

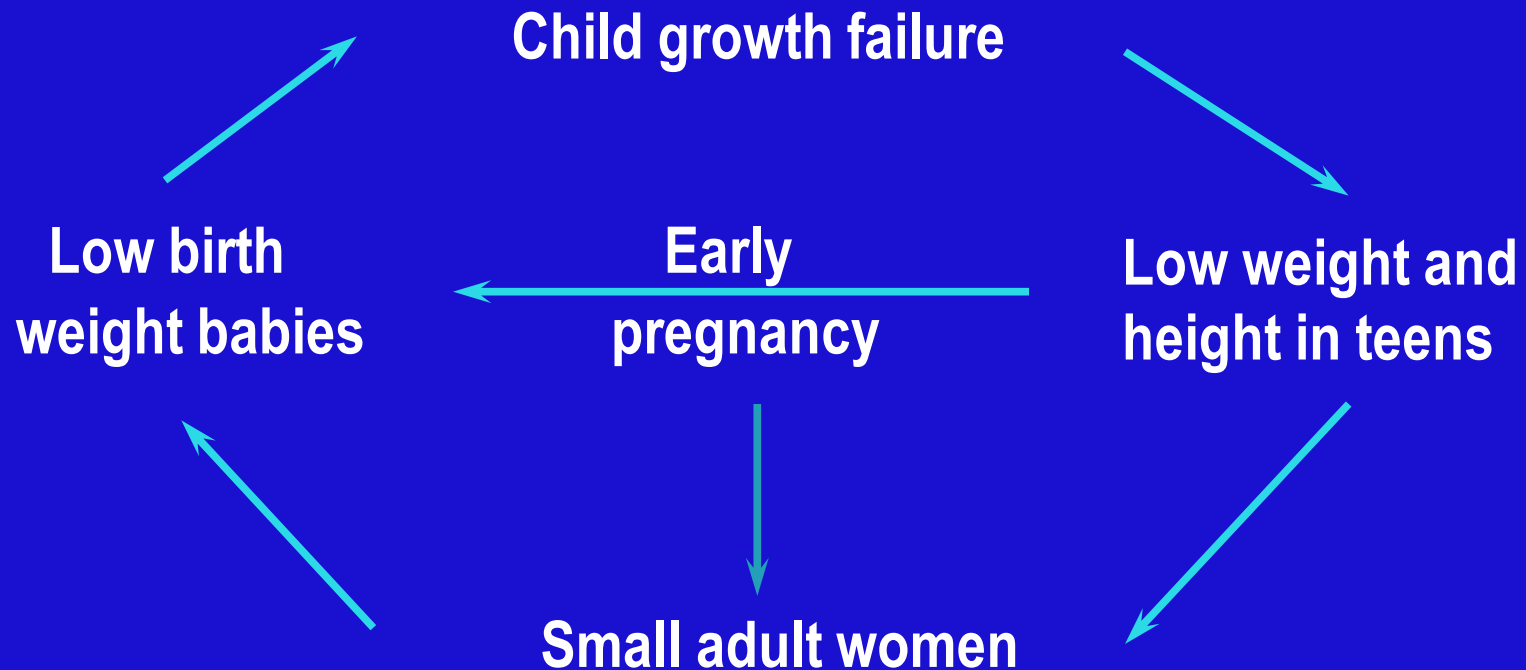
Major Issues in Women's Nutrition

1. Inadequate weight and height



Chronic malnutrition

The Intergenerational Cycle of Malnutrition



Women's Malnutrition: A Life-Cycle Issue (1)

- **Infancy and early childhood (0-24 months)**
 - Suboptimal breastfeeding practices
 - Inadequate complementary foods
 - Infrequent feeding
 - Frequent infections
- **Childhood (2-9 years)**
 - Poor diets
 - Poor health care
 - Poor education

Women's Malnutrition: A Life-Cycle Issue (2)

- **Adolescence (10-19 years)**
 - Increased nutritional demands
 - Greater iron needs
 - Early pregnancies
- **Pregnancy and lactation**
 - Higher nutritional requirements
 - Increased micronutrient needs
 - Closely-spaced reproductive cycles

Women's Malnutrition: A Life-Cycle Issue (3)

- **Throughout life**
 - Food insecurity
 - Inadequate diets
 - Recurrent infections
 - Multiple pregnancies
 - Frequent parasites
 - Poor health care
 - Heavy workloads
 - Gender inequities

Consequences of Women's Chronic Energy Deficiency

- Infections
- Obstructed labor
- Maternal mortality
- Low birth weight
- Neonatal and infant mortality

Major Issues in Women's Nutrition

2. Micronutrient deficiencies



Iron

Vitamin A

Iodine

Consequences of Women's Anemia

- Maternal deaths
- Reduced transfer of iron to fetus
- Low birth weight
- Neonatal mortality
- Reduced physical capacity
- Impaired cognition

Causes of Women's Vitamin A Deficiency

- Inadequate intake
- Recurrent infections
- Reproductive cycles



UNICEF/C-16-8/Isaac

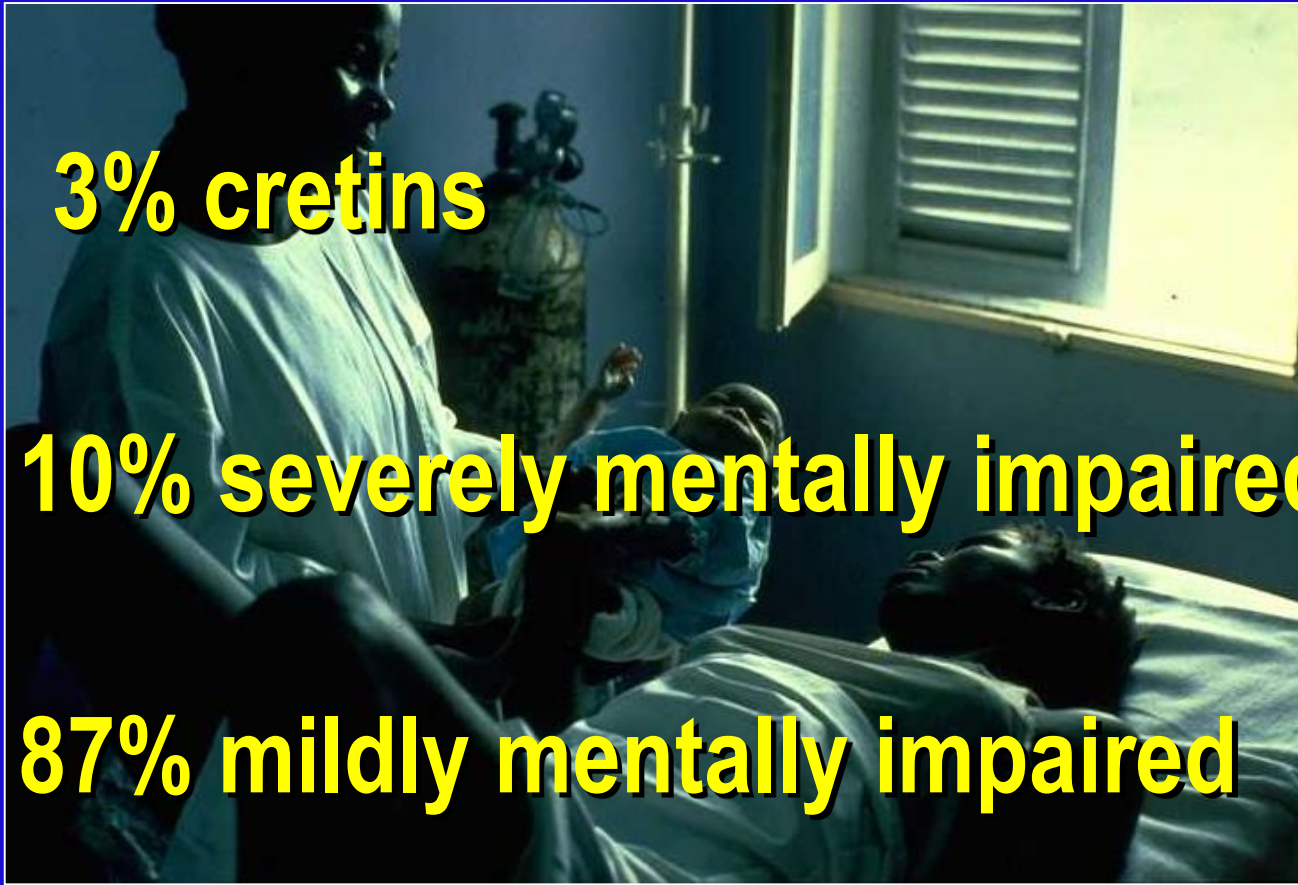
Consequences of Vitamin A Deficiency in Pregnancy (1)

Increased risk of:

- Night blindness
- Maternal mortality
- Miscarriage
- Stillbirth
- Low birth weight
- Reduced transfer of vitamin A to fetus

Pregnancy Outcomes of Iodine Deficient Women: Consequences of Iodine Deficiency on Intelligence

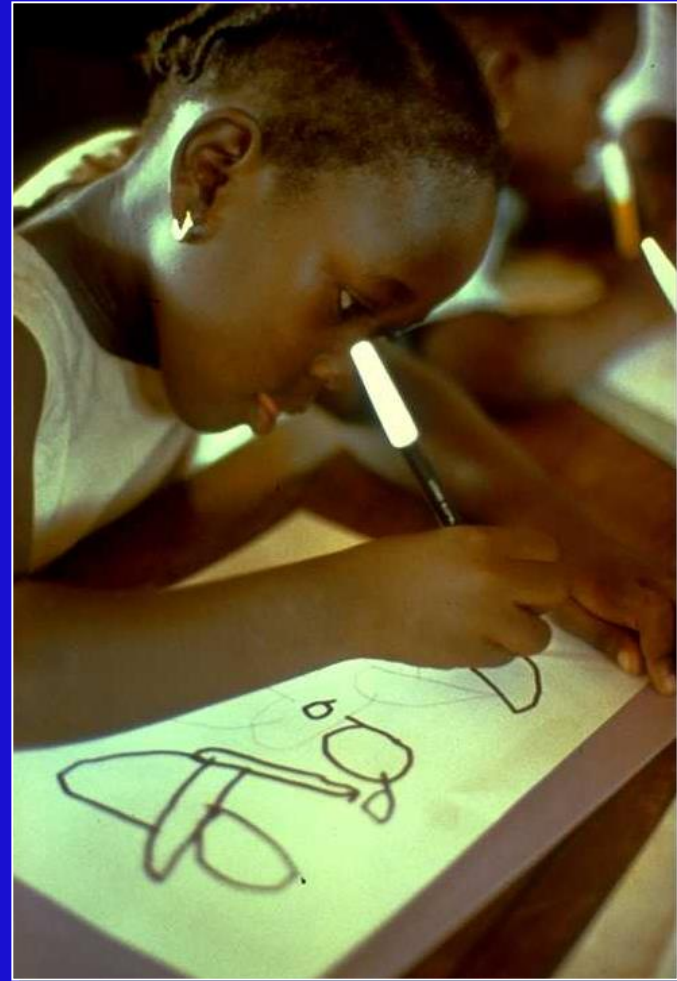
- **3% cretins**
- **10% severely mentally impaired**
- **87% mildly mentally impaired**



UNICEF/C-79-39

Consequences of Iodine Deficiency on Education

- Educability
- Drop-out rates
- Under utilization of school facilities



Consequences of Women's Malnutrition on Productivity

Chronic Energy
Deficiency

Iron Deficiency

Iodine Deficiency



Improving Women's Height

-
- Increase birth weight
 - Enhance infant growth
 - Improve adolescent growth

Improving Women's Weight

- Increase caloric intake
- Reduce energy expenditure
- Reduce caloric depletion

ENA

to Improve Women's Nutrition

Pregnancy: (extra 200 kcal/day needed)

- Eat 1 additional meal a day; diverse diet
- Reduce workload

Lactation: (extra 650 kcal/day needed)

- Eat 2 additional meals per day; diverse diet
- Reduce workload

Recommendations to Improve Maternal Nutrition

1. Adequate energy (calories) and protein intake throughout pregnancy



2. Adequate weight gain (12-14 kg) in pregnancy

3. Diverse diet: micronutrients and protein by consuming 5 or more defined food groups

4. Daily iron and folic acid tablets for 180 days

5. Daily calcium tablets for 180 days

Parasitic control...

Reduce parasite transmission

- Improve hygiene, sanitation, wearing shoes
- Increase access to treatments

Malaria:

- In malaria areas, seek anti-malaria treatment if high fever
- Sleep under mosquito net (ITN)

Worms:

- Give one dose Mebendazole (500 mg) during 3rd trimester

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Money!
Time!
Talent!
Energy!

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