**Lifecycle and Culture Project Reflection**

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For this project, I created an educational tool aimed to train healthcare professionals who are working with Muslim adolescents observing Ramadan. I ended up choosing this lifecycle stage because adolescence is a critical yet frequently neglected period of life; this age group typically lacks the attention, protection, and focus other lifecycle stages get. As a result of higher dietary needs, nutritional vulnerability rises in adolescence; yet, the quality of the meals that this age group consumes usually deteriorates greatly. Since I’m a Muslim who observes Ramadan, I thought it would be interesting to focus on this religion component and the nutrition concern of iron deficiency in this lifecycle stage.

This handout has information on the culinary obligations of Ramadan, those exempted from fasting, the reasons behind poor nutrition in adolescents, the prevalence if iron deficiency anemia and various tips healthcare professionals can use to improve nutrition, in particular iron deficiency anemia in this lifecycle stage. These include education and cultural competence, nutrition and physical activity interventions, and ways to counter iron deficiency anemia.

I enjoy creating infographics, so creating a handout for healthcare professionals on how to navigate nutrition concerns within this lifecycle stage and religion was satisfying. Listing the objectives of the handout helped me organize the rest of it. I used to have trouble navigating Canva, but after creating several handouts, like brochures, flyers and infographics, for various projects, I feel like I’ve improved significantly.