

Nutrition



2007 Jordan Population and Family Health Survey

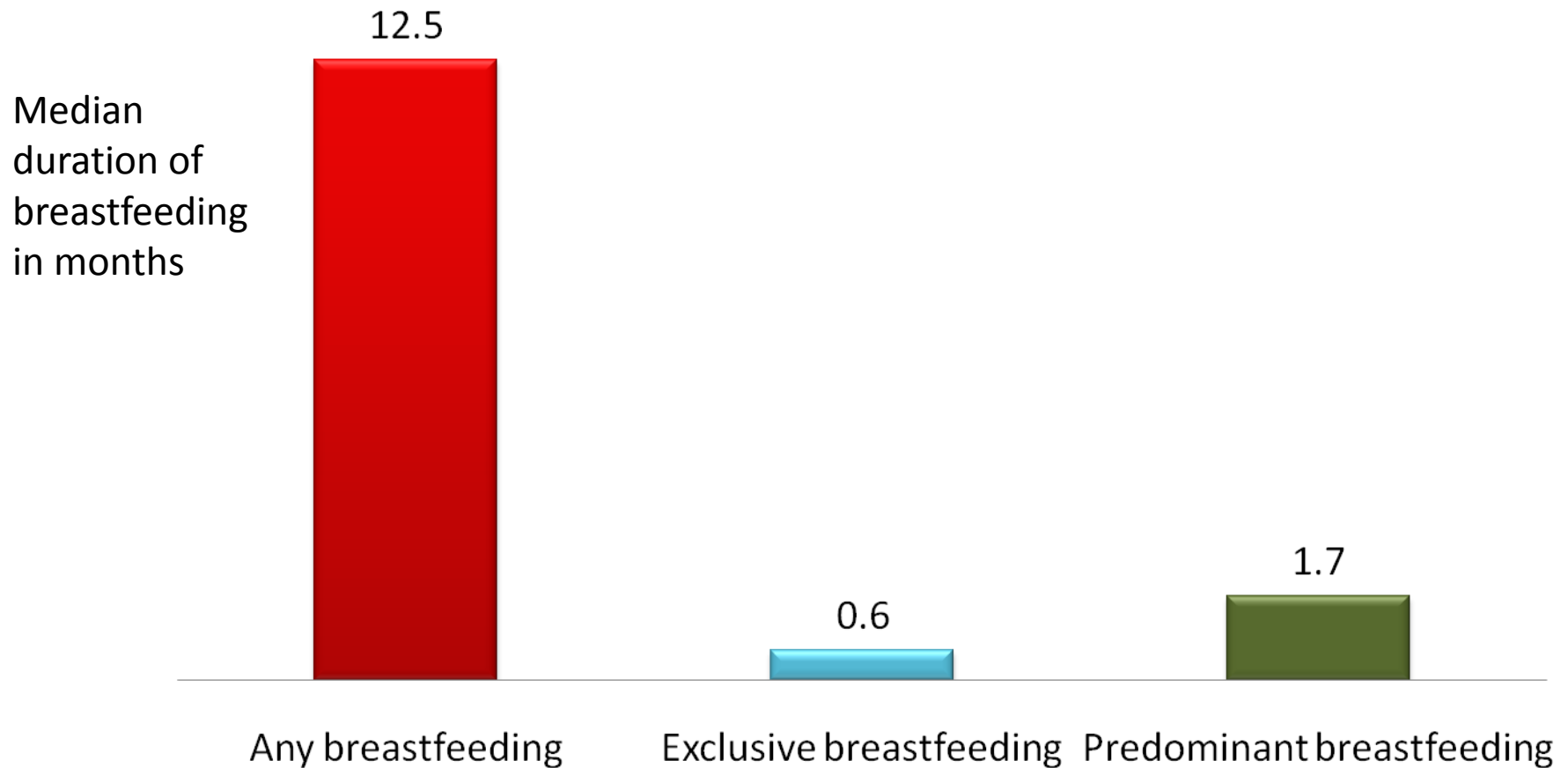
2007 JPFHS- DoS and Macro
International, Inc.

- **Breastfeeding and
Infant and Young Child
Feeding Practices**
- Micronutrient Intake
- Nutritional Status of
Women

Early Breastfeeding

- ✓ Provides a newborn with *colostrum*, a key supplement for the infant's immune system.
- ✓ **93 percent** of infants are *ever breastfed*.
- ✓ Two in five (**39 percent**) newborns are breastfed within the *first hour* of life, and **82 percent** within the *first day*.

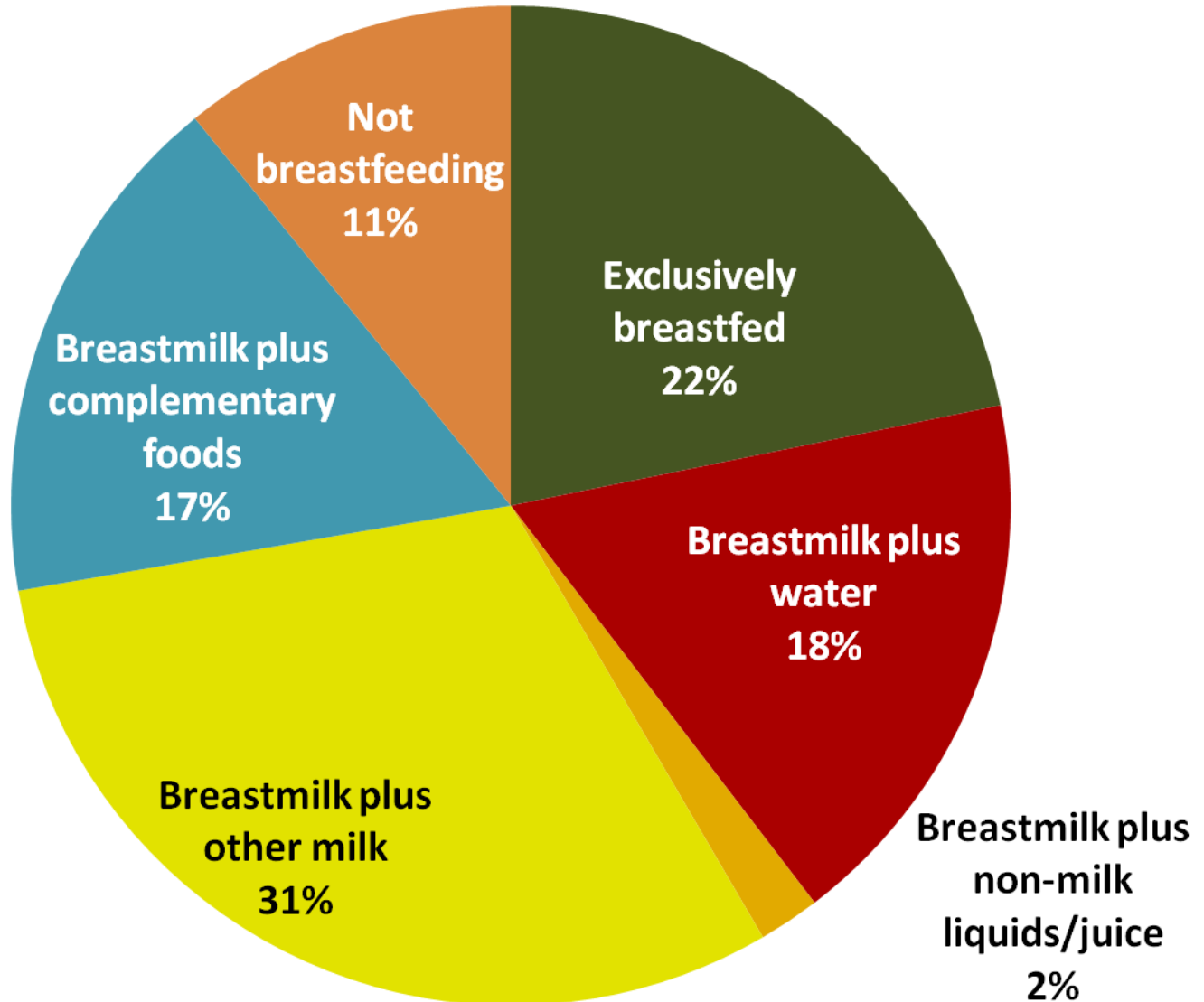
Duration of Breastfeeding



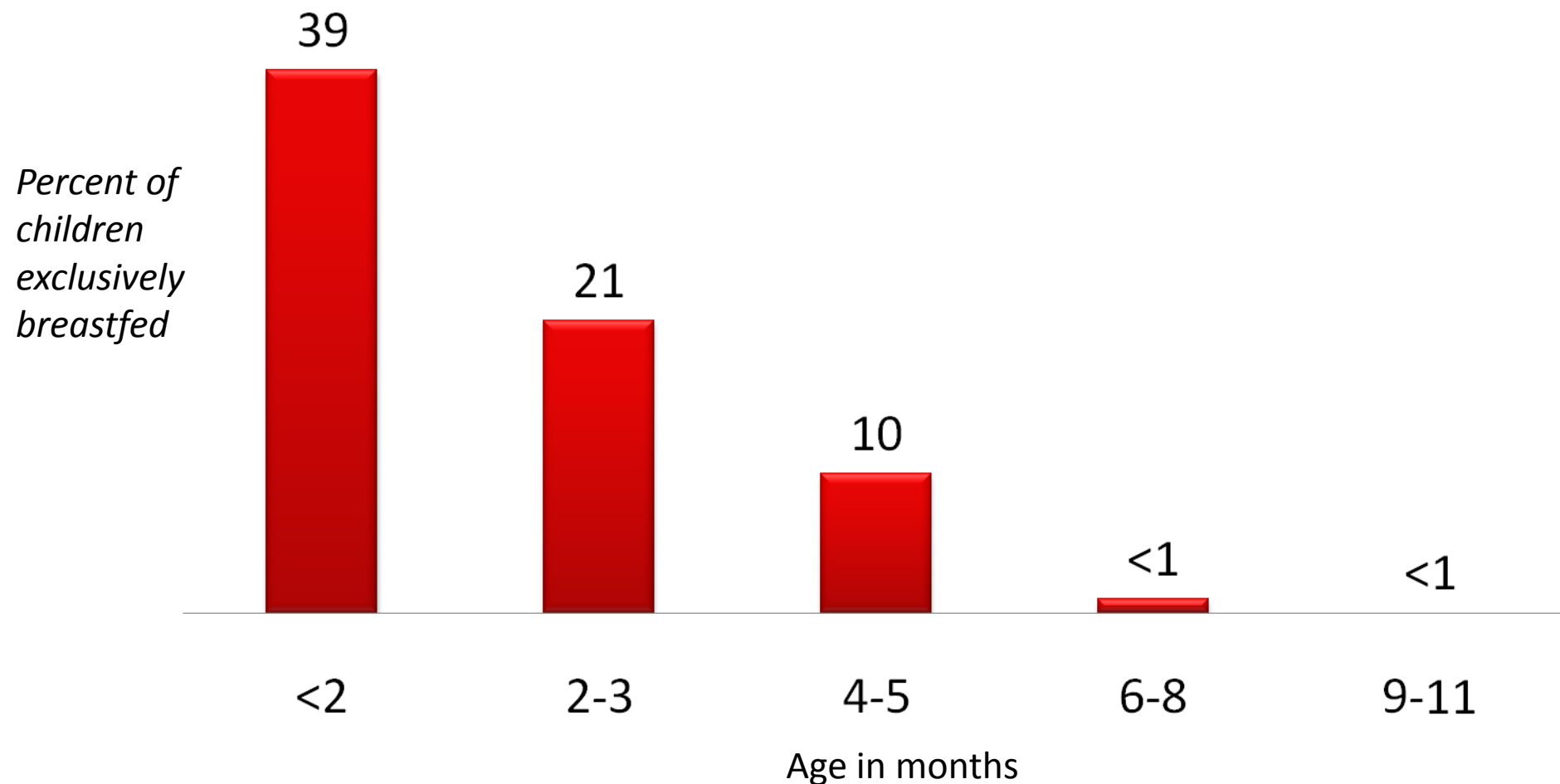
Exclusive Breastfeeding

- ✓ Children who receive **only** breast milk are considered **exclusively breastfed**.
- ✓ Exclusive breastfeeding is recommended for the first **6 months of life**, since breast milk contains all the nutrients that a baby needs.
- ✓ **Antibodies** in breast milk provide **immunity** to disease.

Breastfeeding Status Under 6 Months



Exclusive Breastfeeding by Age



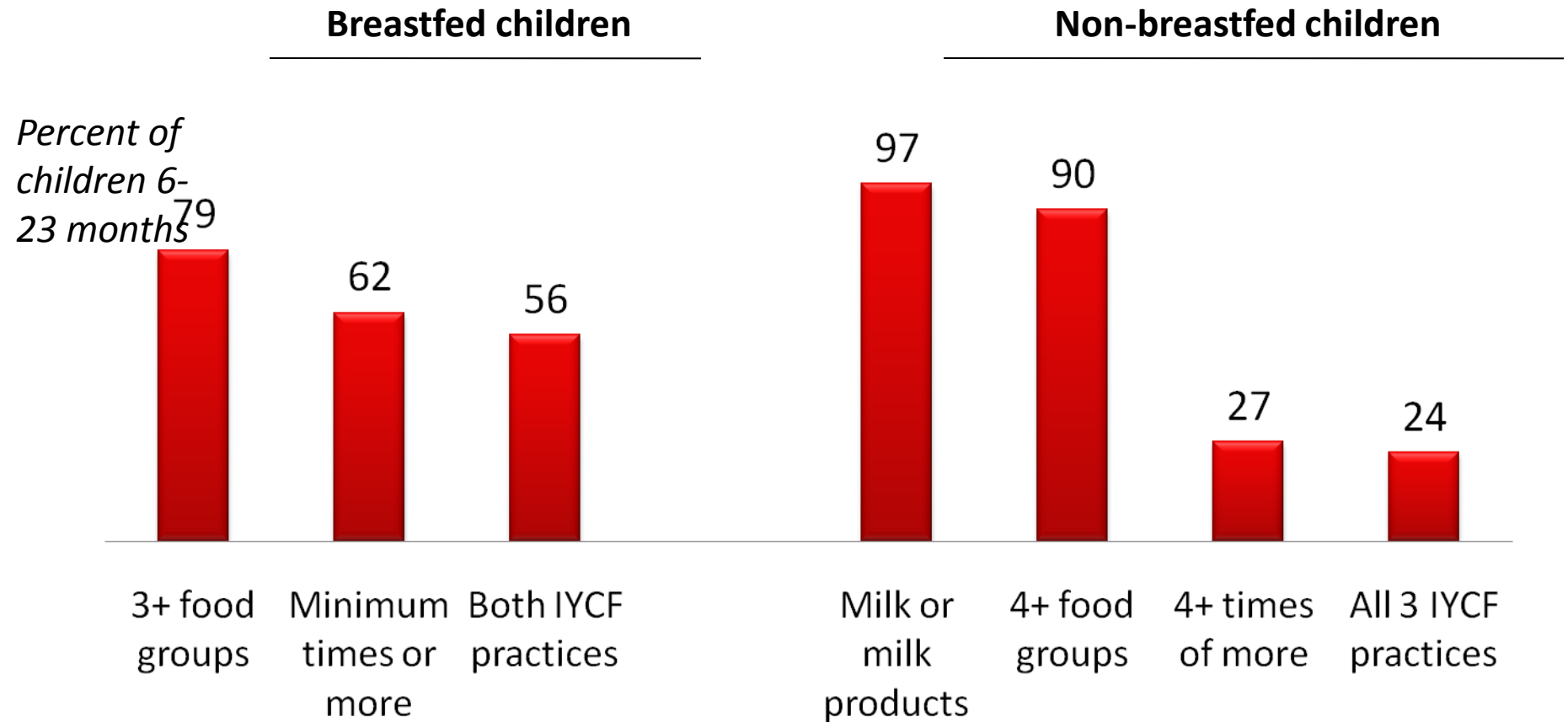
Complementary Foods

- ✓ Introduction of complementary foods before age **6 months** is discouraged.
- ✓ After 6 months, complementary foods should be introduced.
- ✓ **17%** of breastfed children under 6 months are already consuming solid or mushy food.
- ✓ **66%** of breastfed children age 6-9 months consume solid or mushy food.

IYCF Practices

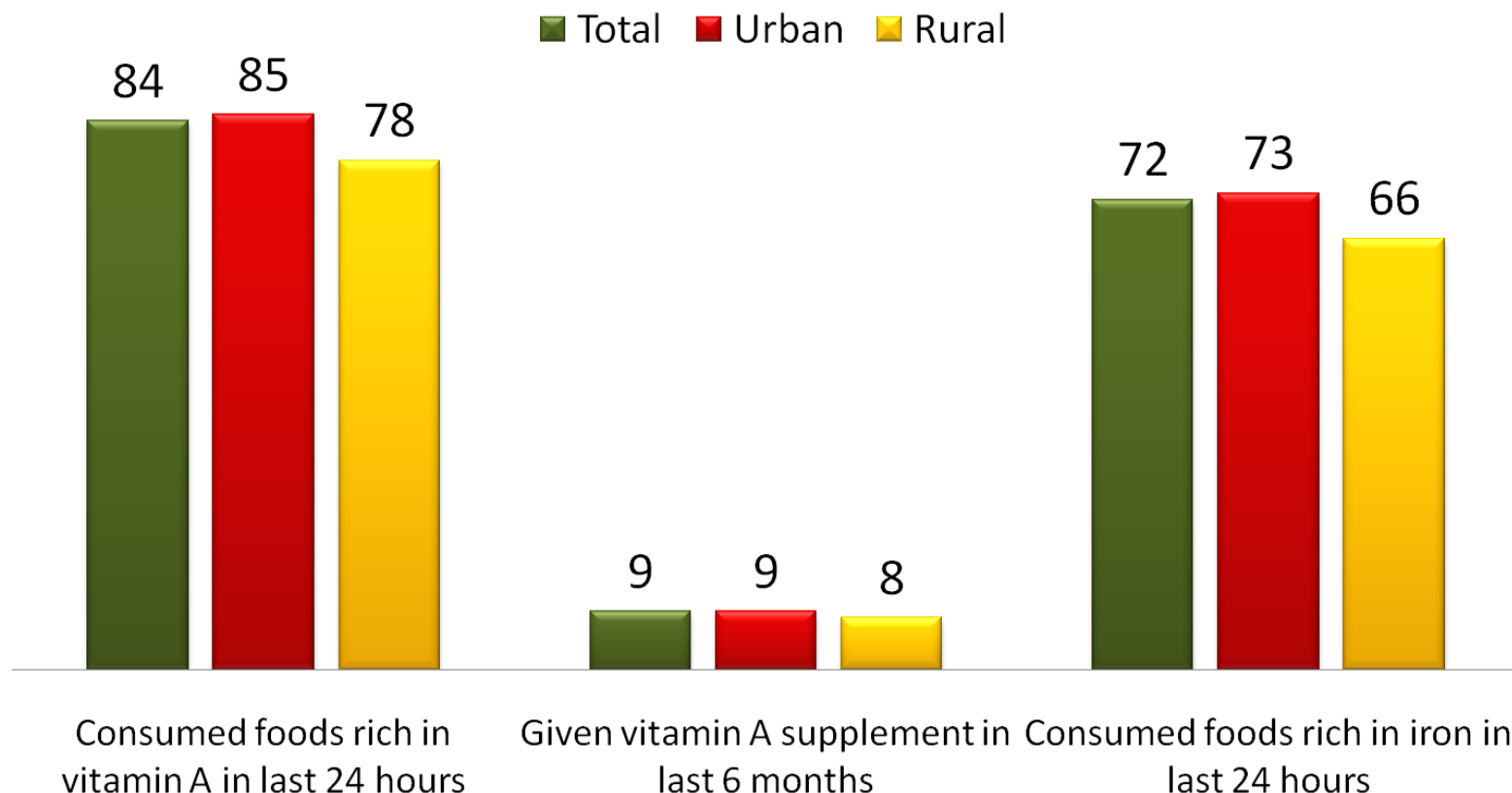
- The Infant and Young Child Feeding Practices (IYCF) are recommended by WHO.
 - Breastfed children over 6 months should also receive 3 or more food groups, at least twice a day for infants 6-8 months and at least 3 times a day for breastfed children 9-23 months;
 - Non-breastfed children should receive milk or milk products, in addition to 4 or more food groups, 4 times a day or more.

Infant and Young Child Feeding Practices

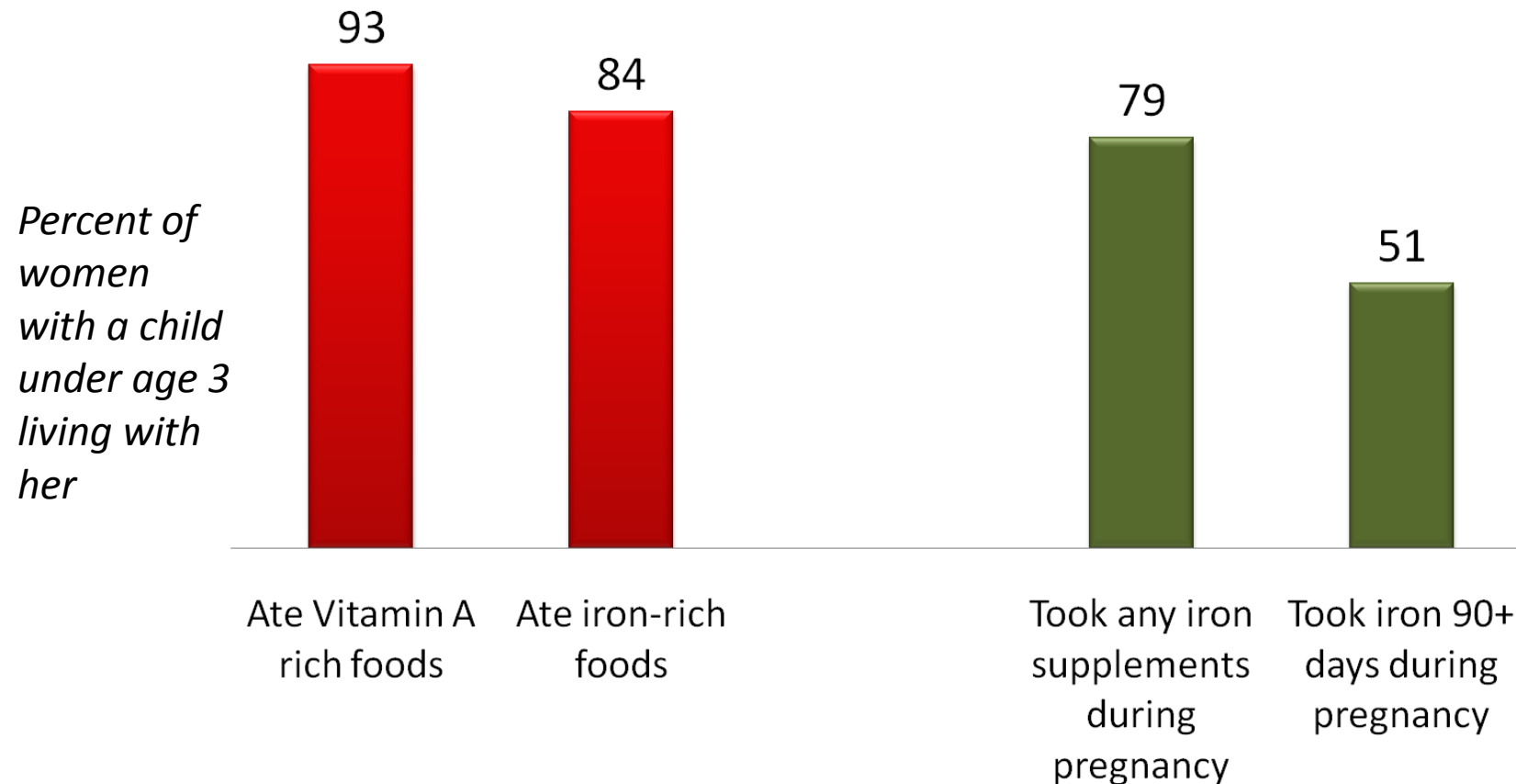


- Breastfeeding and Infant and Young Child Feeding Practices
- **Micronutrient Intake**
- Nutritional Status of Women

Vitamin A and Iron Intake among Children Age 6-35 Months



Vitamin A and Iron Intake among Mothers



- Breastfeeding and Infant and Young Child Feeding Practices
- Micronutrient Intake
- **Nutritional Status of Women**

Nutritional Status of Women

- Women with a body mass index (BMI) below **18.5** are considered *too thin*, reflecting chronic energy deficiency.
- Women with a BMI **over 25** are *overweight*, while a BMI **over 30** is considered *obese*.
- Women with height *less than 145 cm* are considered to be at increased *risk of poor birth outcomes and obstetric complications*.

Nutritional Status of Women

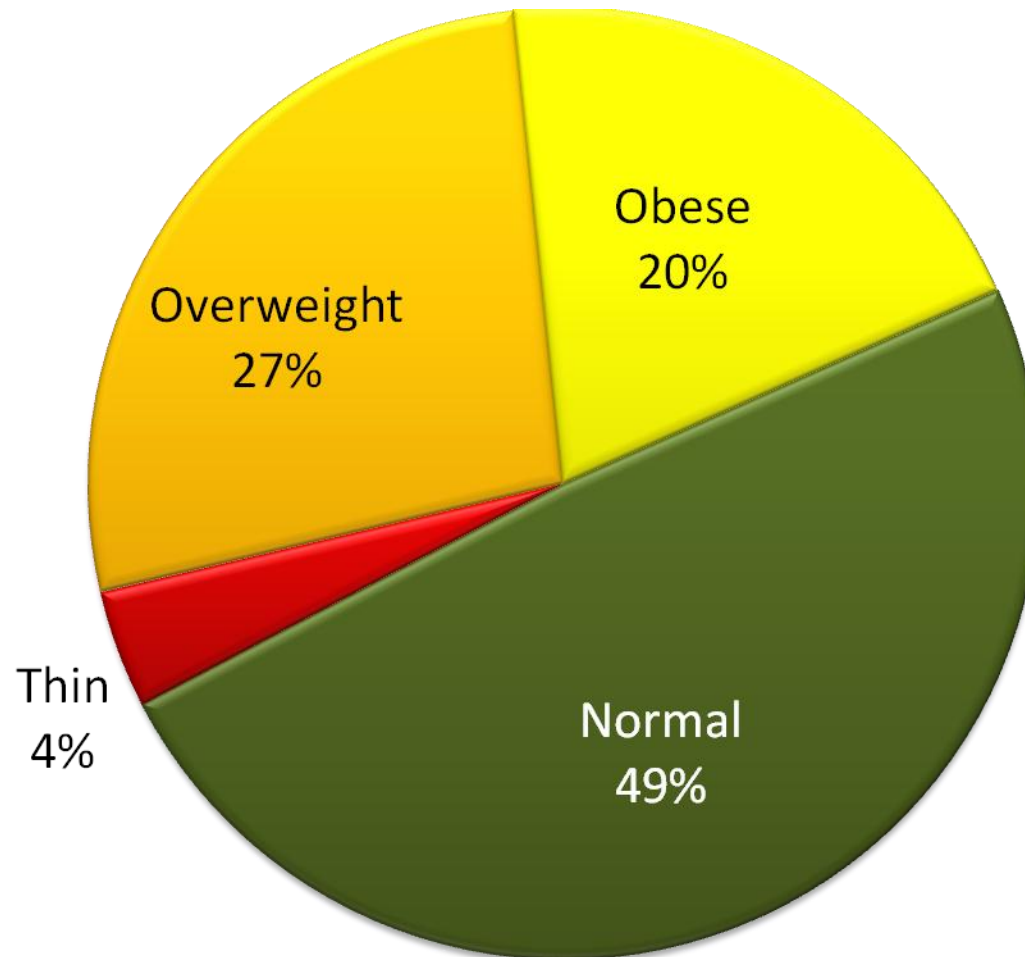
Height

- ♦ Only **1 percent** of women are less than 145 cm

Body Mass Index (BMI)

- ♦ Average BMI is **25.8**
- ♦ **4%** of women are thin (have a BMI *below* **18.5**)
- ♦ **48%** of women are overweight or obese (BMI *above* **25**)

Nutritional Status of Women



Key Findings

- Breastfeeding is short in the Ukraine
 - Children **breastfeed** for an average of **12 months**
 - Children are **exclusively breastfed** for **less than one month**
- **17** percent of breastfed children under 6 months are already **receiving complementary foods**
- **4** percent of women are **thin**, while **47** percent are **overweight or obese**

Extra Notes

- Slide 3
 - The early initiation of breastfeeding is important for a number of reasons. Early suckling benefits mothers because it stimulates breast milk production and releases a hormone that helps the uterus to contract and reduce postpartum blood loss. It also fosters bonding between mother and child.
- Slide 4
 - Most children are breastfed for approximately 12 months, exclusively breastfed for less than 1 month and predominantly breastfed for almost 2 months.

- Slides 5
 - Exclusive breastfeeding is recommended for the first 6 months of a child's life because breast-milk is uncontaminated and contains all of the nutrients necessary for children in the first few months of life. In addition, the mother's antibodies in breast-milk provide immunity to disease.
- Slide 6
 - Only 22% of children under 6 months are exclusively breastfed. 17 are already receiving complementary foods.

Slide 8

- Early supplementation is discouraged for several reasons.
 - First, it exposes infants to pathogens and increases their risk of infection, especially diarrheal disease.
 - Second, it decreases infants' intake of breast milk and suckling, which reduces breastmilk production.
 - Third, in a harsh socioeconomic environment, supplementary food is often nutritionally inferior.
- However, WHO recommends that around the age of 6 months, children be given solid foods because by that age breast milk by itself is no longer sufficient to maintain a child's optimal growth.

- Slide 10
 - The Infant and Young Child Feeding Practices are recommended by WHO. Breastfed children over 6 months should also receive 3 or more food groups, at least twice a day for infants 6-8 months and at least 3 times a day for breastfed children 9-23 months; non-breastfed children should receive milk or milk products, in addition to 4 or more food groups, 4 times a day or more.
- Slide 17
 - 47% of women are overweight or obese.