

Improving nutrition and diets in infants and young children in Africa.

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Introduction

According to the WHO/UNICEF Global Strategy for Infants & Young Child Feeding (2003), In order to achieve optimal growth, development & health, infants are to be breastfed exclusively for the first 6 months from within the first hour of delivery (Only on exceptional cases due to rare medical conditions). However, to satisfy their growing needs, infants should receive safe and nutritionally adequate complementary food while breastfeeding can continue for up to age two or even beyond. I used Africa as a reference point on this topical issue because it is highly prevalence in the continent and appropriate steps needs to be taken in order to ensure a formidable solution. Statement of The Problem: Poor feeding initiation practice by mothers, misleading information, emotional trauma and as well, environmental factors. Research Questions: What are the possible solutions to infant and child malnutrition in Africa? How can these solutions be properly implemented? The Purpose of Study: Identify the real causes of infant and child malnutrition and then proffer pragmatic solutions with proper guidelines. Methodology & Theoretical Orientation: Interviews with relevant experts coupled with anthropometric and health management methods of evaluating this subject matter including the Child Health and Nutrition Research Initiative. Findings: Mothers are not properly informed about importance of breastfeeding [1]. Mothers who eat good food are likely to feed their babies with highly nutrition breast milk to enhance their growth, development and productivity in life. Conclusion & Significance: Nutrition and diets in African infant & child is improving as facts from WHO/UNICEF shows, however, a lot can still be done to make it better. Recommendations: Ensuring that all health care centers make the breastfeeding mandatory exercise for all mothers only on exceptional cases where appropriate measures should be taken as well.

Description

Every infants and kid has the proper to smart nutrition in line with the "Convention on the Rights of the Child". Undernutrition is related to forty fifth of kid deaths [2]. Globally in 2019, a hundred and forty four million youngsters below five were calculable to be scrawny (too short for age), forty seven million were calculable to be wasted (too skinny for height), and 38.3 million were overweight or rotund. Regarding four hundred and forty yards of infants 0–6 months previous are Over 820000 child lives might be saved once a year among children below five years, if all youngsters 0–23 months were optimally breastfed. Breastfeeding improves I.Q., college attending, and is related to higher financial gain in adult life. Improving child development and reducing health prices through breastfeeding ends up in economic gains for individual families additionally as at the national level[3].

Conclusion

Undernutrition is estimated to be associated with 2.7 million child deaths annually or 45% of all child deaths. Infant and young child feeding is a key area to improve child survival and promote healthy growth and development [4]. The first 2 years of a child's life are particularly important, as optimal nutrition during this period lowers morbidity and mortality, reduces the risk of chronic disease, and fosters better development overall. Optimal breastfeeding is so critical that it could save the lives of over 820 000 children under the age of 5 years each year.

References

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