Nutrition and health of adolescent girls

David Ross, WHO

with thanks to Pura Rayco Solon (WHO) and Zulfiqar Bhutta (Sick Kids, Toronto)

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The updated Global Strategy includes adolescents because they are central to everything we want to achieve, and to the overall success of the 2030 Agenda.

United Nations Secretary General Ban Ki-moon
Global Accelerated Action for the Health of Adolescents (AA-HA!)
Guidance to Support Country Implementation
Major Diet & Nutrition-related Issues among Adolescents

Dietary Patterns

• Spend less time eating with the family and more time with peers, and away from home
• Tendency to skip breakfast, because of “the adolescent owl” syndrome
• Increased consumption of sugar sweetened beverages & junk food
• Low or inconsistent meal frequency with increased snacking
• Some develop eating disorders (USA: 5.2% of adolescent girls)

Nutritional Consequences

• Undernutrition and micronutrient deficiencies (iron, calcium, iodine, zinc, folate, vitamin A, etc)
• Overweight and obesity

Adapted from Jessica Fanzo (2017)
Number of obese children and adolescents (5-19y) by country, 1975-2016
(Risk Factor Collaboration: NCD-RisC)


With thanks to Zulfi Bhutta
Prevalence of obesity in girls (5-19y) 1975-2016

Obesity refers to BMI >2SD from the median of the WHO growth reference. Age-standardised estimates for children and adolescents aged 5 to 19 years.
Adolescent obesity prevalence (%) by World Region and Sex (2016)

With thanks to Zulfi Bhutta
Prevalence of moderate and severe underweight in girls 5-19y (1975-2016)

Moderate and severe underweight refers to BMI < -2SD from the median of the WHO growth reference. Age-standardised estimates for children and adolescents aged 5 to 19 years.


With thanks to Zulfi Bhutta
GUIDELINE:
Implementing effective actions for improving ADOLESCENT NUTRITION
Adolescent Nutrition Framework

## Effective actions for improving adolescent nutrition

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<td>Managing acute malnutrition in adolescents</td>
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Adolescent Nutrition in the WHO e-Library of Evidence for Nutrition Actions (eLENA)
eLENA is also available as Apps

- iTunes App Store
- Google Play
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Thank-you
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