THE FIRST 1,000 DAYS:
Nourishing Healthier Futures

OUR VISION
Every child – regardless of where they are born – has a healthy first 1,000 days. And it starts with good nutrition.

OUR WORK
1,000 Days mobilizes advocates, thought-leaders, policymakers and its network of over 80 partners to improve nutrition for women and children in the U.S. and around the world.
The First 1,000 Days:
A Window of Opportunity

A Foundation for Brain Development & Learning

The 1,000 day window

THE DEVELOPMENTAL COURSE OF THE HUMAN BRAIN

The First 1,000 Days: Nourishing Healthier Futures
A Foundation for Lifelong Health

PRE-PREGNANCY
Obese/overweight woman
Poor diet
Unprepared for pregnancy

ADOLESCENCE
Obese/overweight
Chronic health problems

PREGNANCY
Unhealthy weight gain
Gestational diabetes

CHILDHOOD
Obese/overweight
Chronic health problems

INFANCY & EARLY CHILDHOOD
No/Low breastfeeding
Poor diet
Unhealthy weight gain

A Foundation for More Equitable Beginnings

• Inequalities in child development begin prenatally
• The effects of poverty early in life are more damaging to child development than those that occur later in life
• The best time to prevent inequalities is before trajectories have been established

Foundations of Healthy Child Development

Stable, responsive & nurturing care giving
Appropriate nutrition
Safe, supportive physical environments

1. Center on the Developing Child, Harvard University. The Foundations of Lifelong Health Are Built in Early Childhood, July 2010

6/12/18
The First 1,000 Days: Nourishing Healthier Futures

A Truly “Global” Issue

GLOBALLY

1 in 4 children under age 5 are developmentally stunted as a result of chronic undernutrition.

Over 41 million children under age 5 are overweight, almost half of them live in Asia and one quarter in Africa.

More than one billion women and girls do not have the adequate nutrition and healthy diets they need to survive and thrive.

HERE IN THE US

Nearly 1 in 5 children under age 6 are food insecure.

1 in 4 preschool children ages 2-5 is overweight and 1 in 8 is obese.

More than 50% of all women of reproductive age are overweight or obese.
The U.S. Picture
The State of Maternal and Young Child Nutrition

The U.S. Picture: Pregnancy

- More than 50% of women enter pregnancy overweight or obese
- 47% of pregnant women gained an excessive amount of weight during pregnancy
- The U.S. has one of the highest rates of maternal mortality
The U.S. Picture: Infancy

- Only 22% of infants are exclusively breastfed at 6 months
- The U.S. is one of the only countries without paid leave
- Studies find “excessive” caloric intake in young children, beginning before 4 months

The U.S. Picture: Early Childhood

- French fries are the most common vegetable consumed by 1 year olds
- By age 2, 44% of toddlers have consumed a sugar sweetened beverage
- 10% of U.S. children exhibit signs of overweight or obesity before age 2
- 1 in 4 of U.S. children between ages 1 and 2 do not get the recommended dietary allowance for iron
An Agenda for Change for the Next 1,000 Days

1. Maternal Diet and Health
2. Breastfeeding
3. Infant and Toddler Diets
4. Support for Vulnerable Families

Our Agenda for Change

1. Empower parents and caregivers with an understanding of the importance of early nutrition and knowledge of best practices for infant and young child feeding.

2. Educate and train medical and health care professionals, child care workers and others working with expectant mothers, babies, and toddlers on the importance of early nutrition and optimal infant and young child feeding practices.

3. Establish evidence-based dietary guidelines for pregnant women and children under age 2.

The First 1,000 Days: Nourishing Healthier Futures
Empowering Parents & Caregivers with Knowledge: Our Goal
Translate evidence-based, expert reviewed information on baby and toddler feeding into practical and accessible resources for today’s parents and caregivers.

1,000 Days' series of 12 videos can be found at www.thousanddays.org/for-parents. Also on 1,000 Days’ Facebook, Twitter and Instagram channels.

Our Agenda for Change

4. Invest in the research, monitoring and surveillance of the nutritional status of pregnant women and children under age 2.

5. Support healthy pregnancies by ensuring access to high quality preconception and prenatal care, nutrition education and obesity prevention programs.
Our Agenda for Change

6. Improve support for mothers to breastfeed by creating breastfeeding-friendly communities, workplaces and healthcare facilities.

7. Invest in paid parental leave and family-friendly workplace policies to support parents to give their children the strongest start to life.

8. Encourage companies to follow the World Health Organization’s International Code of Marketing of Breast Milk Substitutes which provides guidelines for the ethical marketing and promotion of infant formulas and foods and beverages for young children.

9. Strengthen programs that reach low-income babies, toddlers and their families.

10. Ensure that healthy, nutritious foods are the affordable, available and desired choice for all families.
The First 1,000 Days: Nourishing Healthier Futures

"If breastfeeding did not already exist, someone who invented it today would deserve a dual Nobel Prize in medicine and economics."
—Keith Hansen, the World Bank, The Lancet 2018
In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers.

Breastfeeding is the foundation of life.
A Thousand Thanks!

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