

**Handover of Iron Folic Acid Supplements for adolescent girls from the  
Government of Japan to the Government of Timor-Leste  
10.00am, 8 September 2023  
Palacio das Cinzas Caicoli, Dili**

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- Your Excellency, the Vice Minister of Health
- Your Excellency, the Ambassador of Japan
- Your Excellency, Ambassadors and Representatives from Diplomatic Missions
- Distinguished colleagues from Government, especially Health and Education Directors from the five municipalities
- Development Partners, especially the EU
- My colleagues from the UN, civil society organizations,
- Dear friends from the media, ladies and gentlemen.



Good morning,

It is my honor to be here today, on behalf of UNICEF to witness and celebrate the handover of 8 million tablets of Iron Folic Acid supplements, which will be distributed to adolescent girls in Covalima, Lautem, Liquica and Manufahi municipalities and RAEOA.

I wish to start off by thanking the Government of Japan for making this significant contribution to the Government of Timor-Leste as a demonstration of their commitment to enhancing the well-being and nutrition of Timor-Leste's young people.

**Your Excellencies, distinguished guests, ladies and gentlemen,**

Adolescence is the second fastest growth-stage after infancy, and this is a stage which is accompanied by increased nutrient needs. At this stage, there are physiological changes coupled with emotional reactivity, cognitive control and self-regulation which influence adolescents' decision-making and food choices. Poor diet choices and menstruation put adolescents at risk of poor growth and micronutrient deficiencies which later affect learning abilities.

In Timor-Leste 32 percent of girls 14-19 years suffer from anemia. The Iron Folic Acid supplements being handed over today will undoubtedly have a transformative impact on filling the nutrient gaps and improving the nutritional status of adolescent girls across Timor-Leste. This support underlines the importance of addressing nutritional deficiencies especially micronutrients.

I wish to take a moment to extend our heartfelt appreciation to the Ministry of Health, and the Ministry of Education for their visionary leadership and unwavering commitment to the health and well-being of Timor-Leste's young population. It is through their dedicated efforts that initiatives like these become a reality, fostering an environment where the potential of every adolescent can flourish. Through their joint efforts, eligible adolescents will access the Iron Supplements through their schools, while adolescents who are out of school will be reached through community outreach with the Mother Support Groups.

I would also like to express our sincere gratitude to the Government of Japan for their steadfast support to nutrition, which is a true testament to their hopes of a brighter future for the youths of Timor-Leste. Through such collective efforts, we reaffirm our commitment to empowering adolescents, particularly girls, and support their nutritional needs to thrive and succeed.



***Your Excellencies, distinguished guests, ladies and gentlemen,***

Today's handover symbolises more than the physical act of passing along supplements; it signifies our collective commitment to long-term investments in the health, nutrition, and future of our youths through reducing all forms of malnutrition. UNICEF is honored to stand alongside our partners in this shared journey towards improved nutrition and well-being for all.

As we look ahead, let us ensure that these Iron Folic Acid supplements reach every adolescent girl in need, that the benefits of this assistance are maximized, and that our collaborative efforts continue to bear fruit in the years to come.

Together, we can shape a healthier and more promising future for every adolescent in Timor-Leste.

Thank you.



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### **Tetun:**

ENTREGA SUPLEMENTU IRON FOLIC ACID BA FETO ADOLEXENTE SIRA HUSI GOVERNUN JAPAUN BA GOVERNUN TIMOR-LESTE

TUKU 10:00, 8 SETEMBRU 2023

PALACIO DAS CINZAS, CAICOLI, DILI

S.E. Vise Ministru Saúde,  
S.E. Embaixador Japaun ba Timor-Leste,  
S.E. Embaixador sira no representante husi misaun diplomátiku sira,  
Distintus kolega sira husi Governu, li-liu diretor sira husi saúde no edukasaun husi munisipiu lima,  
Parseiru dezvoltamentu sira, especialmente Unaiun Europeia,  
Kolega sira husi ONU, organizasoins sosiedade sivil,  
Kolega sira husi mídia no maluk sira hotu.

Bom dia,

Onra ida ba hau atu marka prezensa ohin lora iha ne'e, hodi UNICEF nia naran atu testamuña no celebra seremonia entrega tablets hamutuk unidade millaun 8 suplementu iron folic acid, ne'ebé mak sei distribui ba feto adolexente sira iha munisipiu Covalima, Lautem, Liquica, Manufahi no RAEOA.

Hau hakarak hahú hodi agradese ba Governu Japaun ne'ebé fornese ona sira nia kontribuisaun siginifikante ba Governu Timor-Leste nu'udar demostrasaun ida ba sira nia kompromisu hodi hadi'ak nutrisaun ba Timor-Leste nia foinsa'e sira.

### **Exelencias, konvidadus, senhoras e senhores**

Adolexente sira mak segundu faze kresimentu ne'ebé lalais liu depois de infânsia, no faze ida ne'ebé akompañadu husi maioria nesesidade nutriente. Iha faze ida ne'e, iha mudansa físiku no mós reatividade emocional, kontrolu kognitivu no auto-regulasaun ne'ebé influensia adolexente sira nia desizaun no opsaun atu hili hahan. Desizaun la-diak kona-aba dieta no menstrusaun tau adolexente sira iha risku ba kresimentu ne'ebé kiak liu no defisiênsia mikronutriente ne'ebé afetra sira nia abilidade aprendizajen.

Iha Timor-Leste, pur sentu tolu nunu-resin rua (32%) husi labarik feto sira idade sanulu-resin hat to'o sanulu-resin sia (14-19) mak sofer husi anemia. Suplementu Iron folic acid ne'ebé mak entrega ohin loron sei la-iha dúvida iha impaktu transformativu atu priense lakuna nutriente no hadi'ak estatu nutrisaun husi adolexente sira iha Timor-Leste laran tomak.

Hau hakarak uja tempu uitoan tan atu hato'o hau nian sinseru agradesimentu ba Ministériu Saúde no Ministériu Edukasaun ba sira nia lideransa visionaria no kompromisu ba saúde no bem-estar husi jersaun foinsa'e Timor-Leste. Liu husi sira nia esforsu ne'ebé mak dedika ona, iniciativa hanesan ne'e sai realidade, kria ambiente ne'ebé potencia husi kada adolexente bele krese. Liu husi sira nia esforsu hamutuk, adolexente sira ne'ebé mak eligivel sei asesu ba suplementu iron ne'e liu husi sira nia eskola, no adolexente sira ne'ebé mak la eskola sei kobre liu husu atividade komunitária husi Grupu Suporta Inan.

Hau mós harakak hato'o hau nia agradesimentu klean ba Governu Japaun ba sira nia apoiu konstante ba nutrisaun, hanesan testamuñu verdadeiru ida ba sira nia esperansa ba futuru nabilan ida, ba Timor-Leste nia foinsa'e sira. Liu husi esforsu hamutuk hanesan ne'e, ami reafirma ami nia kompromisu atu haforsa adolexente sira, liu-liu feto adolexente sira, no apoia sira nia nesesidade nutrisaun atu moris diak no susesu.

### **Exelencias, konvidadus sira, senhoras e senhores**

Seremonia entrega ohin loron simboliza liu aktu físiku atu fase suplementu; ne'e signifika mós ita-nia kompromisu hamutuk ba investimentu tempu naruk ida iha saúde, nutrisaun, no futuru husi ita nia foinsa'e sira liu husi redusaun forma oi-oin husi malnutrisaun. UNICEF sente orgullu atu hamrik hamutuk ho ami nia parseiru sira iha viagem konjuntu ida ne'e hodi mellora nutrisaun no bem-estar ba ema hotu.

Ba oin, mai ita asegura katak suplementu Iron Folic Acid ne'e bele to'o iha adolexente ida-idak ne'ebé mak prezisa, nune'e benefisiu husi aistensia ida ne'e maximizadu, no ita nia esforsu hamutuk ne'e bele kontinua bele lori rezultadu diak iha tinan oin mai.

Hamutuk, it abele forma futuru ida ne'ebé mak saudável no promisu ba kada adolexente iha Timor-Leste.

Obrigado.