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Manju Bala Dash

Mother Teresa Postgraduate & Research Institute of Health Sciences, India

Importance of nutrition for first 1000 days in life

First 1,000 days shape health for life

The 1,000 days between pregnancy and a child's 2nd birthday are the most critical time for positive impact on a child's cognitive and physical development. The health and well-being of a pregnant and lactating woman is directly connected to the growth and health of her infant. The right nutrition for the mother and for the child during this time can have a profound impact on the child's growth and development and reduce disease risk, as well as protect the mother's health. Under nutrition during pregnancy, affecting fetal growth, is a major determinant of stunting and can lead to consequences such as obesity and nutrition-related non-communicable diseases in adulthood. The 1,000-day Window of Opportunity. Breastfeeding can save 22% of newborns.

Scientists say there are at least 50 brain chemicals or neurotransmitters that are affected by the intake of food and micronutrients by the child in his or her first 1,000 days. The impact of inadequate nutrition during this golden period is lasting and irreversible, with effects beyond physical health to affect the child's cognitive development.

Focusing multi-sectoral nutrition efforts on evidence-informed interventions targeting this critical window can have lasting implications across the lifecycle. The combination of good health and reduced disease risk for both mothers and their children can also have a powerful, lasting effect on a country's prosperity.

Conclusion: Targeting the important 1,000-day period is one of the best investments that can be made to improve health, nutrition and economic outcomes. Nutrition-specific and nutrition-sensitive interventions will have the most impact when working in collaboration to focus on this critical window of opportunity.

Children Lead the Way to a Healthier Tomorrow.

Biography

Manju Bala Dash has completed her PhD from Sri Ramachandra University, Chennai, Tamil Nadu. She has 20 years of teaching and research experience in the field of nursing. She is the National Trainer in IYCF (Infant and Young Child Feeding) Counseling Specialist course. She has published two books, contributed two chapters in two books published by the Nurses and Midwives Council, Tamil Nadu. She has published more than 20 papers in reputed journals and has been serving as an Editorial Board Member of repute.

manju_narayan@rediffmail.com

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