

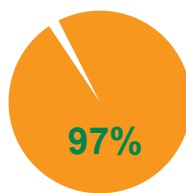
Greater autonomy for women will improve child health and nutrition in Northern Nigeria



15 years
Average age girls get married



More mothers than fathers have no source of income



Almost all mothers require their husband's permission to go to the health facility alone



1 in 3 husbands make child health care decisions alone



17 years
Average girls' age at first pregnancy

Mothers with limited decision-making power and control over resources are less likely to access health and nutrition services

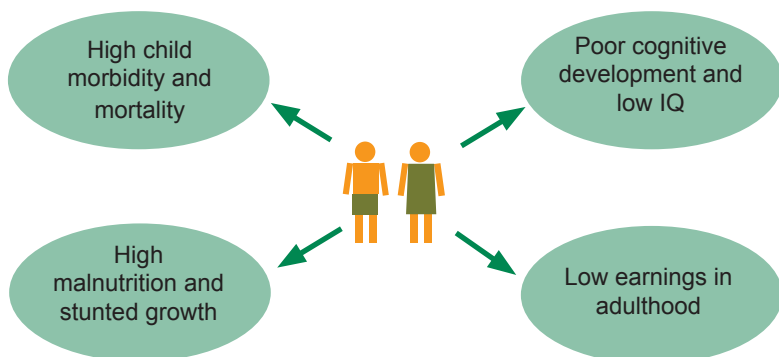


12% babies delivered with assistance of a health professional

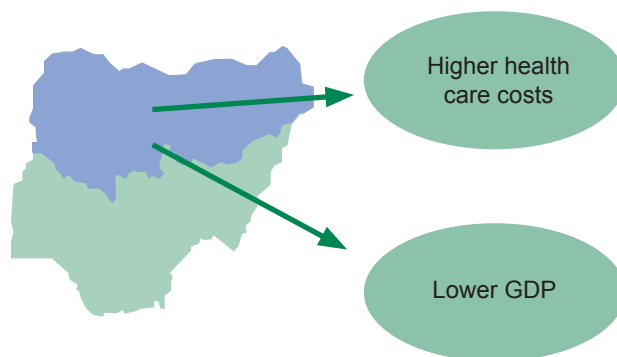
14% of mothers received postnatal care

5% mothers attended last Maternal Neonatal and Child Health Weeks (MNCHW)

What is the impact on children?



.....and on the nation?



What can we do about it?



Increase women's autonomy: **access to schooling, reproductive health services, income-earning opportunities**

Delay first pregnancy

Involve women in nutrition policy and planning

Target messages at men: use of health and **nutrition services** translates into **better life chances** for their **children**

Survey data collected by ORIE in Jigawa, Katsina, Kebbi and Zamfara states in 2012 on mothers with children 0-3 years

www.heart-resources.org/orie/