

Nutrition in the First 1,000 Days: Kyrgyz Republic Television Spot

Kyrgyzstan is a beautiful country with pleasant people. Stunting is a global problem, and we have it in Kyrgyzstan as well. Stunting is a result of chronic malnutrition, which can be hard to identify. In Kyrgyzstan, 1 out of 5 children is stunted. This includes rich as well as poor children, in every part of the country. Stunting restricts a child's growth and development. Stunting can prevent a child from reaching his or her full physical and mental potential. The good news is that we can prevent stunting with simple solutions at the right time. The Ministry of Health is focusing on the first 1,000 Days to help women and children at a crucial time in life. The first 1,000 Days focuses on the time from pregnancy through birth and a baby's first 6 months on up to 2 years of age. When a woman is pregnant, it is important that she eats a lot of fruits and vegetables, gets meat, eggs, and fish prepared without too much fat. To make sure both she and the baby stay healthy, she should take a daily iron supplement, which she can get for free from her health care provider. After giving birth, exclusively breastfeed your child for six months. Exclusive breastfeeding means not giving anything except breastmilk. Not even water! From six months, continue breastfeeding with complementary food. From 6 months to 2 years of age is a period of important mental and physical development for a child. If a child becomes stunted at this time in his or her life, stunting will become irreversible. To ensure a child meets his or her full potential, ensure healthy nutrition of a child during this period. It is important to give your baby enough food throughout the day. Feed him in small portions in appropriate frequency. Both mother and child should have diverse diets, and eat different types of food every day, to ensure all necessary nutrients and vitamins A, C, Fe, and Zn are delivered to the body to promote physical and mental growth and development. Stop consumption of junk food and limit salty, fatty and sweet products for children. Good nutrition does not mean eating a lot, it means eating a balanced diet. 1000 Days is a very important period for mental and physical development of a child. Unhealthy nutrition during this period can lead to irreversible consequences for the whole life—physical limitations, health problems, and dispositions to obesity. Ensure bright future of your kids. A healthy generation is our responsibility.