

Event Brief



Women Nutrition: Resilience and Recovery on the Road to 2030

8 June 2021 | Health Talks for the Food Systems Summit Dialogues 2021

Investing in women nutrition and empowering women in their food system roles has a multiplying effect on the resilience of their families and communities

Failing to invest in women has wide-ranging consequences, for them, their children, their families and community.

"Women's roles are unquantifiable"

MRS. AISHA BUHARI,
FIRST LADY OF NIGERIA

Improving women's nutrition needs to be game-changing within the Food Systems Summit. Women need to be at the table and be heard.

Global leaders came together on 8 June 2021 to discuss the foundational role of women in food systems and the urgent need to empower women and improve their nutrition across food, health, and social protection sectors.

Women have higher nutritional needs than men; they need 2.5 times the iron required by men. Yet, women around the world eat last and least, particularly in times of crisis. Therefore, women have significantly higher levels of malnutrition than men. This impacts their health and productivity and that of future generations. For mothers, poor nutrition during pregnancy and lactation has serious consequences for birth outcomes and long-term health and productivity of their children.

Women nutrition is an issue of equity. A World Bank study found that women's nutritional status is driven more by intrahousehold inequity than just poverty with 75% of underweight women found in households where the male head was not underweight.

Despite their essential role in all aspects of the food chain, women still do not have the same rights or entitlements as men. While large numbers of women work in the field or as food vendors, few women have leadership positions higher up in the food system.

40%

Pregnant women suffer from anemia worldwide
[WHO](#)

4.8 M

Additional pregnant women might suffer from anemia globally due to COVID-19
[STFN](#)

75%

Underweight women in Sub-Saharan Africa live with male heads who are not underweight
[World Bank](#)



MRS. AISHA MUHAMMADU BUHARI,
First Lady, Nigeria



CHERRIE ATILANO
AGREA-ASI, Philippines



JESSICA FANZO
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NDIDI NWUNELI
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MICHAEL OJO
GAIN, Nigeria



JEMIMAH NJUKI
IFPRI



ANNA LARTEY
University of Ghana



MARTI VAN LIERE
Micronutrient Forum



Cherrie Atilano, Philippines

Empower female farmers:

- Redesign Farm Schools to be women-oriented
- Invest in micro-finance training for women
- Implement women-inclusive policies in rural financial institutions

Examples of Women-centered Food Systems Solutions

Ndidi Nwuneli, Nigeria

Strengthen women entrepreneurship:

- Enable policies that push for gender equity
- Actively invest in female extension workers
- Invest in women-led business development

How can women be a part of the move toward resilient and sustainable food systems?

"Women matter at all stages of their life cycle"

DR. JESSICA FANZO
JOHNS HOPKINS
UNIVERSITY

- Governments and the United Nations champion women leaders in the food system
- Women are included and also actively drive the development of farming-related technology
- Incentivize banks to offer women-inclusive financial services
- Challenge norms and traditional systems to ensure women a seat at the table
- Generate gender-specific data for a better understanding of women's issues and facilitate pro-women policy decisions



WATCH THE SESSION
ON YOUTUBE

Women Matter - Act Now

- Prioritize and invest in Women Nutrition at the UN Food Systems Summit (FSS) and Tokyo's Nutrition for Growth Summit 2021
- Engage in and commit to women-focused Food Systems Solutions across all action tracks, in particular
 - Women's leadership
 - Social norms and influencing women's access to nutritious foods
 - Addressing the gender finance gap
 - Changing policies to make food systems gender-transformative
- Women nutrition to be appropriately costed and integrated into global and country-level COVID-19 recovery efforts.

Powering Women Nutrition for Promising Futures

