



World Food Programme

# MALNUTRITION

AMONG ADOLESCENT GIRLS | **UGANDA 2018**



## malnutrition

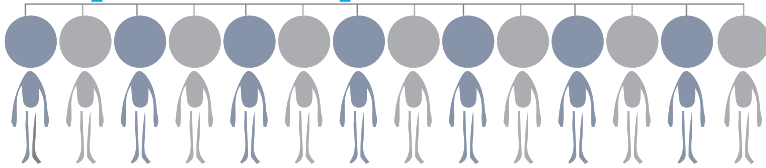
most affects adolescent girls 10-19yrs



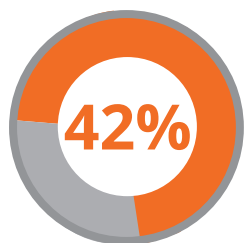
**\* FILL THE NUTRIENT GAP ANALYSIS**  
CONDUCTED BY THE WORLD FOOD PROGRAMME  
AND THE GOVERNMENT OF UGANDA

## 4,400,000

GIRLS AT RISK



### ANALYSIS ON ADOLESCENT MALNUTRITION



of a household's entire food budget would have to be allocated to a girl aged 14-15 years to fully meet her needs

A NUTRITIOUS MEAL **COSTS 7X** MORE THAN STAPLE FOODS MORE FOR A HOUSEHOLD THAN ONE THAT ONLY MEETS ENERGY NEEDS



eggs



chicken or meat



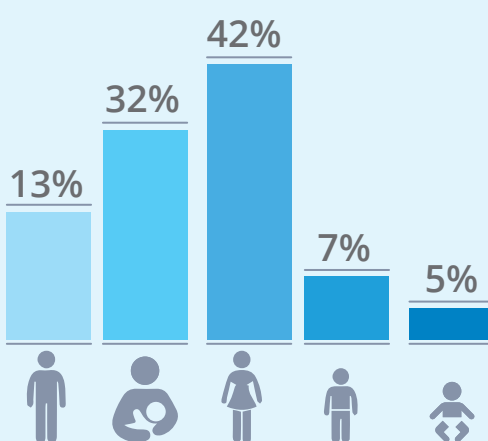
fish



milk



green leafy vegetables



- Child Under 2 (both sexes)
- School Aged Child (6-7yrs old)
- Adolescent Girl (14-15yrs old)
- Pregnant & Lactating woman (30-49yrs old)
- Man (30-49yrs old)

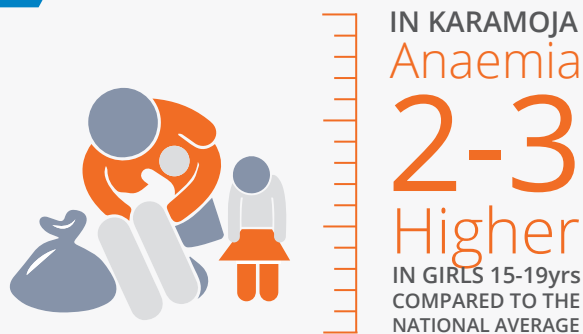
PROPORTION OF THE COST OF A NUTRITIOUS DIET ATTRIBUTED TO DIFFERENT HOUSEHOLD MEMBERS.

### WHY GIRLS NEED IRON-RICH FOODS



**TO REPLENISH IRON LOST** in blood during menstruation and other growth needs during this period. Our inability to consume sufficient amounts of iron often leads to iron deficiency and anaemia.

### RISKS

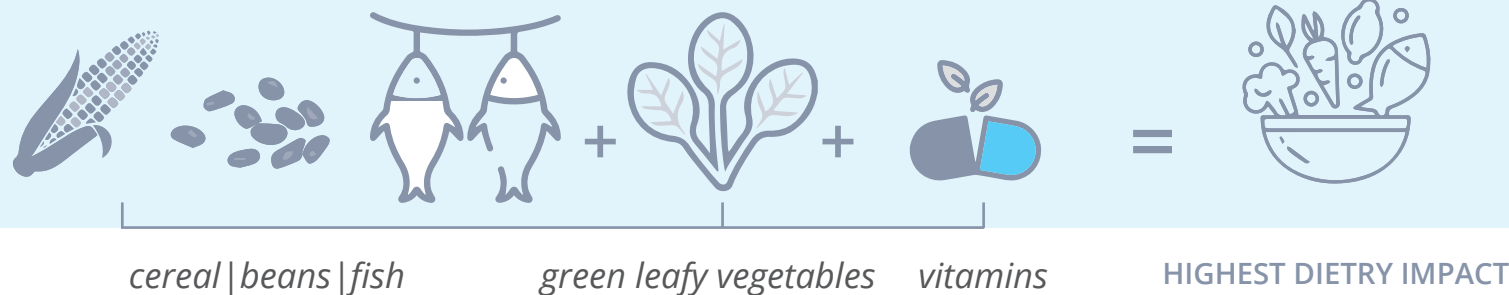


IN KARAMOJA  
**Anaemia**  
**2-3**  
**Higher**  
IN GIRLS 15-19yrs  
COMPARED TO THE  
NATIONAL AVERAGE

### FAILURE TO CONTAIN MALNUTRITION

Leads to anaemia, other vitamin & mineral deficiencies  
Deaths in both mother and baby, as well as still births premature deliveries and low birth weight may also occur.

### SOLUTIONS : WFP SCHOOL RATION + FRESHFOODS + SUPPLEMENTS



cereal | beans | fish

green leafy vegetables

vitamins

HIGHEST DIETRY IMPACT

### CONCLUSIONS



Uganda must address undernutrition among adolescent girls, particularly iron deficiency and anaemia, which have severe consequences for their growth and development.



School is a major opportunity to reach adolescent girls. Uganda must keep its girls in school and provide them with nutritious diets.



Households must explore how to increase their own production of high-value nutrient crops like iron rich beans and dark green leafy vegetables.



To address malnutrition, Uganda must take a lifecycle approach with a special focus on children aged under 2, adolescent girls and pregnant women and new mothers

**\* UGANDA'S TARGET:** Reducing Anaemia to 40 percent by 2020 **GLOBAL TARGET:** Reducing Anaemia to 50 percent by 2025

Fill the Nutrient Gap Analysis, Uganda 2017/2018 [www.wfp.org/publications/2017-fill-nutrient-gap](http://www.wfp.org/publications/2017-fill-nutrient-gap) | Uganda Census, 2014 | Uganda Demographic and Health Survey (UDHS), 2016 | Global Nutrition Targets 2025: Anaemia policy brief

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