MALNUTRITION AMONG ADOLESCENT GIRLS | UGANDA 2018

**Malnutrition** most affects adolescent girls 10-19yrs

4,400,000 GIRLS AT RISK

- 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)

**Analysis on Adolescent Malnutrition**

- 42% of a household’s entire food budget would have to be allocated to a girl aged 14-15 years to fully meet her needs

**Why Girls Need Iron-Rich Foods**

- **Proportion of the cost of a nutritious diet attributed to different household members.**
  - Man (30-49yrs old) 42%
  - Pregnant & Lactating woman (30-49yrs old) 32%
  - Adolescent Girl (14-15yrs old) 13%
  - School Aged Child (6-7yrs old) 7%
  - Child Under 2 (both sexes) 5%

**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 Dietary Impact**

- **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.

**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