



Best Practices

COUNSELLING TO IMPROVE MATERNAL NUTRITION AND TRAINING PROGRAMME ON BALANCED DIET TO SSG GROUPS OF LOCAL VILLEGES


Department of Education , Nilamani Mahavidyalaya, Rupsa organized a counselling programme to local villagers and also organized a training programme to local SSG groups on the role of balanced diet

Objectives of the Programme

Maternal undernutrition remains a critical public health problem. There are large regional and within-country disparities in the burden of underweight, anemia, and micronutrient deficiencies across the globe. Driving these disparities are complex and multifactorial causes, including access to health services, water and sanitation, women's status, and food insecurity as well as the underlying social, economic, and political context. Women's health, nutrition, and wellbeing across the continuum of preconception to pregnancy are critical for ensuring positive pregnancy and long-term outcomes for both the mother and child.

CONCLUDING KEY MESSAGES

- The burden of undernutrition in young pregnancies is still high in Ethiopia.
- Improved socio-economic and educational statuses shown to protect against undernutrition in young pregnancies implying targeting social determinants through educational and economic empowerment of women may result in positive outcomes.
- Optimal dietary practices by dietary diversification and consumption of animal source foods have shown to decrease the risk of undernutrition and anaemia.
- Pregnancy at adolescence, poor health, and environmental conditions increased the risk of undernutrition.
- Prevention of early marriage and pregnancy, improving access to safe water, and improved toilet facilities can also help prevent undernutrition among young pregnant women.


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