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**SPRING**  
Strengthening Partnerships, Results,  
and Innovations in Nutrition Globally



# Improving the Diet and Eating Practices of Adolescent Girls: An Overlooked Window of Opportunity

Webinar, 7 Sept 2016

Sascha Lamstein, PhD  
Technical Advisor and Systems Thinking  
for Nutrition Team Lead, SPRING

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SPRING believes that targeting girls and women only when they are pregnant is too late to break the intergenerational cycle of malnutrition.



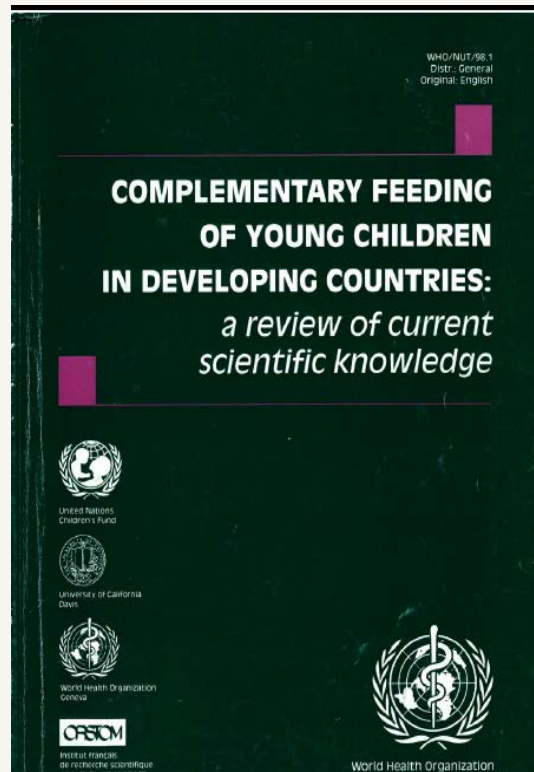
The nutrition of adolescent girls and women is important for the quality of **their own lives and wellbeing.**



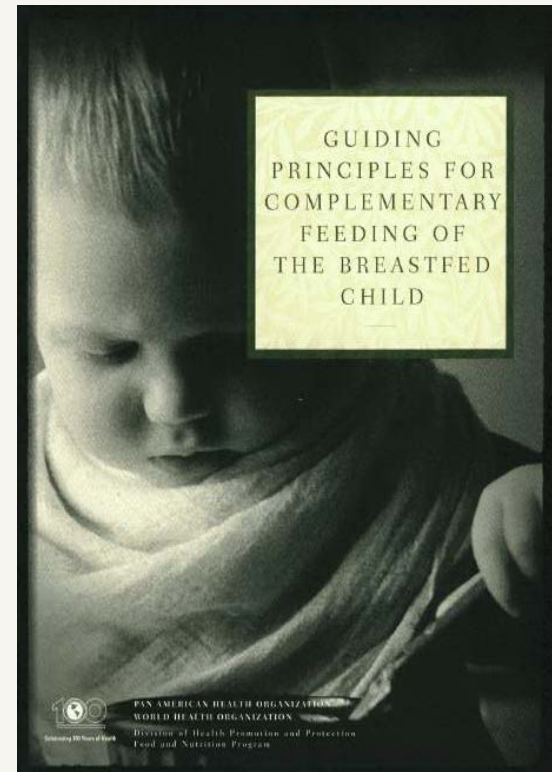
**SPRING** hopes to push the agenda back to before the 1000 days.



# We began by reflecting on existing guiding principles and



This earlier review provided the scientific basis for 9/10 principles (active feeding not evidence based)



Target audience: Policy makers, program planners, health care providers and community leaders

# The expanding body of food-based dietary guidelines.

FAO recently launched an on-line repository of ~100 country FBDGs and associated resources.





# Others are doing the same.

There is growing interest in adolescent girls' nutritional status and practices.

**Plan of Action  
for the  
Prevention of Obesity  
in Children  
and Adolescents**

53<sup>rd</sup> Directing Council  
66<sup>th</sup> Session of the Regional Committee of WHO for the Americas

3 October 2014

Original: English



Pan American  
Health  
Organization



World Health  
Organization  
Regional Office for the Americas

Washington, D.C., USA, 2014

## ADOLESCENT NUTRITION

Policy and programming in SUN+ countries

# LANCET

**BUILDING A BETTER FUTURE: Supporting Future Generations through Improved Nutritional Health of Girls & Young Women**



**International Summit on the Nutrition of Girls & Young Women  
Portland, Oregon, USA  
May 2015**

# Then we contracted the development of two background papers and...



## Nutrition of Adolescent Girls and Women of Reproductive Age in Low Income Countries: Current Context and Moving Forward

Laura E Caulfield, PhD, Victoria Elliott, PhD  
Program in Human Nutrition, the Johns Hopkins University



## Review of Programmatic Responses to Adolescent and Women's Nutritional Needs in Low and Middle Income Countries





# Co-organized a meeting of technical experts.



March 16 – 17 2015  
PAHO/WHO, Washington, DC

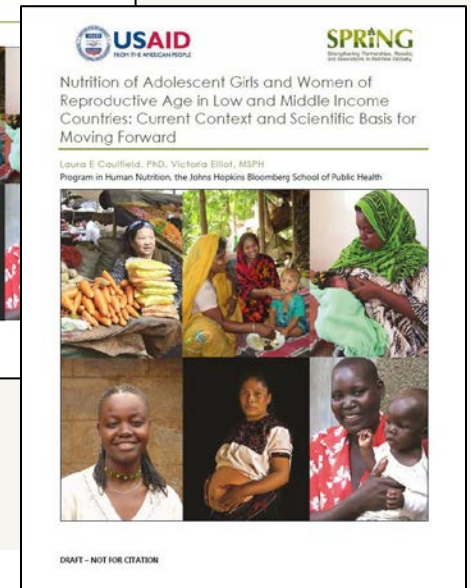
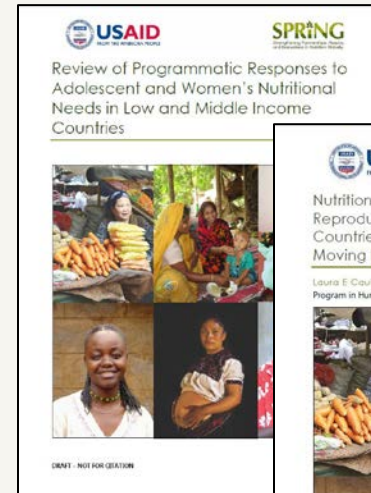


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# The meeting objectives were to...

1. Review insights and lessons learned from two discussion papers
2. Identify characteristics of and issues related to key diet and eating practices for strengthening policies and programs for adolescent girls' and WRA's nutrition
3. Propose next steps in development of a set of key diet and eating practices in hopes of eventually developing a set of unified, scientifically-based guidelines that could be adapted to local feeding practices and conditions



# We concluded that...

- Guidance on diet and eating practices of adolescent girls would be useful for programming and advocacy as well as research prioritization.
- Guidance for diet and eating practices for adolescent girls should:
  - Be well-grounded for implementation within countries;
  - Based or closely linked to national guidelines and international recommendations; and
  - Highlight or emphasize issues specific to this population.
- We must take into careful consideration contextual factors including the nutrition transition, globalization, urbanization, food security, food safety, sustainability, adaptation to cultural context, gender roles, illness, and seasonality.
- While specific practices for adolescent girls may not be all that different from those designed for the population at large, the delivery strategies will likely differ.



# "We have to shift social norms to have an impact... We need to go further."

- Katie Taylor (USAID)

**Chessa Lutter (PAHO/WHO):**

"We need to talk about regulatory and other actions stakeholders can take to create an enabling environment to improve diets and eating practices. Some we can move on now, while some will be longer political processes."

**Maina Muthee (UNICEF):**

"The issue of women's empowerment is a huge hurdle that we need to make sure we address within a conceptual framework and throughout our discussions."



# Today's agenda

Why Focus on Adolescent Health and Wellbeing  
*George Patton*

Investing in Adolescent Girls' Nutrition: A Second Window of Opportunity  
*Parul Christian*

Nutritional Status of Adolescent Girls, Guidelines and Practices to Address Malnutrition: The Global Picture  
*Luz María De-Regil*

Questions and Answers

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A large, stylized graphic of a plant with five leaves in a light olive green color, centered on a white background. The leaves are arranged in a symmetrical pattern, with one leaf at the top and four others branching out below it.

**For more information, please visit:**  
[spring-nutrition.org/adolescent-and-womens-nutrition](http://spring-nutrition.org/adolescent-and-womens-nutrition)