



NUTRITION: NOURISHING FAMILIES AND FUTURES

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Nutrition is a foundation for development and prosperity, contributing to eradicating poverty, fostering economic growth, empowering women, improving the health of individuals and communities, and saving lives. For more than 60 years, the U.S. Agency for International Development (USAID) has been a global leader in nutrition and has addressed the causes and devastating effects of malnutrition by supporting countries to empower people with the skills, tools, and resources to improve their families' health, diets, and nutrition – especially early in life when it matters most.

To build toward a future where everyone – especially women and children – is well nourished, USAID develops and implements strategies based on the most recent and reliable evidence. The Agency works across disciplines to achieve visions set forward under USAID's [Multi-Sectoral Nutrition Strategy](#) and the U.S. government's [Global Food Security Strategy](#), [Global Nutrition Coordination Plan](#), [Global Malnutrition Prevention and Treatment Act](#), and [Global Child Thrive Act](#).



IN 2023, USAID NUTRITION PROGRAMS REACHED MORE THAN 39 MILLION CHILDREN AND WOMEN WITH CRITICAL – OFTEN LIFESAVING – INTERVENTIONS.



USAID
FROM THE AMERICAN PEOPLE

WHY NUTRITION MATTERS

Globally, 4.9 million children died before the age of five in 2022. Eighty-two percent of young children in low- and/or middle-income countries receive insufficient diets and almost half of deaths for children this age are underpinned by malnutrition. Those children who survive malnutrition have compromised cognitive and physical development. Together, these consequences of malnutrition among children lead to an annual economic burden of U.S. \$548 billion.

Supporting maternal nutrition improves women's health, helps to prevent birth complications, and lays a foundation for good nutrition for children. Counseling and support for mothers also helps promote breastfeeding — 823,000 children's lives could be saved each year with adoption of universal optimal breastfeeding practices. Investing in nutrition not only saves lives but is essential for economic prosperity: Good nutrition supports individuals to be active, productive members of their communities and local economies.

THE 1,000 DAY WINDOW OF OPPORTUNITY

The 1,000 days from pregnancy to a child's second birthday offer a critical window when good nutrition lays a foundation for health and development throughout life. The health and well-being of a pregnant or lactating woman is directly connected to the growth and health of her infant. The right nutrition for both mother and child during this time can have a profound impact on the child's growth and development, reduce disease risk, and protect the mother's health.

ADDRESSING MALNUTRITION

Through targeted, evidence-based strategies, the U.S. Global Malnutrition Prevention and Treatment Act (GMPTA) guides USAID programming to reduce malnutrition; improve health outcomes; promote economic advancement; and enhance human development across nations. The GMPTA outlines key technical areas and priority interventions to guide USAID's nutrition programming across varying settings, including:

1. Strengthen nutrition in primary health care systems:
 - Support lactating mothers and their families with skilled breastfeeding counseling.
 - Improve access to prenatal micronutrient supplements for pregnant women.
 - Scale-up the prevention and treatment of wasting.
 - Ensure adequate coverage of vitamin A interventions.
2. Increase dietary diversity and appropriate complementary feeding.
3. Scale up and sustain large-scale food fortification.
4. Improve food safety.

USAID is committed to safeguarding and advancing nutrition within sustainable food and health systems and humanitarian response so that more children, families, and communities do not suffer the consequences of malnutrition but live healthy and productive lives. Bringing these investments together, USAID helps partner governments to adopt evidence-based and adaptable solutions to accelerate impact and drive effective multi-sectoral coordination.

OUR IMPACT

IN 2023, USAID:



PROVIDED **11 MILLION PREGNANT WOMEN** WITH NUTRITION COUNSELING AND PROGRAMS.



SUPPORTED **6 MILLION INFANTS AND YOUNG CHILDREN** THROUGH NUTRITION EDUCATION, RESOURCES, AND SUPPORT PROVIDED TO FAMILIES AND CAREGIVERS.



REACHED **256,000 PEOPLE** WITH PROFESSIONAL NUTRITION TRAINING AND SKILLS DEVELOPMENT.

EVERY SECTOR HAS A ROLE TO PLAY IN IMPROVING NUTRITION

- HEALTH
- HUMANITARIAN ASSISTANCE
- WATER, SANITATION, AND HYGIENE
- POLICY
- AGRICULTURE
- EDUCATION
- PRIVATE SECTOR
- SOCIAL PROTECTION