

Shaping the future and promoting neonatal health for a thriving generation.

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Introduction

The first few weeks of life are crucial for a newborn's growth and development. The neonatal period, which encompasses the first 28 days of life, is a critical window of opportunity to lay the foundation for a healthy and thriving future. Promoting neonatal health is essential not only for the well-being of individual infants but also for building a strong and resilient generation. This article explores the significance of neonatal health and highlights key strategies to ensure a positive start for our youngest and most vulnerable members of society [1].

The Importance of Neonatal Health

Neonatal health plays a pivotal role in a child's overall development and sets the stage for a lifetime of well-being. It is during this period that infants undergo rapid growth and experience remarkable changes in their physical, cognitive, and socio-emotional capacities. Investing in neonatal health is crucial as it can have long-lasting effects on an individual's physical and mental health, educational attainment, and productivity later in life [2].

The foundation for sufficient organ formation and function, a robust immune system, physical health, and neurological and cognitive development is healthy growth from conception through the first two years of life. In summary, healthy populations with the capacity to learn, earn, and create are necessary for a large portion of what we want to accomplish through global health and development activities. The issue of underweight has been the focus of the international nutrition community for a long time. This has been done through growth monitoring and promotion programmes and campaigning for Millennium Development Goal 1, which has the goal of halving global underweight between 1990 and 2015 [3].

First, it is important to note that the term "optimal growth" has been replaced by the concept of "healthy growth," partly because it is impossible to set any absolute goals for "optimal" growth or an ideal size, making those concepts less helpful. As an alternative, we use the WHO Child Growth Standards as our working definition of healthy growth in this review. Other

growth factors, such as lean body mass and weight in relation to height, were identified as being crucial components of healthy growth but more challenging to assess at the population level. In addition, healthy linear growth is associated with favorable future health and functional outcomes. Growth patterns that prioritize length over weight are advantageous for survival [4].

Investing in neonatal health is investing in the future of our society. By prioritizing access to quality prenatal care, skilled birth attendance, breastfeeding support, and essential newborn care practices, we can ensure that every newborn has the opportunity to thrive. Promoting neonatal health requires a collaborative effort involving healthcare providers, policymakers, communities, and families. Together, we can shape a future generation that is healthy, resilient, and equipped to contribute to a better world. Let us prioritize the well-being of our newborns and pave the way for a brighter future for all [5].

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