



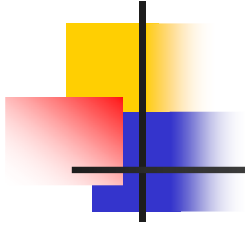
# **Importance of Nutrition in Maternal, Newborn and Child Health Issues in Lagos State**

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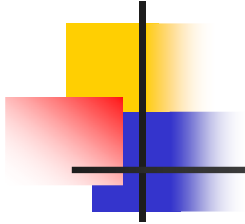
As Presented By

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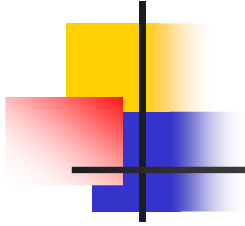
October, 2009.



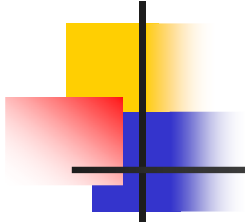
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- The importance of nutrition in maternal, newborn and child health is NOT only a Lagos State issue, NOT only a Nigeria issue but a continental and global issue.



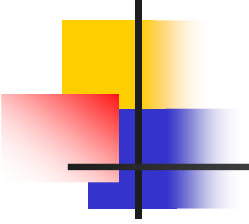
- The United Nation's Administrative Committee on Coordination (ACC) set up a Sub-Committee on Nutrition (SCN) in 1977.
- The ACC/SCN became the focal point for harmonizing the policies and activities on nutrition of the United Nations system

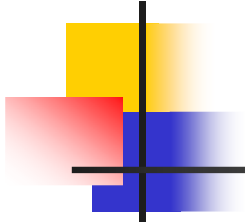


- The SCN also serves as a coordinating mechanism for exchange of information and technical guidance, and acts dynamically to help the United Nation respond to nutritional problems.
- The SCN established a Commission on ***the Nutrition Challenges of the 21st Century*** in 1997.



- An independent report came from the Commission on the Nutrition Challenges of the 21st Century, titled- ***Ending Malnutrition by 2020: an Agenda for Change in the Millennium.***
- It states that the persistence of malnutrition in a world of plenty is "immoral".
- That the existing efforts to tackle the problem sufficiently are failing.

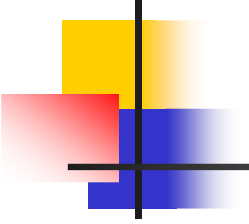
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- The Commission Report warns that at present rates of progress, about one billion stunted children will grow up with impaired mental development by 2020.
  - It added that about one in four new born children in developing countries - ***around 30 million each year*** - suffer retarded growth in the womb, an indication how the nutrition well-being of mothers in pregnancy remains one of the most neglected areas in world health.



- The Commission highlights growing evidence of the "double-burden" of disease where early under nutrition leads, on later weight gain, to a virulent form of obesity, which later in life causes millions in the developing world to develop diabetes, heart disease and some cancers.
- This lifetime legacy, the report added stems from children "programmed in the womb" to be especially vulnerable to these diseases as developing countries adopt western lifestyles and consumption patterns.



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- Nutrition is coming to the fore as a major modifiable determinant of chronic diseases, with scientific evidence increasingly supporting the view that alterations in diet have strong effects, both positive and negative, on health throughout life.
  
  - Most importantly, dietary adjustments may not only influence present health, but may determine whether or not an individual will develop such diseases as cancer, cardiovascular disease and diabetes much later in life.

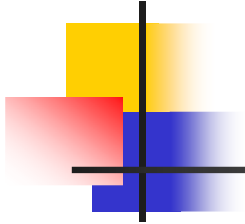
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- In many developing countries, food policies remain focused only on under nutrition and are not addressing the prevention of chronic diseases through appropriate nutritional management.



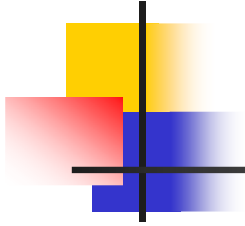
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the Commission proposed a new key role for the UN in mobilizing nutrition action worldwide:

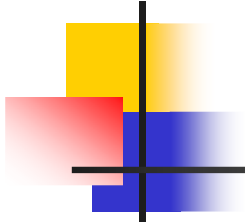
1. the creation of new national nutrition councils around the world to spearhead the introduction of new coherent plans for the development of food and health policies,
2. improved cooperation between related UN agencies.
3. governments in the West to make the elimination of malnutrition a sharper focus of international aid as a key step to eliminating poverty.



4. The Commission calls for a much stronger approach to make sure the UN supports nutrition in a coherent way at country level.
5. It adds that the UN needs a "global nutrient strategy" to refocus priorities on diversifying crops and reviving consumption of the traditional wide- range of cereals, grains, vegetables and fruits.



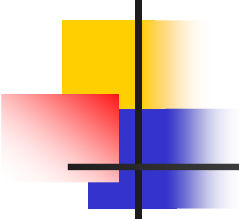
5. The UN should also find better ways to maintain global food stocks to cope with future food crises.



**The main messages of the commission's report emphasize that:**

- ***To live a life without malnutrition is a fundamental human right.***
- ***The fatal consequences of malnutrition are preventable***
- ***The persistence of malnutrition, especially among children and mothers, in this world of plenty is immoral.***

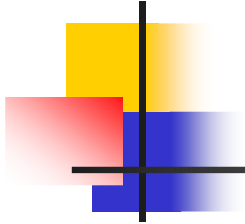
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- ***Nutrition improvement anywhere in the world is not a charity but a societal, household and individual right.***
  - ***That It is the world community's responsibility to find effective ways and means to invest for better livelihood and to avoid future, unnecessary social and Economic burdens.***

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- *It added that with collective efforts at international, national and community levels, **ending malnutrition is both a credible and achievable goal.***



The World Bank Vice-President, Ismail Serageldin, 1997 said this about malnutrition:

- **“The burden of malnutrition is completely unacceptable by any standards of human decency.**
- ***We must do something right now to avoid this silent holocaust.”***
  - **This was said in 1997, *The question now is : WHAT IS THE MALNUTRITION STATUS TODAY???* Globally, Nationally and Locally.**



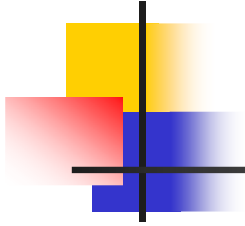
- If current trends continue, the International Food Policy Research Institute (IFPRI) predicts that the numbers of underweight (weight-for-age  $<-2SD$ ) children less than six years will be 150 million by 2020.
- ***In 1996, the World Food Summit sets a goal to halve the number of food insecure people by 2015- How close are we?***



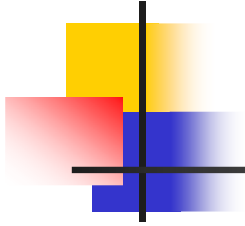
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## In Nigeria:

- Population – 140million (1 in 5 African is a Nigeria)
  - Every day Nigeria loses about...
    - 2300 Children Under 5years
    - 145 women of childbearing age
    - 201-217 U5 deaths/1000 live births
      - 1-4 year olds= 121/1000
      - post neonatal infant mortality (1-11 months)
        - 56 deaths
      - neonatal mortality (109/1000 live births)

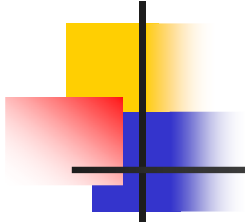


- 28% Underweight for U5 (NDHS, 2003 survey)
- 52,900 women die annually from pregnancy related complications (10% of global 529,000 cases)
- A woman's chance of dying from pregnancy and childbirth in Nigeria is 1 in 13.

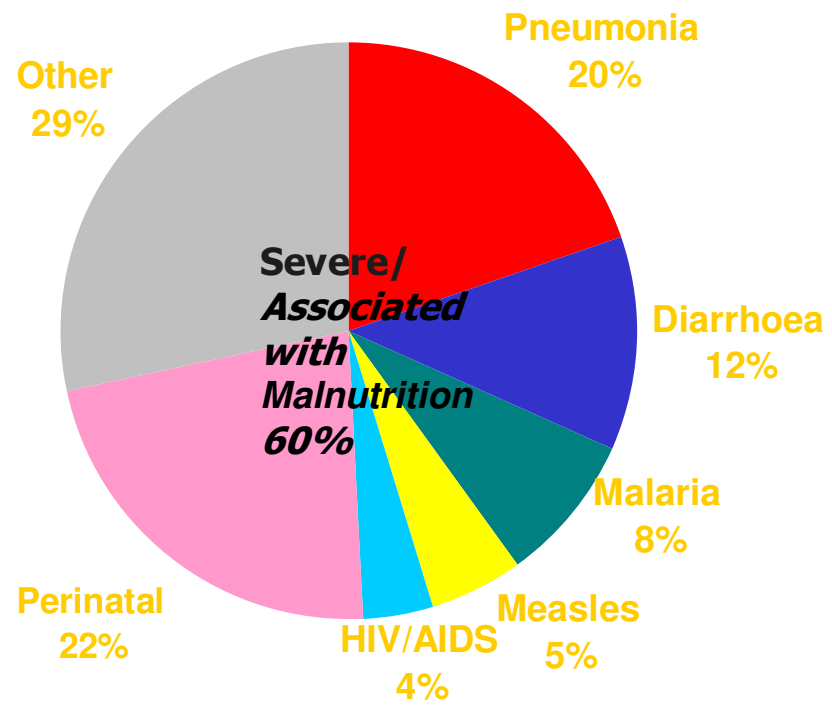
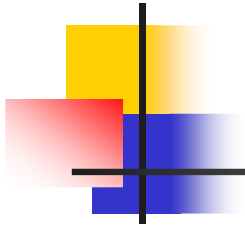


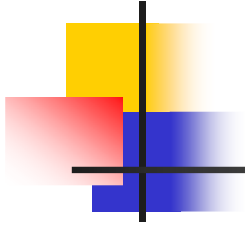
## Contributing Nutritional Problems:

- Poor Infant Feeding practices
- Energy and Protein Deficiencies
- Severe Acute Malnutrition
- Vitamin A Deficiency (VAD)
- Iron Deficiency Anemia (IDA)
- Iodine Deficiency Disorders (IDD)

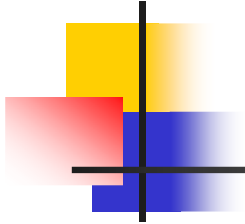


- Iodine Deficiency Disorder remains the single most important preventable cause of brain damage
- Iron deficiency in the 6 to 24 month age group impairs the mental development of 40% to 60% of the developing world's children
- Vitamin A Deficiency is compromising the immune systems of approximately 40% of the developing world's under fives and leading to the early deaths of an estimated one million young children each year.
- Folate deficiency is causing approximately 200,000 severe birth defects every year and is associated with approximately 1 in every 10 adult deaths from heart disease.



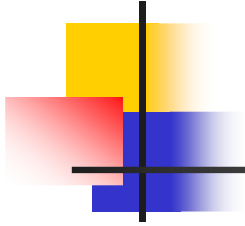


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- Poverty and low standard of living among majority of Nigerians is greater than >60%.

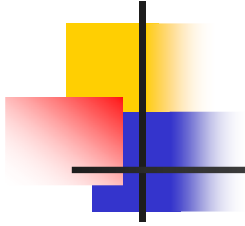


On the Other hand,

- Total Population of Lagos State is estimated at 18,372,430
- Total population 0-11months at 734,898
- Pregnant women at 918,622
- Women of Child Bearing Age at 4,041,935
- Children 0-59months at 3,674,486



- Key health indicators in Lagos State are:
  - infant mortality rate is 85 deaths per 1,000 live births- relatively better than the national average;
  - the maternal mortality rate is 650 deaths per 100,000 live births (the worldwide average is 400);
  - life expectancy stands at 55 years



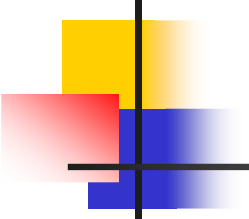
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- Global Targets by 2015:
    - To reduce child mortality by two-thirds, from 93 children of every 1,000 dying before age five in 1990 to 31 of every 1,000 in 2015- ***How feasible is this?***

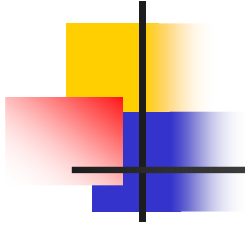


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## Current Nutrition Data for Lagos State (2008) from Primary Health Care Centres:

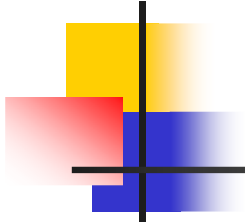
- Total no of attendance of children 0-6 months = 472,891
- Reported Exclusive Breastfeeding Rate = 86.67%
- Total no of caregivers counseled on Appropriate complementary feeding = 236,092
- Total number of children 0-59 months whose growth were monitored = 671,224

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- Total no of children gaining weight =614,919.
  - Percent children Gaining weight =91.6%
  - Total no of post partum mothers who received vitamin A = 115,325
  - Total no of children 6-59 months who received routine vitamin A at the PHCs. =175,821
  - Total no of pregnant women who received iron folate supplement =26,068.
  - Total no of children given ORT = 2350



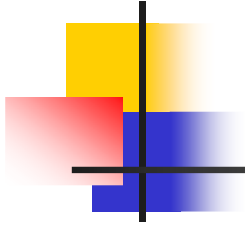
With these efforts,

*A recent screening of six hundred and sixty eight children 6-36months in three communities for mild to moderate malnutrition had 404 children with malnutrition of -1 to -4 S.D Scores ( a 60.4% Malnutrition rate).*



We however can not be dismayed;

- the national policy on food and Nutrition is now in existence, launched in 2002.
- The infant & young child feeding guidelines is in publication
- The Micronutrients Deficiencies Control guidelines has been published
- The Nigerian Nutrition Networking is vibrant



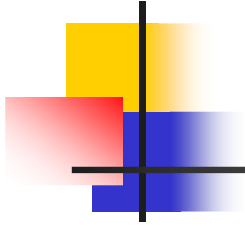
- Every State in the Federation has State Nutrition Officer to focus on nutrition services
- Every Local Government Area in Lagos State has Nutrition Focal Person.
- Trainings on Nutritional Management of Severe Acute Malnutrition for health workers have recently been carried out in secondary facilities as well as at the community level for early identification/management of Moderate/Mild Acute Malnutrition



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***The Essential Nutrition Interventions for Infants/young children however include:***

- INITIATION TO BREAST FEEDING WITH 30 MINUTES OF CHILD'S DELIVERY
- EXCLUSIVE BREASTFEEDING FOR 0-6MONTHS
- BREASTFEEDING WITH APPROPRIATE COMPLEMENTARY FEEDING FROM SIX MONTHS TO TWO YEARS AND BEYOND
- VITAMIN A SUPPLEMENTATION FROM 6MOTHS TO 5YEARS.



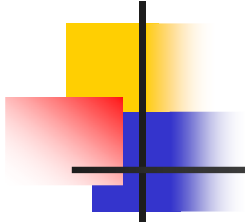
- CONTINUOUS FEEDING OF A SICK CHILD
- HOME MANAGEMENT OF DIARRHOEA WITH ORS AND ZINCFANT(ZINC SUPPLEMENT FOR YOUNG CHILDREN)



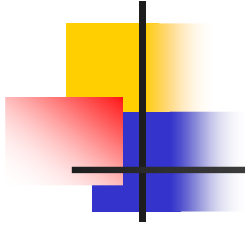
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FOR PREGANANT/LACTATING MOTHERS/  
WOMEN IN THEIR CHILD BEARING AGE/  
ADOLESCENT GIRLS;

- COMSUPTION OF FOOD FROM THE SIX FOOD GROUPS DAILY-carbohydrates, proteins, fats/oils, vitamins/minerals, water.
- CONSUMPTION BY PREGNANT/LACTATING MOTHERS OF IODIZED SALT
- CONSUMPTION OF IRON RICH FOODS.
- MODERATION OF HOUSEHOLD CHORES, ETC.



- Promoting nutrition, particularly for the infants, young children, adolescent girls/women in their child bearing age, and pregnant/lactating mother is NOT an Herculean task.
- It is a communal, national and global responsibility.
- The child or woman you support today for an optimal nutritional status and health, may be your PRESIDENT at old age; whatever the level of intelligence he/she possesses , is what he/she will lead with- *Think on this*
- Promoting optimal nutrition for all is our joint responsibility AND THE TIME FOR ACTION, IS now!!!



THANK YOU  
AND  
GOD BLESS YOU.

*EKO O NI BAJE OOOO!!!*