

## Gender & Nutrition: Bringing nutrition to more women, and more women to nutrition

**Women and nutrition** are connected in many ways. In many communities around the world, it is women who still predominantly manage family meals and care for children. Through these roles, women are the key to delivery of good nutrition in their communities and families.

Yet, **women are more susceptible to malnutrition** and suffer disproportionately from it. Today, women and girls make up 60% of the those around the globe with chronic malnutrition. Additionally, 29.9% of women of reproductive age (15-49 years old) suffer from iron deficiency anaemia.

### **The negative impacts of malnutrition on women are great.**

An iron deficiency can cause pregnant women to experience preterm delivery, low-birth-weight infants, and decreased iron in their baby, which may lead to impaired child development. For the mother, low iron can cause poor attention, low work productivity and negatively impact her income generating ability.

In short, failure to reduce anaemia may **reduce the health and quality of life of millions of women** and may impair children's development and learning.

For these reasons, the **Scaling Up Nutrition (SUN) Movement** places great value on efforts to bring healthy nutrition to more women, and to bring more women into efforts to fight malnutrition.



The SUN Movement is structured as a **multi-stakeholder country-led movement** bringing together the capacities of leading organizations committed to achievement of the global nutrition goals. As such, it is uniquely positioned to connect its 65 SUN Countries and 4 Indian States with the gender/nutrition expertise of its network members, and to also advocate for the mainstreaming of gender in nutrition actions.

As part of the recently launched SUN 3.0 Strategy (2021-2025), this emphasis on the gender/nutrition axis is being scaled up.

At the SUN Movement, we see women as playing an integral part in all aspects of efforts to achieve global and national nutrition goals. For this reason, **gender is woven throughout all our work streams** – rather than as a standalone. We feel this strategic approach serves women and nutrition better and more effectively.

### **So how do we support mainstreaming gender in nutrition actions?**

We have developed a comprehensive strategic approach, which includes:

- ✓ *Promoting* the appointment of women as SUN Government Focal Points – those high-level SUN Country government officials charged with coordinating multistakeholder nutrition actions in their country.
- ✓ *Supporting* SUN Countries to mainstream gender in their national nutrition plans
- ✓ *Advocating* for women and women-specific nutrition issues at the global, regional and national level.
- ✓ *Supporting* women to have a voice at global, regional and national nutrition events.
- ✓ *Including* gender/nutrition specific technical issues in our capacity building initiatives.
- ✓ *Convening* SUN Movement stakeholders to advance the gender/nutrition approach.
- ✓ *Sharing* gender/nutrition knowledge and good practices with SUN Movement stakeholders.
- ✓ *Surveying and measuring*, annually through the SUN Movement Joint Annual Assessment, the impact of malnutrition on women in SUN Countries.



Through these efforts, the SUN Movement can effectively serve as the conduit through which the knowledge, expertise and capacities of its network members can be leveraged to the benefit of SUN Countries in ways that **ensure a strong gender component to all nutrition actions**.

The result will serve to **effectively mainstream women** into both nutrition related decision-making and as equal beneficiaries of nutrition actions.

And through this work, the SUN Movement seeks achievement of the global nutrition goals in ways that **equally benefit women and men**, and which bring healthy nutrition to all people, everywhere.

**For more information, contact:**

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