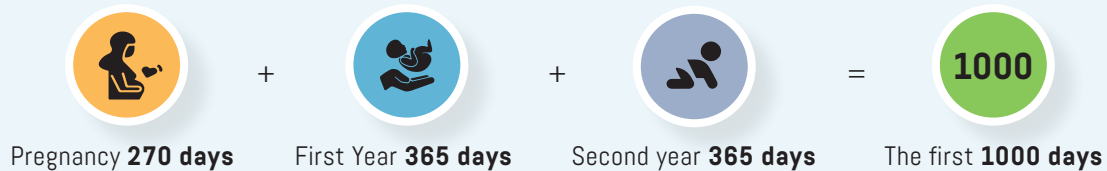


Maternal, Infant and Young Child Nutrition (MIYCN)

Maternal, Infant and Young Child Nutrition or MIYCN refers to nutrition of the mother and child during the 1000 days window of opportunity, that extends from conception until the second birthday of the child.



Poor nutrition during the first 1000 days of life is linked to adverse outcomes like increased risk of low birth weight babies, preterm delivery, neural tube defects in the babies, poor cognitive development and stunting in children and maternal and child mortality.

BACKGROUND

The key intervention areas for improving the status of maternal and child nutrition, based on global evidence, include, maternal nutrition, early initiation of breastfeeding, exclusive breastfeeding till the baby completes six months of age and complementary feeding thereafter.

The 2016 WHO guidelines on “antenatal care for a positive pregnancy experience” recommend nutrition interventions like adequate gestational weight gain, consumption of a diverse diet, balanced energy and protein intake, and micronutrient supplements to improve maternal and perinatal outcomes.



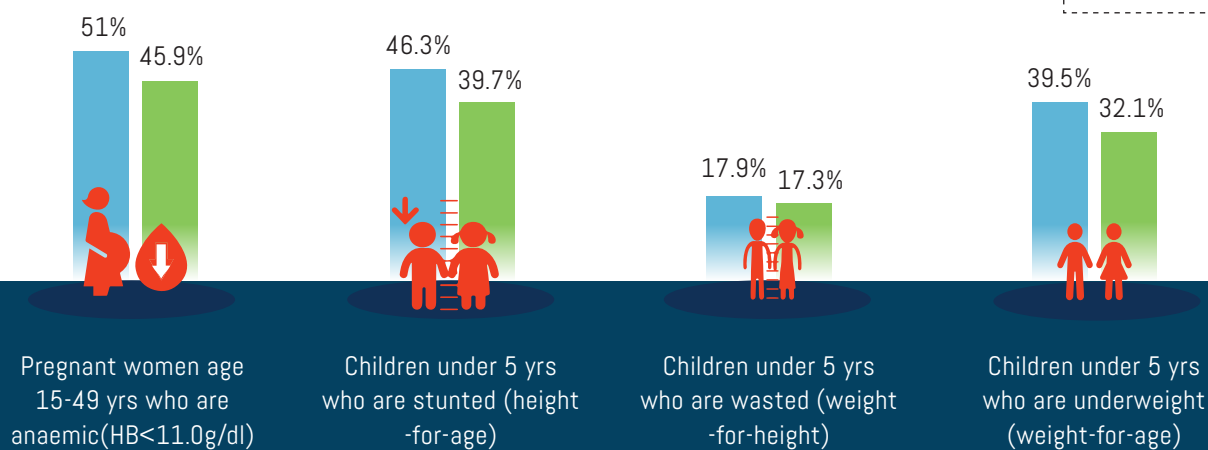
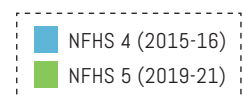
As per Lancet 2003, breastfeeding can prevent 13% and complementary feeding can avert 6% deaths in the under-five age group.

STATUS OF KEY MIYCN INDICATORS IN UTTAR PRADESH

As per NFHS 5 (2019-21) almost half of pregnant women in the state are anemic, two-fifths of the children under-five are stunted, 17.3% are wasted and 32.1% are underweight.

A focus on improving household level behaviors on maternal nutrition, breastfeeding, and complementary feeding can lead to improvement in the status.

Status of Key MIYCN Indicators in UP



KEY INTERVENTION AREAS



Maternal Nutrition

(pregnancy - 6 months after delivery)



Breastfeeding

(0 - 6 months)



Complementary feeding

(6 - 23 months)

Key MIYCN Interventions

(Continuum of care throughout the first 1000 days of life)

Micronutrient Supplementation

(consumption of folic acid in 1st trimester, IFA and calcium from the beginning of the 2nd trimester until 6 months after delivery)

Diet Diversity & Quantity

(consumption of minimum 5 out of 10 specified food groups every day. Consumption of 3 major meals and 2 nutritious snacks every day)

Promotion & Tracking of

Gestational Weight Gain (weight gain of at least 10-12 kgs during pregnancy. Weight tracking during ANC check-ups, minimum 4 times during pregnancy)

Early initiation of breastfeeding within one hour of birth (pre-lacteals like honey, ghutti, animal milk etc. NOT to be given to the infant prior to the breastfeeding)

Exclusive breastfeeding for the first six months of life i.e. 180 days (nothing except breastmilk (& medicines when indicated) to be given to the infant, not even water).

Breastfeeding during and after illness (continue breastfeeding during illness and increase breastfeeding after illness)

Timely introduction of complementary foods after six months of age.

Diet Diversity (feeding the child foods from minimum 5 out of 8 specified food groups every day, including breastfeeding*)

Age-appropriate complementary feeding (consistency, quantity and frequency)

Feeding of children during and after illness (continue breastfeeding & give easily digestible foods to the child during illness. Increase the quantity of food after illness)

Micronutrient Supplementation (IFA Syrup weekly twice from 6 months onwards and Vitamin A dose once every six months from 9 months onwards).

Handwashing with soap

Maintaining overall cleanliness and hygiene

