

Remarks delivered by Emmanuelle Collet, Chief of Planning, Monitoring and Evaluation & Social Policy,
UNICEF Timor-Leste, on the National Workshop on Socialization of Iron Folic Acid supplementation
Programme to adolescent girls aged 12-16 years.

29 September 2022,

Time: 09:00 – 10:00.

Location: Ministry of Finance Conference Room, Dili, Timor-Leste



H.E. General Director of Health Service, Dra Odete da Silva Viegas.

S.E. Diretor Jeral Servisu Saude, ne'ebé mak representa husi Dr Nilton do Carmo.

H.E. General Director of Education, Mr. Antoninho Pires

S.E. Diretor Jeral Edukasaun, ne'ebe mak representa husi Sr. Joaquim.

H.E. Representative for Japan Embassy, Mrs. Kazumi YAMADA, Deputy Head of Mission

S.E. Representante husi Embaixada Japaun, ne'ebé mak representa husi Vice Xefi Misaun Embaixada Japaun, Sra Kazumi YAMADA

H.E Representative from European Union

S.E. Representante husi Uniaun Europeia

The National Directors from Ministry of Health and Ministry of Education

Diretores Nasionais husi Ministeriu Saude no Ministeriu Edukasaun.

The Municipality Directors of Health from 12 municipalities and from RAEOA

Diretores Municipios ba Servisu Saude husi munisípiu 12 no RAEOA.

The Municipality Directors of Education from 12 municipalities and from RAEOA
Diretores Municipios ba Servisu Edukasaun husi munisípiu 12 no RAEOA.

Colleagues from the Ministry of Health and Ministry of Education.

Kolegas husi Ministeriu Saude no Ministeriu Edukasaun.

Colleagues and Partners from UN sister Agency, Government; NGOs and INGOs

Kolegas no Parseiru sira husi Ajensia Nasoins Unidas, Governu; ONG no INGOs.

Development Partners; representatives from the media. Distinguished Guests and Friends.

Parseiru Dezenvolvimentu; representante sira husi média. Konvidadu no belun sira hotu.

It is a pleasure and an honour for me to be here today with all of you to jointly raise the alarm on the target group that deserves the attention of everybody in this country. As we are all gathered here today, to highlight the important role of nutrition for adolescent, for the family, and for the nation. As we all conscious that adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health.

Ida nee hanesan ksolok no onra boot ida mai hau hodi bele hamutuk ho imi hotu ohin loron hodi konsientizar hamutuk ba grupu alvu ida ne'ebé mak merese hetan atensaun husi ema hotu-hotu iha nasaun ne'e. Hanesan ita hotu halibur iha ne'e ohin loron, atu ko'alia kona-ba papél importante nutrisaun nian ba adolexente, ba família, no ba nasaun. Hanesan ita hotu hatene katak adolexente mak faze moris entre labarik no adultu, husi idade tinan 10 to'o tinan 19. Ida ne'e hanesan faze úniku ida iha dezenvolvimentu umanu no tempu importante ida atu harii fundasaun ba saúde diak

Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them.

Adolexente sira hetan kreximentu fíziku, kognitivu no psiko-sosial ne'ebé lalais. Ida-nee afeta oinsá sira sente, hanoin, foti desizaun, no halo interasaun ho ambiente ne'ebé hale'u sira

Adolescence is a second window of opportunity for growth, psychosocial development, and establishing lifelong dietary and lifestyle habits. Good nutrition during this period fuels growing brains and bodies, and improves school enrolment, educational achievement and

cognition. Nutritious diets also allow some adolescents to experience catch-up growth after stunting in early childhood.

Adolexente mós sai hanesan janela oportunidade daruak ba kresimentu, dezentvolvimentu psiko-sosial, no estabelese ábitu ka toman ba estilu moris no dieta nina. Nutrisaun ne'ebé mak di'ak durante período ida-ne'e, sei halo kakutak no isin sira sai boot, no hadi'a taxa admisaun ba iha eskola, hetan edukasaun no koñesimentu. Dieta nutritivu sira mós permite adolexente balun atu hetan fali kreximentu hafoin esperiensa malnutrisaun ka stunting wainhira sei ki'ik.



Yet, many adolescents are failing to consume diets that give them the foundation for long, healthy and productive adult lives. Many of them miss breakfast; eat too few fruits, vegetables, fish and dairy products; and regularly consume snacks high in sugar, salt and saturated fat. Limited access to diverse and nutritious foods can result in deficiencies in essential micronutrients, such as iron. Adolescent girls may be especially vulnerable, as discrimination and cultural norms often mean they lack access to nutritious food, nutrition services and education.

Maski nunee, adolexente barak mak la konsume hahan ne'ebé fó sira fundasaun ba moris, saudavel no produtivu. Sira barak mak la han iha dader ka matbichu; han ai-fuan, modo, ikan no produktu husi susubeen ne'ebé mak uitoan liu; no han bebeik hahan sira ne'ebé mak aas ho masin-midar, masin no bokur. Asesu limitadu ba ai-han oioin no nutritivu bele rezulta ba iha defisiénsia mikronutriente esensiál sira, hanesan ferru. Labarik-feto adolexente sira bele sai vulneravel liu, tanba diskriminasaun no norma kulturál sira ne'eb'e mak dala barak signifika sira la hetan asesu ba ai-han nutritivu, servisu nutrisaun no edukasaun.

During this period of rapid growth, the bodies of adolescent girl experience increased nutrients need. The periodic blood loss through menstruation imposes additional need for iron and other essential nutrients and can contribute to anaemia. The iron folic acid Supplementation Programme is a public health intervention designed fill in the iron and folic acid nutrient gap by providing adolescent girls with one full week for each month of iron and folic acid tablets free of charge to help prevent anaemia.

Durante períodu kreximentu ne'ebé lalais ne'e, labarik-feto adolexente sira-nia isin-lolon hetan esperiénsia ba aumenta nesesidade ba nutrisaun. Lakon raan periodiku liu husi menstruasaun, impoin nesesidade adisionál ba ferru, no nutriente esensiál sira seluk, no bele kontribui ba moras anemia. Programa Suplementasaun Ferru Asidu Foliku ne'e, hanesan intervensaun saúde publika ida-ne'ebé dezeña hodi bele preenche lakuna nutrisaun ferru no asidu foliku nian, liuhusi fornese feto adolexente sira durante semana ida nia laran kada fulan, tabletas ferru no asidu foliku ho gratuita hodi ajuda prevene moras anemia ka ran menus.

Anaemia has been a public health problem in many countries including Timor-Leste. It is common among children and adolescent girls. Four out of ten women of reproductive age, and seven out of ten children below five (5) years are currently affected. Among women of reproductive age, the most affected are the adolescent group with almost 5 out of 10 adolescents aged 15 to 19 years (48 per cent) being anaemic.

Anaemia sai ona problema saúde publika iha nasaun barak inklui Timor-Leste. Nee hanesan moras komún entre labarik no labarik-feto adolexente sira. Feto na'in haat husi na'in sanulu, no labarik hitu husi na'in sanulu ne'ebé seidak iha tinan lima mak agora daudaun afetadu hela

ho moras nee. Entre feto sira, sira ne'ebé tama iha grupu adolexente hetan afetasaun boot liu ho kuaze 5 husi 10 adolexente ho idade tinan 15 to'o 19 (48 pursentu) mak hetan anemia.



Intermittent Iron and Folic Acid (IFA) supplementation is a cost-effective intervention for addressing anaemia among adolescent girls recommended by the World Health Organisation (WHO). Anaemia affects adolescent boys and girls, anaemia limiting their concentration in daily tasks, may contribute to high school dropout, and reduces physical fitness and work productivity. Adolescence is an opportune time for interventions to address anaemia, as it is a time for rapid growth and development. Providing Iron and Folic Acid (IFA) supplements during adolescence, and continuing into adulthood improves iron status, and reduces risk of developing iron deficiency and anaemia.

Suplementasaun Intermitente ba Ferru no Asidu Foliku, nu'udar intervensaun ida-ne'ebé ho kustu efetivu, atu rezolve moras anemia iha labarik-feto adolexente sira, ne'ebé mak rekomenda husi Organizasaun Saude Mundial (OMS). Anemia afeta ba labarik-mane no labarik-feto adolexente sira, anemia limita sira-nia konsentrasaun iha servisu loroloron nian,

bele kontribui mós ba taxa para ka sai husi eskola ne'ebe aas, no hamenus produtividade fíziku no servisu nian. Adolexente mak tempu oportunu ba intervensaun sira atu rezolve moras anemia, tanba tempu ne'e mak tempu ba kresimentu no dezvoltamentu ne'ebé lalais. Fornese suplementasaun ba ferru no asidu foliku durante adolescensia, no kontinua iha adultu sei hadi'a kondisaun ferru, no hamenus risku atu dezvoltolve defisiénsia ba ferru no anemia.

Let me end by expressing my appreciation to the Ministry of Health and Ministry of Education for leading this relevant and timely initiative to Help Every Adolescent Thrive by investing on their health and nutrition.

Antes hau remata hau ninian intervensaun, hau hakarak hato'o ha'u-nia apresiasaun ba Ministeriu Saude no Ministeriu Edukasaun ne'ebé lidera ona iniciativa ne'ebé relevante no importante tebes hodi mantein moris di'ak ba kada adolexente hotu-hotu liuhusi investe iha sira-nia saúde no nutrisaun.

This as a continuation of UNICEF contribution and support to Ministry of health and Ministry of Education to improve the quality of adolescent nutrition in Timor-Leste.

Ida ne'e hanesan kontinuasaun husi kontribuisaun no apoiu UNICEF nian ba Ministeriu Saude no Ministeriu Edukasaun hodi hadi'a qualidade nutrisaun ba adolexente iha Timor-Leste.

I would like also to express my sincere appreciation to our donors, the Government of Japan through the Embassy of Japan in Timor-Leste and European Union for their financial contribution. UNICEF will continue working closely with relevant development partners to assist the Ministry of Health and Ministry of Education in ensuring that every adolescent in Timor-Leste will be given a chance to grow and thrive, develop as a healthy and strong citizen.

Hau mós hakarak hato'o ha'u-nia apresiasaun ne'ebé boot ba ami-nia doadór sira, Embaixada Japaun no Uniaun Europeia. UNICEF sei kontinua servisu besik ho parseiru dezvoltamentu relevante sira hodi tulun Ministeriu Saude no Ministeriu Edukasaun hodi asegura katak adolexente hotu-hotu iha Timor-Leste sei hetan oportunidade atu bele krese, buras no dezvoltolve hodi bele sai sidadaun ne'ebé mak saudavel no forte.

Let's continue our efforts for the best interest of every adolescent, everywhere.

Mai ita kontinua haka'as an nafatin atu hetan interese di'ak liu ba adolexente hotu-hotu, iha fatin hotu-hotu

Wish you all the best. Hau deseja buat ne'ebé diak ba ita hotu

Thank you. Obrigada wain.

