

Adolescent Nutrition and Anaemia Course Syllabus

Module 1: Adolescent Nutrition, Including Growth and Development

Adolescence offers a second window of opportunity for growth, so it's important that teens have adequate nutrients to fuel development. Discover how investing in adolescent health today leads to a stronger economy tomorrow.

Module 2: Global Adolescent Nutrition Situation and Impacts of Anaemia on Women and Adolescent Girls

Malnutrition and micronutrient deficiencies like anaemia compromise the optimal growth of women and girls around the world. Learn about anaemia and the impact it has at the individual—and the global—levels.

Module 3: Anaemia Causes and Consequences and Iron Deficiency Anaemia

Iron deficiency contributes to approximately 50% of all anaemia cases in women globally. Explore the biology of anaemia—including its primary causes and consequences—and find out why adolescent girls are especially prone to iron deficiency.

Module 4: The Role of Iron in the Body, Dietary Recommendations, and Sources and Bioavailability

Iron plays a vital role in human physiology. Deepen your understanding of how iron supports growth and development and learn how to identify iron-rich foods, as well as strategies for ensuring iron is absorbed properly.

Module 5: Interventions to Improve Adolescent Nutrition and Intervention Options to Reduce Anaemia

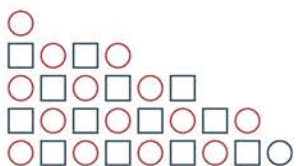
Researchers worldwide are investigating strategies to improve adolescent nutrition and reduce the burden of anaemia. This provides an overview of current research and interventions that have been implemented in recent years and explores opportunities to make more of an impact.

Module 6: Global Guidelines and Guidance for Improving Adolescent Nutrition

Until 2018, very few global nutrition guidelines existed specifically for adolescents. Review eight evidence-based nutrition interventions and policies for adolescents by the World Health Organization and consider the gaps where further research is warranted.

Module 7: Adolescent Pregnancy and Parenting: Trends, Consequences and Guidance

Every year, about 16 million adolescent girls give birth in low- and middle-income countries. Discover why adolescent pregnancy is a significant health concern while exploring its social and economic consequences—and what it has to do with nutrition!



Module 8: Partnerships and Programs to Improve Adolescent Nutrition

Delivery platforms provide the means through which adolescent programs and services are provided. Learn about a projects being carried out around the world to combat malnutrition and micronutrient deficiencies in adolescents, including best practices and lessons learned.

Module 9: Nutrition International's Adolescent Nutrition Programs

Since 1993, Nutrition International (NI) has evolved into a well-known centre of excellence in nutrition. Find out how NI collaborates with partners to support the implementation of adolescent nutrition programs in 10 core countries across Africa and Asia.

Module 10: Lessons in Working with Adolescents from Sexual Reproductive Health Programs

Beginning with what NOT to do, examine lessons learned in the sexual reproductive health sector, how to apply them to nutrition programs—and how these lessons can help inform where and how to invest resources for adolescent nutrition.

Module 11: Understanding the Link between Nutrition and Education

It is possible to break the cycle of malnutrition and micronutrient deficiencies. Learn how empowering adolescents through knowledge and practical skills development can help them become advocates for their own nutrition—and the barriers that stand in their way.

Module 12: Adolescents and Health Systems

What do adolescent-friendly health services look like? Discover the current landscape for adolescents seeking healthcare, the challenges adolescents experience with the health system, and solutions that may improve healthcare services, access and use among this demographic.

Module 13: Monitoring and Assessing Adolescent Nutrition Programs and Tracking Progress

Today, there is a serious lack of comprehensive, comparable quality data on adolescent nutrition. Explore the challenges of monitoring and tracking adolescent nutrition outcomes, and review indicators NI developed to monitor and evaluate adolescent nutrition projects and programs.

Module 14: Data Gaps and Research Needs for Adolescent Nutrition

Today's adolescents are tomorrow's leaders, but we need quality data, focused research and policies and guidelines specific to adolescents to help them succeed. Explore the data gaps and research needs that must be filled to improve adolescent nutrition.

Module 15: Engaging Adolescents

Empowering adolescents to help develop programs and policies, and to support their peers is invaluable in the quest to improve adolescent nutrition. Learn how Nutrition International works with adolescents—including the five crucial steps for engaging adolescents!

