



Hi Friend,

The nutrition status of mothers and their children may be one of the better ways to evaluate the wellbeing of a nation.

Health and nutrition interventions that address food insecurity and malnutrition are integral to improving the health of individuals. Research also confirms societal impacts beyond the individual. Nutrition challenges can affect current and future generations, and therefore productivity, economic losses, and preventable negative health outcomes for individuals, families, communities and even nations over time.

Anemia among women of reproductive age (WRA) is one potentially debilitating condition impacting physical and neurocognitive capacity for mothers and their children. In 2019, anemia among WRA accounted for 50 million years of healthy life lost due to disability (YLDs), making it the second leading cause of YLDs worldwide.

While global progress to reduce anemia prevalence is slow, there are countries that are investing in nutrition interventions to strengthen their communities. Two Exemplar countries, Pakistan and the Philippines, are making steady progress in reducing anemia prevalence, and in doing so, improving the health of their societies.

In [Pakistan](#), multisectoral investments in women's overall wellbeing were critical to curtailing anemia prevalence. And in [the Philippines](#), investments in women's nutrition and dietary intake and family planning were similarly impactful. Both countries significantly reduced anemia among non-pregnant women of reproductive age over a roughly ten-year period (from 51% to 40%, and 23% to 12%, respectively).

I encourage you to [explore our research](#) and read the mounting evidence that good nutrition is critical to helping individuals, communities, nations – and their economies – become stronger and healthier.

Best,
Niranjan Bose, PhD
Managing Director, Health and Life Sciences



Read new findings on anemia reduction from Pakistan and the Philippines

Pakistan

The Philippines

EXEMPLARS STORIES

Dr. Zulfiqar A. Bhutta on new nutrition research: 'Have we been looking at the proverbial elephant?'

Dr. Bhutta, lead researcher at the SickKids Centre for Global Child Health in Toronto, discusses the new Exemplars research topic, Maternal and Infant Nutrition and Growth. [Read the full Q&A here.](#)

Powerful tool for the prevention of child malnutrition: SQ-LNS

Research shows that small-quantity lipid-based nutrient supplements (SQ-LNS) can be cost-effective interventions to reducing severe wasting, stunting, and anemia. [Read the full article here.](#)

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