

Life in all its
Fullness

INF Australia Webinar

FOUNDATIONS FOR LIFE
**THE GOLDEN
1000 DAYS**

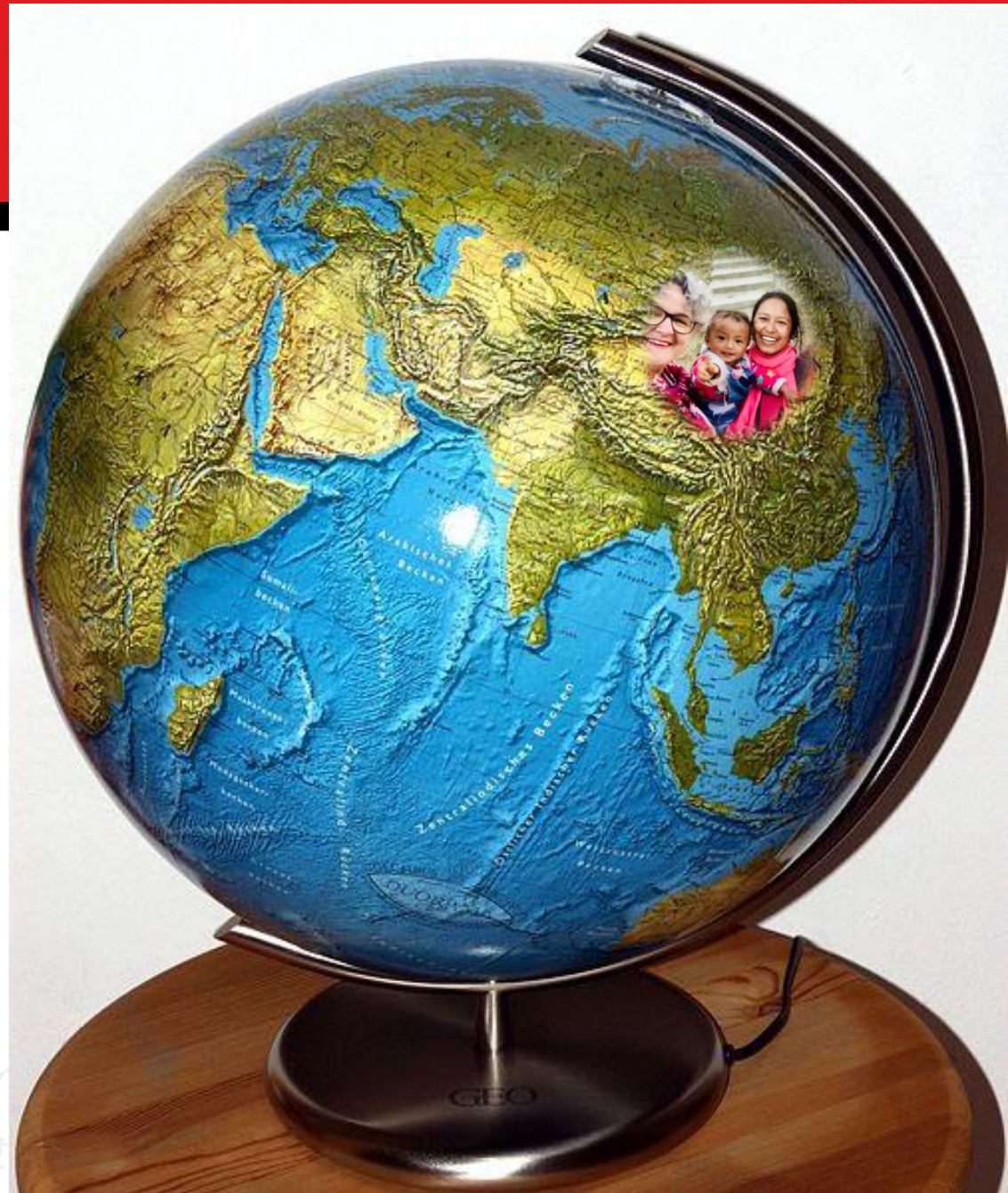


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- ✓ What are the Golden 1000 days?
- ✓ Why are they so significant?
- ✓ Challenges (Covid) and Opportunities
- ✓ Interventions & Solutions

Challenge to you



270 Pregnancy + 365 1st Year + 365 2nd Year = 1,000 days

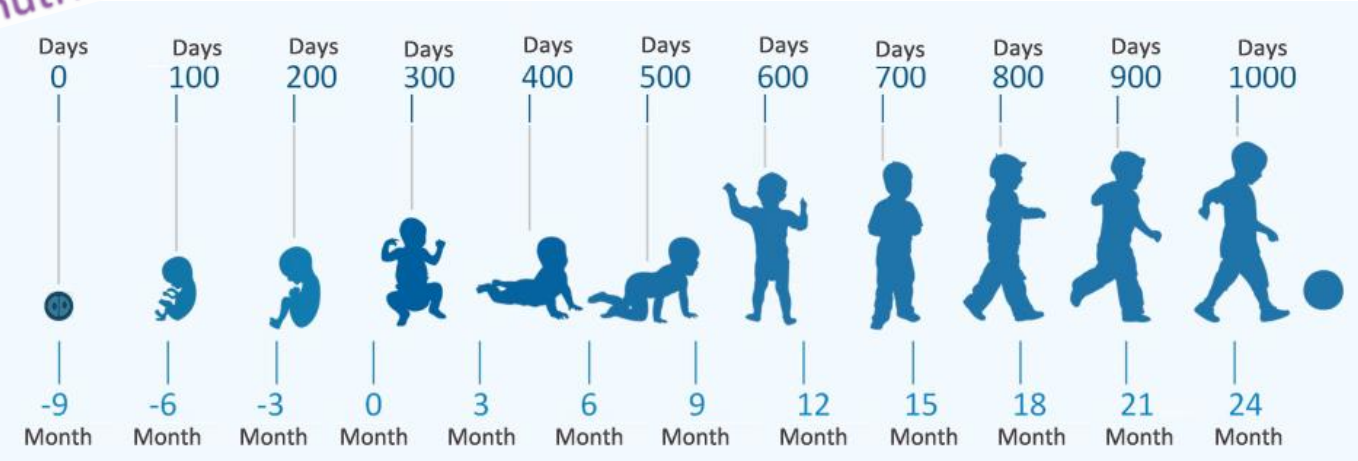
1000 WHAT YOU DO AND EAT IN THE FIRST 1000 DAYS, MAKES A DIFFERENCE FOR THE REST OF YOUR LIFE

FIRST 1000 DAYS nutrition now, matters forever

FIRST 1000 days Right Start. Bright Future.

1,000 DAYS

FIRST 1000 DAYS AUSTRALIA



सुनौला 900 दिनहरू

Nutrition – Stimulation – Protection



<https://www.youtube.com/watch?v=yjgn2ZAepEo>

Significance of the 1000 days



- Building brains
- Building health
- Building a fair start
- Building prosperity

The impact of good nutrition early in life can reach far into the future.
Children who get the right nutrition in their first 1,000 days:

ARE 10x MORE

likely to overcome the most life-threatening childhood diseases¹



COMPLETE
4.6 more
grades of school²



Go on to earn

21%
more
in wages
as adults³



Are more likely as adults to have
healthier families⁴



- Epigenetics is the study of how our behaviors and environment can cause changes that affect the way our genes work. Epigenetic changes do not change the DNA sequence, but they can change how the body reads a DNA sequence (turning them 'on' or 'off').

Example: Dutch Hunger Winter Famine (1944-1945)

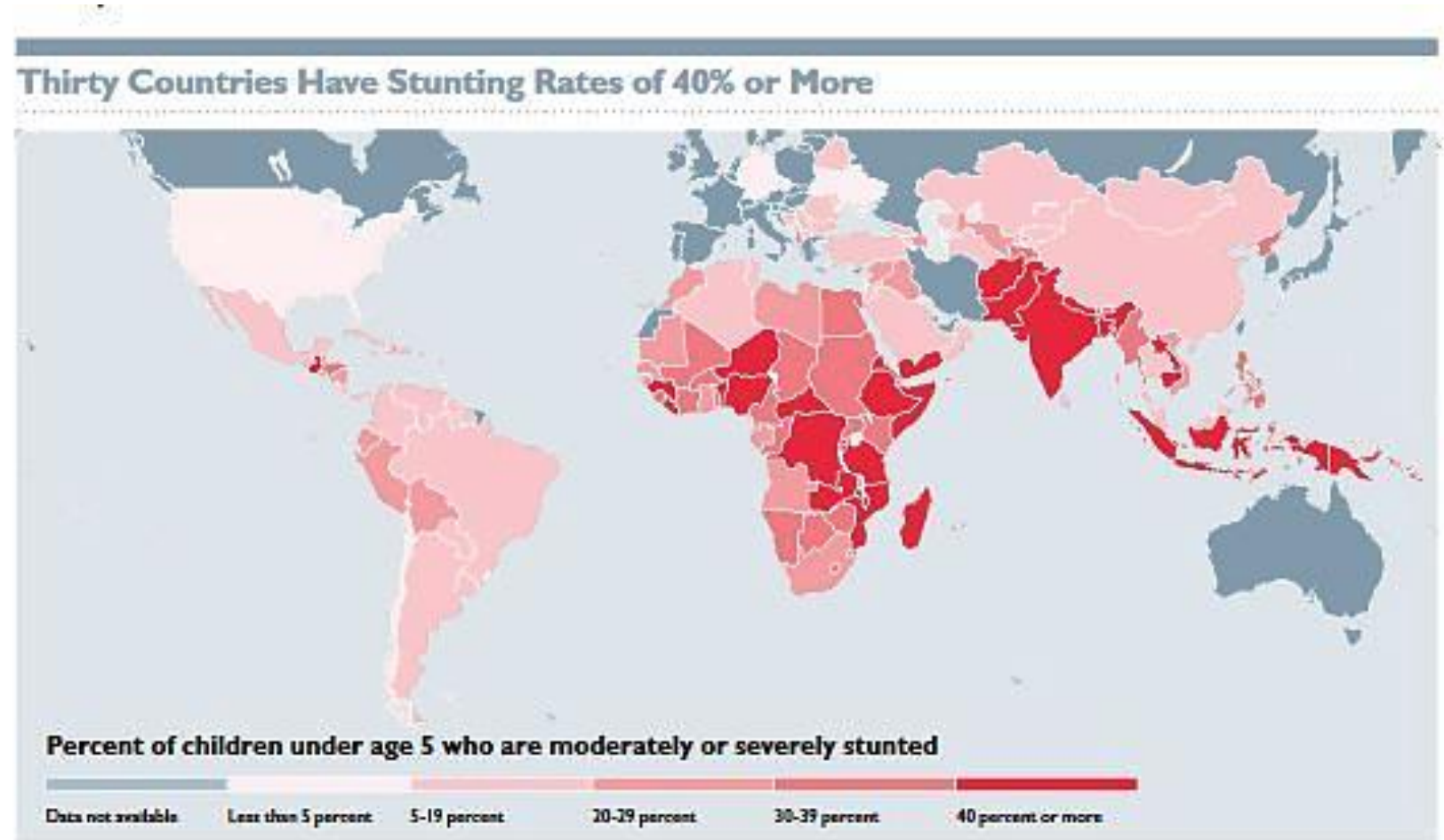
People whose mothers were pregnant with them during the famine were more likely to develop certain diseases such as heart disease, schizophrenia, and type 2 diabetes . Around 60 years after the famine, researchers looked at methylation levels in people whose mothers were pregnant with them during the famine. These people had increased methylation at some genes and decreased methylation at other genes compared with their siblings who were not exposed to famine before their birth. These differences in methylation could help explain why these people had an increased likelihood for certain diseases later in life.

DNA methylation is a biological process by which methyl groups are added to the DNA molecule. Methylation can change the activity of a DNA segment without changing the sequence.

Nutrition – Malnutrition

- Underlying cause of 2.6 million child death/year
- Additionally 1 million survive, but with lifelong impairments

Child Malnutrition rates are at crisis levels



Source WHO 2018

The solutions – interventions

- **Improved Women's Health and Nutrition**

Increase investments in women's education, health, nutrition, empowerment, well-being

- **Increased Breastfeeding Support**

Improve policies and increase investments to enable more women to reach their breastfeeding goals.

- **Better Diets for Babies and Toddlers**

Improve baby and toddler diets and feeding practices; and health

- **Increased Investment in Children and Families**

Improve and expand programs that enable the most vulnerable babies and toddlers and their families to get the food, nutrition and support they need to thrive.

Three key steps to investing in nutrition to boost economies:

- 1 Invest** in high-impact nutrition interventions.
- 2 Strengthen policies** across sectors so that nutrition is fully integrated, especially in food security, agriculture, education, water and sanitation, and women's empowerment policies.
- 3 Track and report** spending and impacts on nutrition across sectors.

Reducing the prevalence of smoking amongst pregnant women

Doing the Maths

- Human cost
- Economic cost

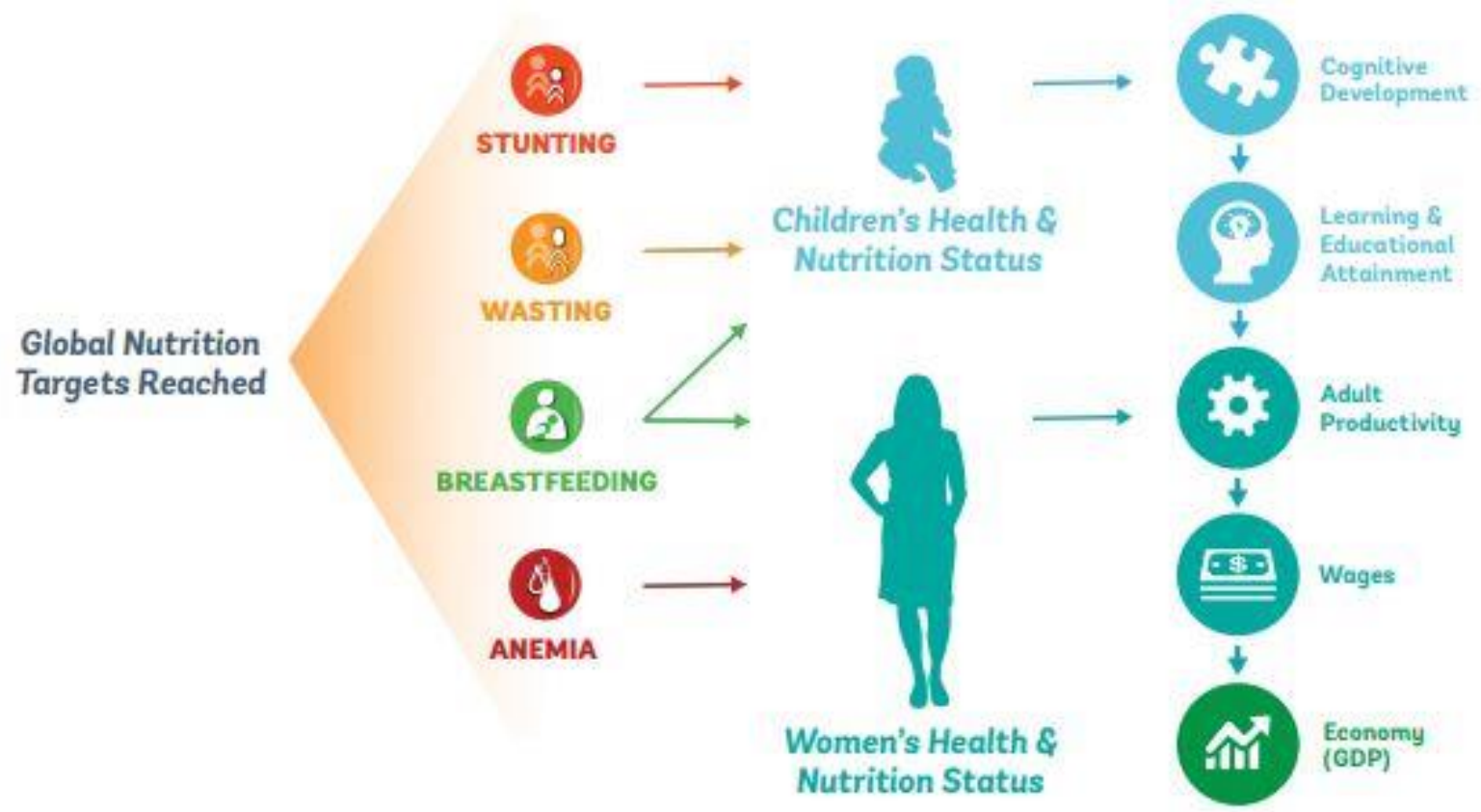
In Australia, around **10%** of mothers smoke while pregnant, meaning that smoking affects **31,110** children in the antenatal period per year.

The annual potential benefit of all pregnant mothers ceasing smoking is close to **\$1billion.***

For each woman who stops smoking during pregnancy, an estimated saving of **\$29,000** is projected over her child's lifetime.

- 50% of this total is due to a reduction in obesity costs.
- 35% is as a result of increased earnings.
- 15% accounts for a reduced likelihood of smoking as an adult.

* Nominal lifetime value



➤ COVID

- Most vulnerable women and children
 - Poverty – hunger – malnutrition
 - Stressors - anxiety
 - Increase in violence against women
 - Health services disrupted
 - Funding diverted
- MCH not 'in fashion' anymore
 - Multi-sectoral approach and funding is needed (holistic development)
 - Challenging cultural norms as 'the weakest need the most attention'

Nourishing our World



- <https://www.youtube.com/watch?v=fZM542xxuIM>



Whats next?

END COVID FOR ALL

I believe Australia should provide vital support to vulnerable nations



Life in all its Fullness



STAND UP!
SPEAK OUT!



PLEASE JOIN US TO
JOURNEY WITH JUMLA

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