Maternal & Infant Health as an entry point to Early Childhood Development (ECD)

Topics

   Dr Rupert Linder, OB-GYN and Psychotherapist in private practice, Birkenfeld, Germany

2. The day-to-day working and role of OB-GYNs and health professionals in a multi-profession, early prevention network in the city of Pforzheim.  
   Dr Thomas Bernar, Chief Physician, Obstetrics and Gynecology, Helios Maternity Clinic, Pforzheim

3. The holistic philosophy of midwifery and the key role of midwives in an integrated team.  
   Ms. Trude Thommesen, Board Member, Northern European Region, International Confederation of Midwives

   Ms. Valerie Unite, Founder & Executive Director, CEPPs Global Initiative

This presentation can be found at www.cepps4me.org
The WHO/UNICEF Nurturing Care Framework and the CEPPs SisterCities Initiative – pathways for global implementation
Ms Valerie Unite

Declaration of Good Standing and Conflict of Interest Disclosure

My presentation complies with FIGO’s policy for declaration of good standing and conflict of interest disclosure;

• I do not have a financial interest in any product or service related to my presentation.
• My participation at this Congress is not supported in any way by a company or organization.
Learning objectives Topic 4 Valerie Unite

By attending this presentation the attendees will learn:

• That Early Childhood Development (ECD), as defined by the WHO and UNICEF in 2016, has expanded to include the pre-natal period, and why this expansion has occurred.

• The universal endorsement of ECD across the UN 2030 Sustainable Development Goals, and the expectations this places on Health Professionals.

• Some concrete actions Health Care Professionals can take locally to contribute to UN SDG 2030 Targets’.
Topic 4 Outline

1. Why such a focus on ECD?
2. 2016 The ‘Coming of Age’ of ECD
3. Implementing ECD, ‘What Works’ – Country Case Studies
4. Implementation Tools and Roadmaps
5. UN SDGs, Partnerships and Networks
6. The Health Sector showing the way to achieving SDG Targets
7. Q & A
The Social Rationale for early intervention in ECD

A poor start in life can lead to poor health, nutrition, and inadequate learning, resulting in low adult earnings as well as social tensions.

Source: Advancing Early Childhood Development: from Science to Scale

Adverse Childhood Experiences (ACE) can take many forms and begin in utero. The effects are lifelong and include poor health, violence and criminal behaviour. The effects are inter-generational.

Read more: CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study
The enduring effects of abuse and related adverse experiences in childhood

‘Investing in early childhood development is one of the best investments a country can make to boost economic growth, promote peaceful and sustainable societies, and eliminate extreme poverty and inequality.’

Executive Summary, Nurturing Care Framework, PMNCH, May 2018
The Scientific Rationale for early intervention in ECD

Brain Development

‘The period from pregnancy to age 3 is the most critical, when the brain grows faster than at any other time; 80% of a baby’s brain is formed by this age.

Nurturing Care Framework, PMNCH, May 2018

Anxiety, Depression, and in-utero programming

‘Elevated prenatal anxiety (top 15%) was associated with a twofold increase in risk of a probable child mental disorder, 12.31% compared with 6.83%, after allowing for confounders.

These analyses support an in-utero programming hypothesis.’

‘The persisting effect of maternal mood in pregnancy on childhood psychopathology’

V. Glover et al., Imperial College, London

Gene Expression

‘Early prenatal or postnatal experiences and exposures influence long-term outcomes by chemically altering the structure of genes.

Known as epigenetic modification, these chemical signatures are written on top of the gene without actually altering the genetic code itself.

Early Experiences Can Alter Gene Expression and Affect Long-Term Development, J. Shonkoff et al. Center on the Developing Child, Harvard University
The Economic Rationale for early intervention in ECD

- About 250 million children under 5 will not reach their full potential
- Resulting in about 25% reduction in average adult earning potential
- Countries lose **2-3 times what they now invest in health or education**

The Lancet Series on ECD Executive Summary; *Advancing Early Childhood Development: from Science to Scale*

- ‘The highest rate of economic returns come from the earliest investments in children.
- **Society invests too much money on later development** when it is **often too late to provide great value**.
- The graphic shows the economic benefits of investing early to **reduce social spending for society**.

*The Heckman Equation*, James Heckman, Nobel Laureate in Economics,

- “If children **haven’t developed the appropriate brain to receive education**, it will be a waste of money.
- The brain must have developed well in utero.”

*Professor Emeritus, Integrative Biology, Marian Diamond at the University of California, Berkeley*
2016 – the ‘Coming of Age’ of ECD

- Prior to 2016 the focus of Early Childhood Development (ECD) was the period from 0-3 or 0-5 years (birth to the start of pre-school).

- The Lancet 2016 Series on ECD provided the scientific and economic evidence of the need for earlier intervention.

- It proposed intervention during pregnancy or even pre-conception, with ‘the Health Sector as the Entry Point’.


- Implementation is supported by The WHO, UNICEF and the World Bank

- Health professionals are now seen as the primary actors!
- What does this mean?
- What concrete steps can we take to contribute to the UN SDGs?
10 years experience of ‘What Works’ in implementing ECD

• Examples of early Intervention ECD programmes operating for over 10 years
• Delivering a ‘Continuum-of-Care’ to mothers and young children.

Nationales Zentrum Frühe Hilfen

• Created in 2007 to coordinate multi-sector early intervention networks across Germany
• Over 600 cities and municipalities in all 16 States.

*National Centre for Early Prevention

The 1001 Critical Days

• UK parliamentary cross-party initiative launched in 2013
• Focus on 1001 critical days from conception to age 2
• Multi-sector networks operating in ‘Better Start’ cities.

The 1001 Critical Days

Multi-sector networks are a common feature of all these initiatives, typically involving Health, Social Services, Child Protection and Education sectors.

National social protection policy started in 2007
• Supports families from pregnancy to age 4.
• Multi-sector networks operated by local municipalities
• Support over 1.9 million vulnerable children.

The Chile Crece Contigo (Chile Grows with You)
The CEPPs Seven Principles

- Defined in 2016 by a working group of OB/GYNs and professionals in Early Childhood Care
- Launched at the UN in New York in 2017.
- Seven ‘Common Sense’ Principles to guide implementation at local level.
- Evolved from practical experience of ‘what works’ in multi-sector ECD networks in a number of countries.
- Adapted for high-, middle- and low-income countries.
- CEPPs Statement of Support signed by City leaders as a commitment to ECD-friendly policies and practices.

The CEPPs SisterCities initiative

- Global support network for cities implementing ECD
- Cities in different countries sharing experiences of ‘What Works’
The Nurturing Care Framework

• Joint initiative by the WHO, UNICEF, and the World Bank

• In collaboration with the Partnership for Maternal, Newborn & Child Health (PMNCH) and the Early Childhood Development Action Network (ECDAN).

• It calls for ‘commitment at country level to national programmes driven by strong and sustained political commitment’.

Frameworks for Country and Local Level
• Nurturing Care Framework for country level
• CEPPs for local level (City or Regional)

Germany and Chile selected as Country Case Studies in ECD

• Success Factors Case Studies will be launched at the PMNCH Partner’s Forum in December 2018, in New Delhi, with extensive worldwide publicity.
Multi-sector Partnerships and Networks are Key

SDG 17 Partnerships for the Goals

• ‘The SDGs can only be realized with a strong commitment to global partnership and cooperation’.

Multi-sector ECD Networks

• Similarly, providing a ‘Continuum-of-Care’ for mothers and young children can only be realised through multi-sector networks.
• Involving all levels of government, the private sector and civil society.
• Between high-, medium- and low-income countries.

National Governments are committed but are seeking partners to help create the multi-sector ECD networks at local level.

Some FIGO Partnerships

FIGO has established partnerships with international associations in the Health Sector, who together, are well placed to coordinate the formation of multi-sector local ECD networks worldwide.
How Health Care professionals can play a role at local level

Working only top-down it will take many years to establish the local ECD Networks and start delivering care to mothers and families in need...

The critical elements are now in place:
• A commitment from our governments
• A clear model and roadmap for action
• Strategic international partnerships

• Together we are now in a position to take action in our countries.
• To make a difference in the lives of millions of women, families and societies

By forming multi-sector ECD networks in our city or local area

We can’t wait 10 years for things to change!
The Health Sector Showing the Way in ECD Implementation

Strategic initiatives at country level need the help of professionals at local level. Together we can make a difference in the lives of millions of women and their families.

1. Share the idea
   • With other health care professionals
   • With professionals in other sectors (e.g. social services)
   • Form an ECD working group in your city

2. Connect with your national association
   • Register your interest
   • Connect with others in your profession
   • Join forces with other professions

3. Connect with CEPPs
   • Register your interest, and receive the latest news
   • Share experiences on discussion forums, webinars...
   • Find out about becoming a CEPPs Sister City

4. Engage with City Leaders
   • Health departments and decision makers in other sectors
   • Statement of Support by Mayor
   • Become a CEPPs Sister City
   • Start work on the 7 Principles

Support The Mother and Child Manifesto

The Seven CEP Principles
1. Provide Leadership
2. Promote Partnerships
3. Publish an Early Childhood Policy
4. Establish Infrastructure & Capacity
5. Share Knowledge & Best Practice
6. Adopt a Multi-sector Approach
7. Measure and Report on Achievements

www.ceppprinciples.org | #CEPPs4EarlyParenting
Key Messages

• ECD underpins a number of UN 2030 Sustainable Development Goals, and the Health Sector is now seen as the Entry Point

• Many countries have made commitments to the Nurturing Care Framework but are seeking implementation partners at local level

• FIGO, and its National Associations, in partnership with other Health Sector professional associations are ideally placed to play a lead role in the formation of multi-sector local ECD networks.

• CEPPs 7 Principles and CEPPs SisterCities provide a framework and tools for achieving this.

• Contact CEPPs for more information about next steps in your city or region
Contacts and Additional Information

Directory of CEPPs Partners and Supporters
https://ceppprinciples.org/get-involved/

Find out more about CEPPs
http://ceppprinciples.org

Follow CEPPs and share on Social Media
https://www.facebook.com/CEPPPrinciples
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valerie@ceppprinciples.org

The Lancet 2016 Series on ECD
The Heckman Equation
Partnership for Maternal, Newborn and Child Health (PMNCH)
Nurturing Care Framework
Encyclopedia on Early Childhood Development
UN 2030 Sustainable Development Goals

“Thank you”