

Nutrients for All: Metrics for Full Nourishment of People

“Not sick” isn’t good enough. Our goal is “Vitality.”

If the average person understood what it means to be “well,” she could make it her goal. If the average person could measure his “wellness,” he could intervene in his own health regimen as needed. Wellness and vitality are achieved through a holistic, person-focused approach that interweaves medical care with “full nourishment,” sanitation, and other factors. We believe that people can take ownership of their wellness and vitality only if they understand what they need to do to be well, are able to measure it, and have the resources to make it a way of life. Wellness is consumer-driven.

So how do we measure “full nourishment”? Today we don’t. And that’s where you enter.

We need pioneers, experts, leading organizations and innovative businesses to collaborate on an extraordinary global program to define, measure, and impact full nourishment and its contribution to wellness and vitality. Using cutting-edge technology to measure nutrient levels in humans, we aim to start by delivering the 5 commonly-measured ones cheaply and quickly to cell phones, while rapidly expanding the definition of full nourishment to be the full “symphony” of nutrients composing humans – and enabling frontline providers to measure it. Data from proof tests on various approaches in sub-Saharan Africa and India will be contributed to a global data repository, which will continuously inform the definition of full nourishment, devices to measure it, techniques to achieve it, and the effects of nourishment on vitality and other key desired outcomes. The program has the following major parts:

1. Definition and Measurement of Full Nourishment

Leading human health and nutrition experts and pioneers collaborate to:

- a. Develop and refine models of full nourishment using new technologies, and create a global network of partner organizations that conduct proof tests.
- b. Establish protocols for proof tests, sample collection, and data sharing, and analyze samples.
- c. Encourage measurement technology development.

2. Proof Tests

Partners run multiple proof tests measuring various nutrition and health approaches and products, along with associated results (e.g. productivity) for key groups: The 1,000 Days (fetal development through infancy), schoolchildren, workforces, and smallholder farmers.

3. Data Repository and Common Analysis

Establish a common data collection and analysis system so that the global community can contribute to and access an extensive database of nutrition, general health, and various performance indicators on potentially millions of people.

This is a call to action. Join this extraordinary opportunity.

Dr. Al Hammond
Senior Entrepreneur, Health for All
+1 703 600 8292
ahammond@ashoka.org

David Aylward
Senior Advisor, Global Health and Technology
+1 202 255 3215
daylward@ashoka.org

