Nutrition During Pregnancy and the First 1,000 Days

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1,000 Days

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www.thousanddays.org

1,000 Days

We are the leading nonprofit organization working to ensure women and children in the U.S. and around the world have the healthiest first 1,000 days– the critical window of opportunity from a woman's pregnancy to her child's 2nd birthday.

Our mission is to make the well-being of women and children in the first 1,000 days a policy and funding priority.

1,000 Days

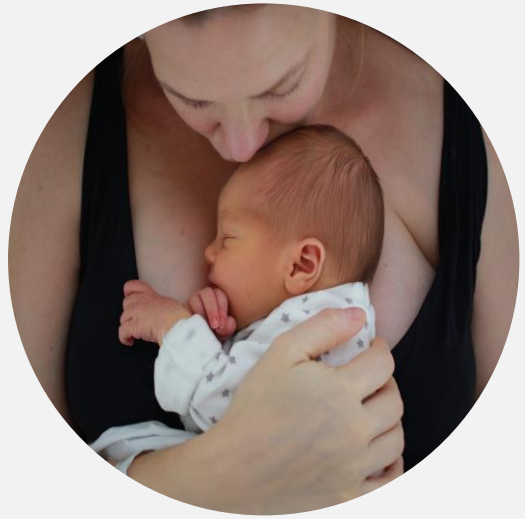
We lead the fight to make the well-being of women and children in the first 1,000 days a policy and funding priority.

The Solutions We Champion

Access to quality, comprehensive health care

Support to reach breastfeeding goals

Strong federal nutrition programs



Federal paid family & medical leave

Today's Agenda

- Why nutrition matters in the 1,000-day window
- The landscape of nutrition during the 1,000-day window in the U.S.
- The 10 building blocks for nutrition during the 1,000-day window

Why Nutrition Matters in the 1,000-Day Window

The 1,000 days starting in a woman's pregnancy and up to her child's 2nd birthday offer a unique window of opportunity to build healthier and more prosperous futures.

Building Brains

Nutrition in the first 1,000 days provides the building blocks for brain development.

Building Health

Healthy futures begin in the first 1,000 days.

Building a Fair Start

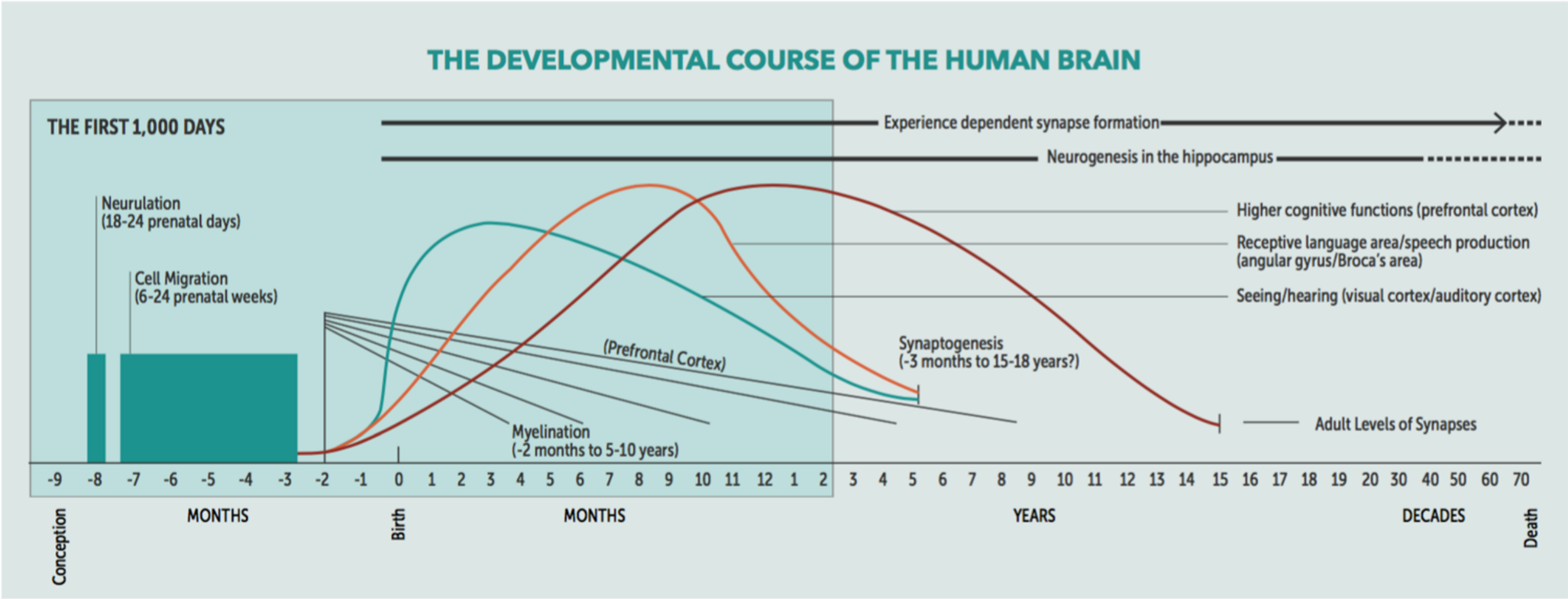
Nourishing a strong start for all children.

Building Prosperity

The case for investing in the first 1,000 days.

Building Brains

Good nutrition during the first 1,000 days provides the building blocks for healthy brain development.



Building Brains

Good nutrition during the first 1,000 days provides the building blocks for healthy brain development.

Pregnancy:

Brain development begins before birth.

Infancy:

When it comes to brain development, breastmilk is nature's superfood.

Early childhood:

Little kids need big nutrition to power their brains for learning.

Building Health

The first 1,000 days set the foundation for health for all the days that follow.

Pregnancy:

Healthy futures start here.

Infancy:

Breastmilk builds a baby's immunity and protects her health.

Early childhood:

Little kids need big nutrition to power their brains for learning.

Building a Fair Start

The first 1,000 days are a window of opportunity to enable all children to reach their potential.

Pregnancy:

The well-being of a mother and her child are intertwined from the start.

Infancy:

Women need support to nourish their babies well.

Early childhood:

Nourishing children's potential.

Building Prosperity

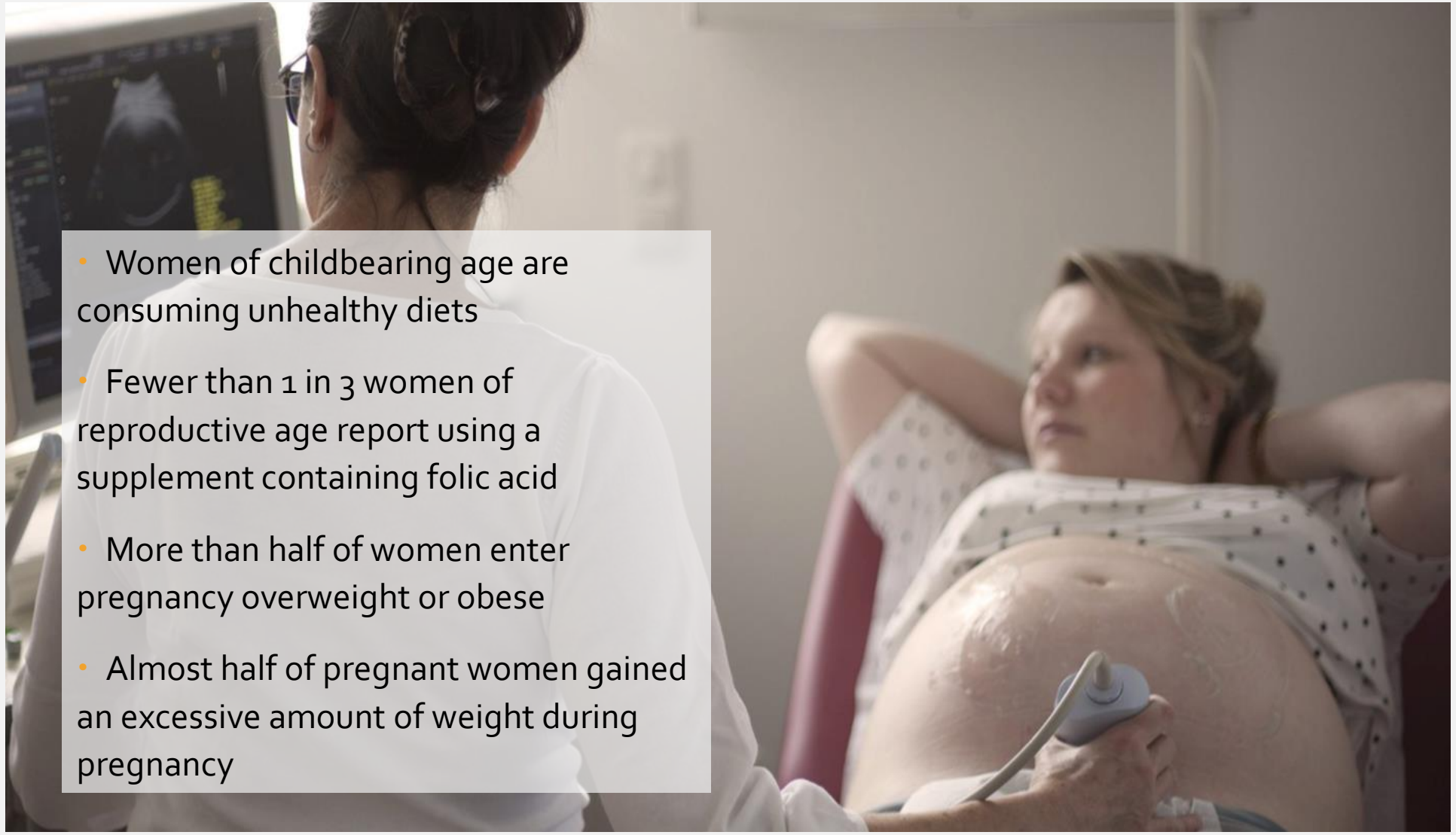
A brighter future begins with investing in women and children in the first 1,000 days.

Ensuring mothers and children have a healthy first 1,000 days benefits societies.

Experts estimate that maternal and child malnutrition costs the global economy billions each year in lower economic productivity and higher healthcare costs.

The U.S. Nutrition Landscape

Nutrition during Pregnancy



- Women of childbearing age are consuming unhealthy diets
- Fewer than 1 in 3 women of reproductive age report using a supplement containing folic acid
- More than half of women enter pregnancy overweight or obese
- Almost half of pregnant women gained an excessive amount of weight during pregnancy

Nutrition for Infants and Toddlers

- Only 25% of infants are exclusively breastfed at 6 months; 1 in 6 infants is never breastfed
- 60% of mothers do not breastfeed for as long as they intend to
- Young children's diets have too few nutrient-rich foods and too many added sugars
- The burden falls hardest on low-income families and communities of color

The 10 Building Blocks for Nutrition During the First 1,000 Days

Building Block #1:
A nutritious diet for mothers during pregnancy

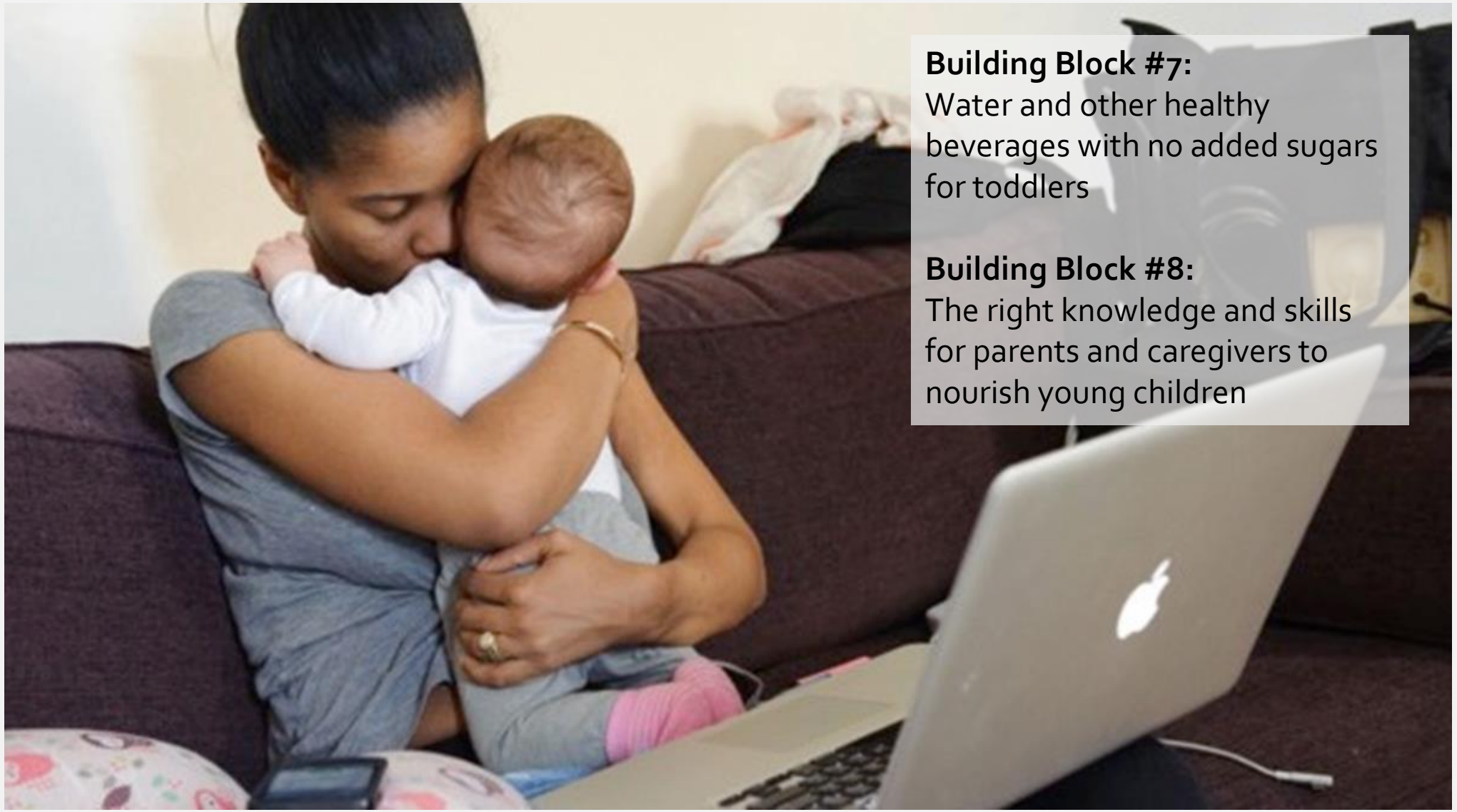
Building Block #2:
Good care for all mothers during pregnancy

Building Block #3:
Exclusive breastfeeding for the first 6 months

Building Block #4:
Nurturing, responsive care and feeding of babies and toddlers

Building Block #5:
The right foods introduced to babies at the right times

Building Block #6:
A healthy and nutritious diet for babies and toddlers



Building Block #7:
Water and other healthy beverages with no added sugars for toddlers

Building Block #8:
The right knowledge and skills for parents and caregivers to nourish young children

Building Block #9:
Consistent access to enough safe, affordable, nutritious food for families of young children

Building Block #10:
Societal investments in the well-being of every mom, baby, and toddler

Find Out More!

Connect with us:

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Check out our website for resources and updates on what we're working on:
www.thousanddays.org

Read our reports:
The First 1,000 Days: Nourishing America's Future
The First 1,000 Days: Listening to America's Mothers
The First 1,000 Days: The Case for Paid Leave in America

View and share our videos and other resources for parents:
https://thousanddays.org/for-parents/

Thank you!