Nutrition and the Nurturing Care Framework
Valerie Unite Executive Director, CEPPs

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

By attending this presentation the attendees will learn:

• What is meant by *The Nurturing Care Framework for Early Childhood Development (ECD).*

• A Flagship initiative by the WHO/UNICEF with a strong focus on the Pre- and Peri-natal period, in support of UN SDGs 3 & 5.

• The Social, Economic and Scientific Rationale for early intervention

• Nutrition as one of the five components in the *Nurturing Care Framework,* and links to the NCD Prevention Agenda.

• Case Studies of successful country-level Nurturing Care/ECD programs

• The role of Health Professionals in Maternal and Infant Nutrition and in the NCD Prevention Agenda
The Nurturing Care Framework

“Nurturing Care is what the infant’s brain expects and depends upon for healthy development”

The Nurturing Care Framework for Early Childhood Development (ECD), provides a framework for helping children survive and thrive to transform health and human potential.

• Launched at the 71st World Health Assembly in Geneva
• Joint initiative by the WHO, UNICEF, and the World Bank
• And the Partnership for Maternal, Newborn & Child Health

Calls for ‘commitment at country level to national ECD programmes driven by strong and sustained political commitment’.
2016 – the ‘Coming of Age’ of ECD

- ECD originally considered as the period from birth to the start of pre-school
- Education and Social Care Sectors are the primary actors

- The Lancet Series on ECD provides the social, scientific and economic evidence of the need for earlier intervention.

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

- ECD included in UN 2030 SDG targets, in particular SDGs 3 & 5
- Endorsed by The WHO, UNICEF and The World Bank

- Health professionals are now seen as the primary actors!
- Our actions can contribute directly to the UN SDGs?
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 Economic Rationale for early intervention in ECD

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

The Heckman Curve

- ‘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,

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**EARLY CHILDHOOD DEVELOPMENT IS A SMART INVESTMENT**

The earlier the investment, the greater the return

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**The Heckman Curve**

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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.

…and supports 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
Importance of the Early Years for Brain Development

36 weeks gestation

Newborn | 3 months | 6 months | 2 years | 4 years | 6 years

Connections that are used become strengthened and survive, while the unused ones are replaced by other pathways or disappear.


• “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.
• When you start formal education, you need the nerve cells and dendrites that can respond.”

Professor Emeritus, Integrative Biology, Marian Diamond at the University of California, Berkeley
Deprivation leads to smaller and less developed brains

Left:
Healthy three year old child with an average head size (50th percentile).

Right:
Three year old child suffering from severe sensory-deprivation neglect. This child’s brain is significantly smaller than average (3rd percentile) and has enlarged ventricles and cortical atrophy.

Childhood Experience and the Expression of Genetic Potential: What Childhood Neglect Tells Us About Nature and Nurture, Bruce D. Perry, M.D., Ph.D./Ch, April 2002
The double burden of malnutrition (DBM)

- Coexistence of undernutrition (stunting, wasting, vitamin and mineral deficiency) along with overweight, obesity or diet-related NCDs
- Often intergenerational (pre-conception) – due to parents’ poor metabolic and mental health.
- Critical period for child is conception to 2 years
- 41 million children under age five are overweight
- Impacts individuals, households and populations, across the life-course.
- Low and middle income countries bearing the greatest burden.

*International symposium on DBM*, Vienna, Austria, 10-13 December, 2018
*Nurturing Care Framework* page 13
*1000 Days*
The Five Components of Nurturing Care

*Nurturing Care* encompasses young children’s needs for good health, optimal nutrition, security and safety, opportunities for early learning and responsive caregiving.

It comprises five components:

1. Good Health
2. **Adequate Nutrition**
3. Responsive Caregiving
4. Security and Safety
5. Opportunities for Early Learning

*Nurturing Care Framework* page 12
ECD is central to the UN 2030 Sustainable Development Goals

**Survive, Thrive, Transform**

“Early Childhood Development (ECD) is seen by the UN Sustainable Development Goals (SDGs) as central to the transformation that the world seeks to achieve by 2030.

ECD is now universally endorsed in the [UN 2030 Sustainable Development Goals](https://unsdg.un.org/)


[FIGO’s role in Preconception and Maternal Nutrition and the NCD Prevention Agenda, October 2018 © CEPPs](https://www.ceppprinciples.org)
Component 2 Adequate Nutrition...

Key messages:

• The mother’s nutrition during pregnancy affects her health and well-being, as well as the developing child’s nutrition and growth.

• When pregnant women have insufficient micronutrients, they need supplements, including iron.

• Young children flourish on exclusive breastfeeding (with skin-to-skin body contact) – from immediately after birth to the age of 6 months.

• From the age of 6 months, young children need complementary foods – in addition to breast milk.

• Nutrition frequent and diverse enough, and with the micronutrients needed for the rapid growth of their body and brain.

• When children’s daily diet fails to support healthy growth, they need micronutrient supplements or treatment for malnutrition.

• Food safety and family food security are essential for adequate nutrition.

Nurturing Care Framework page 13
Breastfeeding within the first hour of birth

- 78 million infants (3 in 5), are not breastfed within an hour of birth
- Could save lives of 800,000 children under 5 every year
- Immediate skin-to-skin contact regulates body temperature, breathing and heart rate
- Stimulates prolactin and colostrum production in mother, builds immunity and resistance in the child
- But mothers need the support of a skilled birth attendant

Actions for the Health and Nutrition Sector…

Five Key Actions:

1. Ensure women and young children have access to good-quality health and nutrition services

2. Make health and nutrition services more supportive of nurturing care

3. Increase outreach to families and children with the greatest risk of sub-optimal development

4. Establish specialized services for families and children with developmental difficulties and disabilities

5. Collaborate with other sectors to ensure a continuum of nurturing care

Nurturing Care Framework page 37
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 initiative launched in 2013
• 1001 critical days from conception to age 2
• Multi-sector networks in ‘Better Start’ cities.

*The 1001 Critical Days*

**The Chile Crece Contigo** (Chile Grows with You)

• 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.

**Multi-sector networks** are a common feature of all these initiatives, typically involving Health, Social Services, Child Protection and Education sectors.
Childhood and Early Parenting Principles (CEPPs) – a Pathway

• Defined in 2016 by a working group of OB/GYNs and professionals in Early Childhood Care
• Evolved from practical experience of ‘what works’ in multi-sector ECD networks in a number of countries.
• Launched at the UN in New York in 2017.
• Seven ‘Common Sense’ Principles to guide ECD implementation at local level.
• 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 Exchange Programme’ for cities implementing ECD
• Cities in different countries sharing experiences of ‘What Works’
Available Support and a Challenge to the Health Sector

- Commitments by national governments at World Health Assembly
- Frameworks for Country and Local Level
  - Nurturing Care Framework for country level
  - CEPPs 7 Principles for local level (City or Regional)
- Success Factors Case Studies in ECD will be launched at the PMNCH Partner’s Forum in December 2018, in New Delhi, with extensive worldwide publicity.
  - Germany and Chile – multi-sector networks for over 10 years
  - Success Stories in other areas

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

FIGO in partnership with international associations in the Health Sector, is well placed to play a lead role in ECD implementation worldwide.
Local Action is required to meet UN 2030 SDG Targets

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...

How can we bring this date forward?

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 CEPP 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.cepprinciples.org | #CEPPs4EarlyParenting
Key Messages

• Robust frameworks and resources, with support by WHO and UNICEF, are available to support ECD implementation

• These frameworks include guidelines for maternal and infant nutrition, including pre-conception, and have clear links to the NCD Prevention Agenda

• Achieving Targets for UN SDGs 3 & 5 by 2030 will require immediate action

• Commitments have been made at country level, but governments are seeking help at local level in the transition to multi-sector working

• FIGO, and its National Associations, in partnership with other Health Sector professional associations, are ideally placed to play a lead role, raising the Global Voice for Women’s Health!
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

CEPPs@CEPPPrinciples

Contact: Valerie Unite
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”