

Nutrition in Maternal Newborn and Child Health Care

Asha Seth*

The Honourable Asha Seth First Indo-Canadian Female to be Appointed to Senate of Canada Obstetrician and Gynecologist, Canada

***Corresponding Author:** Asha Seth, The Honourable Asha Seth First Indo-Canadian Female to be Appointed to Senate of Canada Obstetrician and Gynecologist, Canada.

Received: April 18, 2021; **Published:** May 29, 2021

Basic physical development of children worldwide is being compromised. Many children do not receive the nourishment they need to develop properly. This leads to affect both body and brain health concerns over time, which often is irreversible.

Fact is the first 1000 days of a child's life are the most important phase in its development. This spans the time from conception to a child's 2nd birthday. If damage is done due to malnutrition- it becomes irreversible.

Nutrition as critical for women and girls; Nutrition International Initiative as a global nutrition organization and an expression of that leadership; Nutrition International and Canada's support for women and girls via nutrition as highly valued in India.

Nutrition has a vital impact on women, girls and their public for many different stages of people to come. Yet, billions of girls and women worldwide are held back by malnutrition!

Malnutrition considered as a manifestation and also its is a reason of inequality of gender. Malnutrition restraint the scope of women and girls to lead, grow, earn and learn.

Gender discrimination too often relegates women to the lowest rungs of the economic and social ladder. Making matters worse, in some societies, women and girls eat last and least.

India in 20 years will represent half of the global workforce- an astonishing number! It is an investment the world must make in nurturing the youth of today through excellent nutrition to ensure them a better world tomorrow.

There is an excellent Ottawa based NGO called the Nutrition International Initiative. Headquartered in Ottawa, their programming reaches out to populations in over 70 countries. Nutrition International's head office for Asia is New Delhi and provides programming to millions of people affected by micronutrient malnutrition in India.

Nutritional International Using a condiment dubbed "double-fortified salt".

That was developed by Toronto doctor Levente Diosady, the Uttar Pradesh state government is spending more than \$40 million to purchase the salt and make it available to low income consumers, which will reach 24 million people in UP. The salt is now being produced in India and the first order from Uttar Pradesh for the month of January 2017 alone is for 6,000 tones.

This will do much to combat poor pregnancy result, cognitive development and impaired physical, increased risk of death in infants and reduced work productivity in adults.

Micronutrients or hidden hunger: Like Iodine, salt, vitamin A, Folic acid Iron Zinc and Calcium are essential micronutrients as Iodine Salt prevent this brain damage and help ensure all children can reach their full development potential.

Citation: Asha Seth. "Nutrition in Maternal Newborn and Child Health Care". *EC Nutrition* 16.6 (2021): 52-53.

A lack of vitamin A weakens the immune system and prevents child blindness, Calcium building bones, Folic acid and B9 prevent spina bifida and anaemia, Iron is an crucial micronutrient that ensures the improvement of healthy immune function and natural red blood cells. Iron insufficiency is the source of about half of all cases of anaemia.

Intake of ZINC prevents pneumonia and diarrhoea in toddlers.

Zinc, united with oral rehydration salts (ORS), is helping juvenile salvage from diarrhoea faster.

In Uttar Pradesh (UP) state where I had the freedom to eyewitness first-hand the work being carry out by Nutrition International called "Right Start Initiative, is a joint partnership between the state government and Nutrition International across 28 districts in Uttar Pradesh, aimed at developing the nutritional status of 17 million of children, newborns, mothers and adolescents.

It was an extraordinary day for my trip following my visit to a small rural place called Hasnapur Village in Uttar Pradesh in India.

When I inspected a centre of Anganwadi supported by Nutrition International

At this center, I had the convenience to cooperate with pregnant women, public health workers, mothers of young children, and adolescent girls spoke with certified social health activists, or trained female public health step forward, about their and the daily issues they face.

So, what should we do about nutrition?

Scaling Up Nutrition, or SUN, is an exclusive development established on the rule that all public have an authority to good food and good nutrition. It strengthens people-from the United Nations, governments, businesses, civil society, researchers, and donors-in a cumulative attempt to increase Nutrition.

Malnutrition expenditure the international economy 3.5 trillion dollars a year. Nutrition is one of the most profitable financing for a more productive, more equitable and healthier world. Research have shown that every dollar lend in nutrition yields \$16 - that's a pretty good return on investment.

Advocating for children is not a choice- it is an obligation.

You just never know... perhaps THAT child that you are able to advocate for or receive better nutrition because YOU lobbied your government representative, might become some one of prominence, and not just a statistic. Do your part, and the universe will be a much correct place.

Volume 16 Issue 6 June 2021

©All rights reserved by Asha Seth.