



**Vitamin Angels aims to reduce health and economic disparities across the lifespan by effectively delivering evidence-based nutrition interventions. Our interventions target the first 1,000 days of life (i.e., from conception to 24 months of age) and children up to 5 years of age.**

**Vitamin Angels reaches over 70 million children under five and pregnant women in 70 countries annually through our network of over 2,500 partners. We are eager to expand our growing network.**

Vitamin Angels works at both the national and local level, through a blended approach, to identify governments and NGOs interested in the implementation of evidence-based nutrition interventions by:

- Supporting the delivery of **evidence-based nutrition interventions** to hard-to-reach women and children where gaps in coverage persist. Through our local partnerships with qualified organizations, we provide in-kind donations of vitamin A supplements (VAS) and albendazole for children under five and multiple micronutrient supplements (MMS) for pregnant women.
- Providing **technical assistance** to ensure effective delivery through learning solutions, monitoring and evaluation, and implementation research, and
- Engaging in **advocacy and advisory services** to create an enabling environment for the introduction, implementation, and scale-up of VA-supported evidence-based nutrition interventions.

## Our Goal

Vitamin Angels' goal is to help build a foundation of good health by providing nutritional support across the critical window of a child's development.

Multiple micronutrient supplementation for pregnant women

Promotion of early and exclusive breastfeeding, and complementary feeding

Vitamin A and deworming for children ages 6-59 months

## Multiple Micronutrient Supplements Improve Birth Outcomes

Women have an increased need for vitamins and minerals throughout pregnancy. Multiple micronutrient supplements (MMS) can help meet this increased need. Vitamin Angels provides MMS that are formulated to the standards set by the World Health Organization and UNICEF. The supplement contains 15 essential vitamins and minerals that are needed to meet daily nutritional requirements during pregnancy. Similar to iron and folic acid (IFA), MMS reduces maternal anemia. Recent evidence has also shown that among women who are undernourished, use of daily MMS reduces – even more than IFA alone – the occurrence of low birth weight babies, and babies that are small for gestational age.<sup>1</sup>

## Vitamin A Saves Lives

An estimated 190 million children under age five suffer from vitamin A deficiency (VAD), a major underlying cause of child morbidity and mortality. By providing children under five years with vitamin A supplements, we can help reduce childhood infections, diarrhea, measles, and blindness as well as reduce mortality rates in children 6-59 months by up to 24%.<sup>2</sup> Unlike most vitamins, vitamin A supplements are not a chewable daily vitamin. Instead, the tip of a small high-dose vitamin A capsule is cut off by a trained healthcare service provider and the contents are dripped into the child's mouth. This concentrated dose is stored in the liver and slowly released over time into the child's system. A single dose can remain in a child's system for 4 to 6 months. This method is the primary intervention recommended by the World Health Organization and UNICEF for VAD.

## Deworming Reduces Worm Burden and Increases Nutrient Absorption

Many countries with vitamin A deficiency are also endemic with soil-transmitted helminths (STHs) or “intestinal worms” – these include roundworms, hookworms, and whipworms. Left untreated, intestinal worms can cause abdominal pain and distension, increased susceptibility to serious infections, stunted growth, anemia, impaired cognitive development, and compromised nutrition. An estimated 266 million preschool children under age 5 years are at risk of STH infections.<sup>3</sup>

Vitamin Angels provides albendazole, a chewable tablet that is safe and can be given together with vitamin A every 4 to 6 months, to reduce a child's burden of worms and allow for better absorption of available nutrients, including vitamin A.<sup>4</sup>

## Technical Assistance to Ensure Effective Delivery

Vitamin Angels is committed to building the capacity and learning of our partners by providing a range of learning tools. All of these tools have been developed based on standards defined by WHO and UNICEF. Partners can mix and match any of the tools in our “Learning Toolbox” to tailor their own learning experience, and our Learning Solutions Team can work with individual partner organizations to determine which tool is best for them and when to use it.

These tools are specifically designed to meet the varying needs and technical capabilities of partners and are available in multiple languages. Examples of tools include eLearning, a mobile app, instructor-led courses, instructional videos, posters, and visual checklists.

Visit our website at <https://www.vitaminangels.org/resources-for-field-partners> for more information and to access these various learning tools.

1. Haider BA, Bhutta ZA. Multiple-micronutrient supplementation for women during pregnancy. *Cochrane Database of Systematic Reviews*, 2015, Issue 11. Art. No.: CD004905. DOI: 10.1002/14651858.CD004905.pub4.

2. Imdad A., Herzer K., Mayo-Wilson E., Yakoob M.Y., and Bhutta Z.A. Vitamin A supplementation for preventing morbidity and mortality in children from 6 months to 5 years of age. *Cochrane Database of Systematic Reviews* 2010, Issue 12. p. 2.

3. WHO. Weekly epidemiological record. World Health Organization. 6 March 2015, No. 10, 2015, 90, 89-96

4. Mahalanabis D et al. Vitamin A absorption in ascariasis. *American Journal of Clinical Nutrition*, 1976, 29:1372–1375.