



## **Nutrition**

With support from the Eleanor Crook Foundation, Hope Through Healing Hands has launched a new campaign to galvanize interest, support, and advocacy for the issues of global nutrition.

Nutrition is one of the most overlooked areas in global health and development today. Though the U.S. has been a historic leader with the advent of PEPFAR and other initiatives for infectious disease, family planning, clean water, and maternal health and child survival, nutrition remains a fraction of the budget for foreign assistance. There is a deep need for awareness and advocacy to uplift this issue to the limelight to address the critical needs of hunger and malnutrition, particularly for women and children in the first 1000 days of life.

Nutrition is an investment in “gray matter infrastructure.” For every \$1 invested, \$16 is saved from lost productivity and health care costs. Yet we currently spend less than 1% in development assistance globally on high impact, basic nutrition solutions that have been proven to save lives.

### **Just the Facts**

- Nearly 1 in 3 people worldwide suffer from malnutrition. If this were a disease, we would call it a pandemic of biblical proportions. This hunger leads to lifelong problems of chronic diseases and weakened immune systems.
- For 1 in 4 children around the world, malnutrition leads to stunting. Stunted growth during the formative months and years of life diminishes both cognitive and physical capacity for a lifetime. This influences an individual’s ability to learn in school and translates to lower incomes in relation to the greater population later in life.
- Young mothers suffer from anemia. Over half a billion women suffer from iron deficiency during pregnancy which leads to high rates of maternal mortality. It also has serious health consequences for newborns.

### **Solutions**

- Greater investment in micronutrient supplementation, exclusive breastfeeding practices, protein supplementation, treatment for malaria, vitamin A, zinc, iron and folic acid supplementation, and food fortification.
- Stand up. Speak up. Advocate for increased funding in global nutrition, agriculture, and emergency response programs.