

# ADOLESCENT NUTRITION

Youth Growth and Development - Boeny Region, Madagascar

 **Confidential Document** - General program presentation. For detailed data, complete methodology, and preliminary results, contact the author.

## Program Overview

**Adolescent Nutrition** is an initiative targeting the specific nutritional needs of adolescents (10-19 years) in rural schools of Madagascar. The program recognizes adolescence as a critical period of rapid growth requiring adapted nutritional support.

## Context and Problem Statement

Adolescence is marked by rapid physical growth, cognitive development, and major hormonal changes. Rural Malagasy adolescents face nutritional challenges that compromise their optimal development and academic success.

**3,500+**

ADOLESCENTS TARGETED

**12**

RURAL SCHOOLS

**40%**

STUNTING RATE

**24 months**

PROGRAM DURATION

## Specific Nutritional Needs

### Why Adolescence is Crucial

- **Rapid growth:** Growth spurt requiring energy and nutrients
- **Bone development:** 45% of bone mass forms during adolescence

- **Brain development:** Brain maturation and cognitive abilities
- **Hormonal changes:** Increased iron needs (menstruation in girls)
- **Academic performance:** Concentration and memory linked to nutrition
- **Long-term prevention:** Eating habits for adult life

## Identified Nutritional Challenges



### Dietary Monotony

Excessive rice dependency, lack of dietary diversity at school



### Iron Deficiency Anemia

Particularly in adolescent girls, affecting energy and concentration



### Academic Impact

Malnutrition leading to fatigue, absenteeism, and poor performance



### Developmental Delay

Slowed physical growth and delayed maturation

## Program Objectives

- Improve nutritional status of 3,500 school-enrolled adolescents
- Reduce anemia in adolescent girls from 45% to less than 25%
- Increase dietary diversity in school canteens
- Strengthen nutritional education and good practices
- Improve nutrition-related academic performance
- Promote healthy eating habits for life

## Intervention Strategy

- **Enriched school canteens:** Balanced and diversified meals
- **Targeted supplementation:** Iron and micronutrients for the most vulnerable
- **Nutritional education:** Integrated into school curriculum

- **School gardens:** Local production of vegetables and fruits
- **Nutrition clubs:** Peer-to-peer awareness
- **Family involvement:** Workshops for parents

## **Expected Impact**

---

- Measurable improvement in nutritional and anthropometric status
- Reduction in malnutrition-related school absenteeism
- Increase in academic performance
- Improvement in self-esteem and psychological well-being
- Creation of sustainable eating habits
- Replicable model for other rural schools

## **Interested in This Program?**

**Joseph John Rakotonandrasana**

Environmental Scientist | Nutrition Innovator

 [josephjohnrak@gmail.com](mailto:josephjohnrak@gmail.com)

 +230 5489 5254

Contact me for the complete dossier, baseline data, and partnership opportunities

---

© 2024 Joseph John Rakotonandrasana

Presentation Document - Public Version

Detailed data and protocols available upon request