

# FOOD FORTIFICATION INITIATIVE

The Food Fortification Initiative (FFI) champions effective grain fortification so people have the nutrition they need to be smarter, stronger, and healthier.

## HOW WE WORK

We help country leaders **plan, implement, and monitor** sustainable, country-led fortification programs. The only global group that focuses exclusively on the world's most commonly consumed grains--industrially milled **wheat flour, maize flour, and rice**--our data-driven approach effectuates large-scale change by engaging public, private, and civic stakeholders. FFI is also the only organization that tracks country and global progress in grain fortification. Established in 2002, FFI is based at Emory University's Rollins School of Public Health.



Photo: USAID/Cambodia HARVEST

## WHY WE WORK

More than a third of the world's population does not get enough of the essential vitamins and minerals, or micronutrients, that help build a healthy and productive life. Micronutrient deficiencies stunt growth and learning, weaken immune systems, and disproportionately affect the world's most vulnerable women and children. Fortifying foods with micronutrients like iron and folic acid is a proven, cost-effective strategy to prevent micronutrient deficiencies and their severe health consequences.



**1.2 billion**

women of childbearing age have at least one micronutrient deficiency <sup>1</sup>

These women face a greater risk for maternal death, anemia, and other health consequences. Anemia is often caused by deficiencies of micronutrients including iron and zinc. Pregnant women with severe anemia are twice as likely to die during or shortly after pregnancy than non-anemic women.



**204,000**

babies are born with a folic acid-preventable NTD each year <sup>2</sup>

Birth defects of the brain and spine called neural tube defects (NTDs) can be debilitating and are often fatal. NTDs can be prevented when women of childbearing age consume adequate amounts of folate or its synthetic form, folic acid, before and after conception.



**372 million**

preschool-aged children have at least one micronutrient deficiency <sup>1</sup>

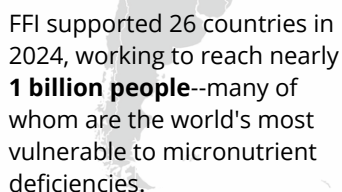
Micronutrient deficiencies during childhood, and particularly during early childhood, can have lasting harmful health effects such as stunted cognitive and physical development, permanent blindness, and a weakened immune system. Each year, at least 1 million children die as a result of health effects linked to micronutrient deficiencies.

Reducing micronutrient deficiencies improves a country's economic productivity, reduces healthcare expenditures, and builds food security. Furthermore, fortification can restore to diets the nutrients lost in crops as a result of climate change. FFI's work addresses United Nations Sustainable Development Goals 1-5, 8, 10, 11, and 17.



Fortification of flour  
with folic acid  
prevents birth  
defects for an  
average of 174  
babies a day  
globally.

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