PROMOTING NUTRITION IN TIMOR-LESTE

THE FIRST 1,000 DAYS WINDOW OF OPPORTUNITY

Good nutrition for both mother and child during the 1,000 days from conception to a child's second birthday builds the foundation for the child's ability to grow, learn and perform well in school toward becoming a productive adult and breaking the intergenerational cycle of poverty.



PREGNANCY: Conception to birth

As babies develop in the womb, they draw all their nutrients from their mother. It is essential for the Mother to eat a variety of healthy foods, have adequate rest and take iron-folic acid supplements for her baby's development in the womb and future growth, and for her own protection against maternal illness and death.



Infancy: Birth to 6 months old (180 days)

Breastmilk is the best food for the Baby. It also provides the first immunization against illness. During the first 6 months, the baby does not need any other food or liquid except breastmilk, not even a drop of water. Breastfeeding should start within the first one hour after delivery.



Early childhood: 6 months to 2 years old

The baby needs protein from animal or plant sources and other nutrients from a variety of locally available foods to complement breastmilk. Feeding adequate nutritious foods in adequate quality, quantity and frequency is essential for the child's growth and brain development.

Good nutrition is essential to a child's survival, physical growth and brain development.

Investing in good nutrition for mother and child during the first 1,000 days can:



Significantly reduce death and life-threatening childhood diseases such as diarrhea, pneumonia and resrespiratory infections.



Increase the child's learning ability and school achievement.



Increase potential to earn more income as an adult.



Have healthier children when she becomes a mother.



Contribute to the country's social and economic development and increase the nation's GDP.

Source: Adapted from "The Power of the First 1,000 Days". See: www.thousanddays.org

The Nutrition Situation in Timor-Leste

Population : 1.114,100
Population <5 years : 190,300
Poverty : n.a.
Urban : 28.7%
GNI per capita : US $ 3,670

Adult literacy rate : 58.3%
Access to improved drinking water sources: 69.1%
Access to improve sanitation facilities: 38.7%



Life expectancy
67 YEARS

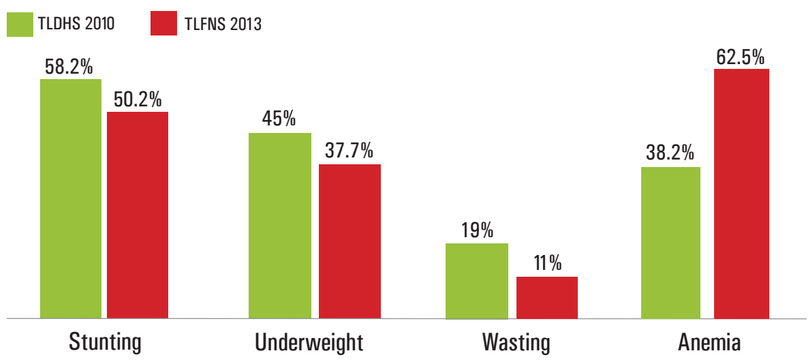
Infant Mortality Rate (IMR)
44
Per 1,000 live births

Under Five Mortality Rate (U5MR)
64
Per 1,000 live births

Maternal Mortality Rate (MMR) adjusted
557
Per 1,000 live births

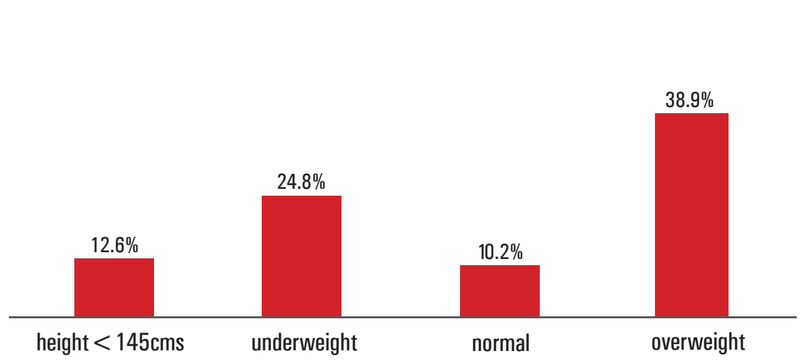
Low Birth Weight (LBW)
12%

Nutritional status among children 0-59 months TLDHS 2010 and TLFNS 2013



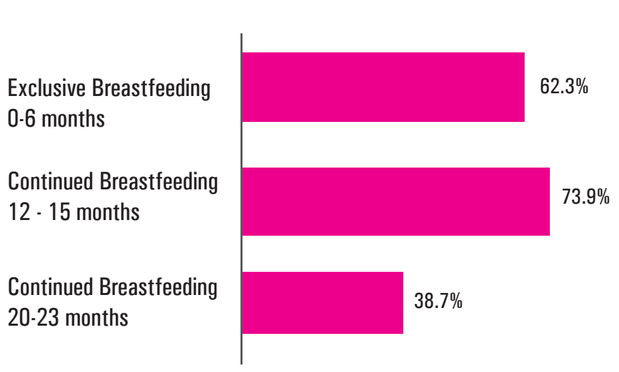


Nutritional status among mothers of children below 5 years old: TLFNS 2013



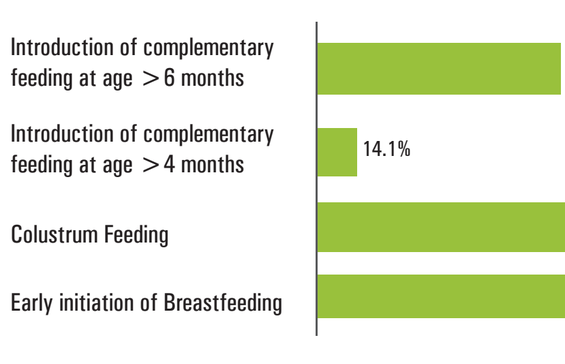


Exclusive breastfeeding and continued breastfeding among children 0-23 months



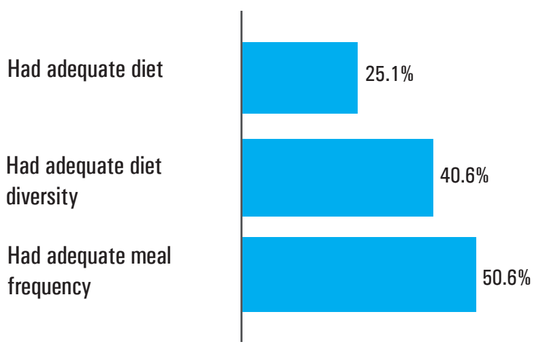


Early feeding practices among children 0-6 months



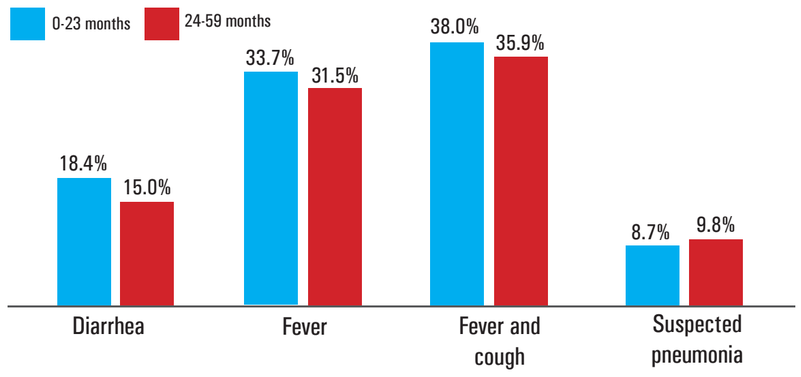


Dietary adequacy among children 24-59 months





Reported morbidity among children 0-59 months





Source: 2013 Timor-Leste Food and NutritionSurvey, Ministry of Health, Democratic Republic of Timor-Leste and UNICEF