



Convention on
**Empowering Mothers to
build healthy generations:
A 1000 days approach**

Madurai Symposium 2019

**Thamukkam Grounds, Madurai
September 20, 2019**



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Under nutrition and Ill Health – The Problem

The intra-uterine months and the first two years post birth (1000 days) are the most critical and significant periods of human growth and development. Adverse environmental conditions at these stages such as the lack of appropriate nutrition, health and care are likely to have irreversible impacts on the overall growth and development of the individual. Low Birth Weight (LBW), a birth weight of less than 3,000 grams and stunting, a height two standard deviations below the reference median at 3 years of age are comprehensive markers of such chronic deprivation. Children that survive these developmental 'insults' are subject to increased risks for mortality and morbidity throughout life, as well as to poor physical and cognitive growth and development. India bears a disproportionate share of the world's malnutrition burden with almost 33% of its babies born with low weight at birth, approximately two-thirds of which results from growth retardation in the womb (with has particularly devastating sequelae) rather than prematurity. The Rapid Survey on Children (RSoC), a survey performed by the Ministry of Women and Child Development between the year 2013 and 2014 reported that 38.7% of children are stunted, 29.4% are underweight and 15% are wasted.



Given the community level behavioral determinants of under-nutrition, interventions with communities in the form of behavior change communication to substantially impact the nutrition and health practices of women and children are essential. The public health system and the ICDS are mandated to provide the required package of services to address health and nutrition during critical stages of the lifecycle. It is equally important that the active involvement of the individual, family and community to improve the nutritional status of the mother and child. Various community level organisations such as panchayats, village level cooperatives and self help groups (SHGs) potentially can play a crucial role in catalyzing change in maternal and child nutritional status in the community.

Importance to invest in first 1000 days of children

Improving nutrition for mothers and children during the 1,000 days window helps ensure children get the best start to life and the opportunity to reach their full potential. Investing in better nutrition during the first 1,000 days also saves lives. Women who are well-nourished before and during pregnancy are less likely to depart this life during childbirth. And by ensuring that mothers are able to breastfeed and babies get only breast milk for the first six months of life can help to save the lives of almost One million children. Leading scientists, economists and health experts agreed that improving nutrition during the critical 1,000 days window is one of the best investments we can make. In fact, every rupee invested in improving nutrition in the first 1,000 days yields a return of better health and economic productivity. There is no better investment we can make to secure the future of children, families and nations. Appropriate infant and young child feeding practices even in the highest wealth quintile are extremely poor. This indicates that under nutrition in India is not a poverty or food insecurity issue alone, and that child care and feeding information and awareness play an important role. Effective

interventions, which cover the three critical determinants, when provided at scale during the first 1,000 days of life, can reduce stunting and improve under nutrition significantly.

Outcomes from the investment to be made in first 1000 days

- Build a child's brain and fuel their growth
- Improve a child's school-readiness and educational achievement
- Reduce disparities in health, education and earning potential
- Reduce a person's risk of developing chronic diseases such as diabetes and heart disease later in life
- Save more than one million lives each year
- Boost a country's GDP by as much as 12%
- Break the intergenerational cycle of poverty
- Intensification of 1000 days care build resilient generation

The Convention

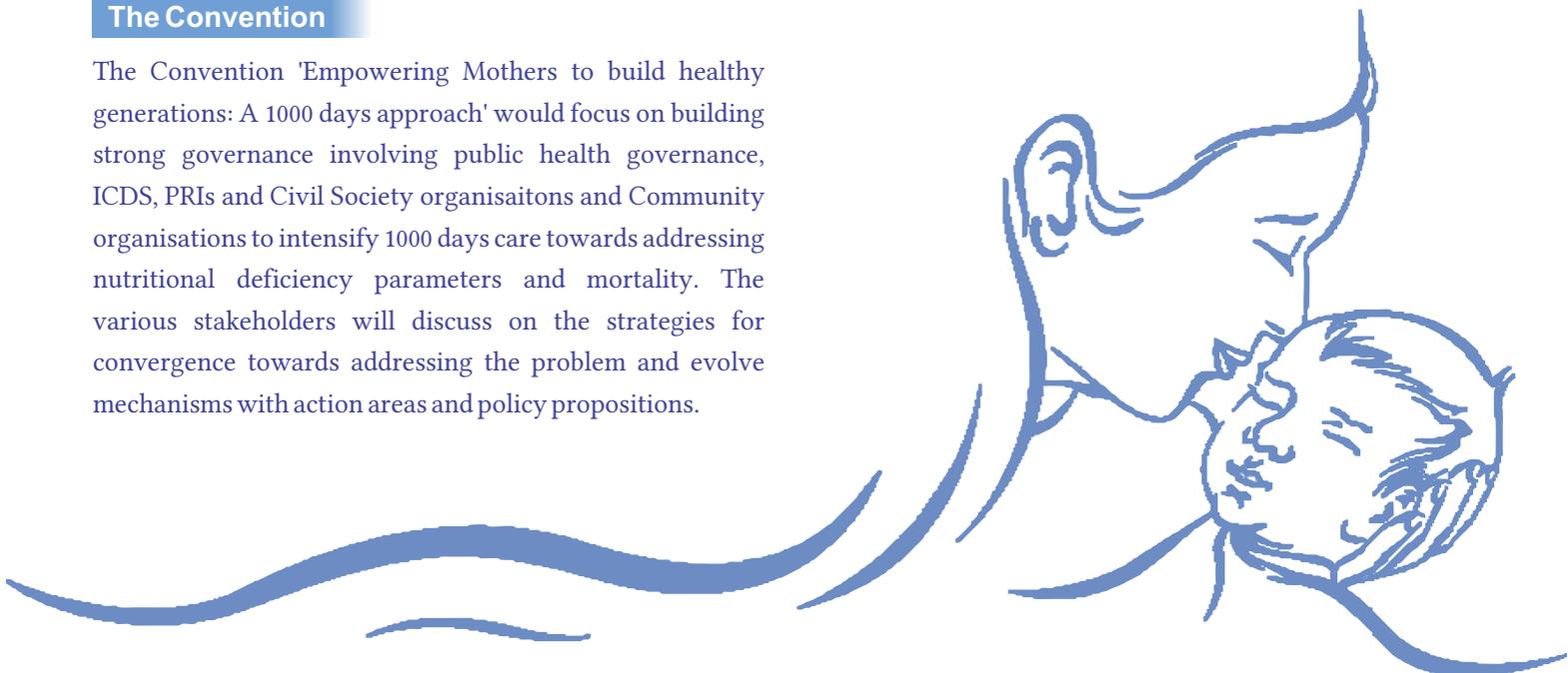
The Convention 'Empowering Mothers to build healthy generations: A 1000 days approach' would focus on building strong governance involving public health governance, ICDS, PRIs and Civil Society organisations and Community organisations to intensify 1000 days care towards addressing nutritional deficiency parameters and mortality. The various stakeholders will discuss on the strategies for convergence towards addressing the problem and evolve mechanisms with action areas and policy propositions.

Objectives

- To understand and consolidate the experience of 1000 days approach in the mainstream institutions.
- To share the knowledge with the stakeholders and the community on 1000 days care and its importance
- To build convergence strategies and mechanisms towards intensifying the practices during 1000 days
- To evolve action areas, policy propositions and declarations for ensuring 1000 days care to reduce morbidity and mortality.

Participants

Medical professionals from government and private health sector, Village Health Nurses, Anganwadi workers, ASHAs, Professionals working in SHG Federations, Representation from PRIs and SUHAM Health workers. The delegates from Public Health Department and ICDS in Tamilnadu and officials from National Health Mission will be participating and providing special address.



Programme Content and Structure

- Presentation and address by the delegates
- Sharing the present experience on 1000 days approach and consolidating it
- Subgroup discussion for evolving convergence strategies and mechanisms towards accelerating the practices during 1000 days
- Evolving and presenting declarations on 1000 days approach

Date and Venue

The convention will be held on September 20, 2019, Friday at Thamukkam Ground, Madurai, Tamil Nadu from 10.00 am to 05.00 pm.

For further information, please contact

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