



# REDUCING ANAEMIA FOR HEALTHIER WOMEN AND ADOLESCENT GIRLS

WEEKLY IRON AND FOLIC ACID SUPPLEMENTATION IN SENEGAL  
2016 - 2019

## The Need

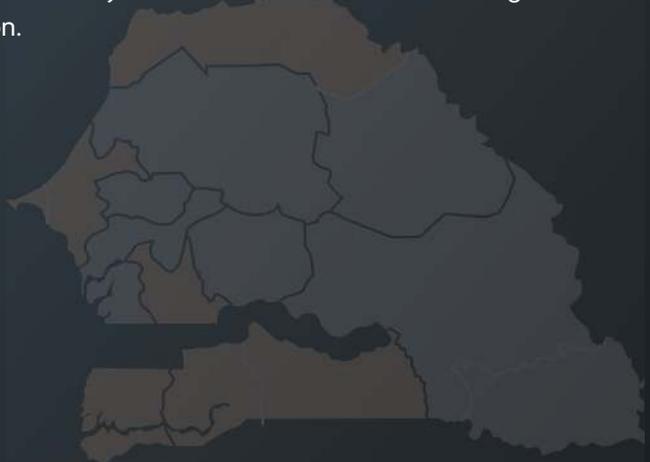
Anaemia is a global public health problem with significant consequences. Due to increased biological needs as well as for social, biological, and cultural reasons, adolescent girls are particularly vulnerable to malnutrition, including iron deficiency anaemia. In Senegal, the prevalence of anaemia among adolescents aged 15-19 is estimated at 55.5%.

Anaemia can impact adolescent girls' physical well-being, performance at work or school, and increase the possibility of complications and fetal development issues should they become pregnant. Therefore, it is important to increase their iron status through different approaches, including nutrition education, protecting against parasitic diseases and iron and folic acid supplementation (IFAS).

## Our Solution

The Ministry of Education and Nutrition International have been implementing a weekly iron and folic acid supplementation (WIFAS) project for adolescent girls in seven regions of Senegal, where 70% of the country's adolescent population lives, to reduce anaemia rates.

Nutrition International supports the Cellule de Lutte contre la Malnutrition, the convening body for nutrition in the country. Nutrition International also works closely with several ministries including Health, Trade and Education.



## PROGRAM AT A GLANCE



**Duration**  
July 2016-December 2019



- Partners**
- Nutrition International (funding and monitoring)
  - Ministry of Education (coordination and implementation)
  - Ministry of Health and Cellule de Lutte contre la Malnutrition (policy and coordination)
  - Academic Inspectorate, Education and Training Inspectorate, Health Districts (implementation)
  - Civil society (information education communication/behaviour change communications)



- Reach**
- 395,000** adolescent girls reached with WIFAS
  - 203,000** adolescent girls received and consumed the recommended scheme of WIFAS
  - 3,133** schools enrolled in the program
  - 4,313** teachers, health workers, adolescents, parents, community actors and local elected officials trained on IFAS



**Location**  
Dakar, Thies, Ziguinchor, Kolda, Kaolack, Sedhiou and Saint-Louis



## Objectives:

### Overall Objective:

- Contribute to the reduction of anaemia among adolescent girls in Senegal

### Specific Objectives:

- Support political changes on the nutrition of adolescents in Senegal
- Facilitate the dialogue with the Ministry of Education, the Ministry of Health, and field stakeholders on the nutrition of adolescents
- Strengthen the capacity of adolescents, teachers, families and health stakeholders in the nutrition of adolescent girls
- Provide supplementation with iron and folic acid for adolescent girls

## Next steps:

- Continue to strengthen the adolescent nutrition program in 4,200 schools
- Support high-quality data collection systems through the use of the Ministry of Education's web-based platform

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## About Nutrition International

Founded in 1992, Nutrition International is a global organization dedicated to delivering proven nutrition interventions to those who need them most. Working in partnership with countries, donors and implementers, our experts conduct cutting-edge nutrition research, support critical policy formulation, and integrate nutrition into broader development programs. In more than 60 countries, primarily in Asia and Africa, Nutrition International nourishes people to nourish life.

[NutritionIntl.org](https://www.nutritionintl.org)