

FIGO Initiative on Adolescent, Preconception and Maternal Nutrition

Good Nutrition Matters

UNDERNUTRITION causes approximately **3.5 million DEATHS** of women and children

OVERNUTRITION is producing an increase in chronic **NON-COMMUNICABLE DISEASES** such as **DIABETES AND HYPERTENSION**

MICRONUTRIENT DEFICIENCIES affect **2 billion** people worldwide and are caused by an **INADEQUATE DIET** which lacks **VITAMINS AND MINERALS**

Think Nutrition First



Good nutrition → Good health

IMPROVING NUTRITION

and establishing healthy dietary habits in adolescent girls and in the preconceptional period of women paves the way for healthy pregnancies and healthy babies



Building a prosperous future today

FITNESS AND HEALTH

A woman's **FITNESS AND HEALTH** is the foundation for her future health and that of generations to come

Think of the children



BENEFITS

for the next generation include reduced risk of stunting, obesity, and chronic non-communicable diseases and improved cognitive and behavioral development



FIGO Recommends



Greater **ATTENTION** to the links between poor maternal nutrition and increased risk of later non-communicable diseases in the mother and offspring



Greater **ACCESS** to preconception services for women of reproductive age to assist with planning and preparation for healthy pregnancies and healthy children

ACTION

to improve nutrition among adolescent girls and women of reproductive age

Public health

MEASURES

to improve nutritional education, particularly of adolescents, girls and young women

Increased

AWARENESS

of the impact of women's nutrition on themselves and on future generations



Taken from The International Federation of Gynecology and Obstetrics (FIGO) Recommendations on Adolescent, Preconception, and Maternal Nutrition: "Think Nutrition First." *Int J Gynecol Obstet* 2015;131(Suppl 4):S213-254.

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