

A young girl with braided hair, wearing a white lab coat and a stethoscope, is sitting on a grassy field. She is smiling and looking towards the camera. The background is a blurred natural setting with greenery and a blue sky.

What you can do to support girls' nutrition

The problem

Malnutrition is one of the most persistent barriers to women and girls' empowerment. To thrive, a girl requires adequate and sustained access to nutritious food and nutrition interventions that reflect the needs of her growing and changing body.

Good nutrition is a necessary ingredient for reaching her full potential through optimal physical and mental growth; and providing her with the strength, energy and focus she needs to excel in her studies and workplace, to ward off illness and disease, and to care for her family.

When it comes to malnutrition, women and girls are hardest hit, in many households often eating last and least. There are many factors that make women and girls more susceptible to malnutrition — including gender, social and cultural norms that disadvantage women and girls, lack of access to quality education, and poverty.

Anaemia is the greatest cause of disability amongst adolescent girls, limiting their ability to grow and learn, but also perpetuating the intergenerational cycle of malnutrition. It is estimated that of the 600 million adolescent girls living in low income countries, 30% are anaemic.



Nutrition International believes it is essential that every girl be given the opportunity to reach her full potential by gaining access to adequate nutrition throughout her formative years — and by being given opportunities to shape and define the policies and programs that affect her life. With good nutrition, a girl can grow, learn, earn and lead. **With good nutrition, she'll grow into it.**

The opportunity

What Nutrition International is doing

In 2016, Nutrition International launched the Right Start Initiative with the aim of reaching 100 million women and girls in 9 countries.

Right Start boosts nutrition for adolescent girls, pregnant women, newborns and young children. These interventions help to reduce anaemia, low birth weight, mortality and stunting.

As a result of improved nutrition and healthcare through Right Start programming, expected impacts include: reduced anaemia, improved academic attendance and performance among adolescent girls; more energetic and productive women and adolescent girls; and increased survival rates and health of protected mothers.

Nutrition International's adolescent nutrition interventions aims to reach 17 million adolescent girls with Weekly Iron Folic Acid Supplementation (WIFAS) and nutrition education and counseling over five years.

Nutrition International is also contributing to advocacy efforts at the global level with the objective of creating global consensus and scaling up action for adolescent nutrition. We are mobilizing governments, health systems and partnerships in the countries where we work. We are also building capacity, contributing to existing systems following our sustainable model approach.

There are many ways you can support
#ShellGrowIntolt.

1. Help us spread the word:

- Share our campaign videos, photos and posters
- Share our social media posts
- Use the hashtag **#ShellGrowIntolt** and join the social conversation

2. Write a letter to your local MP, representative and/or bureaucrat and ask him or her to champion the prioritization and funding of nutrition and ensure that adolescent girls have a seat at the table when designing and implementing nutrition programs and policies

CANADIAN MP LETTER

LOCAL ELECTED OFFICIAL LETTER

3. Host an event at your school, community or club, to help raise awareness of the unique nutritional needs of adolescent girls, and to discuss how action can be taken to overcome barriers to improved nutrition for adolescent girls

4. Champion policies and actions that seek to improve nutrition for women and girls and ensure girls have a strong voice in the process. Tell fellow politicians, leaders and governments why this matters

5. Voice and share your support and encourage investment in programs that are currently working to improve the nutritional status of women and girls

What you can do