



WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS



GIRL POWERED NUTRITION

A GIRL NEEDS TO BE HEALTHY AND WELL NOURISHED IF SHE IS TO REACH HER FULL POTENTIAL.

Girl Powered Nutrition (GPN), is a Global Programme run by the World Association of Girl Guides and Girl Scouts, (WAGGGS) through their Member Organisations in four countries - Madagascar, Philippines, Sri Lanka and Tanzania - chosen because of their high rates of adolescent malnutrition amongst girls.

Funded by Nutrition International, the GPN programme promotes girl led change through education on the importance of a balanced, healthy lifestyle and enabling girls to be agents of change at local, national and global levels in the fight to stop malnutrition continuing from one generation to the next



CONTEXT



Girls are twice as likely to die from malnutrition than boys¹



EVERY YEAR 1 BILLION GIRLS will not reach their full educational, development and economic potential due to malnutrition



OVER 500 MILLION

women and girls suffer from anaemia (a form of malnutrition), approximately 30% of the adolescent population



Every **\$1 INVESTED** in **NUTRITION** has an economic return of **\$16**³



The World Bank estimates that up to **11% OF GDP** is lost from national economies in Africa and Asia due to malnutrition².

Good food is the key to good health and development. After infancy, adolescence is the most rapid period of growth with the highest nutritional needs, so access to healthy and nutritious food is crucial. However, a wide range of social, economic and biological factors mean that girls are disproportionately affected by malnutrition. In some families, girls are often fed last with the least nutritious food and there may be community taboos or a lack of awareness around menstruating girls, which limits what they eat at a time when iron-rich food is key.

Child marriage and early pregnancy also contribute to high levels of anaemia and malnutrition in girls and young women, Poor status increases the risk of complications during pregnancy and contributes to poor fetal development.

When women have status and control over household income they tend to invest more in food, education and health, which can benefit the whole family, but low status and limited access to income or assets such as land increases the likelihood of ongoing malnutrition. The end result is girls and young women unable to fully participate in life and reach their full potential.

A focus on young children, pregnant women and mothers forms a major part of global efforts to combat malnutrition. WAGGGS is in a prime position to shift the narrative to a lifecycle approach and show that adolescence is a key period in a girl's life cycle both in terms of her own health and for her future life as an adult, and even for the health of the next generation.

I was tired and dizzy and my head ached. I came to see the doctor after nearly losing consciousness. It was only then that my anaemia was discovered. I had an opportunity to be checked. Many rural girls might have the same problem yet they don't have access to a health facility that can do the required tests.

Helga Mutasingwa, Tanzania

THE NEED TO IMPROVE GIRLS' NUTRITION IS AN ISSUE ALL OVER THE WORLD. IT IS NOT JUST ABOUT HAVING ENOUGH TO EAT BUT ALSO THE RIGHT KIND OF FOOD.

¹ <https://www.nutritionintl.org/2017/10/canadas-time-tackle-malnutrition-unlock-girls-potential/>

² <https://openknowledge.worldbank.org/bitstream/handle/10986/26069/211010ov.pdf?sequence=3&isAllowed=y>

³ <https://globalnutritionreport.org/reports/2015-global-nutrition-report/>

HOW GIRL POWERED NUTRITION WORKS

THE PROGRAMME FOCUSES ON FOUR KEY AREAS:

- 1 EDUCATION:** Girls and young women are aware of the importance of good nutrition and are able to make healthy choices.
- 2 COMMUNITY ACTION:** Girls have the skills, confidence and resources needed to lead nutrition projects and influence their communities.
- 3 ADVOCACY:** National and global decision makers are more aware of the importance of making girls' nutrition a global priority through girl-led national advocacy campaigns. WAGGGs is also using programme findings to lobby key decision makers to create global policy changes.
- 4 SCALABILITY:** Creating an effective, scalable model, which can be disseminated across the Girl Guiding and Girl Scouting Movement.

THE IMPORTANCE OF GIRLS' PARTICIPATION

Reflecting our belief at WAGGGs that girls should always be involved in helping to address the challenges they face, it is the voices and experiences of girl guides and scouts themselves who are shaping and drive Girl Powered Nutrition. Girls from the four Member Organisations shared their stories, their eating habits and their local experience of nutrition to help us develop the badge and come up with the name, 'Girl Powered Nutrition.'

The programme embodies the wider WAGGGs vision of supporting girls and young women to develop their full potential as leaders and active citizens of the world

THE GIRL POWERED NUTRITION



BADGE

The GPN badge is designed for girls aged 6-19 years. Through fun and interactive activities, participants are taken on a tasty tour of nutrition, learning about healthy eating in their own country as well as others, which healthy eating information to trust, and what healthy eating and awareness means for their everyday life.

6-10 years: Girls learn about different food groups, through the 'My Body' game and Rebecca from Tanzania, who shares her surprise when she learns about the different nutrients that will help her to grow up strong and healthy.

11-15/16 years: Girls race around malnutrition 'health hurdles' where a team designs an obstacle course for another team to complete. The obstacles

represent the causes of malnutrition. For example, a chair could represent a lack of vitamin A and a bucket could represent a lack of exercise.

16-17 years: Girls complete a game called 'Hot Plate' where girls act out different stages of life – from a two-year-old child, to a teenager, to a pregnant mum or elderly person – to discover what changing needs girls they have as they go grow older and go through different points in their life.

Once girls have earned their Girl Power Nutrition badge, they then put their learning into practice by helping their community members to improve their nutrition.

“ We are given the opportunity to be aware of the food we are eating and likewise to correct our eating malpractices. This gives emphasis to all Filipinos the importance of good nutrition and be cautious of some unreliable information about nutrition and to encourage us to rely more on reliable sources of information about nutrition. ”

Gloria O. Opeña, La Union Council, Girl Scouts of the Philippines.

GIRL POWERED NUTRITION ADVOCACY CAMPAIGN

Alongside badge activities, girls and young women are using their voices and leading the Girl Powered Nutrition advocacy campaign to make sure that global and national decision-makers are more aware of the importance of making girls' nutrition a priority.

Young women from the four Member Organisations were at the WOMEN DELIVER CONFERENCE 2019, the world's largest conference on gender equality and the health, rights, and wellbeing of girls and women – using their voices and experiences to raise the issue of girls' nutrition on the global policy agenda.

TANZANIAN GIRL GUIDES

The Tanzanian Girl Guides advocacy champions met their Prime Minister and spoke to him directly about the nutrition challenges that adolescent girls face. They have also been lobbying district commissioners to include nutrition education on the school curriculum and working with community groups and in schools to raise awareness about the high rates of iron deficiency anaemia. A number of schools have committed to planting vegetable gardens as part of their efforts to provide girls with more balanced and nutritious food.



MAKING MY VOICE HEARD, Hanitra, Madagascar

In Madagascar, Hanitra created a national campaign and successfully supported civil society efforts to increase her government's nutrition budget from less than 1% to 3% by lobbying decision-makers in person and through social media. Making the case for why adolescent girls are disproportionately affected by malnutrition, Hanitra targeted key government agencies asking them to prioritise nutrition for adolescent girls.

Hanitra also lobbied global decision-makers in Washington D.C, USA and at the Global Citizen Festival in Johannesburg, where she spoke at a high-level panel discussion on 'Zero Hunger' with representatives from three United Nations agencies.

Hanitra has also maintained an active online presence, regularly tweeting about her campaign, targeting decision makers on social media, writing blogs for WAGGGS and opinion pieces for online media sites.

WHY WAGGGS?

At WAGGGS, we believe every girl should be valued and given the chance to reach her full potential so she can become an engaged and active member of society. Having access to a healthy, nutritious lifestyle is crucial to making this happen and is a key issue affecting the lives of many of our 10 million members, across 150 countries.

The four Member Organisations (MOs) working on this project are experts on the issues that matter to girls in their countries. With the global influence of WAGGGS and Nutritional International's technical expertise, these four MOs can improve awareness of girls' nutritional needs and mobilise community members to improve girls' health and nutrition.

Ensuring girls have awareness of and access to good nutrition, achieves Global Goals 2 and 5.

At WAGGGS, we put SDGs goals at the heart of all our work.



LOOKING FORWARD: By mid 2020 our aims are;

For 195,000 Girl Guides across all the participating MOs to have completed the GPN badge

For 390,000 additional girls/community members to be engaged through community action

For young women to attend global events as experts in adolescent nutrition

As a result of the GPN programme we want a future where healthy and well-nourished girls will be able to reach their full potential and will feel confident and empowered to take actions to break the intergenerational cycle of malnutrition.

WAGGGS is the largest voluntary movement dedicated to girls and young women in the world with 10 million members across 150 countries. For more information please visit www.waggs.org or call 00 44 207 794 1181.