/PDI

WASH

Gender



Home stead gardens



Agronomic Practices

Preservation & storage of vegetables

Learning on-ENA/EHA  
Counselling & negotiation & follow up



Recipes

Storage

Cooking demonstrations

Vegetable seeds

Farm tools

Income ?

Consumption





## Adolescents utilize improved WASH Services at school:

- Access to safe drinking water improved
- Promotion of Community Led Total Sanitation and Hygiene (CLTSH) resulting in Open Defecation Free (ODF) kebeles
- School WASH clubs
- Students trained on CHAST
- Mensural Hygiene Management- Adolescents girls provided with sanitary pads





# Boosting Income and Diversified Livelihood



## Story of Medina, SILC group

- Medina Birmaj at 18 years, is a mother of two,
- Got married before she completed secondary school
- Medina became part of a saving and lending group- SILC group,
- Accessed credit, launch small businesses by selling vegetables and fruits
- She bought livestock including two cows and goats.
- Medina save earnings from her businesses to invest more in next
- Medina is also an excellent weaver, and sells her crafts to supplement her income.



# Study on Fortified Food for Adolescents



"Densely nutritive"

"Keeps us healthy, strong and productive"

"Important for Future"

"Health benefits"

"Many micro & macro nutrients"

"Fights intergenerational cycle malnutrition"

"Important for development"

"Benefits for preparing mothers and child"

"Prevents anemia, night blindness, builds body,"

"Protects against disease"



# Lesson learnt in Application to Humanitarian Context



Work multi Sectorally

Building and strengthening linkage between key actors and agencies

Strengthen coordination & coordination for adequate adolescent nutrition

Invest in adolescent nutrition to improve women & children's nutrition & protect and sustain investment in 1000 days

Ensure production of and access to nutritious food, nutrition care & Livelihood support

Implement and scaleup proven and high interventions – eg- IYCF-E, integration of CMAM with IYCF support





# *Nutrition Today Matters Tomorrow !*



*Thank You!*



**faith. action. results.**