The FIGO Initiative on Adolescent, Preconception and Maternal Nutrition (Phase 1) was supported by an unrestricted educational grant from Abbott.

**Good Nutrition Matters**

- **UNDERNUTRITION** causes approximately 3.5 million DEATHS of women and children.
- **OVERNUTRITION** is producing an increase in chronic NON-COMMUNICABLE DISEASES such as DIABETES AND HYPERTENSION.
- **MICRONUTRIENT DEFICIENCIES** affect 2 billion people worldwide and are caused by an INADEQUATE DIET which lacks VITAMINS AND MINERALS.

**Think Nutrition First**

- **Good nutrition → Good health**
  - **IMPROVING NUTRITION** and establishing healthy dietary habits in adolescent girls and in the preconceptional period of women paves the way for healthy pregnancies and healthy babies.

- **Building a prosperous future today**
  - A woman’s **FITNESS AND HEALTH** is the foundation for her future health and that of generations to come.

**FIGO Recommends**

- **Greater ATTENTION** to the links between poor maternal nutrition and increased risk of later non-communicable diseases in the mother and offspring.

- **ACTION** to improve nutrition among adolescent girls and women of reproductive age.

- **Public health MEASURES** to improve nutritional education, particularly of adolescents, girls and young women.

- **Greater ACCESS** to preconception services for women of reproductive age to assist with planning and preparation for healthy pregnancies and healthy children.

- **Increased AWARENESS** of the impact of women’s nutrition on themselves and on future generations.


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