



सत्यमेव जयते

ग्रामीण विकास मंत्रालय
भारत सरकार

MALNUTRITION CYCLE AND FIRST 1000 DAYS

Flipbook for SHG Meetings



Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

INSTRUCTIONS FOR THE FACILITATOR



- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.



BREAK THE MALNUTRITION CYCLE BY INVESTING IN 1000 DAYS



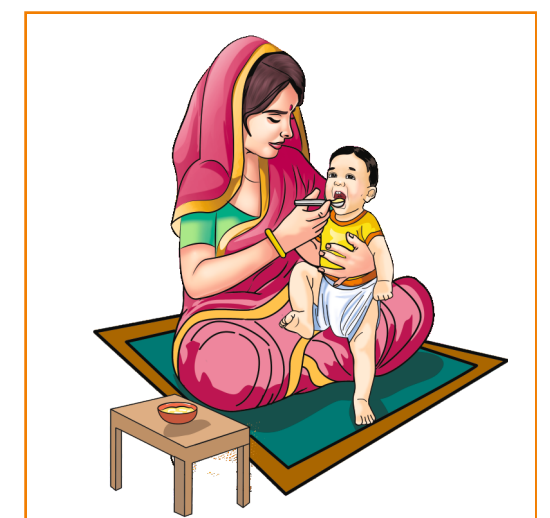
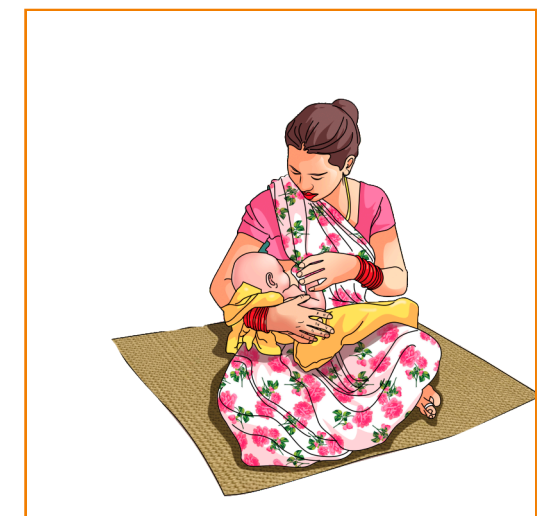
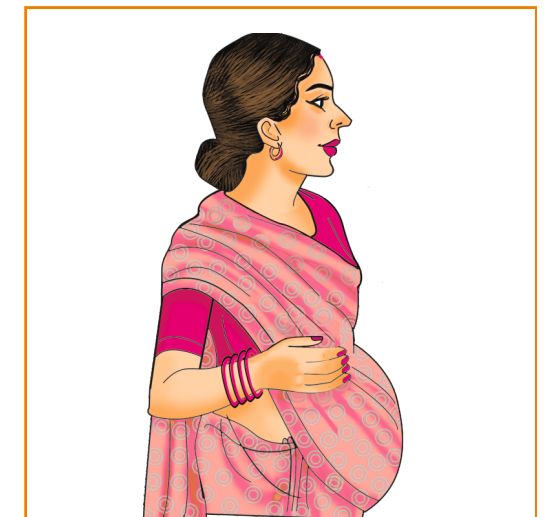
MALNUTRITION CYCLE AND 1000 DAYS

Initiate a discussion with the group on what is malnutrition and what are the issues that lead to malnutrition among women and small children. Also inform the participants that this session will elaborate on how malnutrition sets in and can be a vicious cycle if ignored. Try to probe if they have heard about the first 1000 days of life.

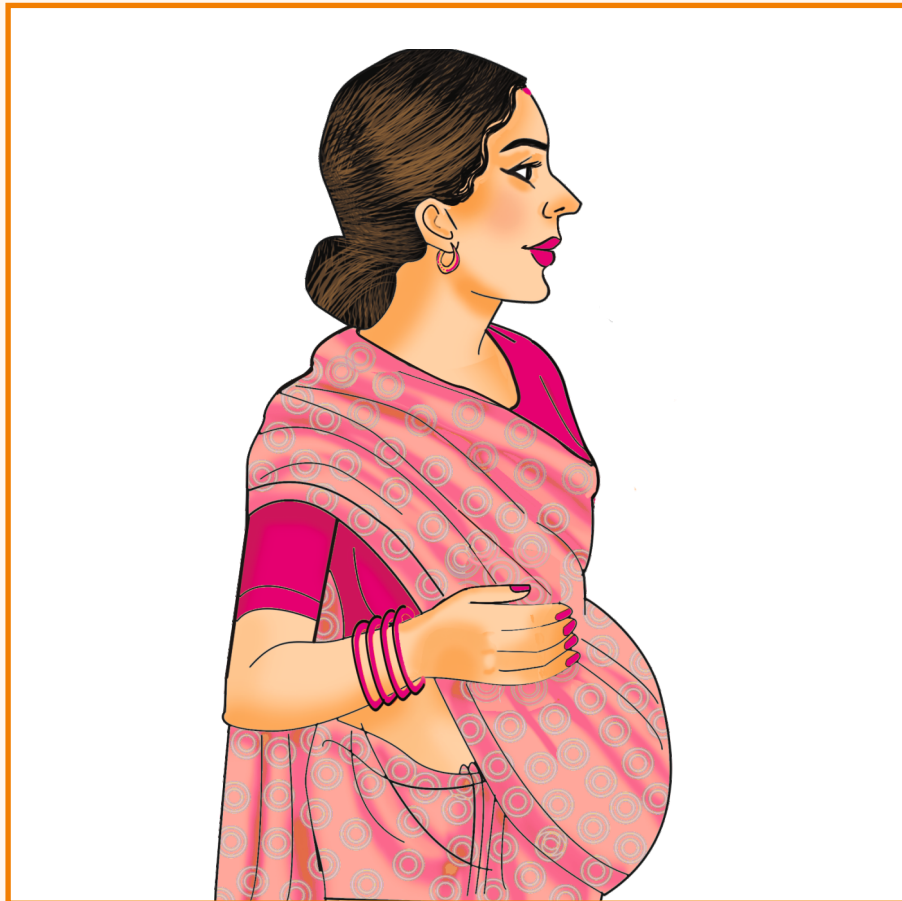
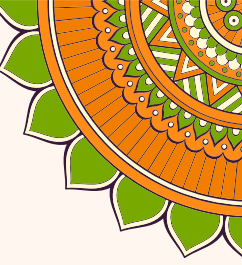
This session will cover broad aspects of:

- Malnutrition Cycle
- Stages of first 1000 Days and its importance in life
 - 270 days of pregnancy
 - 180 days of child's first 6 months
 - 550 days of child's 6 – 24 months

This session will help to develop an understanding on the linkages between malnutrition and first 1000 days of life. Details on stages of 1000 days and the appropriate practices for good nutrition and health associated with these stages have been covered in subsequent sessions on Maternal Nutrition and Infant and Young Child Nutrition (IYCF).



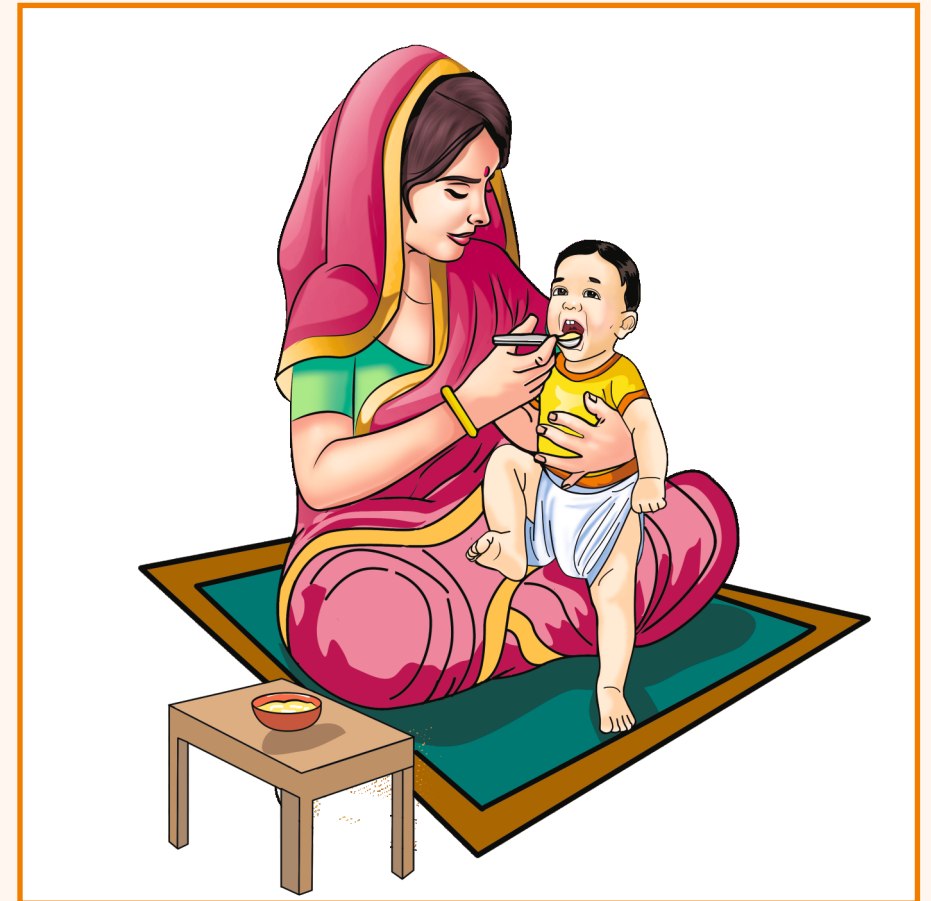
MALNUTRITION CYCLE AND 1000 DAYS



270 days of pregnancy



180 days of child's first 6 months



550 days of child's 6 – 24 months



MALNUTRITION CYCLE

What do we understand by Malnutrition?

Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or other nutrients.

Malnutrition is broadly of two types:

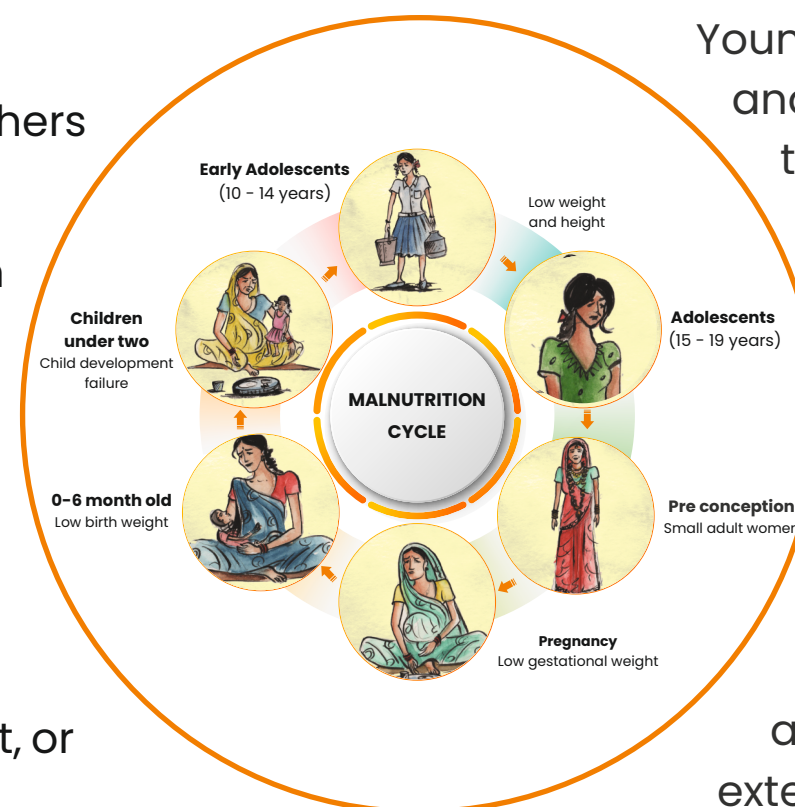
- **Under Nutrition**– Stunting, Wasting, Underweight and micro-nutrient deficiencies.
- **Over Nutrition**– Obesity and other problems.

In our country the more common form of malnutrition is under nutrition. Hence in this Flip Book under nutrition is referred as malnutrition.

Who do you think are malnourished?

- Women who have less hemoglobin levels.
- Women who get pregnant and become mothers at a young age.
- Women who have less gaps between pregnancies.
- Women who eat less quantity and less nutritious food and fall sick frequently.
- Children who have less weight than normal.
- Children have less height according to age.
- Children with less weight according to height, or more weight than normal.

What do we understand by the Malnutrition Cycle?



Young girls who are malnourished have low weight and generally have less than normal height. When these girls become mothers, they mostly give birth to low weight new borns. If the child is a girl and she stays malnourished, this cycle continues.

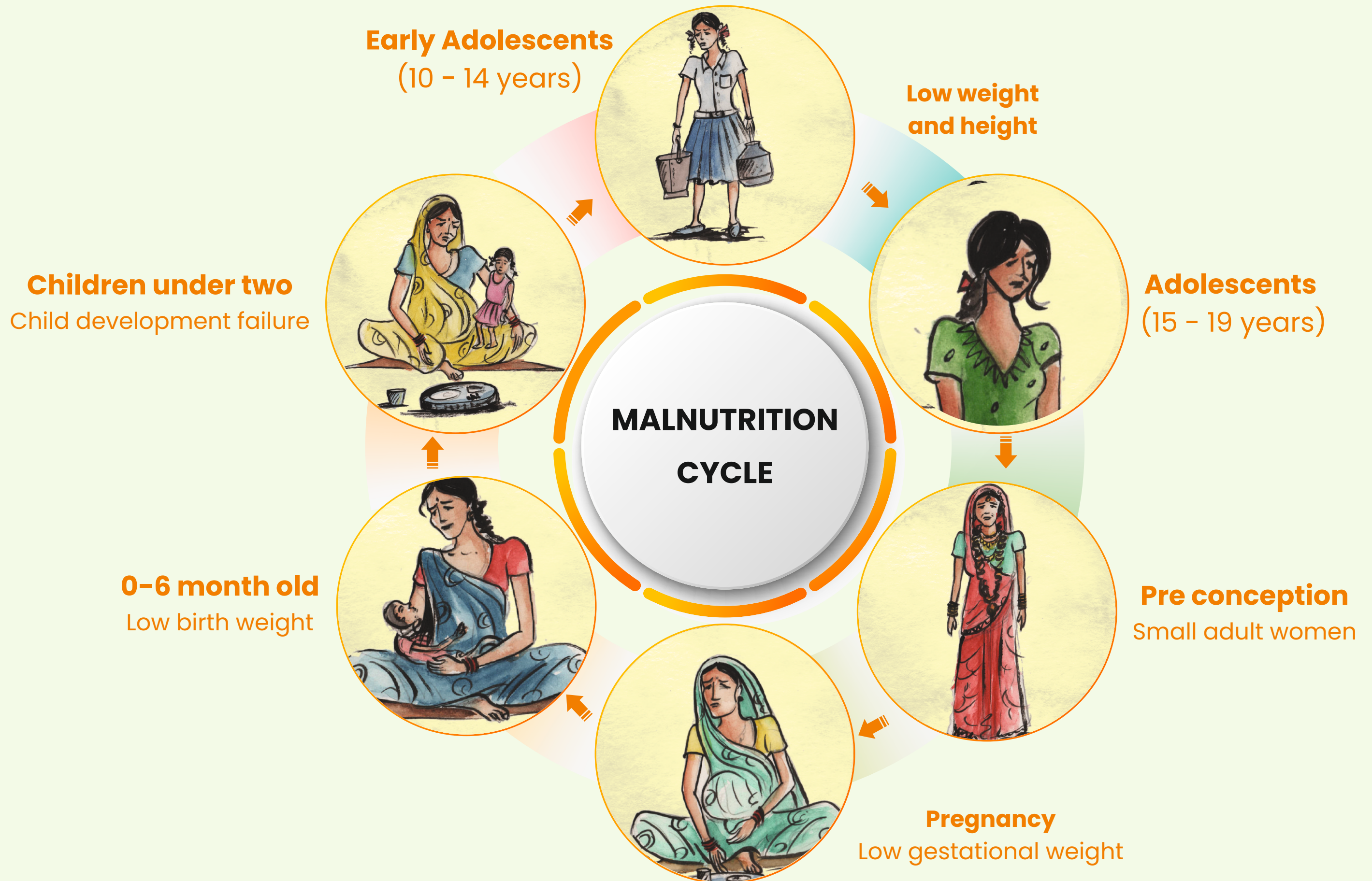
That is why attention to good health and nutrition is necessary at every stage of life. This also emphasizes the need for good education for girls so that they are aware of the importance of nutrition and health issues and are able to take care of themselves to some extent.

How do we break the malnutrition cycle?

It is very important to understand the importance of 1000 days and invest in it, in order to break the malnutrition cycle.



MALNUTRITION CYCLE



WHAT ARE THE FIRST 1000 DAYS?

This video depicts the importance of first 1000 days. It shows that the future of a person is more likely to be healthy, prosperous and happier by investing in good health, nutrition and proper sanitation during this period.



Play Video by
scanning this QR Code



270 Days

Pregnancy
Maternal Nutrition
Ante-Natal Care



180 Days

0-6 Months
Early and Exclusive
Breastfeeding



550 Days

6-24 Months
Complementary
Feeding and continued
Breastfeeding



WHAT ARE THE FIRST 1000 DAYS?

The time period of a child's conception till the time the child is two years of age is known as the first 1000 days of life.



270 Days
Pregnancy



180 Days
0-6 Months



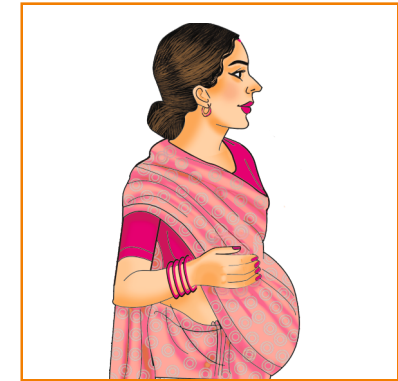
550 Days
6-24 Months



WHY ARE 1000 DAYS IMPORTANT?

- **For better health and nutrition of pregnant and lactating women**

During this period, women need additional nutrition and health care.



- **For mental development of the child**

Because almost 80% of human brain development happens during this period, any lack or failure of which is then irreversible



- **To prevent malnutrition of children**

During the first 2 years of life, child need special care and nutrition for good physical development.

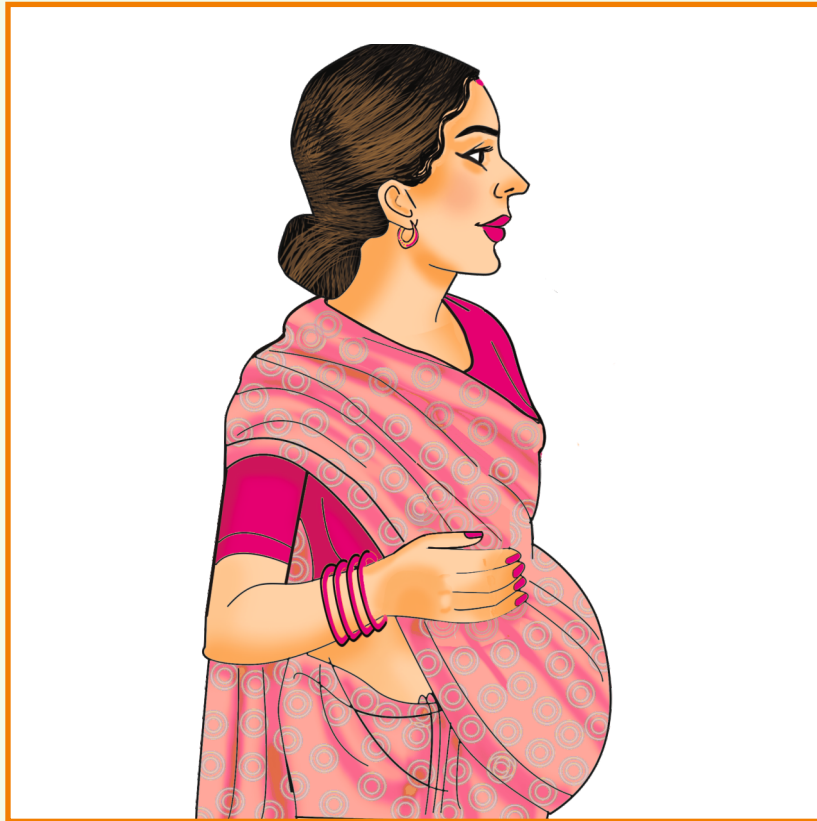


- **For better livelihood**

Lack of proper health, nutrition and sanitation care at this time can be a major cause of illness and poverty in the household



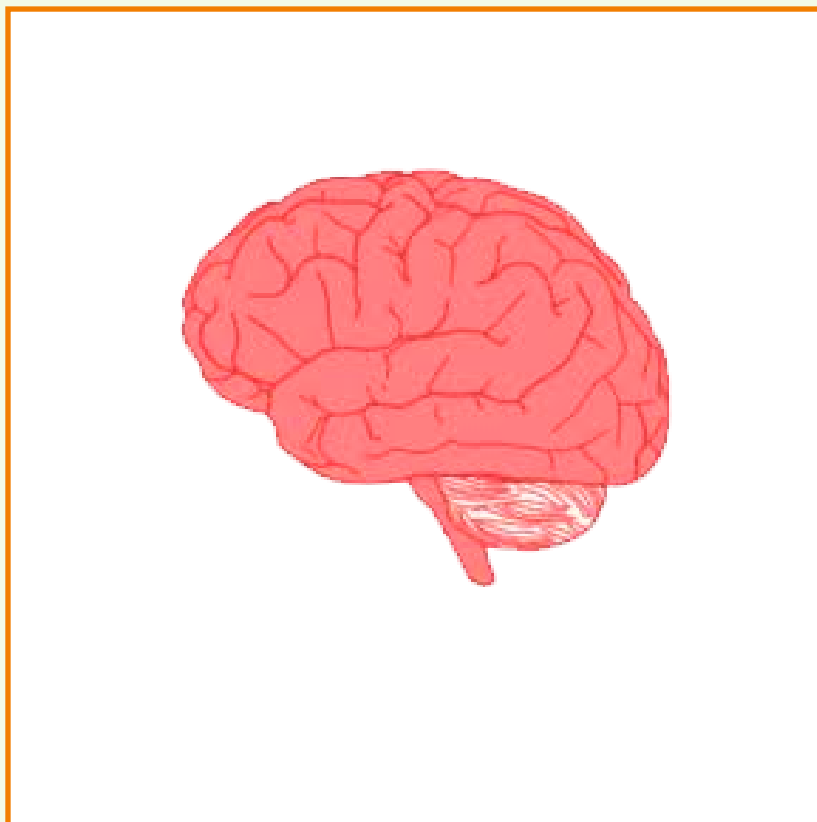
WHY ARE 1000 DAYS IMPORTANT?



**For better health
and nutrition of
pregnant and
lactating women**



**To prevent
malnutrition**



**For mental
development of
the child**



**For better
livelihood**



STAGES OF 1000 DAYS

1. Pregnancy: 270 Days

Key Messages

- It is important for women to be well nourished before their first pregnancy.
- Pregnant and lactating women must consume more quantities of adequately nutritious food.
- Women should include at least five food groups in a day's meal from the recommended 10 food groups.
- Pregnant and lactating women should have 3 meals plus 2 nutritious snacks in a day.
- From the fourth month of pregnancy till the child is six months of age, 1 iron tablet (IFA) and 2 Calcium tablets should be consumed daily.
- Women should get registered with the ANM and with the Anganwadi centre as soon as pregnancy is confirmed.
- Make sure to do all the tests that are recommended by the doctor.
- Family should support the woman to rest for at least 2 hours every day.



STAGES OF 1000 DAYS

1. Pregnancy: 270 Days



- **Nutritious Diet**
- **Diet Diversity**
- **Ante-Natal Care and TT Immunization**
- **Rest for at least 2 hours everyday**



STAGES OF 1000 DAYS

2. Child's First Six Months: 180 Days

Key Messages

- Initiate Breastfeeding the child within one hour of birth.
- The child should be fed exclusively on mothers milk for the first six months of life.
- Lactating women must have proper nutrition and drink adequate water.

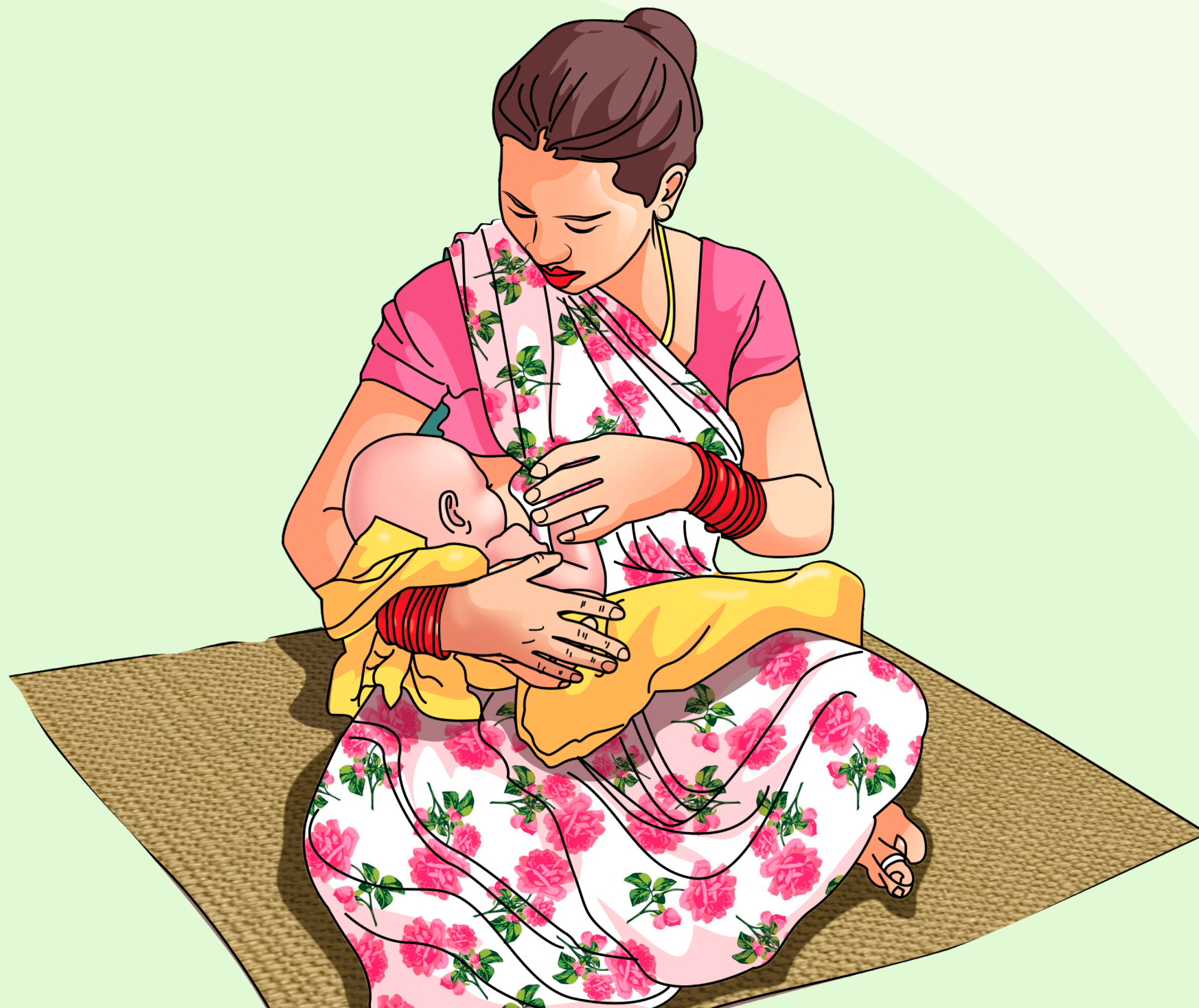
Because

- The first thick and yellow milk (colostrum) of the mother provides the child with a number of antibodies and nutrients.
- It provides the child with ability to fight against infections.
- Exclusive breastfeeding is beneficial to the child, the mother and therefore the family in many ways.
- When the mother is breastfeeding, she is providing all the required nutrients to the child from her own body. Therefore, it is very important for the mother to have good nutrition and care.



STAGES OF 1000 DAYS

2. Child's First Six Months: 180 Days



- Early Initiation of Breastfeeding
- Exclusive Breastfeeding
- Balanced Maternal Nutrition



STAGES OF 1000 DAYS

3. Child from 6–24 Months: 550 Days

Key Messages

➤ Complementary Feeding

Start Complementary Feeding as soon as the child completes 6 months of age, with home made fresh and diverse food. Ensure right quantity, frequency and consistency along with maintaining proper hygiene

➤ Diet Diversity

Feed the child daily with at least four diverse food groups from the recommended seven food groups

➤ Immunization

Ensure that the child is vaccinated as per the government prescribed schedule. This is important to prevent the child from a number of diseases and should not be missed

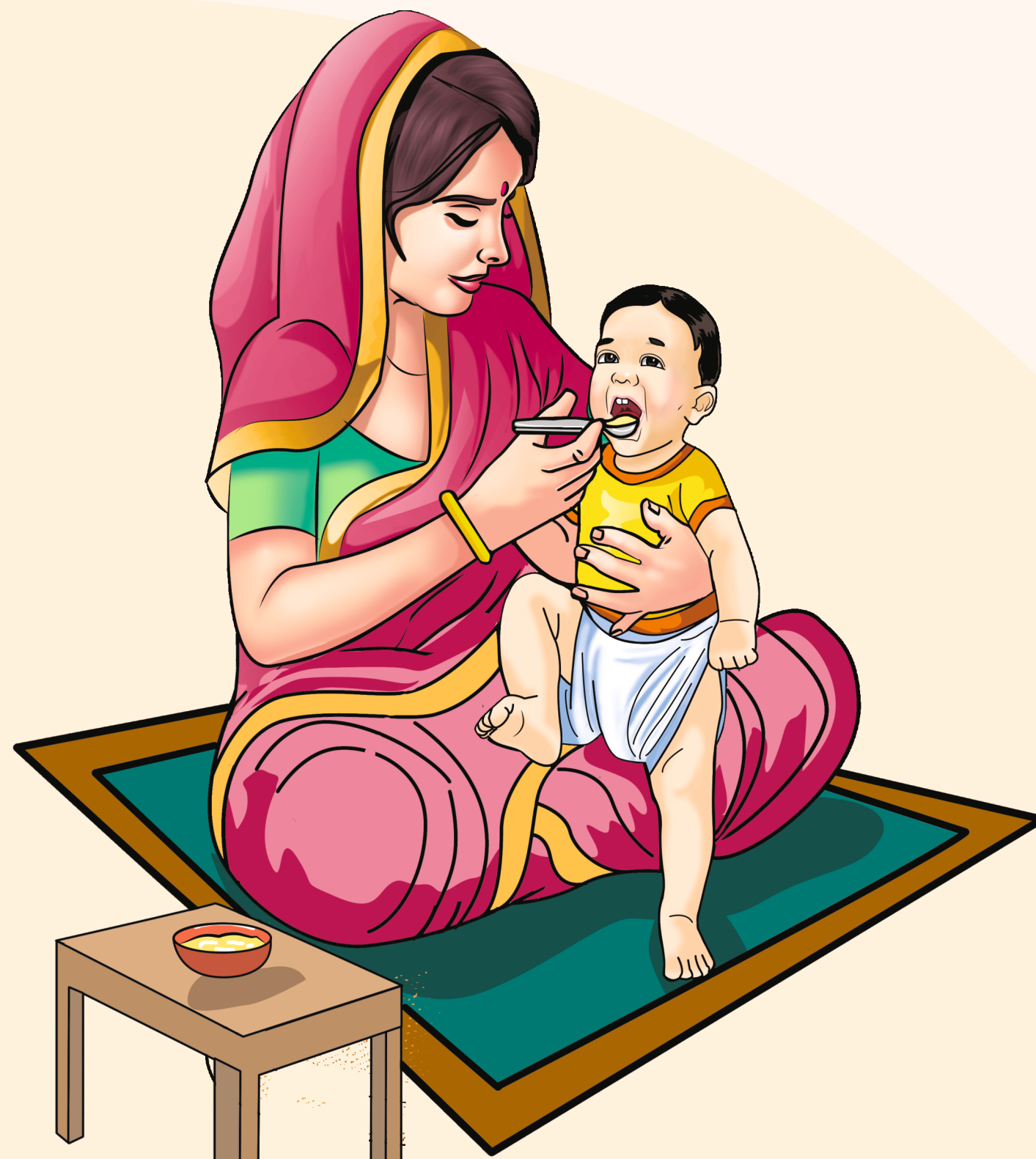
➤ Breastfeeding for 2 years

Breastfeeding should be continued till two years of age. This provides the child with all the nutrients present in mothers milk.

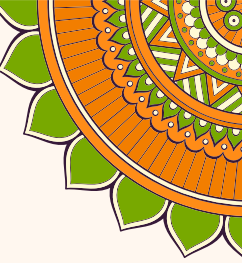


STAGES OF 1000 DAYS

3. Child from 6–24 Months: 550 Days

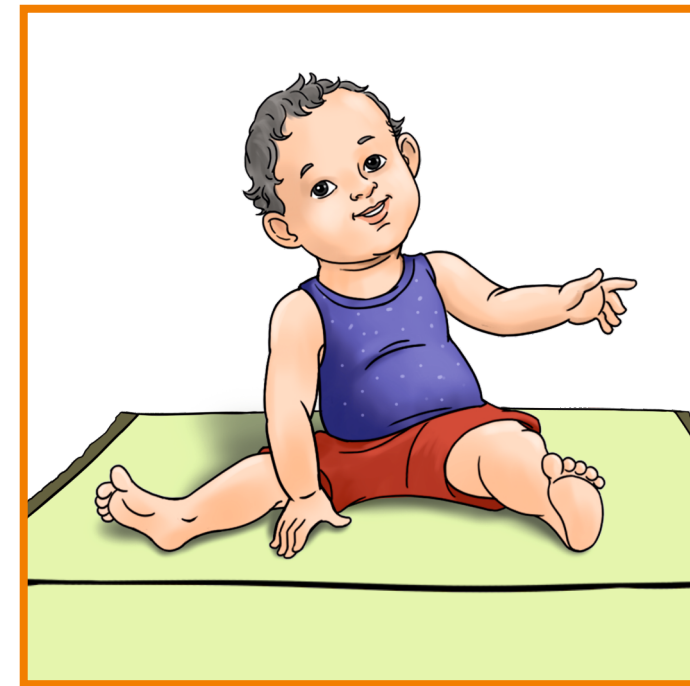


- **Introduce complementary foods immediately at 6 months of age**
- **Appropriate Complementary Feeding**
- **Diet Diversity in Complementary Feeding**
- **Immunization**
- **Continued Breastfeeding till 2 years**
- **Balanced Maternal Nutrition**



THE FIRST 1000 DAY PERIOD IS VERY IMPORTANT FOR PHYSICAL AND MENTAL DEVELOPMENT OF THE CHILD

- The brain development process for the child begins from the 16th day of conception.
- 80% of the brain develops in the first 1000 days.
- The physical growth is so rapid that the child's length doubles from birth in the first six months and triples in the first year of birth.



THE FIRST 1000 DAY PERIOD IS VERY IMPORTANT FOR PHYSICAL AND MENTAL DEVELOPMENT OF THE CHILD



Development of the child's brain begins from 16th day of conception



80% of the brain develops in these first 1000 days



The child's length doubles in the first six months and triples in the first year of birth.



WHAT ARE THE FIRST 1000 DAYS?

The time period from a child's conception till two years of age is known as the first 1000 days of life.

WHY ARE 1000 DAYS IMPORTANT?

- For the health of pregnant and lactating women
- For physical and cognitive development of children under the age of two years
- To avoid malnutrition
- For better livelihood of family



It is very important to understand the importance of 1000 days and invest in it, in order to break the malnutrition cycle.



270 Days

Pregnancy
Maternal Nutrition



180 Days

0-6 Months
Early and Exclusive
Breastfeeding



550 Days

6-24 Months
Complementary
Feeding and continued
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**Let us ensure that key messages of this session
are reflected in our daily behaviours**



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA– NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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