



**WEEKLY IRON AND  
FOLIC ACID SUPPLEMENTATION  
AS AN ANAEMIA-PREVENTION STRATEGY  
IN WOMEN AND ADOLESCENT GIRLS**

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LESSONS LEARNT FROM IMPLEMENTATION OF  
PROGRAMMES AMONG NON-PREGNANT WOMEN  
OF REPRODUCTIVE AGE



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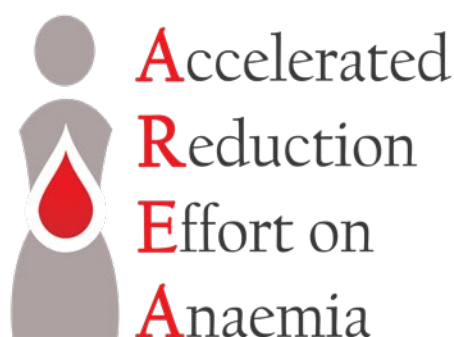
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# Abbreviations

AREA	Accelerated Reduction Effort on Anaemia
CDC	United States Centers for Disease Control and Prevention
CoP	Community of Practice
GAIN	Global Alliance for Improved Nutrition
GIFTS	Girls Iron Folate Tablet Supplementation
HRP	Humanitarian Response Plans
IFA	Iron and Folic Acid
NiE	Nutrition in Emergencies
SABLA	Rajiv Gandhi Scheme for the Empowerment of Adolescent Girls
UNICEF	United Nations Children's Fund
USAID	United States Agency for International Development
WHO	World Health Organization
WIFS	Weekly Iron and Folic Acid Supplementation
YLD	Years lived with disability

## Preface

This brief aims to reinforce the common understanding among multiple stakeholders of the significance of investing in the weekly iron and folic acid supplementation (WIFS) programme for non-pregnant women of reproductive age, including adolescent girls and adult women. For the purpose of this brief, further mention of women of reproductive age refers to adolescent girls, young women and adult women with ages ranging from 15 to 49 years of age, unless stated otherwise.

The barriers to be addressed for effective implementation of WIFS programmes are illustrated by drawing lessons from programmatic examples. The WHO recommendations to scale up programmes nationally are also presented. The brief is intended for stakeholders involved in prevention and control of anaemia, including national-level governments, communities, civil society, United Nations regional and country offices and the private sector, to seize the opportunity to increase investment and effectively implement WIFS as a preventative strategy to achieve the global nutrition target of reducing anaemia by 50% in women of reproductive age by 2025, endorsed by Member States.



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