

Investing in nutrition for a better world

Good nutrition is the foundation for human development. It is the critical ingredient every one of us needs to survive and to thrive. Without it, the brain will not develop fully, the body will not grow properly and the immune system will not function effectively. Just as malnutrition creates often insurmountable barriers to human progress, proper nutrition can open a world of opportunity. The right nutrition at the right time builds the capacity to dream, it fuels the power to achieve, and it lays the foundation upon which to build a better world.



HEALTH

- 45% of all child deaths have undernutrition as a main contributing factor
- 30% of tuberculosis cases have malnutrition as the main underlying cause
- 20% of maternal mortality is linked to anaemia
- Integrated delivery of child nutrition and immunization intervention can be an efficient delivery platform
- Malnourished children are twice as likely to die when they contract malaria, pneumonia or suffer from diarrhoea



EDUCATION

- Non-stunted children attend an average of 1.6 additional years of schooling
- Children without iodine deficiency gain an average of eight IQ points compared to those with iodine deficiency
- Children who were breastfed gain an average of nearly four IQ points compared to those who are not breastfed





ECONOMIC GROWTH

- Stunting in childhood is estimated to lead to an income “penalty” of 7% on average, and higher in Africa and South Asia
- Malnutrition costs the global economy US \$3.5 trillion a year
- Every dollar invested in nutrition yields US \$16 in return



GENDER EQUALITY

- Malnutrition prevents one billion women and girls from fully participating in our global economy
- Women with more decision-making power over resources tend to spend more on health and education; raising healthier, more educated children
- Iron-deficiency anaemia is the leading cause of lost years of “healthy” life for adolescent girls



ABOUT NUTRITION INTERNATIONAL

Founded in 1992, Nutrition International is a global nutrition organization headquartered in Ottawa, Canada. For 30 years, we have focused on delivering low-cost, high-impact, nutrition interventions to people in need. Working alongside governments as an expert ally, we combine deep technical expertise with a flexible approach, increasing impact without increasing complexity or cost. We serve as a force multiplier across the development ecosystem, using our unique combination of capabilities to help countries overcome barriers to scaling up nutrition, domestic resource mobilization as well as local government capacity and ownership. In more than 60 countries, primarily in Asia and Africa, Nutrition International nourishes people to nourish life.