UNDERNUTRITION

Normal  Underweight  Stunting  Wasting
UNDERNUTRITION

Normal
Underweight
Stunting
Wasting
MACRONUTRIENTS

Proteins

Carbohydrates

Fats
MACRONUTRIENTS

Proteins

Carbohydrates

Fats
FOOD GROUPS

Meats & Alternatives

Vegetables & Fruits

Fats & Oils

Milk & Alternatives

Grains
FOOD GROUPS

Meats & Alternatives

Vegetables & Fruits

Fats & Oils

Milk & Alternatives

Grains
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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HEALTHY EATING PLATE

- **Use healthy oils** (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- **The more veggies** – and the greater the variety – the better. Potatoes and French fries don’t count.
- **Eat plenty of fruits** of all colors.

**WATER**

- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES**

- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**FIGHTS**

- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**HEALTHY OILS**

- Stay active!

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The First 1000 Days

Pregnancy 270 days + Year 1 365 days + Year 2 365 days = First 1000 days

THE FIRST 1000 DAYS
The First 1000 Days

Pregnancy: 270 days
Year 1: 365 days
Year 2: 365 days
First 1000 days
During the first 6 months

EXCLUSIVE BREASTFEEDING
During the first 6 months

EXCLUSIVE BREASTFEEDING
POSITIONING AND ATTACHMENT
POSITIONING AND ATTACHMENT
“There is not enough milk in the first three days after delivery and if any, it is not good for the baby, so baby should be given honey, sweet water or other milk during this time.”

“Mother's milk depends on mother's food habits and many foods affect the baby's health. If the mother eats ‘hot foods’ baby will get diarrhea, if she eats ‘cold foods’ baby will get a cough.”

“When being breastfed, baby needs additional water especially in hot climates”

“If the mother's breasts are small, less milk will be produced”.

“If the mother has had a cesarean she should not breastfeed the baby.”

“Breastmilk should not be given if baby has diarrhea”

“My baby is now 3 months old and I have to go back to work so I can no longer breastfeed him.”
• “There is not enough milk in the first three days after delivery and if any, it is not good for the baby, so baby should be given honey, sweet water or other milk during this time.”
• “Mother's milk depends on mother's food habits and many foods affect the baby's health. If the mother eats ‘hot foods’ baby will get diarrhea, if she eats ‘cold foods’ baby will get a cough.”
• “When being breastfed, baby needs additional water especially in hot climates”
• “If the mother's breasts are small, less milk will be produced”.
• “If the mother has had a cesarean she should not breastfeed the baby.”
• “Breastmilk should not be given if baby has diarrhea”
• “My baby is now 3 months old and I have to go back to work so I can no longer breastfeed him.”
Start feeding at 6 months

From 6 up to 9 months

COMPLIMENTARY FEEDING
Start feeding at 6 months

From 6 up to 9 months

COMPLIMENTARY FEEDING
MINIMUM DIETARY DIVERSITY
SUSTAINABLE FOOD PRODUCTION
HANDWASHING

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDBRUB

Duration of the entire procedure: 40-60 seconds

0. Wet hands with water;
1. Apply enough soap to cover all hand surfaces;
2. Rub hands palm to palm;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Rinse hands with water;
9. Dry hands thoroughly with a single use towel;
10. Use towel to turn off faucet;
11. Your hands are now safe.
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDBRUB

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- **11** Your hands are now safe.

HANDWASHING
PITTING EDEMA
PITTING EDEMA
What is Anthropometry?

Height + Age + Gender = Amount of: Growth or Growth Failure

MUAC

Weight
What is Anthropometry?

Formula:

Height + Age + Gender = Amount of: Growth or Growth Failure

- Height
- MUAC
- Weight
- Age
- Gender
WEIGHT
Length-for-age BOYS
6 months to 2 years (z-scores)

EXAMPLE OF A GROWTH CHART
Length-for-age BOYS
6 months to 2 years (z-scores)

EXAMPLE OF A GROWTH CHART
The boy is 6 weeks old and weighs 5 kg.
The boy is 6 weeks old and weighs 5 kg.
ACUTE MALNUTRITION
ACUTE MALNUTRITION
DANGER SIGNS

- Refusal to Feed
- Vomiting
- Diarrhoea
- Convulsions
- Respiratory Infection
- Fever
- Malnutrition
DANGER SIGNS

- Vomiting
- Diarrhoea
- Convulsions
- Respiratory Infection
- Fever
- Malnutrition

Refusal to Feed
DIETARY SOURCES OF IRON
DIETARY SOURCES OF IRON
Pallor
Bitots Spot

VITAMIN A DEFICIENCY
VITAMIN A DEFICIENCY

Bitot's Spot
IODINE DEFICIENCY

Goitre
IODINE DEFICIENCY

Goitre
VITAMIN D DEFICIENCY

Rickets
Rickets

VITAMIN D DEFICIENCY
COUNSELLING PROCESS

• Assess situation
• Define problems, needs and information gaps
• Generate alternatives
• Prioritize solutions
• Develop a plan
• Review and evaluate

GUIDING PRINCIPLES
• Self reflection
• Empathy and Respect
• Encouraging Interaction
• Build on Skills and Knowledge
• Shared Problem-solving
• Tailoring to specific needs

COUNSELLING SKILLS
• Two-way Communication
• Forming an Alliance
• Active Listening
• Open-ended Questioning
• Providing Information
• Facilitation

Counselling Context

Socio-economic conditions  Social and cultural norms  Gender roles  Household decision-making processes
COUNSELLING PROCESS

- Assess situation
- Define problems, needs and information gaps
- Generate alternatives
- Prioritize solutions
- Develop a plan
- Review and evaluate

GUIDING PRINCIPLES
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COUNSELLING SKILLS
- Two-way Communication
- Forming an Alliance
- Active Listening
- Open-ended Questioning
- Providing Information
- Facilitation
DISCUSSION ON HIV/AIDS
DISCUSSION ON HIV/AIDS
FEEDING EXPRESSED BREAST MILK
FEEDING HEAD POSITION (DISABILITIES)
FEEDING HEAD POSITION (DISABILITIES)