



Training Workshop for Media, PRs & Communication  
personnel: FMOH in Collaboration with ECSC-SUN  
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# *Why Nutrition Matters?*

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# Presentation Outline

- Why Nutrition matters?
- Mal nutrition Trend ?
- Recommendations

✓ **Child stunting level good indicator of socio-economic conditions**

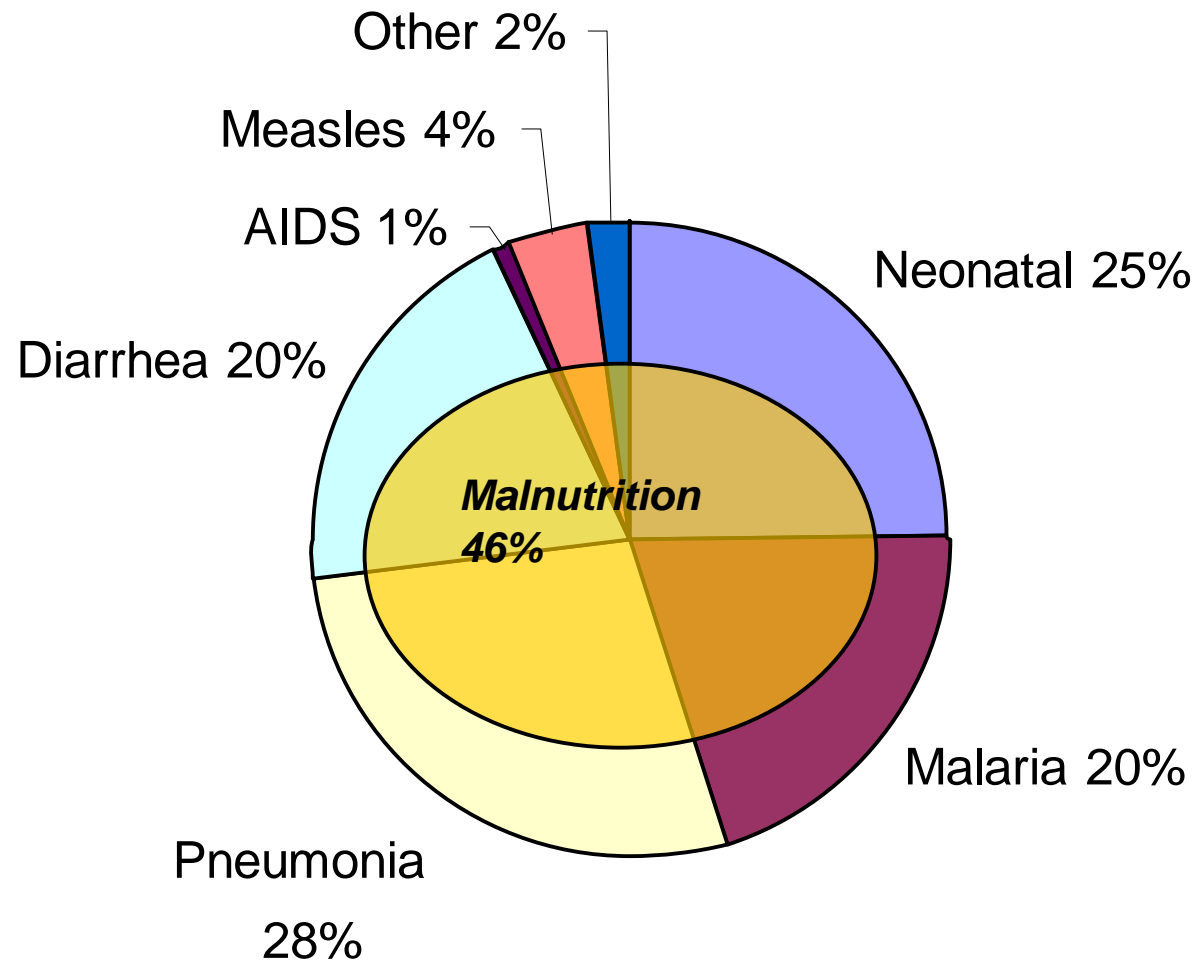
- *malnutrition can 'cost' a young child up to 11 cm of height by the age of two years*

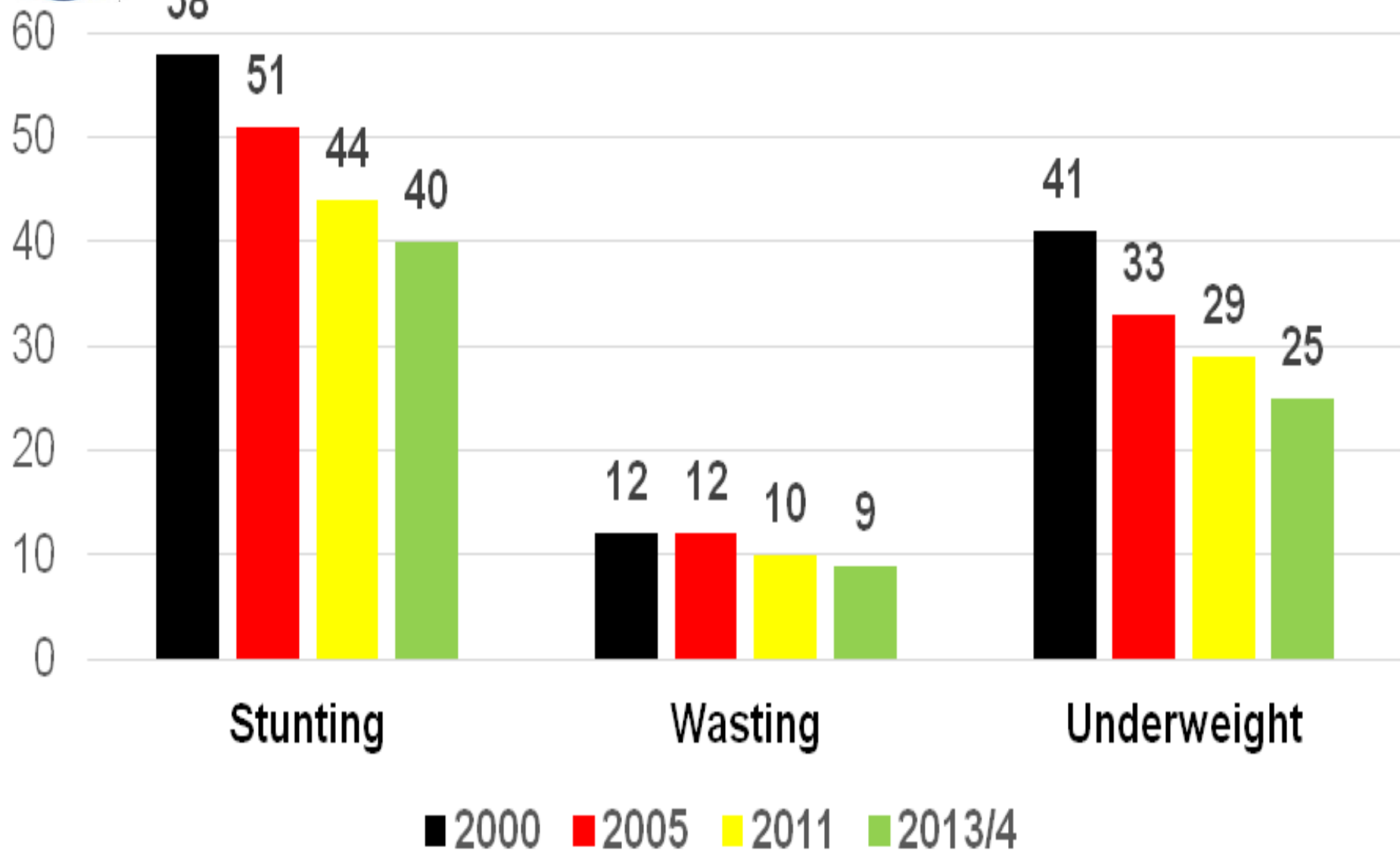
✓ **Much better reflection of human development than economic indicators**

# Functional Consequences

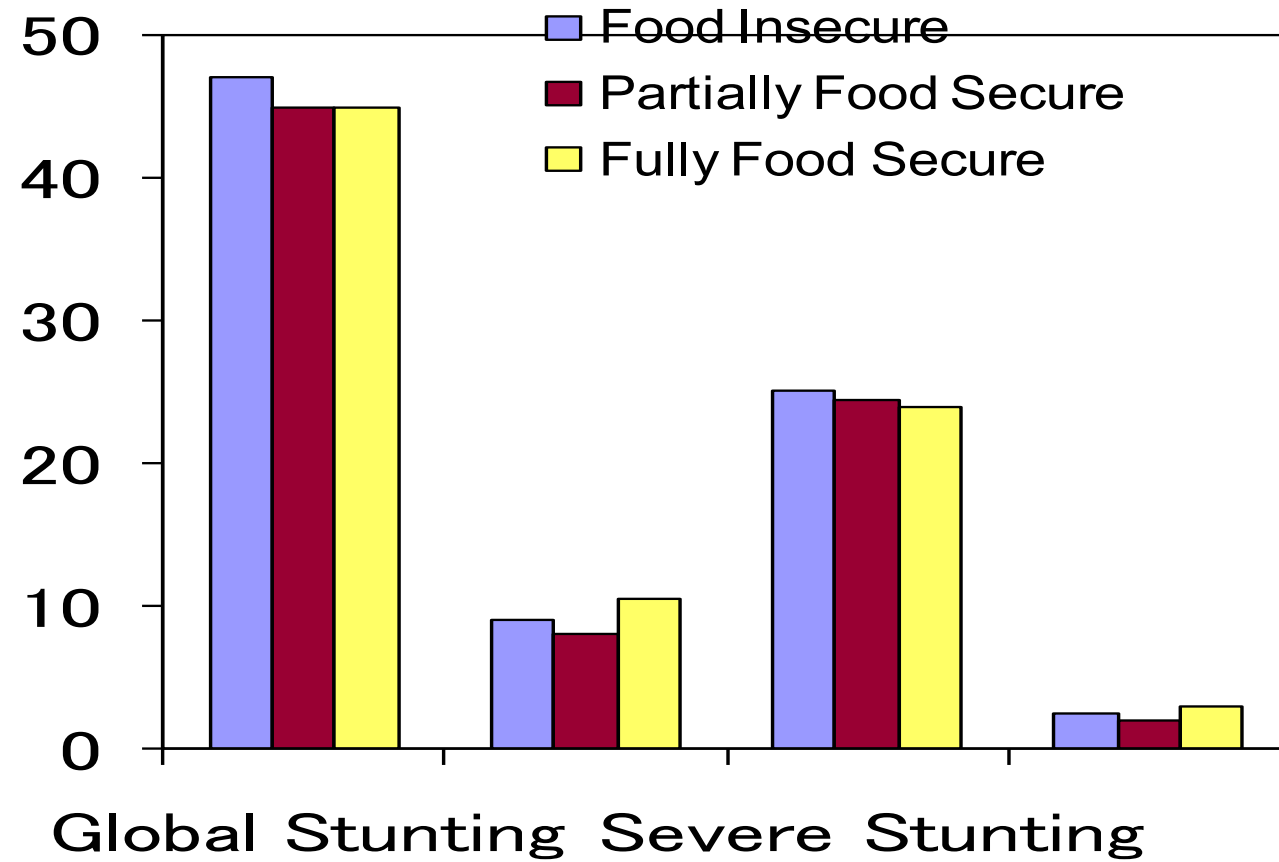
- Low immunity
- Illness
- Death
- Mental impairment
- Reduced productivity

# Causes of Death among Ethiopian Children 0-5 Years Old





# Malnutrition by Degree of Food Insecurity



# Undernutrition and its Causes

## **Undernutrition:** results:

-When the body is not getting enough nutrients

➤ Leads to fetal growth restriction

-Due to inadequate or unbalanced diet,

➤ PEM & Micronutrient deficiencies

-Digestive or absorption problems or

-Other medical conditions,

Note: Under nutrition follows progressive depletion stages

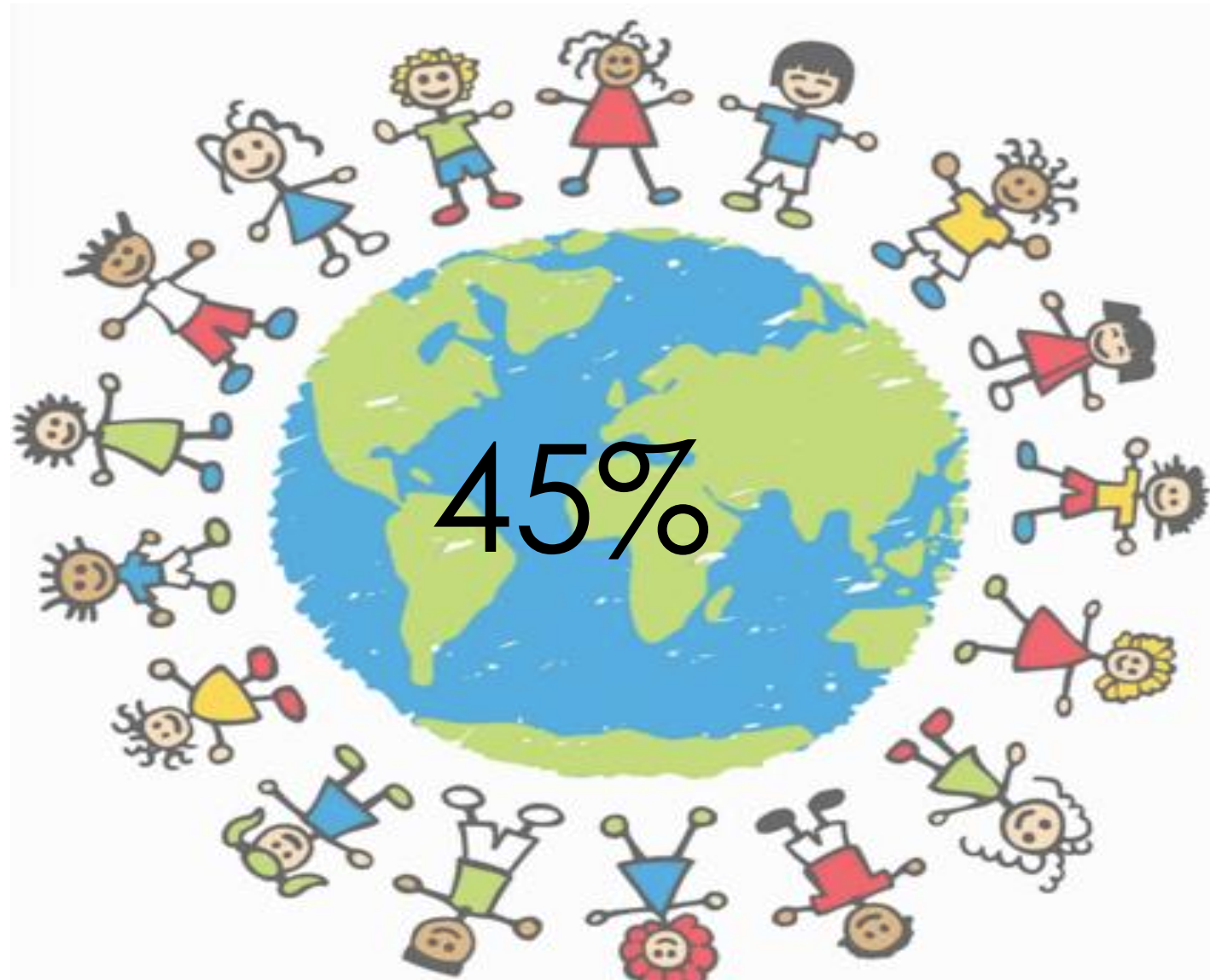


... the majority of these deaths, as much as 80%, are associated with **mild and moderate** malnutrition

... invisible to 'see' as nearly all Ethiopian children are malnourished



# Nutrition matters B/C almost half of all child deaths from poor nutrition



# Why Maternal Nutrition Matters?

*(Impact of poor nutrition in pregnancy)*

Major reasons	Related Side effects
Inadequate weight gain	<ul style="list-style-type: none"><li>▪ Low birth weight baby,</li><li>▪ Later recovery from childbirth</li></ul>
Inadequate nutrients	<ul style="list-style-type: none"><li>▪ Poor micronutrient status, anemia and iron deficiency,</li><li>▪ low vitamin A, low vitamin B/C/D/zinc,</li><li>▪ Night blindness,</li><li>▪ goiter, growth and brain development of fetus,</li><li>▪ Abnormalities (folic)</li></ul>
Anemia	<ul style="list-style-type: none"><li>▪ Increased risk of death from <b>excess bleeding</b> in childbirth</li></ul>
Low calcium	<ul style="list-style-type: none"><li>▪ Increased risk of death from <b>blood pressure disorders</b></li></ul>
The quality (not supply) of breastmilk is poor in fat soluble vitamins	

# Why Infant & Young Child Nutrition Matters?

**The 1<sup>st</sup> hour after birth is the right time for initiation of proper nutrition for new born**

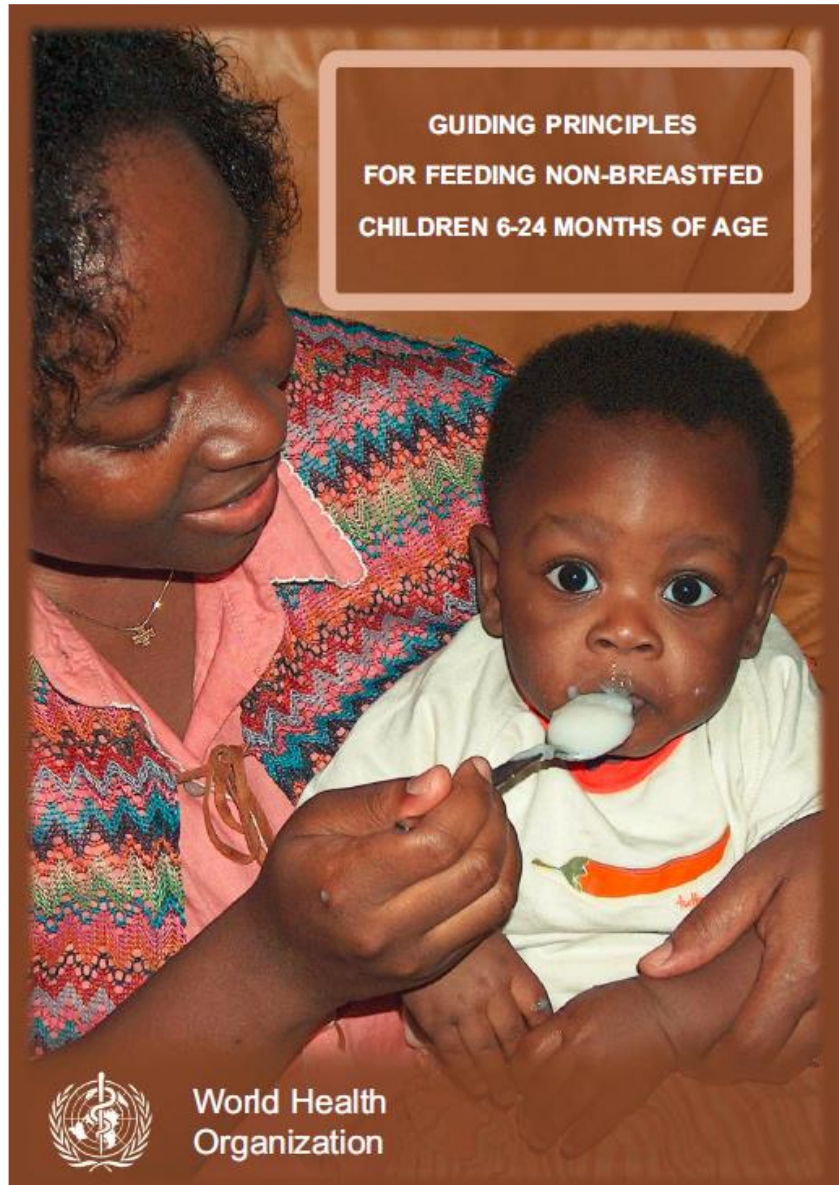


Based on EDHS 2016 on breast feeding

- Early initiation 51%
- Exclusive breast feeding 58%
- Mean EBF in urban setting 1% vs 3 months in rural settings



# Why Infant & Young Child Nutrition Matters?



## Based on EDHS 2016

- Complementary feeding 59.7% ( 2016)
- Diet diversity 4.8 ( 2011)

What strategies support to address gaps?

# Complementary Feeding

## Impact of poor nutrition from 6 to 23 months

- Insufficient energy (calories) and protein for adequate growth = stunting, wasting and underweight
- Inadequate nutrients = poor micronutrient status, anemia and iron deficiency, low vitamin A and blindness, low vitamin B/C/D/zinc, brain development, ability to fight infections
- Poor learning, drop out of school
- Low wages & productivity in adulthood, national GDP



**Together for Nutrition**