

A *Lancet* Series on Adolescent Nutrition

London, 30th November 2021 - Today, [The Lancet](#) will launch a series of three papers that compile knowledge on the role of nutrition in adolescent growth and the drivers of adolescent food choice, and provide recommendations on how to achieve better nutrition outcomes for this generation. The papers will be officially launched at an event hosted by [Murdoch Children's Research Institute](#) (MCRI), [Global Alliance for Improved Nutrition](#) (GAIN) and *The Lancet* today.

Adolescence brings phenomenal growth, transforming every physiological system from the reproductive to the brain. Adolescent growth carries implications for health through the course of life into the next generation. Yet adolescent nutrition has remained invisible in government policies and actions, despite persisting problems related to adolescent nutrition.

The First Paper highlights the role of nutrition in the maturation of major physiological systems in adolescence. It also highlights gaps in knowledge that can arise from focusing on single facets of adolescent growth rather than inter-connections between physiological systems. **The Second Paper** addresses the drivers of adolescent food choices, including the interactions between adolescent agency and autonomy, cultural contexts, and diverse food environments. **The Third Paper** examines the actions needed to create healthy adolescent food environments, including the roles that young people themselves may play.

[DOWNLOAD THE PAPERS HERE](#)

Edward Frongillo, University of South Carolina's Director Global Health Initiatives, says, "Adolescence is a remarkable period during which nutrition supports the rapid growth, development, and maturation of every physiological system from reproduction to neurocognition, providing a foundation for adult life."

"The choices that adolescents and young adults make, or are forced to make, about their diets and nutrition will have ramifications for their lives and for that of the planet. Creating a world that supports healthy diets and better nutrition for adolescents and young adults will in turn require concerted actions and accountability from all of society," says Purnima Menon, Senior Research Fellow at International Food Policy Research Institute.

Director, Knowledge Leadership at Global Alliance for Improved Nutrition, Lynnette M. Neufeld Evidence says, "This series unequivocally shows the danger of inaction but also that adolescents have a lot to say about why they eat what they eat, and the factors that might motivate them to change. We must include them as active partners in shaping local and global actions that support healthy eating."

The *Lancet* Series on Adolescent Nutrition will be presented during a 90-minute launch event, an official side event of the Tokyo Nutrition For Growth Summit, on Tuesday 30th November, 7:00pm JST / 9:00pm AEDT / 10:00am GMT.

[REGISTER HERE TO ATTEND](#)

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Note to the editor

We encourage you to download images [here](#) in order to combat weight bias in the media. This is to ensure accurate, non-biased, and respectful images are widely available.

About The Organizations

The Lancet

Founded in 1823, The Lancet family of world-class journals is committed to improving lives through medical research. With offices in London, Munich, New York, and Beijing, The Lancet publishes a weekly journal and monthly specialty journals in the fields of child & adolescent health, diabetes & endocrinology, digital health, gastroenterology & hepatology, global health, haematology, healthy longevity, HIV, infectious diseases, microbiology, neurology, oncology, planetary health, psychiatry, public health, respiratory medicine, and rheumatology. www.thelancet.com

About Murdoch Children's Research Institute (MCRI)

The Murdoch Children's Research Institute (MCRI) is the largest child health research institute in Australia committed to making discoveries and developing treatments to improve child and adolescent health in Australia and around the world. Based at the Royal Children's Hospital in Melbourne, MCRI pioneers new treatments, trials better vaccines and improves ways of diagnosing and helping sick babies, children and adolescents. MCRI is one of the only research institutes in Australia to offer genetic testing to find answers for families of children with previously undiagnosed conditions. www.mcri.edu.au

About Global Alliance for Improved Nutrition (GAIN)

The Global Alliance for Improved Nutrition (GAIN) is a Swiss-based foundation launched at the UN in 2002 to tackle the human suffering caused by malnutrition. Working with both public and private, GAIN aims to deliver nutritious foods to those people most at risk of malnutrition. www.gainhealth.org

Fondation Botnar (series funder)

Fondation Botnar is a Swiss-based foundation which champions the use of AI and digital technology to improve the health and wellbeing of children and young people in growing urban environments. To achieve this, the foundation supports research, catalyses diverse partners, and invests in scalable solutions around the world. www.fondationbotnar.org

Media Contact

For media enquiries, including interview requests with authors and experts of the *Lancet* Series, please contact:

Edwin Shankar, edwin.shankar@leidar.com