



HarvestPlus
Better Crops • Better Nutrition

Moving Research Success to Scale: Learning from the Orange Fleshed Sweet Potato

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19%
of women of reproductive age in **AFRICA** south of the Sahara **ARE ANEMIC DUE TO IRON DEFICIENCY**

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ADDRESSING IRON DEFICIENCY WITH BIOFORTIFIED CROPS

A SERIOUS GLOBAL PROBLEM
Iron deficiency is the most common form of micronutrient deficiency worldwide and a major cause of anemia.

IRON DEFICIENCY LEADS TO

- impaired mental development and learning capacity
- increased weakness and fatigue
- adverse pregnancy outcomes when it progresses to ANEMIA

roughly **2 in 5** YOUNG CHILDREN IN LOW AND MIDDLE-INCOME COUNTRIES
1 in 4 WOMEN OF REPRODUCTIVE AGE **ARE ANEMIC DUE TO IRON DEFICIENCY**

IRON DEFICIENCY ANEMIA IS THE LEADING CAUSE OF DISEASE AND DISABILITY AMONG OLDER CHILDREN AND ADOLESCENTS

A PRACTICAL, FOOD-BASED SOLUTION
IRON BIOFORTIFICATION OF STAPLE CROPS

the role of HarvestPlus
HarvestPlus, a leader in biofortification, works with partners to develop and promote iron-biofortified beans and iron pearl millet

what they are
crops developed through conventional plant breeding and agronomic practices that increase iron levels

who they target
resource-poor families or rural communities who rely on staple crops for much of their diet

why it makes sense
biofortification is a cost-effective and sustainable strategy based on familiar and readily available foods

where they grow
Iron-biofortified crops have been released so far in 16 countries

IRON PEARL MILLET
10 varieties in 2 countries (India and Niger)

IRON BEANS
62 varieties in 14 countries in Latin America and Africa

ONLINE QUIZ
Take our online quiz to see how much you know about iron deficiency and biofortification. tequr.com/ironquiz

IRON BIOFORTIFICATION WORKS FOR HEALTH...
Landmark studies across continents and populations show daily consumption of iron-biofortified crops can significantly improve nutrition and mental performance

IRON BEANS
addressed iron deficiency and improved memory and attention within six months among women of reproductive age, which can enable them to be productive in future work and/or as mothers

IRON PEARL MILLET
significantly reduced iron deficiency within six months among adolescents, improving memory and attention

...AND IMPROVES HEALTH AND NUTRITION ACROSS GENERATIONS

MATERNAL AND CHILD HEALTH
Improving iron stores before pregnancy reduces the likelihood of premature or small babies, and decreases their risk of dying during childbirth

GROWING AND LEARNING
Improving nutrition and mental performance in children and adolescents can improve their ability to succeed at school

THE ECONOMIC BENEFIT
Improving memory and attention can bolster school and work performance, helping people and economies reach their full potential

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Iron Works—for children, families and communities.
To learn more about the health-boosting impact of iron biofortification, visit harvestplus.org/ironworks.

Stay Connected!

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