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**

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

**Good Nutrition Matters**

**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.

**Public health MEASURES** to improve nutritional education, particularly of adolescents, girls and young women.

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

**Increased AWARENESS** of the impact of women’s nutrition on themselves and on future generations.

**UNDERNUTRITION**

**OVERNUTRITION**

**MICRONUTRIENT DEFICIENCIES**

**3.5 million DEATHS**

**3.5 million DEATHS**

**2 billion**

**INADEQUATE DIET**

**VITAMINS AND MINERALS**

**IMPROVING NUTRITION**

**FITNESS AND HEALTH**

**BENEFITS**

**ATTENTION**

**PUBLIC HEALTH MEASURES**

**ACCESS**

**AWARENESS**

**Reduced risk of stunting, obesity, and chronic non-communicable diseases and improved cognitive and behavioral development**

**Increased risk of later non-communicable diseases in the mother and offspring**

**Public health education, particularly of adolescents, girls and young women**

**Greater services for women of reproductive age**

**Greater awareness of the impact of women’s nutrition on themselves and on future generations**

**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.**

**A woman’s fitness and health is the foundation for her future health and that of generations to come.**

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