

MALNUTRITION:

MEETING THE GLOBAL CHALLENGE

A MULTIMEDIA PRESENTATION **SCRIPT**

THE RENEW PROJECT

(REENERGIZING NUTRITION – EXPANDING WORLDWIDE)

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MALNUTRITION: MEETING THE GLOBAL CHALLENGE

11 MINUTES

► **Slide 1: Click Forward**

Title Slide: *Malnutrition: Meeting the Global Challenge*

► **Slide 2: Click Forward**

On a global front, we have made great progress in improving child health.....reducing maternal deaths and disabilities.....and increasing educational levels—especially for girls—around the world.

BUT.....there is ***one*** challenge where we could do so much more.....

► **Slide 3: Click Forward**

....malnutrition in mothers and children, which continues to impose a staggering cost worldwide—despite having the solutions.

► **Slide 4: Click Forward**

Today, between 2 and 3 billion people around the world are malnourished—they either experience some form of undernutrition, are overweight or obese, or have micronutrient deficiencies.¹

► **Slide 5: Click Forward**

....And globally, more than 160 million children under five are stunted.²

► **Slide 6: Click Forward**

Stunting means that a child is shorter than normal for his or her age. Stunting happens over time, and can be caused by inadequate maternal nutrition, poor feeding practices, or substandard food quality as well as frequent infections, which can slow down growth.

► **Slide 7: Click Forward**

Undernutrition contributes to the deaths of more than 3 million children under the age of 5 each year — or about 1 out of every 2 child deaths.³

► **Slide 8: Click Forward**

Another growing phenomena is overweight children. Globally, 42 million children under five were overweight in 2013, up from 32 million in 2000.⁴

► **Slide 9: Click Forward**

The numbers of overweight children are growing in low- and middle-income countries as well as high-income countries.

For example, in 2013, there were an estimated 4 million under-five children overweight in Latin America, 11 million in Africa, and 18 million in Asia.⁵

► **Slide 10: Click Forward**

As we take inventory on where we have come and where we need to go to reduce malnutrition.....

► **Slide 11: Click Forward**

.....we see that progress toward achieving the World Health Assembly nutrition targets is lagging behind. Four of the global targets that we are currently tracking include:

- reducing child stunting,
- reducing anemia in women of reproductive age,
- preventing a worsening of overweight children, and
- reducing child wasting—this is when a child weighs less than normal for his or her height due to malnutrition.

► **Slide 12: Click Forward**

Of the 99 countries that have data on these four indicators,⁶

► **Slide 13: Click forward**

...only 4 countries are on course to meet 3 or more targets by 2025,

► **Slide 14: Click forward**

20 are on course to meet two targets,

► **Slide 15: Click forward**

44 are on course for only one target, and

► **Slide 16: Click forward**

.....31 are not on course to achieve any of these targets.

► **Slide 17: Click Forward**

So what has the experience and research on nutrition programs taught us over the years, and why are we moving so slowly?

► **Slide 18: Click Forward**

Well the story starts with well-nourished adolescent girls and women. Babies developing in the womb draw all of their nutrients from their mother. If mothers are not eating the right foods, or the right amounts of food, they put their babies' future health and development at risk.

► **Slide 19: Click Forward**

Pregnant women need essential proteins, vitamins, and minerals to help ensure a safe and healthy pregnancy. But not all women are receiving these vital nutrients.

► **Slide 20: Click Forward**

Currently, one in five pregnant women suffer from anemia and are more likely to undergo complications or death during childbirth.⁷

► **Slide 21: Click Forward**

Adolescents are especially vulnerable during pregnancy. Their bodies are still developing and are often not physically mature enough to deliver a baby safely.⁸

► **Slide 22: Click Forward**

Pregnancy can also create competition for nutrients between the growing girl and her baby. As a result, pregnant girls can stop growing and may also suffer from conditions like anemia.⁹

► **Slide 23: Click Forward**

For the **child**, the story rests in the 1,000 day window between pregnancy and a child's first two years.....this period becomes the “best shot” at helping a child reach his or her potential.....and sets the stage for life.¹⁰

Let's take a closer look at just how critical this period is...

► **Slide 24: Click Forward**

Starting in the womb, before birth, **the fetus** is at risk if the mother lacks essential vitamins, minerals, and nutrients needed for brain, bone, and organ development. Babies born to undernourished mothers are at an increased risk of premature birth, low birthweight, and even death.¹¹

Once the baby is born.....from birth to the first six months, early and exclusive breastfeeding without adding any other foods or liquids is the very best way to ensure a healthy baby.

And after the first six months of life, adding sufficient quantities of nutritious solid foods along with continued breastfeeding is absolutely necessary to make sure that the child grows correctly.....most stunting happens in **this** critical period.

► **Slide 25: Click Forward (gong sound)**
(Pause during gong sound)

.....**THERE IS NO GOING BACK**

The cost of malnutrition during this 1,000 day window is almost always irreversible...

► **Slide 26: Click Forward**

- damage to the brain, leading to poor educational performance and lower IQ,
- poor growth and development, and... surprisingly...
- this early deprivation increases a child's risk of developing chronic diseases as an adult.¹²

► **Slide 27: Click Forward**

Chronic diseases like diabetes, high blood pressure, and heart disease requiring continued medical attention and care later in life.¹³

(Pause)

Another huge challenge is that malnutrition can happen and persist for years.....and we can't always see it.

► **Slide 28: Click Forward**

These two little boys are both from the same village.....Can you guess how old each boy is?

(Pause)

Both boys are the same age.....they are both eight years old.....but, they show very different levels of development.

The little boy on the left is stunted. This means that he has short stature for his age due to chronic malnutrition.....And it's unlikely that he will ever catch up and reach his full height.....or his full potential like his taller village playmate on the right.

► **Slide 29: Click Forward**

We know what makes a difference.....5 well-tested interventions to improve nutrition in the 1,000 day window.....and they are readily **available, affordable and cost-effective**¹⁴.....beginning with.....

► **Slide 30: Click Forward**

Ensuring that pregnant women receive vital micronutrients, such as iron and folic acid among others, which can increase the likelihood of a safe and healthy pregnancy.

► **Slide 31: Click Forward**

Secondly, making sure that babies are put to the breast immediately after birth and are breastfed exclusively for the first six months.

(Pause)

► **Slide 32: Click Forward**

.....Thirdly, that mothers start giving a variety of healthy foods after the first six months of life, in sufficient quantities, along with continued breastfeeding through 2 years and beyond.

► **Slide 33: Click Forward**

This means making sure that mothers and children have access to the right **amount** of foods.....(Pause)

► **Slide 34: Click Forward**

.....and the right variety of foods.

► **Slide 35: Click Forward**

And that they have access to foods rich in vitamins and minerals.....and are consuming those essential vitamins and minerals regularly.

► **Slide 36: Click Forward**

And lastly, making sure that parents and caregivers get information on improved nutrition and health care practices, and the support that they need to feed their children in the best way possible.

(Pause)

► **Slide 37: Click Forward**

Research shows that nutrition investments are a “best buy” in today’s financially strapped environment.....because investments in nutrition pay for themselves.

► **Slide 38: Click Forward**

Children who get the right nutrition in their first 1,000 days:

► **Slide 39: Click Forward**

Are eight times more likely to overcome the most life-threatening childhood diseases¹⁵

► **Slide 40: Click Forward**

Complete up to four or more additional grades in school¹⁶

► **Slide 41: Click Forward**

Go on to earn at least 20 percent more in wages when they join the workforce¹⁷

► **Slide 42: Click Forward**

And.....well-nourished children are more likely to have healthier families as adults¹⁸

► **Slide 43: Click Forward**

If we look at the cost-to-benefit ratio—the cost of key nutrition interventions compared with the savings—investment in nutrition produces returns up to 16 times greater than the initial investment.¹⁹

► **Slide 44: Click Forward**

In other words, for every 100,000 dollars spent on key nutrition interventions...

► **Slide 45: Click Forward [Kenya presentation scales]**

...we could generate 1.6 million dollars in economic returns.

► **Slide 46: Click Forward**

Malnutrition is a global problem..... (Pause)

.....finding solutions must be a shared responsibility

(Pause)

► **Slide 47: Click Forward**

Today.....together.....we must all do our part to keep the world on course and meet the global nutrition targets agreed to by the World Health Assembly

► **Slide 48: Click Forward**

We must extend coverage of nutrition programs to more of the people who need them..... and increase our efforts to study why progress has or has not been made in countries across the globe.....

► **Slide 49: Click Forward**

We must mobilize resources and increase investments for nutrition interventions across sectors.....with an eye toward improving the underlying determinants of good nutrition such as improved health of infants and children, agriculture policies that support good nutrition, programs to help empower women, social protection programs, clean water and sanitation, and improved education.

► **Slide 50: Click Forward**

And we must become more ambitious, and do more to hold governments, donors, and agencies accountable for meeting their commitments to improve nutrition.

We can't afford to lose any opportunities.

► **Slide 51: Click Forward**

By staying positive and working together...
(Pause)

.....we can build on our past achievements.
(Pause)

We can accelerate the pace of meeting the global nutrition targets.....
(Pause)

And we can stop the scourge of malnutrition, once and for all.

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