

#GIRLPOWEREDNUTRITION



WORLD HEALTH DAY



Briefing and Social
Media Toolkit

7TH APRIL 2020



World Health Day (WHD) is a global day of action dedicated to reminding world leaders of the critical role our health services and staff play in keeping the world healthy.

Health workers are at the forefront of the response against COVID-19. We will honour their work and spread awareness through the WAGGGS networks on 7th April.



So how does this relate to Girl Powered Nutrition?

During the COVID-19 global pandemic crisis, access to food and good nutrition is fundamental in ensuring the health and wellbeing of girls, volunteers and staff in the WAGGGS network. Good nutrition builds stronger immune systems and protects from many non-communicable diseases and health problems.

WAGGGS is joining the World Health Day call for action across sectors to ensure that everyone, everywhere gets the healthcare and nutrition they need. to survive.



Girl Powered Nutrition (GPN):

Girls are disproportionately affected by malnutrition. WAGGGS want to ensure that no girl is held back by poor nutrition - no matter where she is from.

Funded by Nutrition International, the GPN programme promotes girl led change through education on the importance of a balanced, healthy diet 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.



Your engagement is a simple click away!

You can help us raise awareness **#WorldHealthDay** with a simple click of a button!

Help spread the word and engage in an online discussion through Instagram, Twitter and Facebook using the hashtags below and share images and stories related to adolescent nutrition and health in your communities.

Good nutrition whilst self-isolating

- At WAGGGS, we know that through the COVID-19 global pandemic, access to food and good nutrition may be difficult.
- We want to hear about all the ways in which you are continuing to stay nutritious whilst self isolating, social distancing or protecting yourself and your networks against COVID-19.
- What is the situation like in your country? How do you ensure good nutrition whilst on lockdown? Have you implemented new measures to ensure self-sufficiency of your food production or sustainability of your food supply?



GirlPoweredNutrition

WorldHealthDay

Don't forget to tag!

@ WaggsWorld

@ NutritionIntl

Engage with us on social media using the channels above, sharing photos, stories, comments and videos with us to raise awareness of access to food and good nutrition during this critical time. Don't forget: be sure to tag **@waggsworld** and **#WorldHealthDay** so we can share your stories across the network!



Want to do more?

If you're stuck in your homes on lockdown and would like to do more to raise awareness of **#WorldHealthDay** and **#GirlPoweredNutrition**, read on:

Help spread the word and engage in an online discussion through Instagram, Twitter and Facebook using the hashtags below and share images and stories related to adolescent nutrition and health in your communities.

Activities you can do from home

- **Write to decision makers:** share your concerns about access to food, health and wellbeing with the people who make policies that can make a difference. You could even video yourself and tweet them!
- **Develop a petition:** Petitions are a great way to demonstrate wider support for change. Gather signatures through social media, submit your request to the authorities, and publicise it as widely as you can.
- **Thank health workers:** Nurses, doctors and all health workers are on the COVID-19 frontline. Take a moment to thank them and show them your appreciation by drawing pictures and writing messages on social media!



Remember to share your activities with the global community through social media!

Example social media posts for World Health Day



Twitter



Facebook



Instagram

- Access to food and nutrition is essential for basic health and wellbeing. Through **#GirlPoweredNutrition**, @WaggggWorld are campaigning to end malnutrition in young women and girls **#WorldHealthDay** @NutritionIntl
- Good nutrition can help girls thrive and reach their full potential. Good nutrition is even more important whilst facing **#COVID19**. On **#WorldHealthDay** we are highlighting the importance of good nutrition for young people's futures! @NutritionIntl