



Approaches for improving the nutrition of adolescent girls and women of reproductive age

PTB/LBW Global Technical Working Group Meeting

Copenhagen, Denmark

16 May 2016

Session Objectives

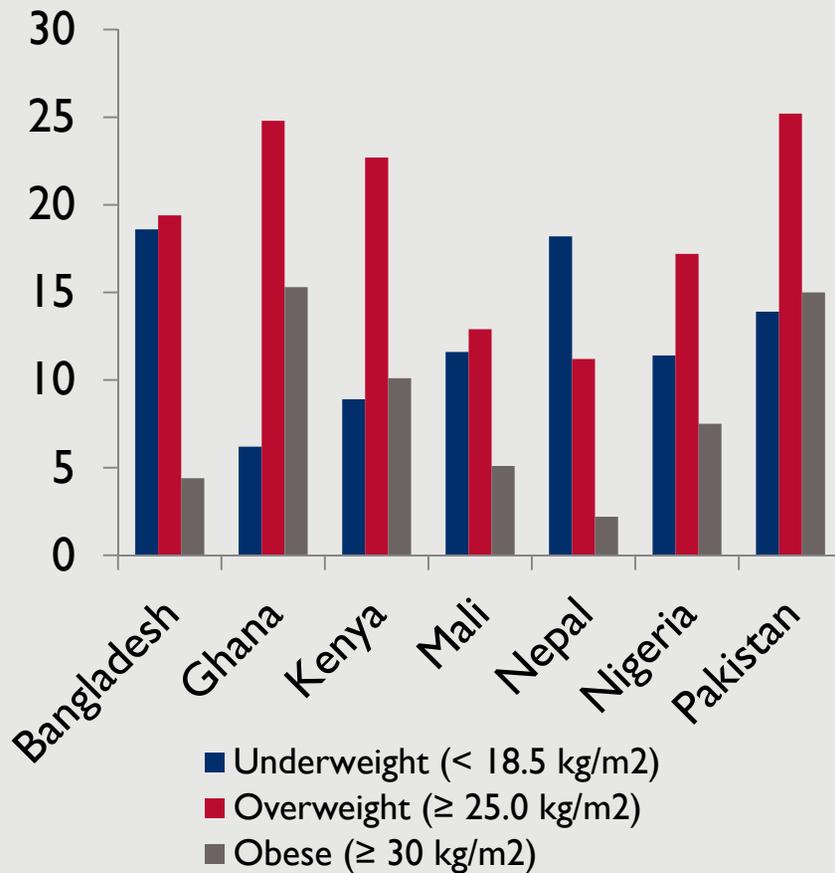
At the end of this session, participants will be able to:

- Identify programmatic approaches for improving nutritional status of adolescent and women of reproductive age (WRA)
- Become familiar with the new Minimum Dietary Diversity-Women indicator
- Identify and access resources for improving adolescent and women's nutrition and preventing pre-term birth and low-birth weight



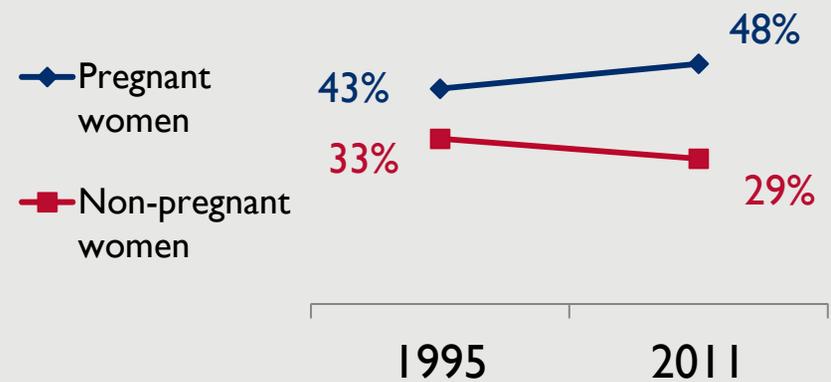
Nutrition of adolescent girls and WRA: the current context

**Current percentage of WRA
underweight, overweight, and obese**
Source: most recent DHS



Global prevalence of anemia

Source: Stevens et al., 2013



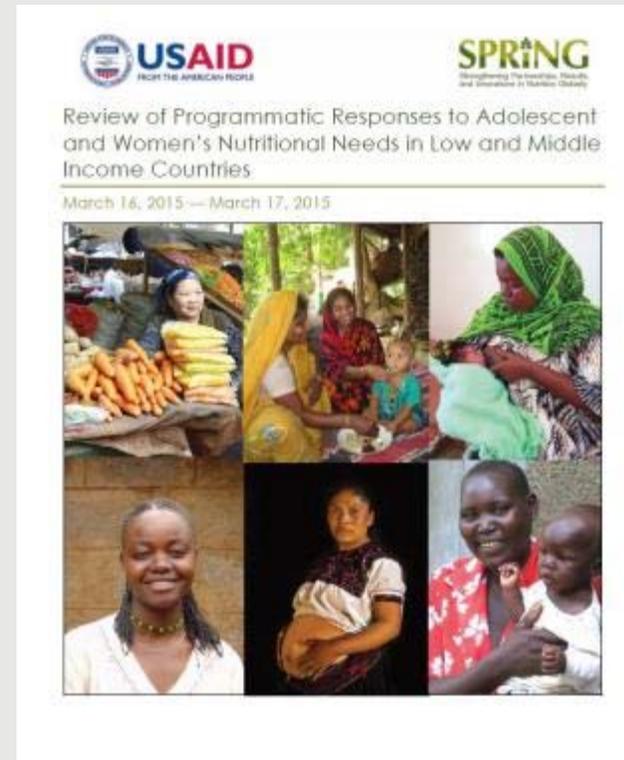
Anemia: < 110 g/L for children and pregnant women;
120 g/L for women

— Programmatic approaches



Programmatic responses to adolescent girls and women's nutrition

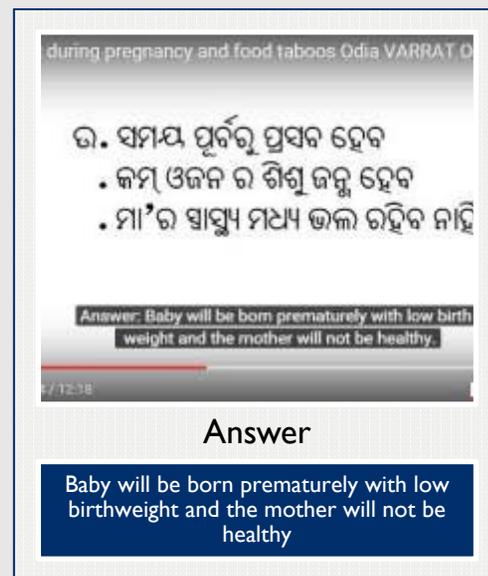
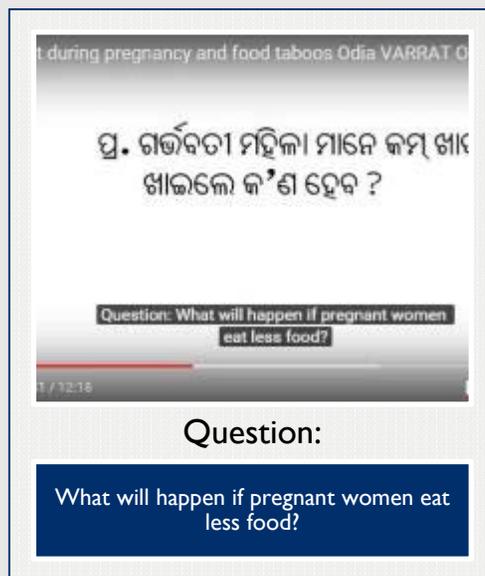
- In 2014 SPRING conducted a literature review of 53 nutrition-specific programs
 - Highlights practices promoted and delivery platforms
 - Only 10 specifically targeted adolescent girls
 - 9 provided data on effectiveness of approach
- **Uttar Pradesh, India** (Vir et al., 2008)
 - Weekly IFA supplementation deworming tablets and family life education for school-going and non-school going girls; school system and community “girl-to-girl” approach
 - Significantly improved hemoglobin levels and reduced anemia prevalence after 6 months of implementation
- **Yen Vai province, Vietnam** (Passerini et al., 2012)
 - IFA supplementation distributed to non-pregnant women in two districts for 20 months through village health workers
 - Reported correlations between the distribution of IFA supplementation and de-worming for WRA and a reduction in the prevalence of LBW infants at district hospitals



Still a need for more rigorous research and evaluation of programs

Community Video approach

- With USAID support, SPRING is testing a new and innovative approach in collaboration with Digital Green called “Community Video”
 - This novel social and behavior change communication approach promotes locally produced participatory media, including radio spots and videos



— Research approaches



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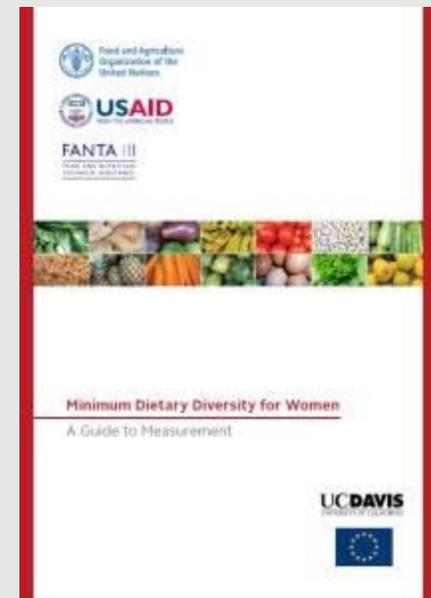
Thomas Cristofolletti / Ruom for USAID

Minimum Dietary Diversity – Women (MDD-W) Indicator

- Indicator definition: The proportion of women 15-49 years of age who consumed food items from at least five out of ten defined food groups the previous day or night

Grains, white roots/tubers, plantains	Dairy	Other vitamin A-rich fruits & vegetables
Pulses (beans, peas and lentils)	Meat, poultry and fish	Other vegetables
Nuts and seeds	Eggs	Other fruits
	Dark green leafy vegetables	

- How can this be interpreted?
 - Groups of WRA where a higher proportion **consume ≥ 5 of the 10 food groups are likely to have higher micronutrient adequacy**
- How should this indicator be measured?
 - MDD-W can be used as a proxy indicator to describe the micronutrient adequacy of women's diets in **national and sub-national assessments**
- How is it useful in the context of programs?
 - MDD-W may be useful when the program design, activities, and impact pathway **indicate a potential to increase food group diversity**
 - It is not adequate to characterize individual diet quality



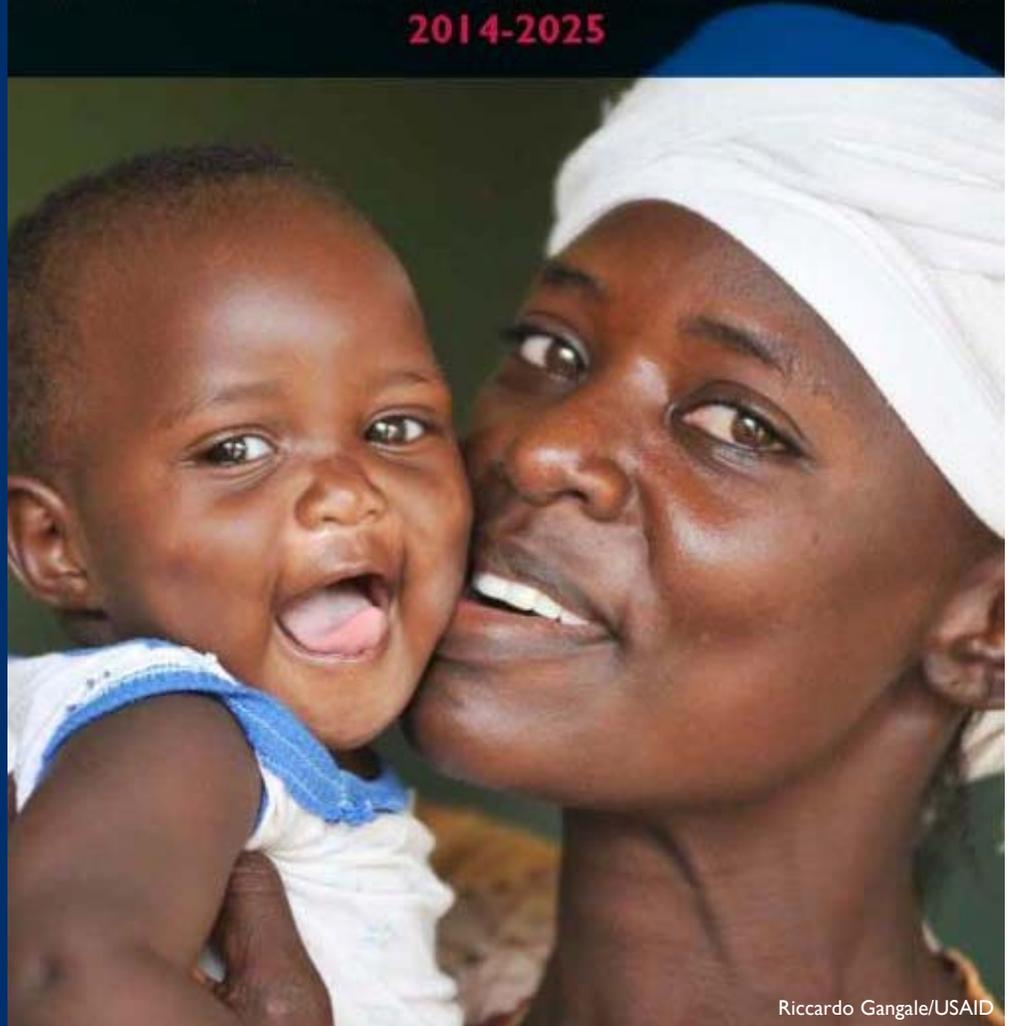
— USAID
Multi-Sectoral
Nutrition
Strategy and
technical
implementation
briefs



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MULTI-SECTORAL NUTRITION STRATEGY
2014-2025



Riccardo Gangale/USAID

USAID strategy for maternal and adolescent nutrition

- The MSN Strategy prioritizes women of reproductive age and adolescent girls for **multi-sectoral nutrition programming**
- Implementation briefs are available on USAID Global Health website
 - Maternal Nutrition for Girls and Women
 - The 1,000-day Window of Opportunity
 - Role of Nutrition in Ending Preventable Child and Maternal Deaths

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TECHNICAL AREAS

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The goal of USAID's Multi-Sectoral Nutrition Strategy (2014-2025) is to improve nutrition, economic productivity, and advance development. To support the implementation of this Strategy, implementation briefs are being developed which summarize the evidence, best practices and programmatic guidance for nutrition.

The following briefs are currently available, with more to follow:

 The 1,000-day Window of Opportunity	 Community-Based Management of Acute Malnutrition	 Intensive Nutrition Program
 Maternal Nutrition for Girls and Women	 Nutrition, Food Security and HIV	 Nutrition in the Context of HIV
 Nutrition-sensitive Agriculture: Nutrient-rich Value Chains	 Role of Nutrition in Ending Preventable Child & Maternal Deaths	 WASH and Nutrition Implementation

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RELATED SECTORS OF WORK

- Global Health

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USAID Bureau for Global Health, Office of Health Infectious Disease and Nutrition



— Additional Resources

- SPRING

- <https://www.spring-nutrition.org/technical-areas/sbcc/adolescent-and-womens-nutrition>
- <https://www.spring-nutrition.org/technical-areas/sbcc/community-media>

- FANTA/FAO

- <http://www.fantaproject.org/monitoring-and-evaluation/minimum-dietary-diversity-women-indicator-mddw>
- <http://www.fao.org/3/a-i5486e.pdf>
-

- USAID

- <https://www.usaid.gov/what-we-do/global-health/nutrition/technical-areas>

