Improving nutrition and health for women, adolescent girls, newborns and young children

### Interventions

**Infant and young child nutrition**

Health workers promote exclusive breastfeeding for the first 6 months and improved feeding practices for children 6 to 24 months, including the use of multiple micronutrient powders by caregivers.

**Weekly supplementation**

To prevent anaemia in adolescent girls, iron supplements are given to them at school, in public health facilities and in the community. Girls and their caregivers also receive nutrition education and counselling.

**Fortification of commercial flour across the country**

To reduce iron-deficiency anaemia and folate deficiency in women and adolescent girls, medium-scale maize millers across the country receive technical and financial support to produce maize flour fortified with iron and folic acid.

**Health workers promote exclusive breastfeeding for the first 6 months and improved feeding practices for children 6 to 24 months, including the use of multiple micronutrient powders by caregivers.**

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| **Fortification of commercial flour across the country**
To reduce iron-deficiency anaemia and folate deficiency in women and adolescent girls, medium-scale maize millers across the country receive technical and financial support to produce maize flour fortified with iron and folic acid. |**Birth package**
Safe deliveries at health facilities and other interventions to help mothers and babies during and immediately after birth are promoted. Health workers and traditional birth attendants receive training to improve the care they provide to mothers and babies.

#### Reach

| Children under two years old | 636 K | Will benefit from improved nutrition through optimal breastfeeding and appropriate complementary feeding, counselling and food supplementation in 9 counties.
| Adolescent girls | 810 K | Will receive iron and folic acid supplementation and nutrition education in 9 counties.
| Women of reproductive age & adolescent girls | 986 K | Will receive iron and folic acid supplementation and nutrition education in 9 counties.
| AT LEAST 1.3M pregnant women and newborns | Will receive better antenatal, delivery and postnatal care at health facilities in 21 counties. |

#### Impact

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<th>Survival and Health of protected mothers.</th>
<th>To reduce maternal and newborn mortality and enhance survival and health of newborns and children.</th>
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<td>Increase in academic performance among adolescents.</td>
<td>More energetic and healthy women and adolescent girls.</td>
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<td>Stronger, healthier infants and children.</td>
<td>Reduction in cases of neural tube defects (spina bifida).</td>
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