



Breaking the intergenerational cycle of malnutrition

GIRL POWERED NUTRITION ADVOCACY REPORT 2020



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Introduction

Good nutrition is essential for young people. Eating too little, eating too much and not eating the right nutrients can affect school performance and healthy development. Eating well and doing enough exercise as a child or teenager contributes to lifelong good health.

A girl needs to be healthy and well-nourished if she is to reach her full potential, yet girls are disproportionately affected by poor nutrition. Gender inequality, poverty and lack of access to education means that adolescent girls are more likely to suffer from nutritional deficiencies and twice as likely to die from malnutrition than boys. Every year, 1 billion girls will not reach their full educational, developmental and economic potential due to malnutrition [*Global Nutrition Report, 2020*].

Funded by **Nutrition International**, the Girl Powered Nutrition (GPN) programme promotes girl-led change through non-formal 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.

Our vision is that healthy and well-nourished girls are able to reach their full potential and are empowered to take actions to break the intergenerational cycle of malnutrition. WAGGGS deliver this global programme in partnership with four of our Member Organisations in Sri Lanka, Madagascar, Tanzania and the Philippines, chosen because of the high rates of malnutrition among adolescent girls.

This advocacy report details the successes of the GPN programme's advocacy component, and how girls have been empowered on a community, national and global level to fight injustices around nutrition, where they are disproportionately affected.

Acknowledgments

Girl Powered Nutrition would like to express very great appreciation to Nutrition International for their sponsorship of the programme.

Our special thanks are extended to the WAGGGS Membership Organisations: **Skotisma Zazavavy Malagasy, Tanzania Girl Guide Association, Sri Lanka Girl Guide Association and Girl Scouts of the Philippines** for their continued support to the in-country delivery of in-country delivery of GPN. Finally, special thanks and our utmost appreciation goes out to the young women Advocacy Champions and over 100,000 Girl Guides and Girl Scouts who have participated in GPN since its inception.



Foreword

Saotra Rasetsoa is a Girl Powered Nutrition Advocacy Champion from Madagascar, within the Skotisma Zazavavy Malagasy Federation, a member of the Mpanazava Eto Madagasikara and an agronomy engineer.

She is eager to speak out wherever there is an opportunity to do so. Through her GPN advocacy campaign, she has been calling out for vital action from the government through some simple but ingenious ideas.

Never underestimate the strength, power and creativity of girls

Even as young girls and with little experience, note that we have innovative ideas, we are ambitious, we are perceptive and we are active.

Unfortunately, girls and young women are the most affected by the global challenges the world faces today such as malnutrition and gender inequality. These challenges can become huge obstacles for girls to develop to our full potential in life.

But let us not forget that girls are the experts at understanding what is going on in our lives and in our communities. Girls know our specific needs, the causes and the impacts of our difficulties and we can collaborate to manage these challenges.

Girls are my inspiration: I am raising my voice for girls and young women

A few months after my GPN advocacy training, I had the idea of making a video discussing the reduction of malnutrition for children under the age of five years old, to post on social media and raise awareness.

I felt just how powerful a communication on social media can be. It really gives you a free platform to speak out and advocate, and it calls for other activists to join the fight.

My video soon received lots of attention and caught the attention of the government, who offered new opportunities for young people to express themselves and propose solutions to issues in Madagascar, direct to the president himself.

When this opportunity came to me, I didn't miss the it. I wrote to the president to express the importance of education about nutrition in schools and that improvement of school canteens should be a priority.



**GIRLS SHOULD TAKE ACTION
AND SPEAK OUT AGAINST
INJUSTICE FOR THEMSELVES
AND OTHERS TO CREATE A
BETTER WORLD.**

Sotra Rasetaso,
GPN Advocacy Champion, Madagascar



The government in Madagascar responded with new initiatives to fight against malnutrition. The ministry of education recently announced a new programme of enhanced nutrition education in primary schools, especially for Grade 4 and Grade 5.

The president and the first lady have been very outspoken about how good nutrition for Malagasy people is a priority, and they will work towards a country with zero hunger.

I really thank the government for their willingness to do good for the population and the good of my country.

If we don't raise our voices, who will?

Through speaking up, girls' voices can be a very solid force to drive the change we want, not only for girls themselves, but for our families, wider society and from a universal perspective.

Thus, decision-makers must give a high value to girls and young women and take a comprehensive gender approach in their policy making.

Girls must be engaged in an inclusive manner and be key actors in all stages of interventions and initiatives relating to them. Participation should not be symbolic or tokenistic, but be effective and sustain for the benefit of the resolution put in place.

Becoming part of an advocacy project is indeed an opportunity for girls to talk about their needs and take part in decisions that affect them to face current crises head on.

We don't have to do big things to be able to change the world. Just use what you have to improve others' lives. I have done the best I can do with what I had and I am happy to see the journey I have come on so far. I am convinced you can do so too.

Remember, we can change the world and Her World because we are Girl Guides and Girl Scouts!

Girls should take action and speak out against injustice for themselves and others to create a better world.

**Saotra Rasetaso,
GPN Advocacy Champion, Madagascar**



Background and global landscape



Gender inequality can be a cause as well as an effect of malnutrition. Currently, girls are more likely to suffer from nutritional deficiencies than boys are, for reasons including reproductive biology, low social status, poverty, and lack of education. Sociocultural traditions and disparities in household work patterns can also increase a girl's chances of being malnourished.

Improving nutrition early on in life helps girls and young women to reach their full potential and break the intergenerational cycle of malnutrition. Second only to the first two years of a child's life, during adolescence girls experience the most rapid rate of physical growth, gaining up to 50% of their physical weight and 20% of their physical height. [Soliman, 2014]

While women and girls are disproportionately affected by malnutrition, they are also the key factors to finding lasting solutions. However, there is little disaggregated data about the progress being made on improving the nutritional outcomes of adolescent girls.

With 2020 being a critical year for young women and girls' nutrition, the Covid-19 pandemic poses a threat to the progress that is being made. This year marks the halfway point of the UN Decade of Action on Nutrition and the year of the Tokyo Nutrition for Growth (N4G) summit, both at risk of not being fulfilled. 2020 also marks the 25th anniversary of the Beijing Declaration and Platform for Action, of which we've seen little progress on Women in Poverty, one of the 12 critical areas of concern identified. With the Commission on the Status of Women (CSW64) and Generation Equality Forum postponed, young women and girls are being left behind.



How is the Covid-19 pandemic affecting girls' nutrition?

During the Covid-19 global pandemic crisis, access to food and good nutrition is fundamental in ensuring the health and wellbeing of girls across the world. We have long understood that poor nutrition compromises immune systems, making bodies more vulnerable to virus attacks and communicable diseases and less able to recover from sickness.

Malnutrition in young women and girls is amplified by this pandemic, which will have long-lasting effects on healthcare, economies and food systems.

Women and girls represent



of all undernourished people in the world.

A further
**159
MILLION**
are estimated to
be at risk.

In several countries, imports and exports have stopped, leaving many unable to afford the rising costs of food or access nutritious food at all. With many people out of work, this affects their ability to purchase food they need for their families to stay healthy. Young women are often the last to eat in their families, and eat the smallest portions due to cultures and gender norms. With a global food shortage, young women and girls will be eating smaller portions, less regularly.

With more young girls in lockdown at home, there is also greater risk of domestic violence, abuse, mental and physical health problems. Economic stress on families due to the outbreak can put girls at greater risk of exploitation, child labour and gender-based violence. It has been reported young women are at risk of early-age arranged marriages in return for money and food supplies. When families are facing food poverty, it's often the girls who are neglected.

The Covid-19 pandemic has yet to be reported at scale in some of the most impoverished parts of the world, but we know that we are on the verge of not just a global health pandemic but a global food and nutrition crisis, where young women and girls will be a group most at risk.

It is estimated that a further 265 million will be added to the 821 million people already declared chronically hungry around the world by the end of 2020. As women and girls represent 60% of the global hunger statistics, a further 159 million are at risk. [Global Nutrition Report, 2020]

GPN advocacy strategy

The World Association of Girl Guides and Girl Scouts (WAGGGS) is the world's only movement for every girl and any girl, representing 10 million girls in 150 countries. WAGGGS is committed to offering all girls and young women the skills and knowledge to speak out about issues that affect them.

This outlines the advocacy strategy developed and implemented between 2018-2020 for the GPN programme.

Aim:

Global and national decision-makers have increased recognition of the importance of making girls' nutrition a priority.

Focus asks:

-  Girls and young women should be involved in the design and implementation of nutrition interventions that affect them.
-  Actors in youth and gender sectors prioritise nutrition as a key issue.
-  Girls and young women are identified as a distinct target group.
-  6 -19 year olds are included in national surveys and data is disaggregated by age and gender.
-  Governments are more accountable to global nutrition commitments.
-  Girls and women have access to and receive the same amount of food as boys and men.

Models of advocacy:



GPN badge actions

Girl Guides and Girl Scouts deliver a community action project that reaches at least two others in order to gain their Girl Powered Nutrition badge.



Community action fund

Small grants provided to Girl Guides and Girl Scouts to deliver individual or group projects that improve their community's nutrition.



Community action hub

2-3 Girl Guide and Girl Scout units per country selected and funded to deliver a series of projects and actions to improve nutrition in their community.



National campaign

Delivered in Madagascar, Tanzania and the Philippines. A selection of Girl Guides and Girl Scouts trained as advocacy champions to take action and speak out on a national level, develop campaign initiatives to engage with regional and national decision-makers to improve nutrition in their country.



Global advocacy

Engagement of Girl Guides and Girl Scouts on a global level, through online campaigns, mass actions and attendance at global events to make nutrition for girls a priority among global decision-makers.



ADVOCACY BY COUNTRY

The Philippines

Girl Scouts of the Philippines (GSP) is the national Girl Scouting association for girls and young women in the Philippines and one of the WAGGGS Member Organisations delivering GPN. The girls-only association serves 800,000 members, as of 2017.

The Philippines is experiencing a range of malnutrition challenges including eating too little, eating too much, and not eating enough vitamins and minerals.

Almost one third of girls in primary school do not get enough iodine – a nutrient often added to salt that is also naturally found in animal products. Iodine is needed for neurological development.

There is also a high prevalence of iron deficiency anaemia among girls. 4.2 million women (16%) of reproductive age are classified as anaemic.

A growing number of girls and adolescents are also overweight or obese due to the wide availability of unhealthy foods, particularly in urban areas. Girls are exposed to unhealthy food adverts on social media and television.

The Philippines delivered the GPN badge, community action (Action Hub and Action Fund) and National Campaign activities of Girl Powered Nutrition.



77,917

girls received
their GPN
badge



122,445

peers reached
through individual
badge actions



12

Advocacy
Champions
trained



17

Girl Scouts speaking at national events



2

community action hubs



6

community action fund projects

Being an Advocacy Champion of Girl Powered Nutrition gave me new insights on observing a healthy lifestyle. It paved the way for my understanding of what we girls can do and achieve – not just by observing and seeing, but by understanding and acting.

Kathleen Vivas

GPN Advocacy Champion, the Philippines

This programme gave me an avenue to fight for the things I am passionate about. I've been taught that we often do not see what we've planted but I know this advocacy will live on, and together we will continue to take stands, make waves, make history and make a difference.

Cyrene Montano

GPN Advocacy Champion, the Philippines

Highlights



A national advocacy event in Manila in July 2019 brought together over 50 legislators, city mayors, representatives from local and international organisations, the media and girls to pledge their commitment to supporting and promoting health and nutrition for girls.



Advocacy Champion Darlene worked with her local authority (Barangay) to train 30 health workers from two municipalities how to accurately measure and identify children who are malnourished.



Advocacy Champion Kathleen represented Girl Powered Nutrition as a delegate to the Multi-Stakeholder Hearing of the Beijing+25 consultation “Accelerating the realisation of gender equality and the empowerment of all women and girls”.



Advocacy Champion Jade is one of 10 global Youth Leaders 4 Nutrition representing Girl Powered Nutrition at Women Deliver and SUN Global Gathering 2019.



Girl Scouts from Northern Luzon campaigned with government officials to raise awareness and enforce the department of education order No.13 of 2017, which prohibits the sale of unhealthy food in and around schools, reaching 1,150 girls in over 100 schools in the region.



Girl Scouts in Visayas received increased support from their Provincial Board and council members in Aklan and Negros Oriental Siquijor councils in allocating budget for the promotion of home vegetable growing and gardening.



THE PHILIPPINES SUCCESS STORY

July Nutrition Month

Advocacy Champions from the six Girl Scouting regions in the Philippines, supported by the Girl Powered Nutrition project, led the yearly July Nutrition Month celebrations through a diverse range of digital activities. Here, Girl Scout and GPN Advocacy Champion Francine Pradez explains all.

With the theme, “Batang pinoy sana tall, iwas stunting sama all” provided by the National Nutrition Council, the July Nutrition Month celebration aims to tackle growth impairment among Filipino children through collective action from the government, non-governmental organisations, and the community.

Research shows that stunting resulted in a decrease in children’s educational performance and an increase in the contraction of non-communicable diseases over the last decade. Furthermore, about 1.5% to 3% of the national gross domestic product is lost to efforts in controlling stunting.

As GPN advocacy champions, we wanted to celebrate this month by providing digital activities that girls and community members could access from home while they are isolating through the Covid-19 crisis.

Our month-long celebration and campaign is designed to dispel superstitions about stunting while also raising awareness about the need for better healthcare and access to services for girls and young women who are disproportionately affected by the impacts of the pandemic.

Francine Pradez

GPN Advocacy Champion, the Philippines



THE PHILIPPINES SUCCESS STORY

Put your best fork forward

The GPN Advocacy Champions divided the weeks in the month between them to each have a different focus, aiming to engage girls of all ages in every region of the country.

The month started with the girls delivering polls and icebreakers such as an I Spy game and posting infographics on our Put Your Best Fork Forward campaign social media channels, to debunk nutrition myths and engage younger girls.

Girl Scouts then delivered some of the GPN badge curriculum activities through online channels and held two engaging educational webinars: SDG2 Zero Hunger and the role of girl advocates, and Stunting and Wasting in the Philippines, attended by over 200 Girl Guides.

Topping off the festivities was an advocacy bootcamp for Senior and Cadet Girl Scouts in the third week of July 2020. Selected participants were invited for a close mentoring session with the current Advocacy Champions on creating an advocacy strategy and the best practices in monitoring and evaluating their projects.

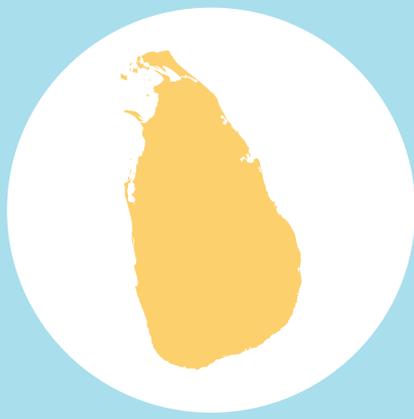
Finally, a digital magazine has been launched to finish off the month and celebrate their successes. Positive virtual interactions with the target demographic have highlighted the need to prepare girls in becoming the change in their own communities as well as the importance of passing on the baton to the next set of girl leaders in our country.



Girl Powered Nutrition made me realise the value of my decisions as the sole manager of my body. I was able to cut bad eating habits and at the same time influence others to do the same. On a wider spectrum, it opened a possibility for girls like me to take a seat at the table and show the world what we are capable of. Through GPN, I have understood the power of speaking out and taking action in the pursuit of changing Her World.

Krizzia Selanoba

GPN Advocacy Champion, the Philippines



ADVOCACY BY COUNTRY

Sri Lanka

Sri Lanka Girl Guides Association (SLGGA) is the national Guiding organisation of Sri Lanka and one of the WAGGGS Member Organisations delivering GPN. The girls-only association serves 104,576 members as of 2020.

Sri Lanka is experiencing a range of malnutrition challenges including eating too little, eating too much and not eating enough vitamins and minerals.

One third of women aged 15-49 do not receive enough iron in their diets leaving them feeling tired and lacking the energy to be the best they can be. In contrast to this, one third of women over 20 are overweight or obese.

Many girls feel that they have access to enough food, but not all of it is healthy. Girls often eat on the go, as they move between school and extracurricular activities.

Sri Lanka delivered the GPN badge, community action (action hub and action fund) activities of Girl Powered Nutrition.



1,772

girls received their GPN badge



3,384

peers reached through individual badge actions



3

Advocacy Champions trained



54,824

members,
as of 2016



1

community
action
hub



1

community
action fund
project



Highlights



The GPN action fund established a community canteen at the Anaicoddai Roman Catholic Tamil Mixed School in the Northern Province. The canteen received support from community members, local decision-makers and school leaders to provide nutritious, affordable food to the community on a daily basis.



Advocacy Champion Nabeela Iqbal travelled around Sri Lanka to conduct workshops and assemblies in schools and led a team who wrote and disseminated an advocacy handbook for senior Girl Guides. She also represented WAGGGS as a delegate to Women Deliver 2019 in Vancouver, speaking on panels alongside global decision-makers.



SRI LANKA SUCCESS STORY

The GPN Dairy Project

In the far north of Sri Lanka, Girl Guides have created a GPN community action hub at Thellipalai Union College. There are more than 1,000 children, boys and girls, studying at this school with many coming from deprived communities and war affected districts of the Northern Province. Many children face the effects of poverty daily, which can often mean access to nutritious food is a big challenge for these children.

Tackling the challenges faced by our community

Based on these problems, Girl Guides developed their Dairy Project to support the nutrition of malnourished boys and girls at the school.

“We, the Girl Guides of Thellipalai Union College had a very clear understanding and knowledge about the importance and need for children to eat nutritious food, upon completion of our GPN badge activities. Together with our Guide leader, we had lengthy discussions at our weekly meetings on how these messages could be communicated to all schoolchildren and school community members too.”

I need to take care of myself in terms of nutrition as it impacts how I lead my life and the potential that I can reach in my life. Never underestimate the power of the little things you do towards the bigger picture, which is a world of young girls and women developing their fullest potential as responsible citizens of the world.

Girl Guide Nabeela Iqbal
GPN Advocacy Champion, Sri Lanka



The GPN action hub discussed a number of project areas, ways of raising funds, and getting approval for their project. Girl Guides first arranged a meeting with their principal, who shared records with the girls of the number of malnourished children in the school. Subsequently, alongside their principal, the girls agreed on a project to help meet some of the targets in the school nutrition plan.

A unique and innovative community action hub

The Thellipalai Union College Dairy Project is a unique and innovative project for GPN Girl Guides decided to use the community action hub funding to purchase a dairy cow for the school, providing one cup of milk every day to 50 schoolchildren, on a rotating basis to reach approximately 250 children in just one week.

On weekends and school holidays the milk will be sold to community members to generate enough revenue to purchase a second dairy cow for the school, allowing even more children to reap the nutritious benefits of drinking fresh milk.

“Our principal was so generous in both his support of the project and allocating space for putting up a cow shed and arranging the services of the school gardener for care and management of the cows. He also helped us to facilitate a discussion with the government veterinary surgeon in helping us to identify dairy cows that were healthy and in good condition.”

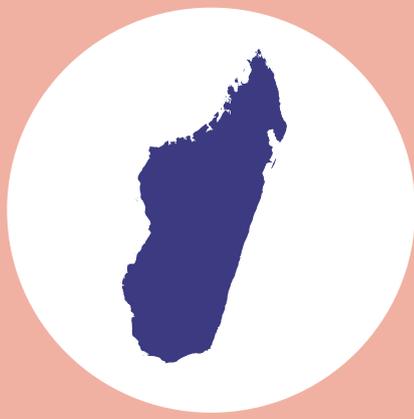
The Girl Guides soon had many community members coming forward to volunteer their time and skills to help with their project. Due to the success of the project so far, the Girl Guides also have plans to establish a school organic garden, growing fruit and vegetables that can be used in nutritious school dinners.

Unfortunately, the Covid-19 crisis and subsequent school closures has put the Dairy Project on hold but the cow has been purchased and work has started!



We will continue with our planned activities once the schools are reopened. We also take this opportunity to thank WAGGGS and SLGGA for guiding us and supporting us to give priority to children's health and nutrition.

GPN action hub participant, Sri Lanka



ADVOCACY BY COUNTRY

Madagascar

Skotisma Zazavavy eto Madagasikara (SZM) is the national Guiding federation of Madagascar and one of the WAGGGS Member Organisations delivering GPN. The programme is delivered through the three component organisations: Fanilon'i Madagasikara (girls only), Kiady Madagasikara (girls and boys) and Mpanazava Eto Madagasikara (girls only). The federation serves 80,000 members as of 2020.

Madagascar is experiencing a range of malnutrition challenges. Key issues include eating too little and not eating enough vitamins and minerals.

Nearly 50% of girls under the age of five are too short for their height and do not get enough nutrition. This can affect their educational achievement and health status in adult life.

Most Malagasy households do not have access to enough good quality food. When rice gets too expensive, there is either not enough food for everyone to eat or families choose to eat other foods like corn or sweet potatoes.

Madagascar delivered the GPN badge, community action (Action Hub and Action Fund) and National Campaign activities of Girl Powered Nutrition.



10,840

girls received their GPN badge



21,680

peers reached through individual badge actions



19

Advocacy Champions trained



25,152

members,
as of 2008



3

community
action
hubs



3

community
action fund
projects

Girl Powered Nutrition allowed me as an Advocacy Champion to speak out to make people aware of the importance of good nutrition in our daily lives and in the future.

Fehizoro Ny Fitiavana Rakotomalala
GPN Advocacy Champion, Madagascar

Girl Powered Nutrition is not only a programme that has taught us how to stay healthy, it has also empowered us to speak out for our rights and needs in order to end malnutrition in Madagascar.

Narindra Andriamahefalon
GPN Advocacy Champion, Madagascar

Highlights

★ Advocacy Champion and agronomist Hanitra is one of 10 global Youth Leaders 4 Nutrition representing GPN at Women Deliver 2019 in Vancouver. Hanitra has also campaigned for a seat on her National Nutrition Council, directly advocating her country's National Action Plan on Nutrition to increase the national nutrition budget for adolescent nutrition.

★ A GPN action hub project in Mahajanga, the Justine Tsiranana Troop in Mahajanga, the Justine Tsiranana Troop engaged in discussions with food sellers in local hotspots, educating them about the importance of producing and selling healthy foods. They have also worked alongside a girl's shelter in the city to deliver the GPN curriculum and establish vegetable gardens together to help the residents profit from the healthy produce.

★ As a result of the advocacy actions for nutrition, the Guiding Association is developing partnerships with the mayor and the Regional Office for Nutrition for the improvement of girls' and community members' nutrition.





MADAGASCAR SUCCESS STORY

The colour of happiness at the GPN Food Festival

On March 18 2020, there was a lot of excitement within Skotisma Zazavavy Malagasy. Around 50 Girl Guides and Girl Scouts, Advocacy Champions, Guiding leaders and commissioners and trainers came from different regions to gather in Mahajanga in the north of the country to attend the GPN national Food Festival.

An event like no other

All of the attendees became one during this festival. One team working together for one goal: to eradicate malnutrition in Madagascar through non-formal education. The Food Festival gathered about 300 community leaders and decision-makers and more than 1,000 members of the community and public together, with many more reached through media channels on the day. The diversity of membership made this event unique like no other.

The day included speeches from Advocacy Champions and young leaders on what they want to improve in their community. There were four main messages shared. First of all, a message to the public to call for their support of the good nutrition of girls and young women.

Second, a message to the school leaders and teachers, responsible for school canteens and parents to help them to understand the importance of the cleanliness and the quality of food that their children should eat. This emphasised the need for colourful, rainbow plates and healthy food for children at school.





Third, the Advocacy Champions highlighted the importance of nutrition education in all schools. They explained how they wrote to their president, and how the Ministry of Education responded by revising the nutrition education programme offered in school and vowing to start the education from a much younger age. Finally, they addressed their message to the government and the decision-makers in attendance to support the non-formal education offered by Skotisma Zazavavy Malagasy.

Around the event, different associations supporting the cause exhibited their work around nutrition.

Speaking out For Her World

Skotisma Zazavavy Malagasy also held a panel debate with talks given by a doctor, a representative for the nutrition department of the Ministry of Health, a representative for the Nutrition Regional Office, a youth representative of WOSM (World Organisation of the Scouting Movement) and the young Advocacy Champion representatives. The audience took their opportunity to ask questions and give their points of view.

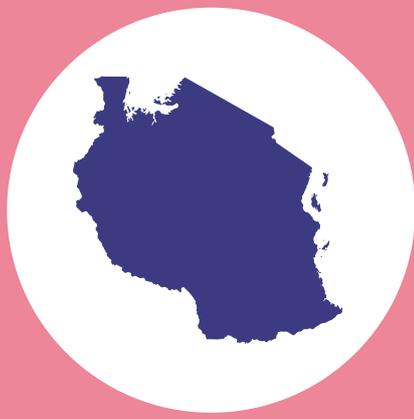
The Food Festival culminated in a colourful and lively carnival march through the city of Mahajanga. Joined by representatives of schools in the region, participants took to the streets wearing and holding signs with pictures of healthy and vibrant food that we should see in the plates we eat. Through dancing, singing and shouting, the girls gave out key animated messages to the city.





WE NEED TO EAT COLOURFUL PLATES TO ENSURE OUR HEALTH. THE FOOD WE EAT TODAY WILL ENSURE OUR HEALTH NOW AND IN THE FUTURE!

Mevaharinivo Geliah Rakotonandrasana,
GPN Advocacy Champion, Madagascar



ADVOCACY BY COUNTRY

Tanzania

Tanzania Girl Guides Association (TGGA) is the national Guiding organisation of Tanzania and one of the WAGGGS Member Organisations delivering GPN. The girls-only association serves 144,302 members as of 2020.

Poor nutrition remains critical in Tanzania, with girls experiencing a range of malnutrition challenges including eating too little and not eating enough vitamins and minerals.

Adolescent girls are more likely to be undernourished than adult women. They are more likely to be thinner than any other age groups. Almost half of children under five do not eat enough Vitamin A, which can lead to night blindness.

Girls' vulnerability to child marriage, early motherhood and limited educational and employment opportunities also puts them at higher risk of suffering from malnutrition. In rural areas, women are less involved in decision-making and are less of a priority for household food distribution exposing them to risk of not accessing healthy food.

If there is no improvement in the nutrition situation by 2025, Tanzania's estimated economic productivity losses will total some US\$20 billion. Addressing nutrition issues and inequality is therefore of vital importance for girls, and for the nation at large.

Tanzania delivered community action (action hub and action fund) and national campaign activities of GPN.



13,324

girls received their GPN badge



22,500

peers reached through individual badge actions



19

Advocacy Champions trained



10

girl Guides
speaking at national
events



2

community
action
hubs



6

community
action fund projects

I tell my mama things I learn about nutrition at school with Girl Guides. Before I was not receiving fruit as part of my breakfast ... My mama now gives me a banana every morning when I go to school.

Nadya Jarmardin

Girl Guide, Lindi Region, Tanzania

Highlights

Advocacy Champion Valentine developed a campaign to prevent iron deficiency anaemia among girls in Tanzania. Regularly appearing on radio shows, it didn't take long for Valentine to be noticed by her local government, gaining a seat on the Tanga Nutrition Committee. Through meetings with her regional nutrition officer, she advocated for greater investment in nutrition education. As a result, over 500 girls have received seminars on good nutrition and health tests for iron deficiency.



Advocacy Champions Sekela and Zulfa addressed their concerns to the Lindi Regional Commissioner, Hon Godfrey Zambi, who in turn directed all schools in the region to start providing healthy meals for students.



Girl Guides regional advocacy events brought together and consulted over 300 girls, local media and decision-makers to gather data about the state of adolescent nutrition across Tanzania to present at their parliament. Girl Guides also received invitations from local authorities to participate in annual reviews of nutrition interventions and budgeting in their regions. Alongside TGGA, girls also participated in the development of the official national nutrition guidelines led by the Tanzania Food and Nutrition Centre.



TANZANIA SUCCESS STORY

Food for thought! Girl Guide Najma Mohamed gets school meals on the agenda

17-year-old Najma Mohamed is a GPN Advocacy Champion in Tanzania. She joined the girl guides movement in Tanzania when she was eight years old. Encouraged by her parents, she started developing leadership skills at an early age.

She knows the vital role advocacy can play in influencing people to take decisions that will improve their lives and the lives of others. Here she explains how she put this knowledge into action with amazing results in her home city of Arusha.

Najma's first thoughts were to establish the Students Forum for Change, a small club for her peers to discuss nutrition challenges. Through it, she organised fierce debates to argue for necessary changes in nutrition policies. After successfully convincing the headmistress of her school, she was granted permission to organise nutrition talks for the entire school every week, and even travel to other schools to debate and discuss nutrition.

Meeting the prime minister

One of the most important events in Najma's life was when, on behalf of the Girl Scouts, she had a chance to address the prime minister of Tanzania. Prior to the meeting, the girls developed a list of statements and policy asks. They included establishing nutrition as a stand-alone subject in the school curriculum, as well as introducing complimentary meals in every school.



I had my advocacy training and became a GPN Advocacy Champion. The first training was like coming from the darkness into the light. I gained so much new knowledge on nutrition. I learned how to speak publicly, advocate for my vision in interactions with senior politicians and build communities. This training truly transformed me. When I came back to Arusha I thought about all the opportunities there might be to start using my advocacy knowledge and skills.

Najma Mohamed
GPN Advocacy Champion, Arusha, Tanzania

“Many students have to commute between school and home for a long time without food. Some of us come to school without having eaten anything the previous night. It’s impossible to concentrate on learning when you are hungry and malnourished,” said Najma.

The impact of Girl Powered Nutrition

Seeing that need, Najma soon began setting up vegetable gardens in the schools in Arusha District Council area to make teachers and schools aware of the importance of girls’ nutrition and provide a good source of nutritious rich food. It only took a short time before her fellow students and teachers noticed and started to also get involved.

“I thought that if the children at these schools could get school meals that would make a big difference, but I knew this would be a big change and I couldn’t do this alone, so I decided to take my idea to Mr Atuli Mittaal, the Managing Director and Owner of Mount Meru Millers Limited in Arusha.”

“When I met him I talked to him about the sufferings girls undergo during their menstruation if they lack iron and minerals and if they are hungry and how this could affect their growth and reproduction. I then asked for his support on providing meals to schools in Arusha District Council.”

She convinced Mr Mittaal that funding meals for adolescents is a great investment in the future. Najma’s championing of girls’ nutrition means that meals are currently being provided in 45 schools with his support, meaning that all students in the region can now enjoy nutritious vegetables.

Tanzania’s future prime minister

In late 2019, as a recognised activist, Najma was invited to be a member of the committee preparing the budget for nutrition in Arusha for 2020-2021. She was the youngest person in the room. The committee has been debating how to reach the most marginalised women with nutritional information. Najma had an idea:

“At first I felt intimidated being surrounded by distinguished professors and officials. I proposed to use local community centres, such as bank branches, associations and community clubs to reach marginalised women. Suddenly, I was the one who the others listened to. I’m not intimidated any more. I think the committee can benefit greatly from my perspective and experiences,” Najma said.

Najma has just finished school. Her grand plans don’t stop now though! They include keeping up the fight for women’s empowerment and eradicating poverty and malnutrition.

“I believe in a world full of peace, where everyone can realise their full potential. I believe we can achieve it if we stand together,” Najma said. “When I was younger I wanted to be an actress. Now I want to serve the community and improve the world around me. One day I will become the prime minister of my country.”





I never realised I could plan a vegetable garden with as little resources as I did. GPN sessions have taught me that eating more vegetables does not require much money.

I asked for a little financial support from TGGG to buy a hoe to dig and fencing materials, and worked with my fellow girl guides to plant a garden at my school.

Girl Guide Sikudhani Hamisi

Advocacy Champion,

Girl Powered Nutrition, Lindi Region, Tanzania

GLOBAL ADVOCACY

Women Deliver

More than 6,000 world leaders, influencers, advocates, academics, activists and journalists came together in Vancouver on 3-6 June 2019 with the aim of promoting and achieving progress for girls and women everywhere.

The Women Deliver conference included a wide range of voices and presented new knowledge and solutions. It focused on many key areas from health, nutrition, education, economic and political empowerment to human rights, good governance, and girls' and women's agency and equality.

Girl Powered Nutrition enabled six young women from Madagascar, Tanzania, Sri Lanka and the Philippines to participate as delegates in the conference, and the WAGGGS Young Women's Advocacy Forum to address young women and girls' nutrition on a global level.

Speaking out #ForHerWorld

WAGGGS delegates established themselves as experts on young women and girls' nutrition by speaking at events with government and UN representatives, CEOs, social entrepreneurs and global leaders at a number of events including "With the youth, through nutrition, for the world", an interactive event to discuss adolescent nutrition around the world, and "Foodies that give a fork!" which aimed to raise awareness of the importance of bringing a wide range of groups and voices into the fight for nutrition and gender equality.

Girl delegates also took advantage of opportunities to talk with key attendees such as the Tanzanian minister for health, women and children, the Canadian ministers for women and gender equality and minister for international development, the UN Envoy on Youth (pictured), as well as journalists to call for action and progress.

The supportive friendships shared at Women Deliver not only enabled the delegates to work hard with presentations, media interviews, activities and panel discussions, but also to have fun standing up for positive change around the world.





Young people must be heard
– programmes for youth
must involve our voices.

Hanitra Rarison

GPN Advocacy Champion,
Madagascar



I use my power to reach out
to girls and encourage them
to speak their minds.

Ummy Khulsum

GPN Advocacy
Champion, Tanzania



GLOBAL ADVOCACY

SUN Global Gathering

On behalf of GPN Girl Scout and Advocacy Champion Jade Delgado attended the Scaling Up Nutrition (SUN) Global Gathering in Kathmandu, Nepal in November 2019, after running her own advocacy campaign in the Philippines.

SUN Global Gathering is a flagship event of the SUN Movement which brings together UN government focal points and representatives of their partners from civil society, donors, UN agencies, private sector partners, academic, media and parliamentarians.

“The highlight of the gathering for me was when I was able to sit as a panellist on the session ‘Productive not just reproductive! The power of gender equality to scale up nutrition’, which focused on the role of gender in nutrition. I was determined to use my voice to highlight adolescent girls’ nutrition and emphasise the involvement of girls and young people in nutrition interventions.

I first talked about the need to give young people a seat at the table. In all my years as a Girl Scout, I have always appreciated how the movement makes it a point to involve girls in the decision-making process, and I have seen the positive impact of this first hand. Having a youth voice in an organisation can only reap benefits. However, in line with giving young people a seat the table comes the responsibility of providing a safe space where they can freely share their ideas and opinions.

Second, I stressed how sometimes all organisations have to do is simply to ask young people what they need, instead of assuming the ways they could help. There is a need to bridge the gap and address the mismatch between what young people need and what organisations are offering.

Lastly, I emphasised the need to believe in young people. If being a part of the Girl Scouting Movement and ‘Youth Leaders 4 Nutrition’ programme has taught me anything, it is the importance of believing in what young people can do. It has never been easy to speak out and take action as a young person which is why the belief and support of other people goes a long way.

Girl power is real, it is strong, and it is an unstoppable force!”

**Jade Delgado,
GPN Advocacy Champion and Chief Girl Scout of the Philippines**



GLOBAL ADVOCACY

World Food Day

World Food Day is a global day of action dedicated to tackling world hunger centred around Social Development Goal (SDG) 2: Zero Hunger.

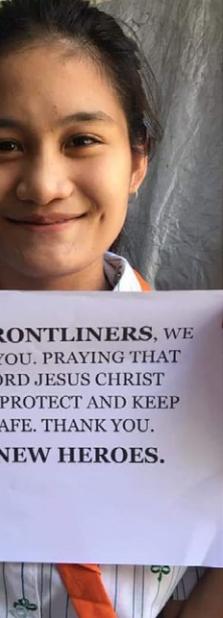
Every year on 16 October, the FAO (Food and Agricultural Organisation of the United Nations) brings together partners around the world to promote food security and nutritious diets for all.

GPN joined the World Food Day call for action across sectors to make healthy, sustainable diets affordable and accessible to everyone.

What we eat says a lot about our lifestyles around the world!

On World Food Day 2018/19, 3,251 girls from across the globe participated in an online food sharing activity, drawing or photographing their 'rainbow' plates (a plate containing a vibrant mix of different food groups). Girls from over 150 countries shared their rainbow plates, joining together and inspiring others to reach SDG 2: Zero Hunger.

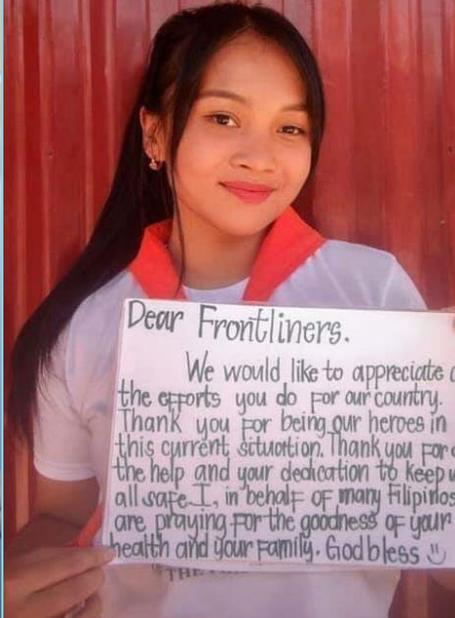




FRONTLINERS, WE
 YOU. PRAYING THAT
 ORD JESUS CHRIST
 PROTECT AND KEEP
 AFE. THANK YOU.
 NEW HEROES.



Dear front liners,
 thank you for offering your time to
 destroy the virus and to guard the
 people. Thank you for your
 kindness. We respect and salute
 all of you. May God bless you and
 guide you. Keep fighting because
 we will all win if we are all in this
 together.
 ♡♡♡



Dear Frontliners.
 We would like to appreciate o
 the efforts you do for our country.
 Thank you for being our heroes in
 this current situation. Thank you for
 the help and your dedication to keep u
 all safe. I, in behalf of many Filipinos
 are praying for the goodness of your
 health and your family. God bless ☺



Dear Frontliners,
 Kudos to the bravery, selflessness, and
 courage you give to the Filipinos in this
 time of need. Thank you for your tireless
 efforts in serving us with all your heart,
 we salute and appreciate you all. May
 the Lord protects you and gives you
 strength!!!



World Health Day

World Health Day is a global day of action on 7 April 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.

On World Health Day 2020, GPN honoured their work and spread awareness of good nutrition while self-isolating.

Living a happy and healthy lifestyle

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.

WAGGGS joined the World Health Day call for action to raise awareness of the issues girls are facing in isolation and ensure that everyone, everywhere gets the healthcare and nutrition they need to live a happy and healthy lifestyle.

Girls from across the globe participated in an online discussion through social media and shared images and stories relating to how their nutrition has been impacted through the crisis, engaging 6,701 girls around the world. Young people from over 10 countries shared their content and messages of thanks for the health workers on the Covid-19 frontline.

GLOBAL ADVOCACY

GPN Challenge Series

At the start of the Covid-19 crisis, schools closed, Guiding and Scouting ceased to operate and the GPN Advocacy Champions had to put their campaigns and projects on hold.

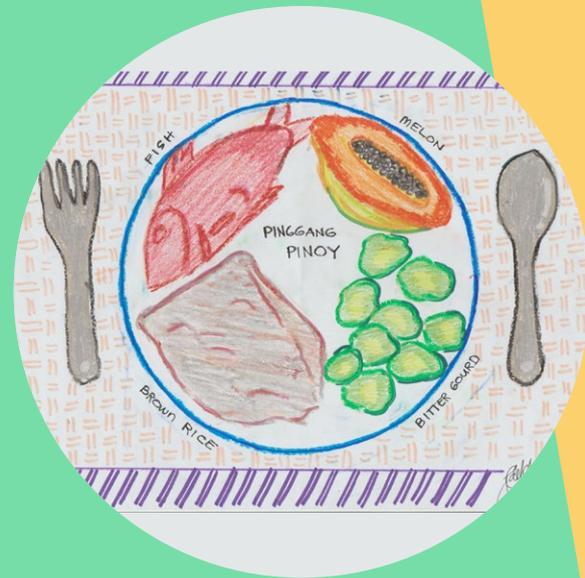
WAGGGS wanted to ensure that children were staying healthy, able to access learnings about good nutrition and healthy eating and even complete some activities from home.

We launched the GPN Challenge, a series of digital challenges, each relating to a different stage of the GPN badge, where girls could complete activities at home with their families, or online with their peers, tracking their progress along the way.

The challenges took the girls through designing their own 'rainbow' plate, a plate containing a vibrant mix of different food groups, education on nutritional needs and challenges at different stages of life, reliable sources of nutrition information such as food labels and food guidelines, designing, planning and cooking a nutritious meal for their families using ingredients available at home, and finally setting a goal or pledge for action.

For Zulfa in Tanzania, it was: "I want to influence the school administration to make school meals more nutritious by adding more vegetables."

A key part of GPN is taking action to improve other people's nutrition, whether that's friends, family or others in a girls' community. The GPN Challenge series helped to ensure girls could still learn essential key messages, take action and speak out from home.



<p>GIRL POWERED NUTRITION CHALLENGE</p> <p>Challenge 3</p> <p>Find a food package or advert in your home and label which parts are reliable nutrition information and which are not!</p> <p>Extra Plate</p> <p>Create your own food label for a fruit or vegetable of your choice!</p> <p>Share your activities through social media tagging #GirlPoweredNutrition and @WaggsWorld</p> <p>Badge Tracker</p>	<p>GIRL POWERED NUTRITION CHALLENGE</p> <p>Challenge 4</p> <p>Design, plan and cook a nutritious meal for you and your family</p> <p>Extra Plate</p> <p>Complete the emoji challenge and share your answers!</p> <p>Share your activities through social media tagging #GirlPoweredNutrition and @WaggsWorld</p> <p>Badge Tracker</p>	<p>GIRL POWERED NUTRITION CHALLENGE</p> <p>Challenge 5</p> <p>Learn about the nutrition issues affecting your family and community. What would you like to change? Draw or write your goal on a piece of fruit and share with us!</p> <p>Extra Plate</p> <p>Take a photo of yourself in your 'Power Pose' ready to take action!</p> <p>Share your activities through social media tagging #GirlPoweredNutrition and @WaggsWorld</p> <p>Badge Tracker</p>
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The GPN U-report poll

Aiming to address the heightened impact of Covid-19 on girls' nutrition, WAGGGS employed a global consultation initiative alongside our partners, UNICEF, using the U-Report polling tool and chatbox.

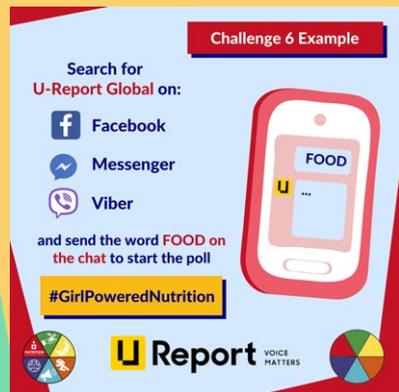
U-Report is a tool for community participation, enabling young people to have their say directly through social media channels, and send in their questions for our Advocacy Champions to answer about the global challenges they are facing.

WAGGGS aimed to learn from U-Reporters' experiences of lockdown, isolation and potential impact on their nutrition intake, providing valuable insight on how this pandemic is affecting young people and their right to accessing sufficient nutritious food, and encourage them to take action and speak out during this time.

Participants were also encouraged to write to their food and agriculture ministry in their countries asking them to prioritise adolescent nutrition during this time.

Almost 12,000 young people initiated the poll and over 40 questions about nutrition and staying healthy were received from 15 different countries through the U-Report chatbox tool.

This data will be used to shape future advocacy activities of the GPN programme, addressing the specific needs of girls and young women intensified by the Covid-19 outbreak. The data will also be shared with our global nutrition expert partner, Nutrition International, in order to shape future programmatic areas in ending hunger around the world.



Recommendations



The adolescent nutrition landscape has changed significantly since the launch of GPN in 2017 with a notable shift in the global recognition of the burden of malnutrition in adolescence.



The Convention of the Rights of the Child (UNICEF, 1990) ratified the human rights of the child to ‘combat malnutrition’, and have ‘access to education and are supported in the use of basic knowledge of child health and nutrition’ (UNICEF, 1990). The Beijing Platform for Action (UN Women, 1995) declared ‘women and health’, including nutrition, as one of 12 key areas for urgent action. Yet in the space between childhood and womanhood, the needs of adolescent girls are at risk of being left behind.

During the last three years, there has been growing awareness, especially on the global stage, of the need to invest in this vital life stage to break the intergenerational life cycle of malnutrition. The national and regional adolescent nutrition landscape has in most cases moved at a slower pace.

In 2017, USAID launched a ‘Stakeholders Consultation on Adolescent Girls; Nutrition: Evidence, Guidance and Gaps’ that resulted in a call for seven priority areas of action. The World Health Organisation’s ‘Global Accelerated Action for the Health of Adolescents (AA-HA!)’ placed nutrition in the wider context of universal healthcare.

Data on adolescent nutrition was highlighted as a major gap in the Global Nutrition Report 2017 despite adolescence being recognised as a critical point in the nutrition life cycle. The subsequent Global Nutrition Report in 2018 declared adolescent nutrition, especially among girls, as one of three critical issues in need of attention.

Urgent action is vitally needed from governments to avoid the long-term and large-scale impact the pandemic will have on our most vulnerable populations, particularly those at risk of malnutrition or who are malnourished in any form.

Governments must take steps to ensure everyone has sufficient access to nutritious food, particularly those in vulnerable groups and those who are now considered vulnerable due to Covid-19.



Ensure that nutrition remains a top priority in health systems, applying a gendered lens to the Covid-19 response, upholding girls' human rights in health, recognising the disproportionate impact many issues have on young women and girls, particularly in developing countries.



Transform discriminatory social norms, stereotypes and practices around malnutrition through legislative reforms, awareness-raising and media campaigns and educational programmes for both boys and girls. Address harmful norms and perceptions that regard girls as inferior to boys and prioritise boys' access to food.



Disaggregate national data under each Sustainable Development Goal target by age, sex and other categories bearing in mind the intersecting nature of inequality so that progress for all girls is adequately captured. Recognise girls and young women as a distinct demographic group with unique nutritional needs.



Recognise intersections in cross-cutting issues that disproportionately affect young women and girls eg. nutrition, gender-based violence and body autonomy. Protect girls from early marriage and pregnancy, which have further negative consequences on their access to food, among other resources.



Invest in increasing understanding of healthy nutrition for girls at all levels. Maintain and scale-up investments in nutrition programming and national and international policies, saving lives through a holistic and multi-sectoral approach with a special focus on adolescent nutrition.



Take steps to consult young women and girls in forming solutions to policy and practice. Increase their involvement in decision-making at all levels in both the public and private domains.

THANK YOU TO OUR ADVOCACY CHAMPIONS

MADAGASCAR

N Anarana Sy Fanampiny

Arisoa Marie Fandresena

Andrianantenaina
Hanitriniony

Rasoarinelina Tahiry Léa
Fabienne

Rasoarimanana Volaniaina
Miharisoa Caren

Rakotomalala Fehizoro
Ny Fitiavana

Rasetasoahobimananarivo
Saotranirina

Raharijaona Marie Judith
Emma

Andrianaivalomandimby
Anjarasoafinoana

Andriamihantasoando
Nandrianina

Andriamahefalisson Narindra

Rakotonandrasana
Mevaharinivo Geliah

Andriamiarisoa Sylvia
Claudia

Razafimandimby Sylvianne

Vololonirina Lantoniaina
Hortense

Rakotomaharo Onintsoa

Rakotoarivelo Harinirina

Ratovoson Sandrine

Rasoanirina Lea Honorette

Razafindramaro Christine

TANZANIA

Najma Mohammed

Esther Wazoeli

Ummy Mwabondo

Elizabeth Bertha

Belinda Sifaeli

Piensia Ngirwa

Ruth Namatanga

Bitizan Mndeme

Esther Malogo

Costansia Cyliro

Yusta Kobero

Zulfa Said

Sekela Kalinga

Alvera Richard

Teresia Steven

Scholastica Shoma

Valentina Muhindo

Mariam Mbugi

Sikudhani Mgaya

Sikudhani Hamisi

THE PHILIPPINES

Cyrene Montano

Marielle Buscato

Angelika Joy Binas

Francine Pradez

Kathleen Nicole Vivas

Nickay Romero

Lhea Villena

Darlene Buenaflores

Michelle Angela Ucan

Melody Estrada

Krizzia Selanoba

Marie Rosary Abellar

Nikayla Karell Odi

Jade Delgado

Cassandra Nicole Romero

SRI LANKA

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Thareendra
Liyanage

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