



The First One Thousand Days

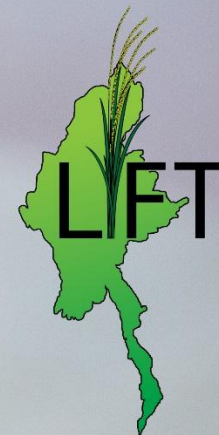
Elizabeth Whelan and Saw Eden

Leveraging Essential Nutrition Actions
to Reduce Malnutrition (LEARN) Project

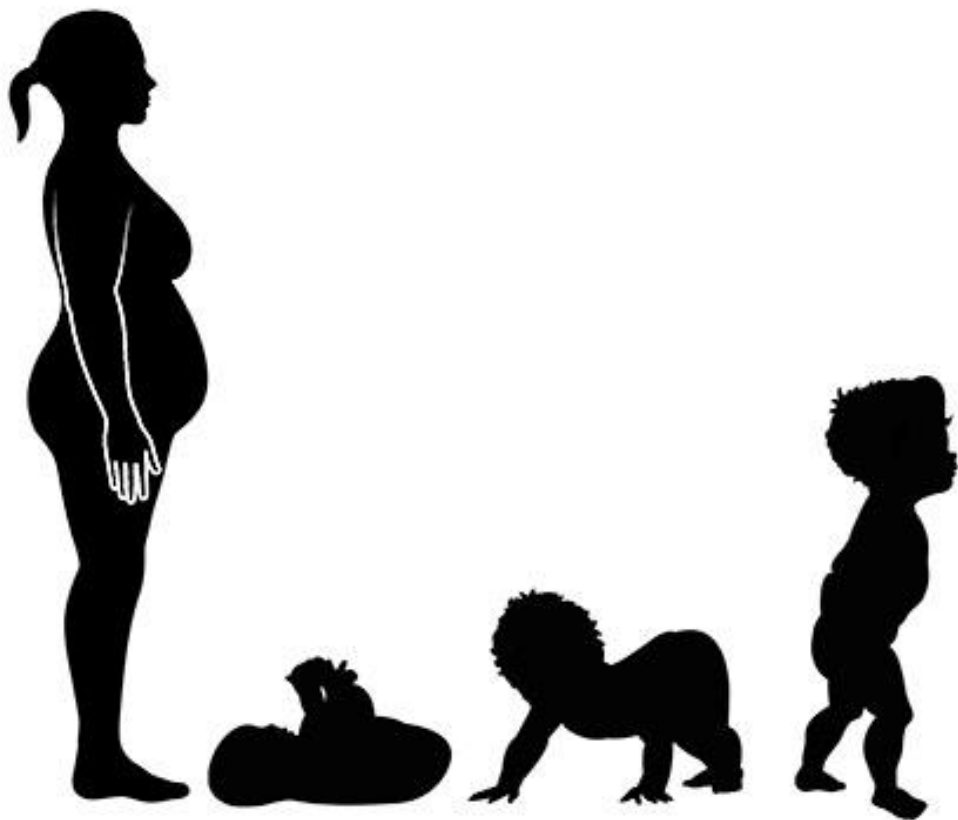
16 June 2015



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 One Thousand Days

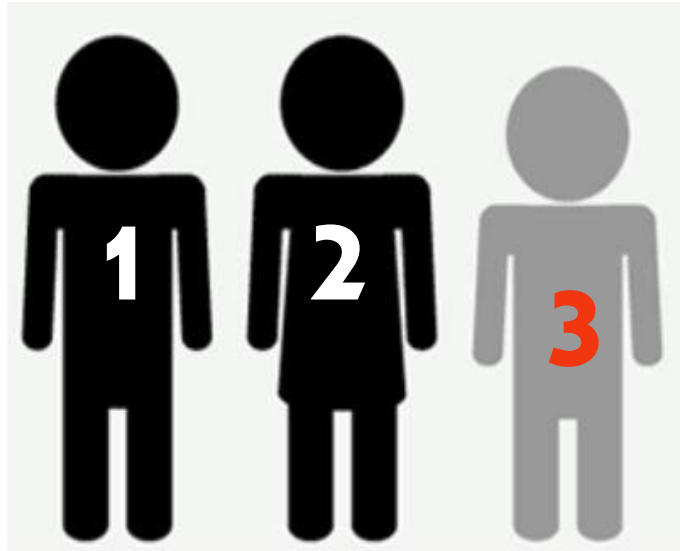


Good nutrition has life-long benefits



Nutrition situation in Myanmar

1 in 3 stunted





Benefits of good nutrition

Adequate nutrition leads to:

- Full physical and mental growth
- Better school performance
- More effectively fight off disease
- Earn more money as an adult



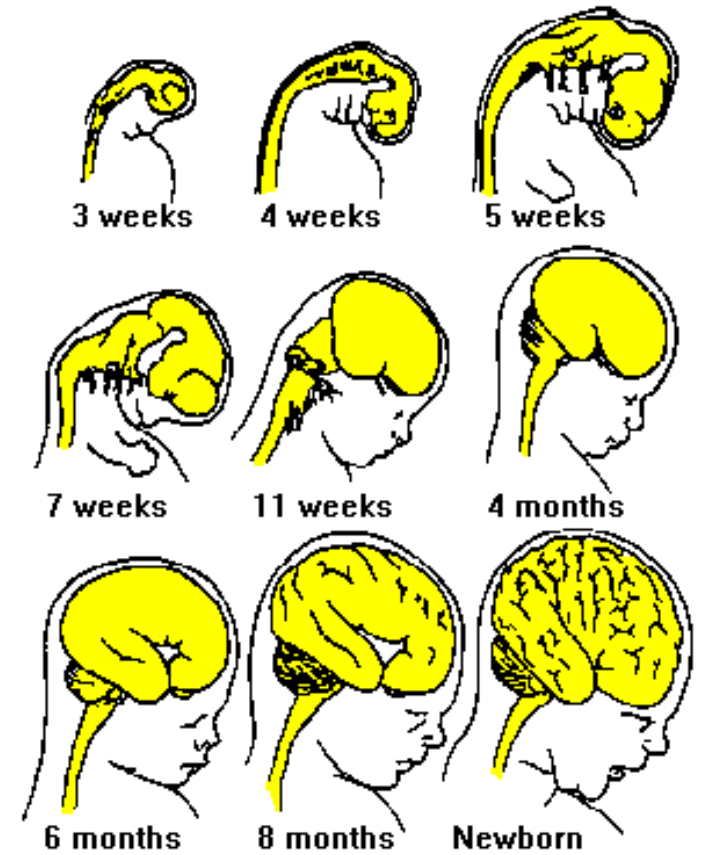


The journey

Day 1







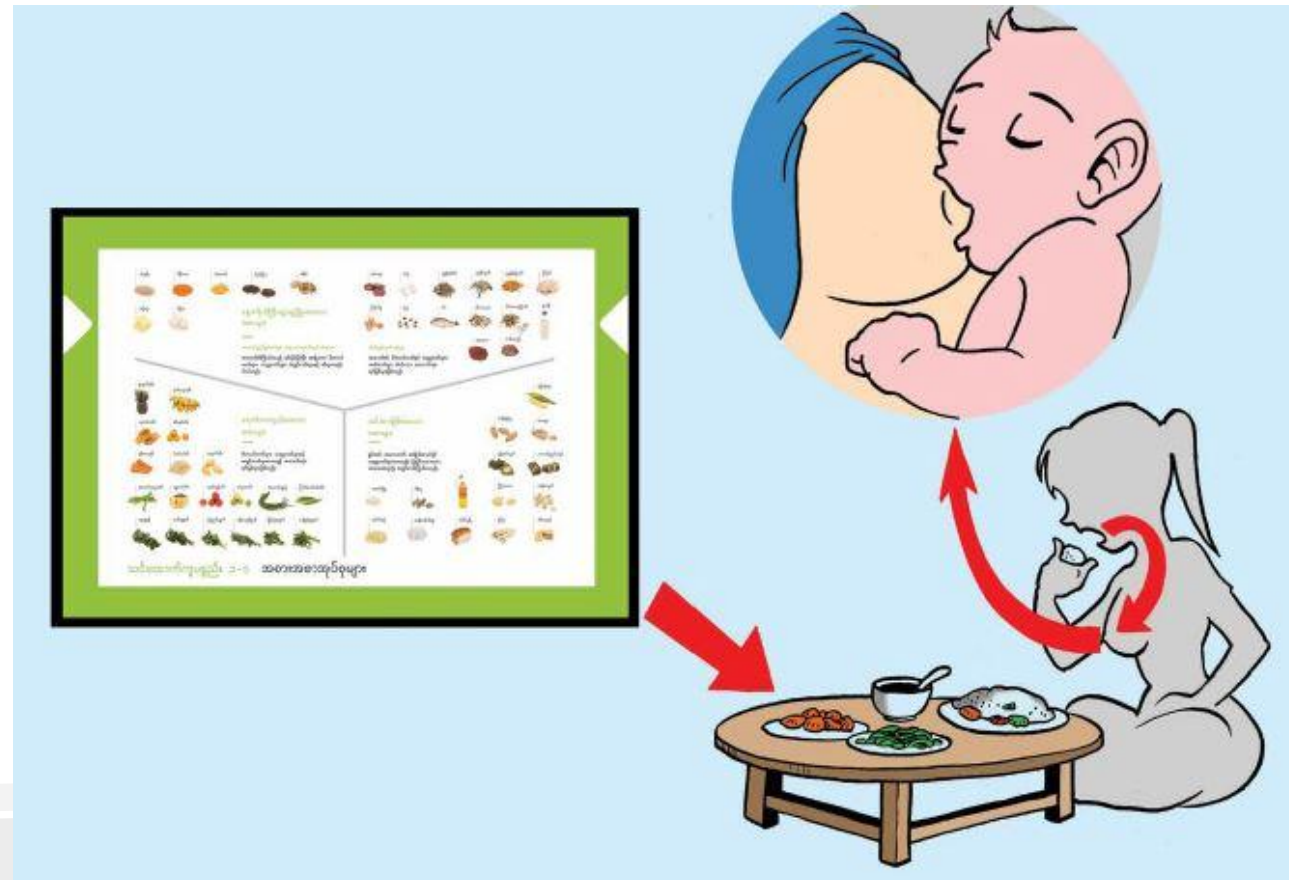
1 2 3 4 5 6 7 8 9 16 20-36 38



Exclusive breastfeeding

A mother's breast milk contains:

- ✓ Food
- ✓ Water
- ✓ antibodies



Infant and young child feeding

complementary foods

6-8 months



9-11 months



12-23 months



Nutrition challenges in Myanmar



- Food taboos
- WASH
- Poverty

Food Taboos



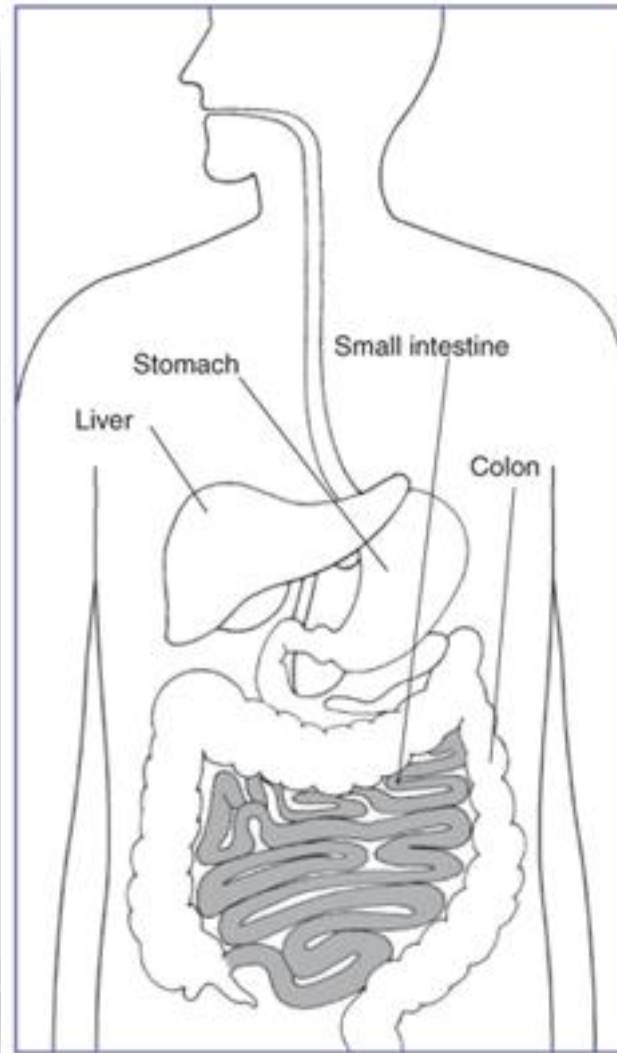
- ✓ Nga Lin Pan fish
- ✓ Nga Khu fish
- ✓ Nga Tan fish
- ✓ Nga Mee Tan Thwel fish
- ✓ Watercress
- ✓ Bitter gourd
- ✓ Roselle
- ✓ Eggplant
- ✓ Bitter leaves
- ✓ Kyaung shar fruit
- ✓ Dog fruit
- ✓ Okra
- ✓ Most vegetables
- ✓ Banana
- ✓ Guava
- ✓ Corn



- ✓ Lime
- ✓ Cucumber
- ✓ Radish leaves
- ✓ Long bean
- ✓ Lentils
- ✓ Pumpkin
- ✓ Moringa
- ✓ Beans
- ✓ Wild pigs
- ✓ Tortoise
- ✓ Frogs
- ✓ Rats
- ✓ Squirrel

Sample findings from Focus Group Discussions:
Foods Women Avoid after Giving Birth

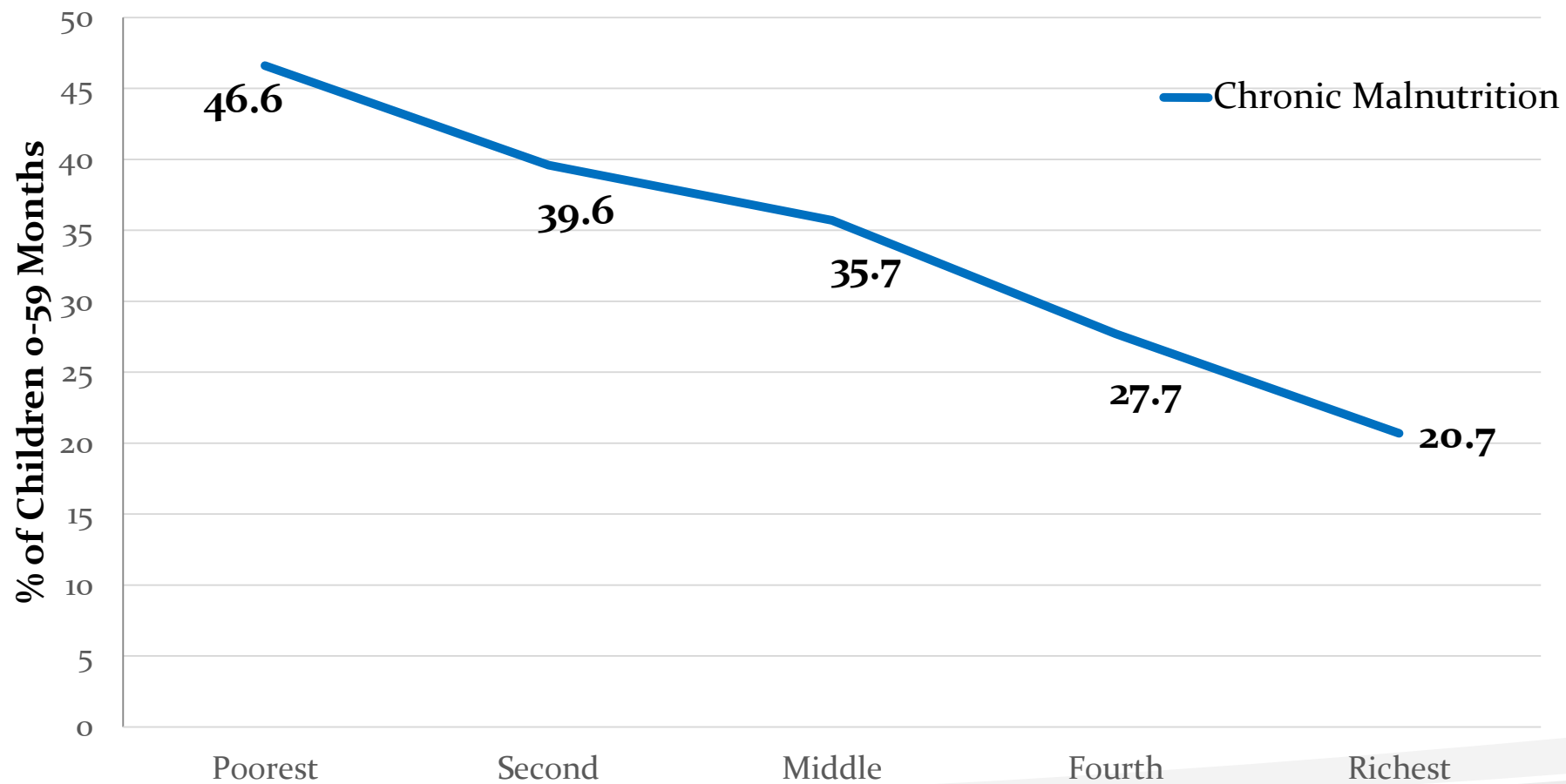
Water, Sanitation and Hygiene (WASH)



- Nearly all infants properly cleaned after defecation
- 1 in 5 (caretakers) properly dispose of feces
- Only 4 in 10 adults wash hands with soap and water before eating



Poverty



Poorest

Second

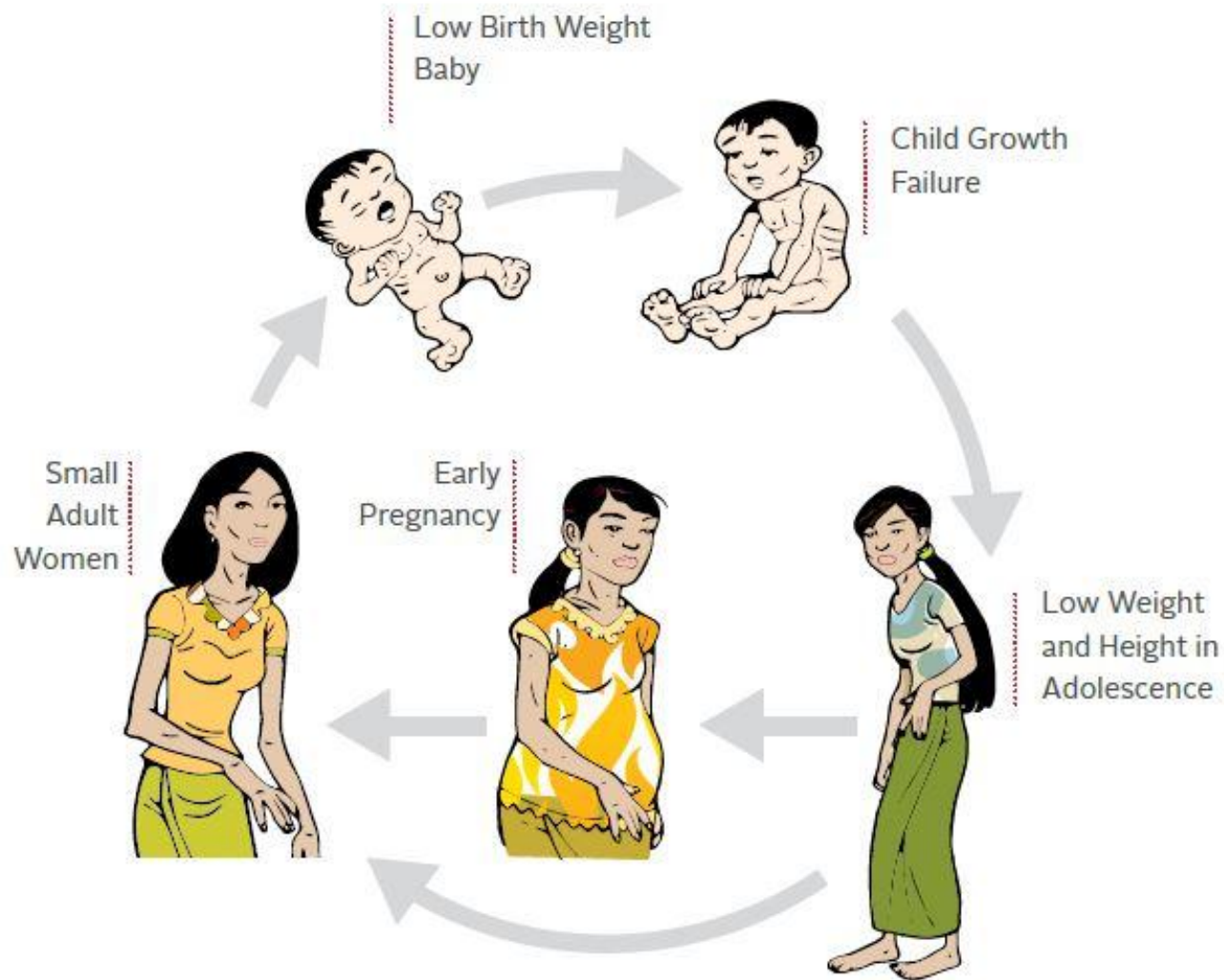
Middle

Fourth

Richest



Intergenerational cycle of malnutrition







Chei zu tin bar te

