



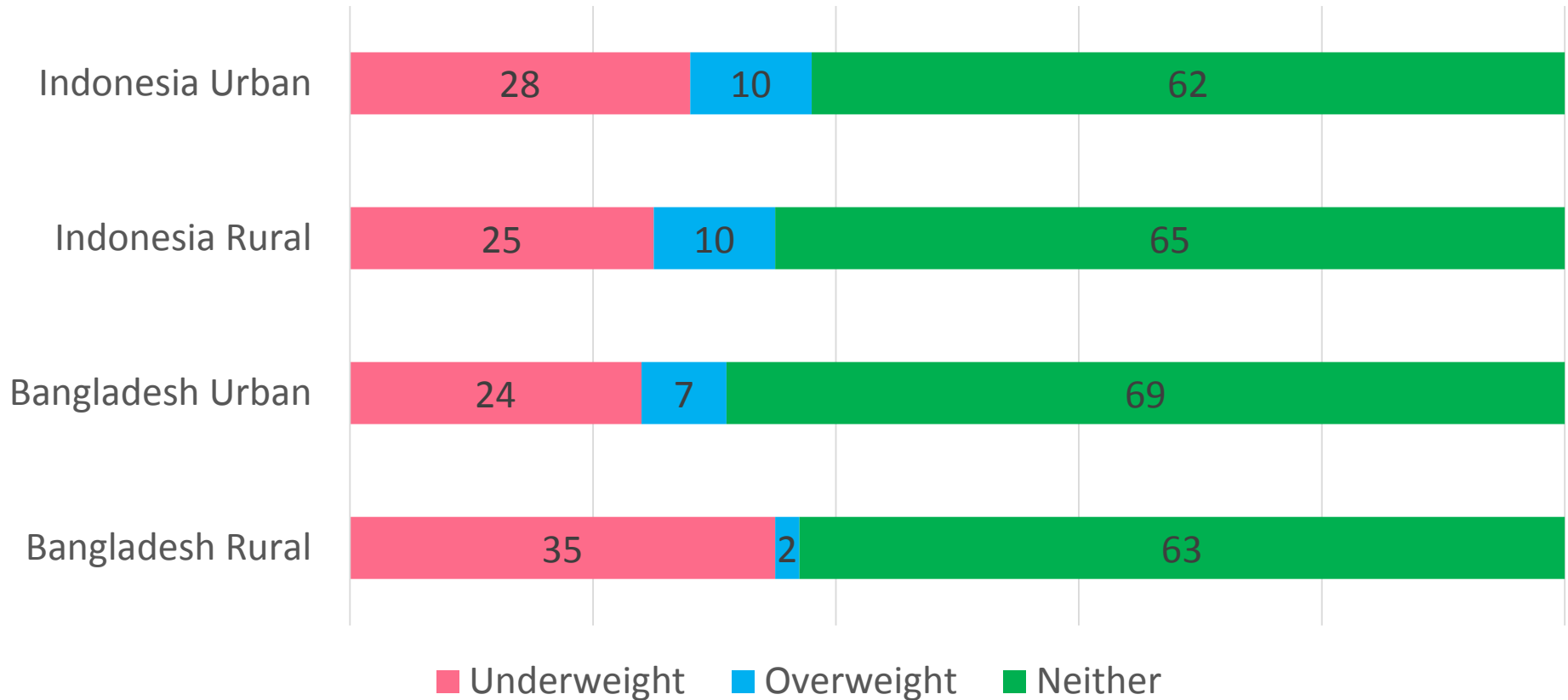
Embodying the Future: How to Improve the Nutrition Status of Adolescents?

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Global Alliance for Improved Nutrition (GAIN)

WHA70 - Geneva 2017

Non pregnant girls, 15-18 years underweight and overweight rates (%)



Jaacks, L. M., M. M. Slining, and Barry M. Popkin. "Recent trends in the prevalence of under-and overweight among adolescent girls in low-and middle-income countries." *Pediatric obesity* 10.6 (2015): 428-435.

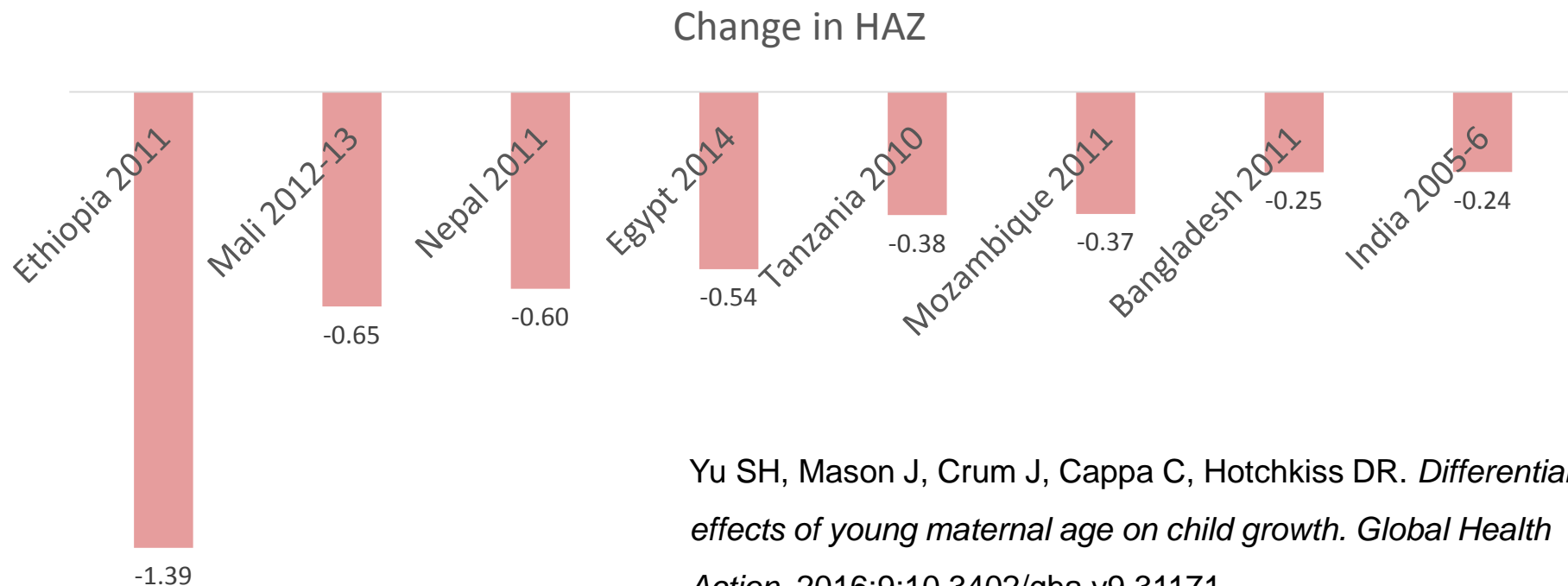
Many Recommended Actions to Improve Adolescent Nutrition: But they don't have an adolescent angle



Recommendations and actions	Who needs to take action?
Improve maternal nutrition and health	
Establish policies and strengthen interventions to ensure that pregnant and lactating adolescent mothers are adequately nourished	National policy makers, health service providers
Introduce measures to prevent adolescent pregnancy and to encourage pregnancy spacing	National policy makers, health service providers, education sector
Prevent and control anaemia	
Promote healthy and diversified diets containing adequate amounts of bioavailable iron	National policy makers, food and agriculture sectors, health and education sectors
Promote consumption of nutrient dense foods, especially foods rich in iron	National policy makers, health and education, food and agriculture sectors
Where necessary, implement supplementation strategies and consider fortification of wheat and maize flours with iron, folic acid, and other micronutrients in settings where these foods are major staples	National policy makers, food and agriculture sectors
Prevent and treat malaria in pregnant women as part of strategies to prevent and control anaemia	
Ensure universal access to and use of insecticide treated nets	National policy makers, health service providers, development partners

[Nutrition and health in women, children, and adolescent girls](#). Branca F, Piwoz E, Schultink W, Sullivan LM. *BMJ*. 2015 Sep 14;351:h4173. doi: 10.1136/bmj.h4173. Review.

Impact on standardized height for age of 0-11 month old infants: mothers giving birth at age 15-17 years vs 18-24 years

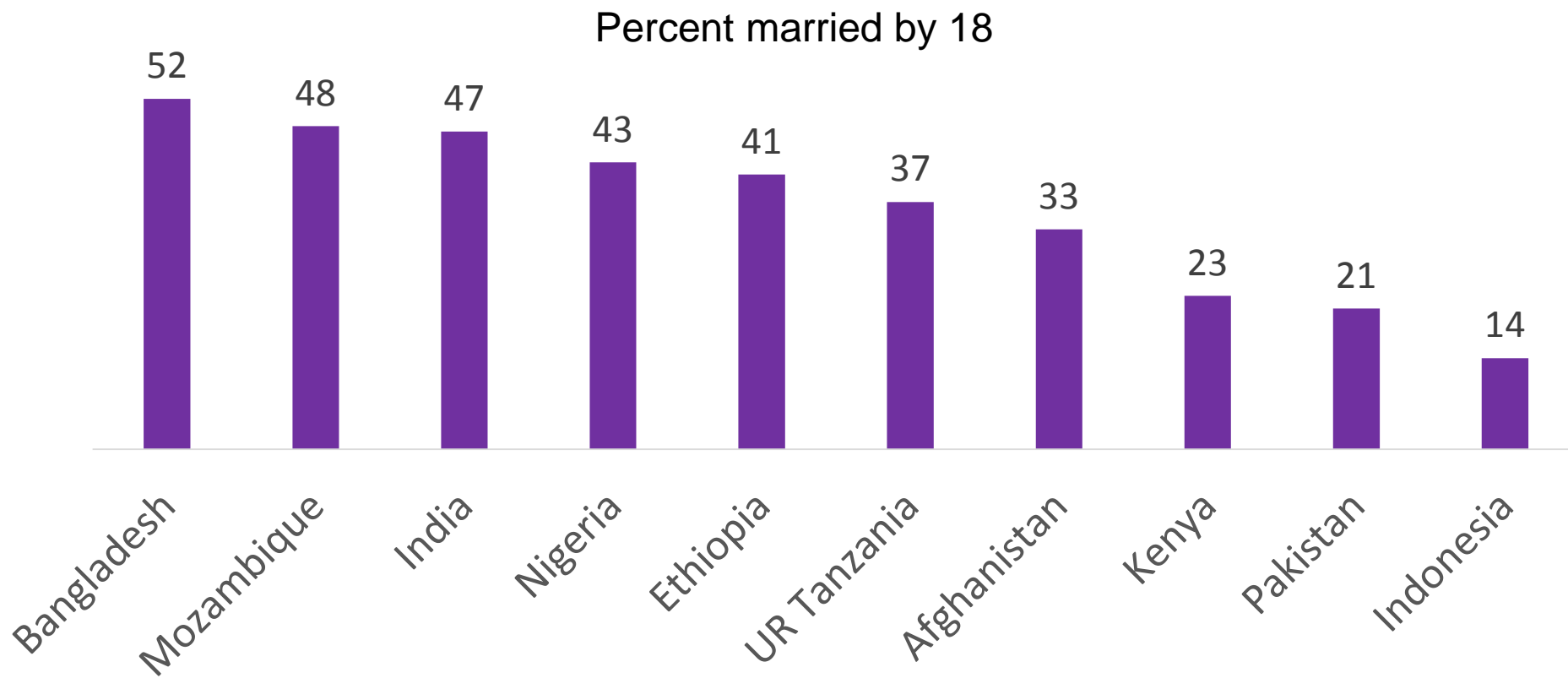


Yu SH, Mason J, Crum J, Cappa C, Hotchkiss DR. *Differential effects of young maternal age on child growth. Global Health Action.* 2016;9:10.3402/gha.v9.31171.

doi:10.3402/gha.v9.31171.

Note: All effects significant at 10%, controlling for confounders

Under 18 marriage in GAIN focal countries



<https://data.unicef.org/topic/child-protection/child-marriage/>

The Adolescent Nutrition Intervention Space is rich in....



...Challenges

Bangladesh

“There are currently no ongoing programs designed to solely address the nutritional needs of adolescent girls and/or boys in Bangladesh.”

...Opportunities

Indonesia

“Adolescents commonly use smartphone apps to monitor their diet”

Source: *Draft Landscape Analyses of Interventions to Address Adolescent Nutrition in Bangladesh and Indonesia*, GAIN

BRAC Adolescent Clubs: A platform for promoting healthy eating?



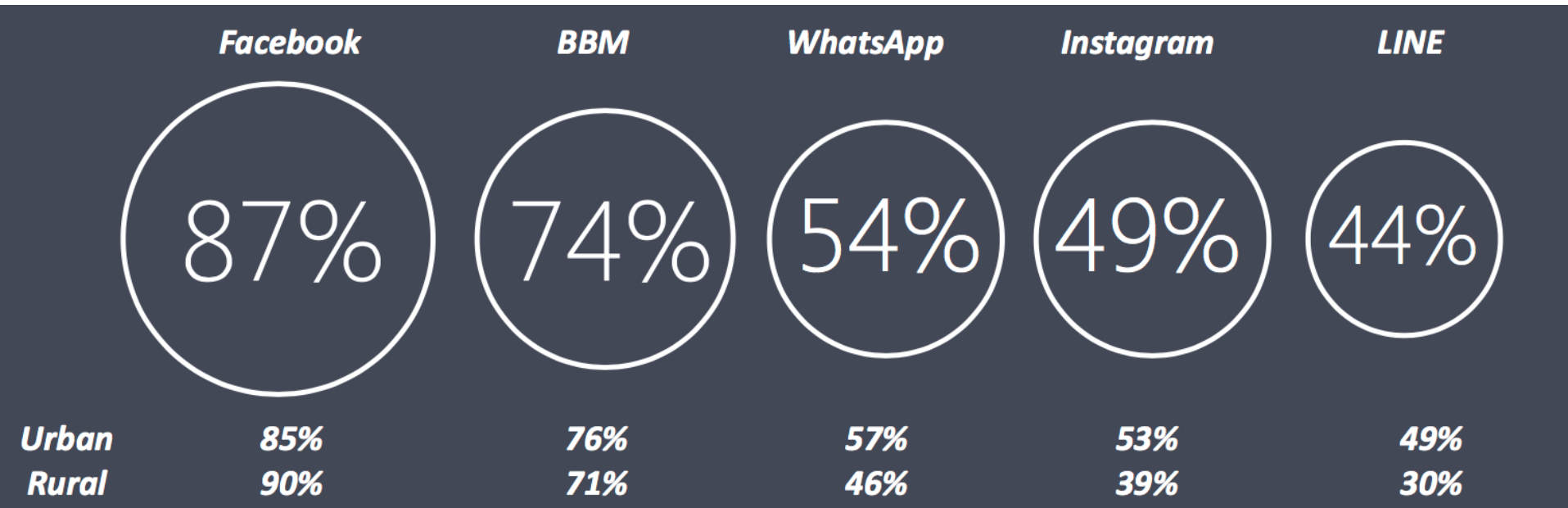
The findings suggest combined interventions might be more effective among adolescent girls than single-pronged interventions aiming to change risky behaviors

Bandiera, Oriana, et al. *"Empowering adolescent girls: Evidence from a randomized control trial in Uganda."* Washington, DC: World Bank (2012).

How can we capitalize on high levels of Social Media use among adolescents in Indonesia?



What percent of Unmarried Adolescent Girls 16-19 in Indonesia Use the Following



Indonesia Adolescent Nutrition Landscape Analysis: GAIN



LOGICAL
VERBAL
PART AND DETAIL
DIGITAL
SYMBOLIC
ORDER
MATH
RATIONAL
OBJECTIVE
LINEAR
TARGET AND DIRECTION
SYSTEM
ANALYTIC

art
RANDOM
AND
FREE **BIG**
PICTURE
Music
emotion
IMAGINATION
DREAM
SUR-REAL
NOVEL
Colors
Creative
analog
FUN

Demand creation
for healthier
adolescent diets:
need to use left
and right side of
brain approaches

We need to stop Ghettoizing solutions to Adolescent Nutrition: Focus should not be only on girls 15-19



Girls 10-14

Boys 10-14

Girls 15-19

Boys 15-19

Conclusions



- Adolescents **are not just future parents**, they are future entrepreneurs, leaders, taste makers, change agents, trend setters
- There are plenty of programs targeted to adolescents, but none really designed **by them**, or even **for them**
- Boys matter, as do all 10-14 year olds: **don't ghettoize**
- There are opportunities, but to seize them we need to think like adolescents, and the best way to do that is to **work with them**
- Adolescents **embody the future**—literally and figuratively
- **Never** about them, **without them**





THANK YOU



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Singapore | **Switzerland** | Tanzania | United Kingdom | USA

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