

56th World Congress on **Nursing and Health Care**

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3rd World Congress on **Pediatric and Neonatal Nursing**

May 02-03, 2022 | Webinar

Esra GÜNEY, J Nurs Care 2022, Volume 11

Nutrition in pregnancy

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Sufficient and balanced nutrition during preconceptional and gestational periods is very important for protecting both maternal and fetal health in postpartum period. Physiological changes that occur during pregnancy increase the need for food intake for fetus growth and development. Good nutrition is the foundation of good health. Maternal nutrition represents an important situation in terms of public health because maternal nutrition is a phenomenon that also affects future generations. Malnutrition in girls and young adult women adversely affects reproductive health and may cause adverse pregnancy outcomes for both mother and child. FIGO calls for raising awareness among women and future generations about the importance of female nutrition, and supporting any movement that seeks to raise this awareness in adolescent and reproductive age women. In 2012, WHO members reported their support for global targets and monitoring of progress for improving maternal, infant and child nutrition for 2025. The following 3 goals have come to the fore regarding women of reproductive age: 1) reducing anemia in reproductive age women by 50%, 2) reducing low birth weight infant births by 30%, and 3) increasing the rate of breastfeeding by at least 50% in the first 6 months.

Goals are vital to prioritizing actionable areas and triggering global change. Achieving these global goals will require educating, empowering and supporting young girls and women throughout their reproductive age, beginning in early adolescence. A balanced and healthy diet of the mother before conception is as important as the health of the baby to be born, as well as for the health of the mother after birth. Nutrition should be given importance from an early age in order to protect the health of the mother and her unborn child.

WHO 2025 global goals: Improving maternal, infant and child nutrition:

- 50% reduction of anemia in women of reproductive age
- 30% reduction in the rate of low birth weight babies
- Increasing breastfeeding by at least 50% in the first 6 months
- 40% reduction in the proportion of children under 5 years of age with growth restriction
- No increase in the rate of overweight children in childhood
- Reducing the childhood excessive weight loss rate below 5%

Biography

Esra GÜNEY has a PhD in midwifery from Inonu University. She is working as a fulltime Assistant Professor at midwifery department in İnönü University Faculty of Health Sciences.

Received: December 05, 2021; **Accepted:** December 06, 2021; **Published:** May 05, 2022