Moving Public Health Nutrition Policies Forward: Supporting Moms and Babies in the First 1,000 Days

ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

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ASPHN Maternal & Child Health (MCH) Nutrition Council

Mission: The MCH Nutrition Council exists to provide leadership to achieve optimal well-being through healthy eating and active living among the maternal and child health population, including those served by the Title V/MCH Block Grant.

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Policy Committee

Mission: The Policy Committee (PC) works closely with the ASPHN Board of Directors, Councils, Committees, members and partner organizations to advance public health nutrition policies and programs through science-based leadership and collective action nationwide.

Goal:
Constructively influence the adoption of evidence-based and best-practice public health nutrition policies and practices.

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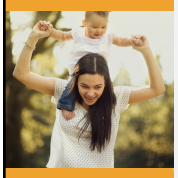
Today's Agenda



- All about 1,000 Days (the organization + the window of opportunity)
- Our policy priorities and advocacy work
- Our resources

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1,000 Days

We are a national 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.

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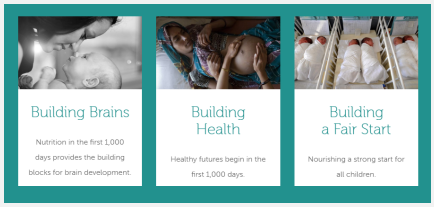
The 1,000-Day Window of Opportunity

The first 1,000 days offer a unique window of opportunity to build brighter, healthier futures.



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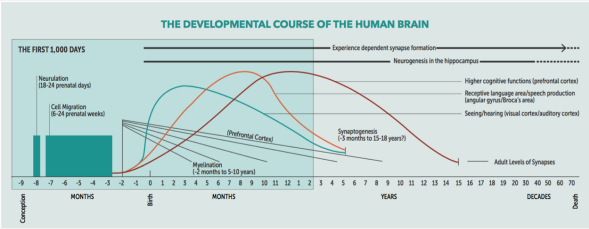
Building Brains

The care and nutrition a child receives during the first 1,000 days provides the building blocks for healthy brain development.



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Building Brains

The care and nutrition a child receives 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.

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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.

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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.

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

1. A nutritious diet for mothers before and during pregnancy
2. Good care for mothers before, during, and after pregnancy
3. Exclusive breastfeeding for about the first 6 months
4. Nurturing, responsive care and feeding of babies and toddlers
5. The right foods introduced to babies at the right times
6. A healthy and nutritious diet for babies and toddlers
7. Water and other healthy beverages with no added sugars for toddlers
8. The right knowledge and skills for parents and caregivers to nourish their young children
9. Consistent access to enough nutritious food for all families of young children
10. Societal investments in the well-being of every baby and toddler

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Our Policy Priorities

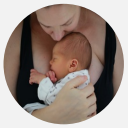
We lead the fight to make the well-being of women and children in the first 1,000 days a policy and funding priority.

The Solutions We Champion

Access to quality, comprehensive health care

Strong federal nutrition programs

Support to reach breastfeeding goals



Federal paid family & medical leave

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Access to Quality, Comprehensive Health Care

Access to health insurance and comprehensive health care is critical to the health and well-being of women before, during, and after pregnancy. When women get the care they need, they deliver healthier babies and have healthier outcomes, themselves. When women don't receive all the necessary prenatal and postpartum care, they are at increased risks for low birthweight, preterm birth and neonatal, infant and maternal mortality.

- Annually, 935 women die during pregnancy or within 1 year postpartum
- More than 22,000 infants die each year

At 1,000 Days we advocate for policies that improve and strengthen maternal and child health, such as Medicaid and the Children's Health Insurance Program (CHIP).

- More than one-third (38.3%) of women are covered by Medicaid during pregnancy
- Almost half (42.3%) of births in the US are paid for by Medicaid
- 39.6% of US children ages 0-5 are covered by Medicaid/CHIP

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Strong Federal Nutrition Programs

Nutrition during the 1,000-day window sets the foundation for a healthy, thriving future, and all families deserve consistent access to enough safe, affordable, nutritious food. However, too many moms and babies in the U.S. face food insecurity and other barriers to healthy eating, making unhealthy diets pervasive.

- 1 in 7 households with children under the age of 6 is food insecure
- Half of women enter pregnancy overweight or obese, and half gain excessive weight during pregnancy
- Virtually all toddlers (98.3%) consume added sugars on a given day, as do 61% of infants

1,000 Days advocates for strong federal nutrition programs like Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). These programs help families keep food on the table. WIC also provides breastfeeding support and referrals to health care and other social services.

- WIC serves >7.5 million participants – but only 55% of those who are eligible
- SNAP serves 3.8 million households with children ages 0-4

We also advocate for evidence-based dietary guidelines for the first 1,000 days.

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Support to Reach Breastfeeding Goals

Breastfeeding gives babies the healthiest start to life and provides mothers with a host of important health benefits. Babies receive both short-term and long-term health benefits from breastmilk, from reducing the risk of SIDS to a lower risk of obesity later in life. For mothers, breastfeeding is associated with a lower risk of heart disease – the leading cause of death among women in the U.S. – as well as breast cancer, ovarian cancer, type-2 diabetes, and hypertension later in life.

- 1 in 6 infants is never breastfed
- Only 25% of infants are exclusively breastfed at 6 months
- There are notable disparities in breastfeeding rates
- 60% of mothers do not breastfeed for as long as they intend to

At 1,000 Days, we support policies that enable mothers to reach their breastfeeding goals. For example, we advocate for a national paid leave program, and we champion the breastfeeding support services provided by the WIC program. We also want to see more hospitals and workplaces with more supportive breastfeeding polices.

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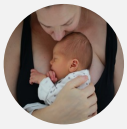
Federal Paid Family & Medical Leave

Access to paid leave can improve the health of mothers and babies, save lives, promote breastfeeding, and enable children to get a strong start to life. Without paid leave, many women in America lack the time they need to care for their babies and themselves. And the health needs of children, new parents, and other family members do not end after the first months of a baby's life. Children's wellbeing is inextricably linked to their parents' ability to take leave to address their own health needs or the health issues of a loved one.



- About 4 in 5 workers does not have access to paid family leave
- Nearly 1 in 4 women returns to work within just 2 weeks of giving birth

At 1,000 Days, we advocate for a national paid leave policy that is inclusive, comprehensive, and sufficient to meet the needs of today's workers and their families. Any paid leave policy must:

- Provide sufficient time off (minimum of 12 weeks)
- Cover all employers and all workers (not just some moms)
- Ensure equitable economic security now and in the future
- Cover medical and family caregiving needs comprehensively (like FMLA)

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Our Advocacy Work

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

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Our Resources

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Find Out More!

Connect with us:

@1000Days @1000Days @First1000Days

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/

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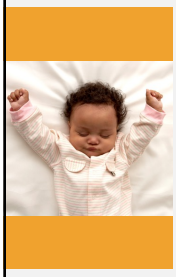

Thank you!

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