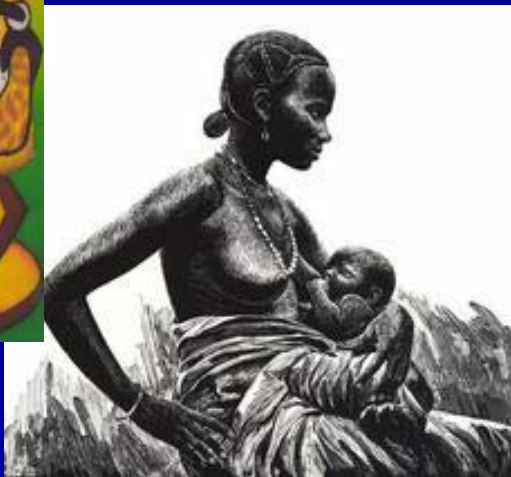


Mother Child Health and Feeding for Children Under Two



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The Programmatic Response:
Rolling Up Our Sleeves

WISHH

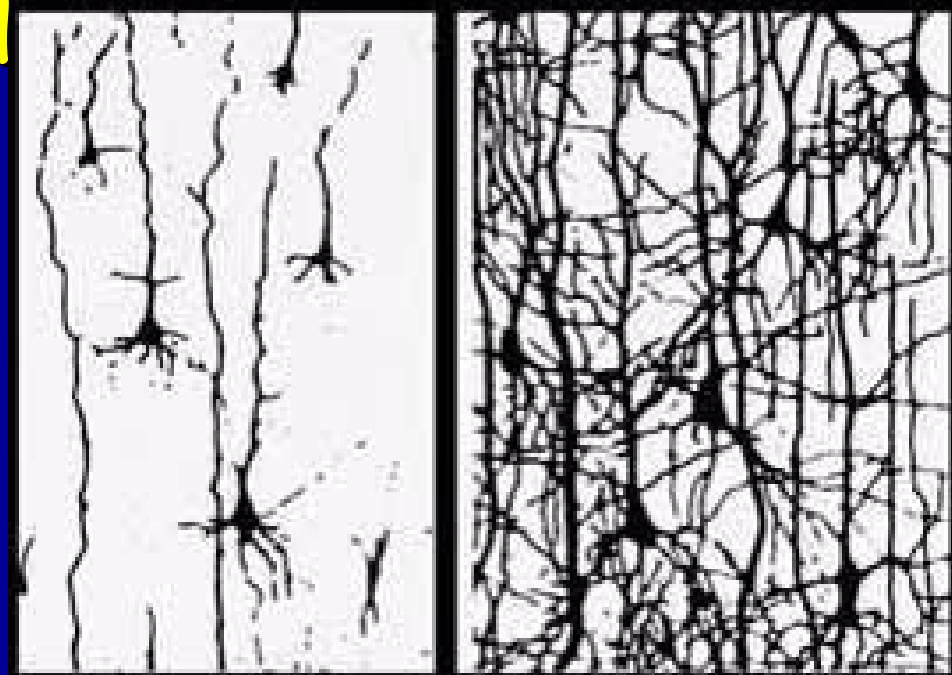
16 February, Washington, DC

Judy Canahuati

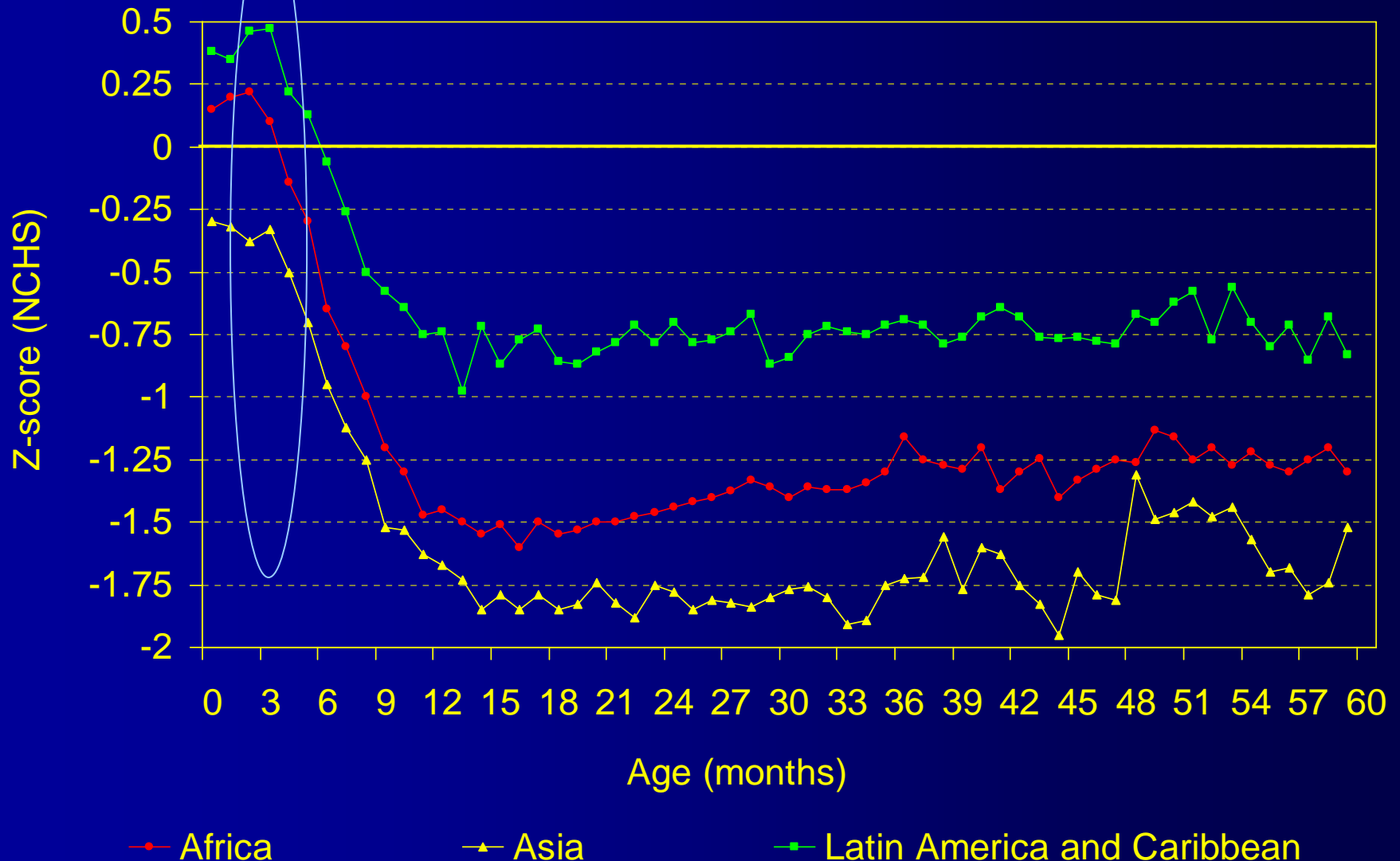
The first two years of life are critical to life-long development, health, labor productivity and poverty reduction



- Brain Grows from $\frac{1}{4}$ to 50% of adult size in the first six months of life, to $\frac{2}{3}$ adult size by $2\frac{1}{2}$ years of age:
- Nutrition and hygiene are critical to achieving this rapid growth.
- What is not attained during this period is almost unattainable.



When do weight and height begin to fall?



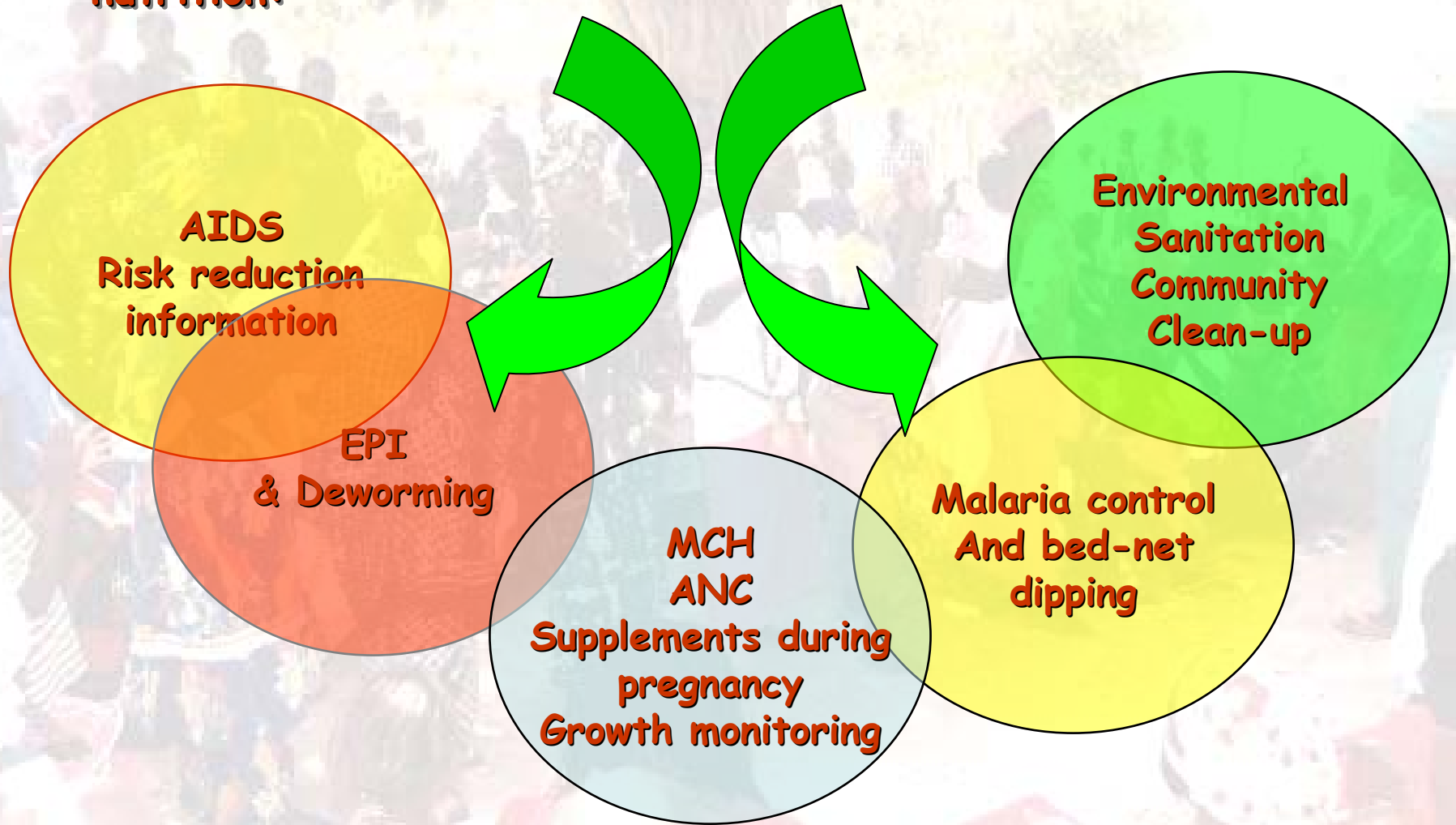
What is to be done?

Exclusive BF 6 mos., BF +
CF=6-24 mos.



Integrated programs:

Other programmatic interventions necessary to support good nutrition:



Gambia: Baby Friendly Community Initiative (1995+)

THE 10 STEPS TO SUCCESSFUL INFANT FEEDING

Every ...village... should have an enabling environment for mothers to practice optimal breastfeeding



Guiding principles for Complementary Feeding

- Introduce foods @ 6mos and continue to BF
- Practice responsive feeding
- Increase feeding frequency and quantity as child ages





- Increase variety of foods gradually and adapt food consistency to child's abilities
- Provide frequent and responsive feeds during and after illness

WHO

Nutrient needs for Adequate CF

Table 2. Minimum dietary energy density (kcal/g) required to attain the level of energy needed from complementary foods in 2-5 meals/d by children in developing countries with low or average level of breast milk energy intake (BME)

Energy density (kcal/g)	Age group					
	6-8 mo		9-11 mo		12-23 mo	
	LOW BME	AVG BME	LOW BME	AVG BME	LOW BME	AVG BME
2	1.11	0.71	1.23	0.84	1.49	1.12
3	0.74	0.48	0.82	0.56	0.99	0.75
4	0.56	0.36	0.61	0.42	0.74	0.56
5	0.44	0.26	0.49	0.34	0.60	0.45

- Estimated total energy allowance (see Dewey and Brown, 2002) is based on average requirement plus 25% (2 SD), to meet the needs of 97.5% of the population. Assumed functional gastric capacity (30 g/kg reference BW) is 249 g/meal at 6-8 mo, 285 g/meal at 9-11 mo, and 345 g/meal at 12-23 mo.
- Low BME: 217 kcal/d at 6-8 mo, 157 kcal/d at 9-11 mo, and 90 kcal/d at 12-23 mo (WHO/UNICEF, 1998)
- Average BME: 413 kcal/d at 6-8 mo, 379 kcal/d at 9-11 mo, and 346 kcal/d at 12-23 mo (WHO/UNICEF, 1998)

Table 1. Minimum number of meals required to attain the level of energy needed from complementary foods with mean energy density of 0.6, 0.8, or 1.0 kcal/g for children in developing countries with low or average levels of breast milk energy intake (BME), by age group

Energy density (kcal/g)	Age group					
	6-8 mo		9-11 mo		12-23 mo	
	LOW BME	AVG BME	LOW BME	AVG BME	LOW BME	AVG BME
0.6	3.7	2.4	4.1	2.8	5.0	3.7
0.8	2.8	1.8	3.1	2.1	3.7	2.8
1.0	2.2	1.4	2.5	1.7	3.0	2.2

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Challenges

- Predominantly plant-based diets generally provide insufficient key nutrients For recommended needs of 6-24 month old infant.
- Animal source food should be included but even this may not be enough.
- “Home-fortification” an alternative.
- Use of fortified products, i.e. sprinkles, CSB, Nutributter decreases the need for animal source foods and less milk is needed.

THANK YOU



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