

MULTI-SECTORAL NUTRITION STRATEGY 2014-2025

Technical Guidance Brief

Role of Nutrition in Ending Preventable Child & Maternal Deaths

INTRODUCTION

Good nutrition is essential to reducing maternal and child mortality around the world and reaching the Ending Preventable Child and Maternal Deaths (EPCMD) goals. As a USAID priority, EPCMD targets 24 countriesⁱ which together represent 70 percent of child and maternal deaths worldwide, and prioritizes interventions that have the largest impact on mortality. Building on the experience and evidence garnered in the past two decades of reductions in child and maternal deaths, EPCMD aims to accelerate progress in order to save the lives of 15 million children and nearly 600,000 women by 2020.¹ With under-nutrition estimated to be an underlying cause of 45 percent of child mortality, and anemia contributing to 20 percent of maternal mortality, investing in nutrition is fundamental to achieving the EPCMD goals.^{2,3} Figure 1 provides a breakdown of under-nutrition's contribution to disease-specific deaths among children under five.ⁱⁱ

Nutrition interventions are among the lifesaving interventions that can have the greatest impact in ending preventable child and maternal deaths.¹

SCOPE OF THE PROBLEM

The 2013 Lancet Series on Maternal and Child Nutrition highlighted the significant contribution of under-nutrition to child mortality, stemming from fetal growth restriction, stunting, wasting, micronutrient deficiencies, and suboptimal breastfeeding. In 2011, 3.1 million children died as a result of under-nutrition.³ In 2013 at least 161.5 million children experienced stunted growth, and 50.8 million suffered from acute malnutrition.¹⁹ Globally, approximately 13 percent of women were estimated to be undernourished, and 38 percent of all pregnant women suffered from anemia.^{3,15} Furthermore, micronutrient deficiencies – in particular vitamin A, zinc, iodine, and iron – are estimated to affect over 2 billion people worldwide, with adverse effects that include premature death, poor health, blindness, stunting, reduced cognitive development, and low productive capacity.²

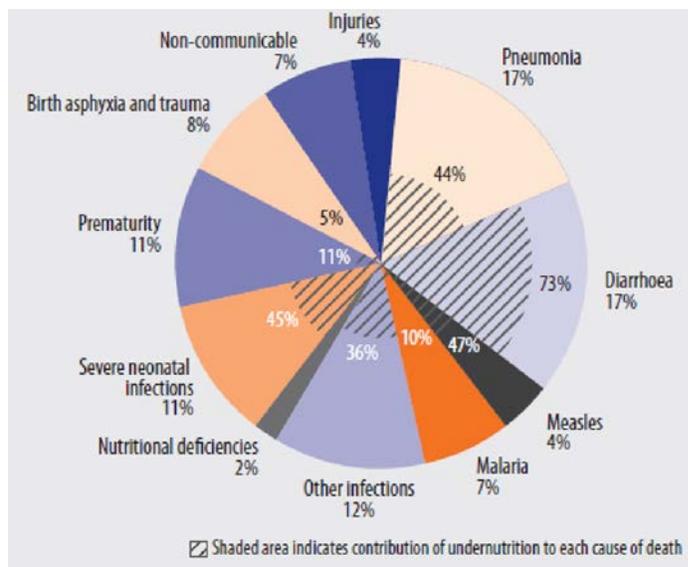


Figure 1: Major causes of death in children <5 years with disease-specific contributions of under-nutrition

ⁱ Afghanistan, Bangladesh, DRC, Ethiopia, Ghana, Haiti, India, Indonesia, Kenya, Liberia, Madagascar, Malawi, Mali, Mozambique, Nepal, Nigeria, Pakistan, Rwanda, Senegal, South Sudan, Tanzania, Uganda, Yemen, and Zambia.

ⁱⁱ The most recent analysis dates from 2004 (Global Health Risks: Mortality and burden of disease attributable to selected major risks. WHO). Updated figures by disease are not currently available.

MULTI-SECTORAL NUTRITION STRATEGY

USAID's Multi-Sectoral Nutrition Strategy (2014-2025) reflects a vision for 2025 of a world in which countries, communities, and families have the capacity to achieve and sustain healthy, well-nourished populations. This vision includes reductions in rates of childhood stunting and wasting, and improved nutrition for women, in order to save millions of lives, increase resilience, and realize significant benefits to broad-based economic growth and development. To this end, the Multi-Sectoral Strategy sets forth a comprehensive approach to integrate nutrition across our work in maternal and child health, adolescent health, agriculture, livelihoods, water, sanitation and hygiene, HIV/AIDS, family planning, and humanitarian assistance, bringing together a variety of funding streams and approaches across the agency, with nutrition at the nexus.

This brief intends to share the evidence on the links between nutrition-specific interventions and child/maternal mortality, laying the foundation for the larger series of programmatic guidance briefs to follow. These briefs will provide 1) case examples and additional details related to the implementation of successful nutrition activities and programs, 2) evidence on non-mortality outcomes such as impaired cognitive development in children, and 3) in-depth analysis of linkages with other nutrition-sensitive technical areas such as agriculture, family planning, and WASH.

HOW NUTRITION IMPACTS CHILD MORTALITY

Under-nutrition is an underlying cause of more than 3 million child deaths per year.² Under-nutrition has a direct effect on child mortality as it compromises immune function, increases susceptibility to infectious diseases, and hastens the progression, severity and duration of disease. It is also a consequence of poor health, as infectious diseases (e.g. diarrhea, acute respiratory infections, TB, HIV) increase energy requirements and often reduce appetite and nutrient absorption. (Figure 2)^{2,14} Poor sanitation and hygiene contribute to fecal pathogens in the environment, which when

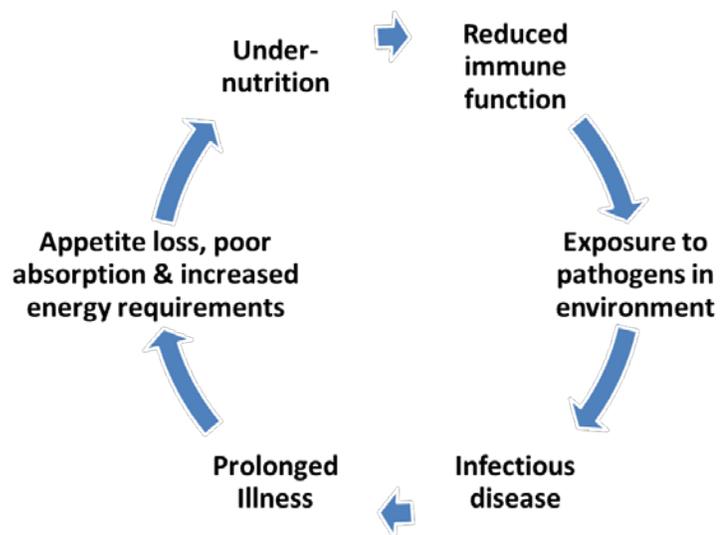


Figure 2: The cycle of under-nutrition and disease

ingested through contaminated food and water lead to disease. While often ignored, poor family planning practices such as short birth intervals and early pregnancy also increase the risk of Small for Gestational Age (SGA) births, under-nutrition, and mortality.⁴ Inadequate maternal nutrition during pregnancy and suboptimal infant feeding are also key risk factors. Child under-nutrition is the leading contributor to the burden of disease in Sub-Saharan Africa and fourth in South Asia.^{5,6} While the immediate causes of child death often 'mask' the synergistic and bidirectional effects of under-nutrition and disease, under-nutrition remains one of the most important underlying determinants of child mortality.² For example, epidemiologic studies show that a severely stunted child has a four times higher risk of mortality and a severely wasted child has a nine times higher risk.²⁰

Timely *nutrition-specific*ⁱⁱⁱ interventions when implemented at critical points in the lifecycle can have a significant impact in reducing child mortality globally if taken to scale in high-burden countries. The 2013 Lancet Series on Maternal and Child Nutrition identified ten evidence-based interventions that, if scaled to 90 percent coverage in 34 focus countries, could reduce child mortality by 15 percent,^{iv} in addition to reducing stunting by 20 percent and severe wasting by 60 percent.² These interventions target pregnant women and children less than two years during the critical 1,000 days window from pregnancy to two years of age. The ten interventions, included in Table 1, are reflected in the USAID Multi-Sectoral Nutrition Strategy, and fall into four broad categories: maternal nutrition during pregnancy (including iron and folic acid, calcium, and energy protein supplementation), infant and young child feeding practices (early and exclusive breastfeeding, and appropriate complementary feeding with foods prepared and provided after hand washing with soap), micronutrient supplementation for children, and management of acute malnutrition. The economic benefits of scaling up these nutrition interventions in 40 low income countries are large, with a return of 16 dollars for every one dollar invested.⁷

There is ample experimental and observational evidence surrounding each of the interventions listed in Table 1. Poor maternal nutrition contributes to poor fetal development and low birth weight, and an estimated 60 to 80 percent of neonatal deaths occur in low birth weight babies.²⁰ Adequate peri-conceptional folic acid supplementation reduces the risk of neural tube defects in the child by 72 percent.² Exclusive breastfeeding (EBF) up to six months has been recommended by the WHO since 2001.²¹ Infants not exclusively breastfed are 15 times more likely to die from pneumonia and 11 times more likely to die from diarrhea than children who are exclusively breastfed.^{v,20} Micronutrient supplementation is one of the simplest and most cost-effective public health interventions. For example, a review of 43 randomized control trials demonstrated that vitamin A supplementation reduced all-cause mortality by 24 percent and diarrhea-related deaths by 28 percent in children aged 6-59 months.² Appropriate management of acute malnutrition, including use of ready to use therapeutic and supplementary foods, combined with safe drinking water, can avert 435,000 child deaths per year according to the Lancet Series analysis.^{2,30} In addition, well-designed nutrition-sensitive interventions can complement the impact of nutrition-specific activities, by addressing the underlying determinants of malnutrition.

HOW NUTRITION IMPACTS MATERNAL MORTALITY

Optimal maternal nutrition is an important contributor to the survival of both the mother and child, and promotes overall women's health, productivity and well-being. Current evidence shows that there are two critical pathways through which women's nutrition affects survival outcomes: anemia and calcium deficiency. The strongest evidence is

ⁱⁱⁱ Nutrition-specific interventions address the immediate determinants of under-nutrition (e.g. exclusive breastfeeding, dietary supplementation). Nutrition-sensitive interventions address the underlying and systemic causes of under-nutrition (e.g. WASH, agriculture, women's empowerment).

^{iv} Since under-nutrition is an underlying rather than direct cause of mortality, nutrition interventions have the potential to reduce it only in part. Additionally, the scale up included in the calculation for this potential reduction does not reach 100% coverage, and while the ten proven interventions may have a significant impact on reducing under-nutrition and mortality, they do not represent the full gamut of available and effective interventions for under-nutrition.

^v Frequent episodes of diarrhea in the first two years of life increase the risk of stunting and mortality, and can impair cognitive development. At the same time, undernourished children have weakened immune systems, which make them more susceptible to enteric infections and lead to more severe and prolonged episodes of diarrhea (Caulfield 2004; Grantham-McGregor, Cheung et al. 2007; Victora, Adair et al. 2008) For more information on the relationship between WASH and nutrition, including environmental enteropathy, please refer to the WASH & Nutrition Technical Implementation Brief, which is part of this series.

around anemia, a condition in which a person's blood has too few red blood cells or hemoglobin to transport oxygen to cells in the body.^{vi} Maternal anemia is estimated to contribute to 20 percent of maternal deaths.³ Severe anemia, when hemoglobin levels are less than 7.0 g/dl, presents a significant risk of mortality for women of reproductive age, whether or not they are pregnant.⁸ Pregnancy increases the risk of maternal anemia (specifically iron deficiency anemia) as there is an increase in maternal iron requirements to support both maternal and fetal needs.⁹ The risks associated with anemia increase as hemoglobin levels decrease. In one study performed in Kenya, women of reproductive age with severe anemia were *eight* times more likely to die than those with higher hemoglobin levels.⁸ Very severe anemia can lead to heart failure and death from shock.⁸ There is growing evidence that anemia is linked to increased blood loss during delivery, and puts women at greater risk of postpartum hemorrhage (PPH).¹¹ PPH is responsible for 25 percent of maternal deaths, globally, and is the leading cause of maternal mortality.^{12,18} With high levels of anemia among pregnant women in many of the EPCMD priority countries (52 percent in South Asia and 56 percent in Central and West Africa), and issues of access to health care in these settings, the necessity of preventive actions for anemia is clear.¹⁵ There are also significant co-morbidities such as malaria infection and shorter birth intervals that interact with anemia and increase the risk of mortality.

At least half of anemia cases can be prevented through interventions that increase iron uptake and stores, as well as those that reduce blood loss and infection, and address other micronutrient deficiencies. In high-risk settings, emphasis must be placed on improving maternal iron status not only during pregnancy, but also prior to pregnancy so that the mother's iron stores are sufficient before they are subjected to the additional demands of the pregnancy. Iron supplementation is a very effective intervention for reducing the risk of anemia in women, both pregnant (70 percent reduction in risk of anemia at term) and non-pregnant (27 percent reduction).² Particularly during pregnancy, the high requirements for iron are difficult to reach through diet alone, and WHO recommends that in areas of high levels of iron deficiency, women should receive six months of daily iron supplementation during pregnancy.¹⁶ Nutrition-sensitive interventions that increase dietary diversity and improve regular consumption of iron-rich food sources and iron-fortified foods are also important interventions for maintaining iron levels throughout the life cycle.

Epidemiological studies have linked low calcium intake to gestational hypertension — a condition of high blood pressure during pregnancy which can lead to pre-eclampsia and eclampsia, now the second most important cause of maternal mortality worldwide.^{vii,17} Calcium supplementation during pregnancy prevents pre-eclampsia in communities with low calcium intake.⁸ Supplementation reduces pre-eclampsia risk by 55% and preterm births by 24%, as well as reducing the risk of fetal growth restriction.²

^{vi} The causes of anemia are multifactorial. Anemia is a clinical condition that can be caused by low iron consumption, malaria infection, intestinal worms, genetic disorders (thalassemia, sickle cell), or other infectious diseases (e.g. HIV, TB). While iron deficiency is thought to be the most common cause of anemia globally, other micronutrient inadequacies, including folate, vitamin B12 and vitamin A, can also lead to anemia. More broadly, all causes of anemia can be classified into three groups: (1) blood loss (e.g. bleeding, NSAID consumption, gastrointestinal tract conditions, childbirth, menstruation, helminths); (2) a decrease of faulty red blood cell production (e.g. iron deficiency anemia, vitamin deficiencies, genetic disorders, bone marrow and stem cell production disorders); (3) destruction of red blood cells (e.g. genetic disorders, toxins from advanced liver and kidney disease, hemolytic disease in newborns and pregnant women, clots, malaria).

^{vii} Pooled analysis showed that calcium supplementation during pregnancy reduced risk of pre-eclampsia by 55% and that of severe pre-eclampsia by 25%.

Lastly, there is some initial evidence on the beneficial maternal health effects of vitamin A, zinc, and multiple micronutrient supplementation, as well as emerging interest around adolescent nutrition. For example, vitamin A may improve maternal immunity and reduce anemia.⁸ However, more research is necessary to establish causal links with maternal mortality reduction or any other effects on maternal and child health. Similarly, only limited rigorous research has been done to explore the relationship between maternal anthropometry and mortality, though there is some evidence that maternal underweight is associated with maternal mortality, including increased risk of difficult labor and the need for Cesarean section.^{17,30} Maternal under-nutrition, both stunting and underweight, is strongly associated with an increased risk of infants born small for gestational age (SGA).¹⁷ Maternal obesity is associated with maternal, neonatal, and infant death, and complications including gestational diabetes, pre-eclampsia, hemorrhage, infection, and birth trauma.¹⁷

CONCLUSION

Scaling up high impact nutrition interventions is essential to ending preventable maternal and child deaths. Integrating nutrition-specific interventions into maternal and health programs should be a priority for USAID health projects. Optimal maternal and child nutrition in the first 1,000 days helps ensure healthy mothers and newborns, good growth and development for infants and children, and decreases vulnerability to infectious diseases and the negative cycle of disease and under-nutrition that leads to child death. A global consensus exists on the efficacy of these critical high-impact and cost-effective maternal and child nutrition interventions. Programs and Missions will need to consider context-specific implementation challenges and cost-effectiveness, which will be explored in the accompanying implementation guidance briefs in this series.

Table 1: Nutrition-Specific Interventions to Reduce Child and Maternal Mortality

Interventions*	Effects on Disease & Mortality*	Illustrative Actions**
Child Nutrition^{viii}		
Promotion of early and exclusive breastfeeding up to six months; continued breastfeeding through 24 months and longer along with appropriate and timely introduction of adequate and safe complementary foods. ^{ix}	Reduces risk of diarrheal disease and acute respiratory infections. Reduces neonatal/child mortality. Improves immune function.	Comprehensive SBCC interventions, including counseling and support at facility and community levels. Growth monitoring and promotion to detect and respond to faltering. Implement Baby-Friendly Hospital Initiative. Implement International Code of Marketing of Breast-milk substitutes. Protection of maternity benefits. Responsive/Active feeding.
Appropriate complementary feeding education or provision.	Reduces risk of infectious disease and neonatal/child mortality.	Comprehensive SBCC interventions, including counseling and support at facility and community levels. Complementary foods should support continued breastfeeding, start at 6 months of age, and include a variety of nutrient-rich foods given in amounts, frequency, and consistency to cover the nutritional needs of the growing child. Use of multiple micronutrient powders for home fortification of foods consumed by infants and young children 6-23 months, when appropriate.
Vitamin A supplementation for children between 6-59 months of age.	Reduces mortality, improves immune function, reduces severity of illness, reduces risk of visual impairment, and allows faster recovery from infectious disease such as measles, malaria, and diarrhea.	Vitamin A supplementation campaigns in vulnerable population; and along with treatment for measles, diarrheal, and acute malnutrition.

^{viii} Many of these interventions may be included in a broader IMCI or ICCM platform.^{ix} For additional guidance: http://www.who.int/nutrition/publications/globaltargets2025_policybrief_breastfeeding/en/

Zinc supplementation for children between 12-59 months of age.	Improves immune function. Reduces severity of diarrheal disease. Improves recovery from various infectious diseases. Reduces mortality in <5s.	Zinc supplementation to children with diarrhea. Should be paired with ORS for diarrhea.
Management of moderate acute malnutrition.	Reduces mortality in <5s.	Screening/measurement, identification, and treatment of malnutrition, e.g. supplementary feeding
Management of severe acute malnutrition.	Reduces mortality in <5s.	Screening/measurement, identification, and treatment of malnutrition, e.g. therapeutic feeding, CMAM or IMAM.
Maternal Nutrition		
Multiple micronutrient supplementation in pregnancy.	Reduces incidence of low birth weight, small for gestational age births, preterm births. Promotes early childhood growth. Reduces maternal anemia. Reduces mortality in <5s.	Multiple micronutrient supplementation for pregnant women, per country guidelines and may include vitamin A, B1, B2, B6, B12, niacin, folic acid, vitamin C, vitamin D, vitamin E, copper, selenium, iodine, iron, zinc. ^x
Calcium supplementation to mothers at risk of low intake.	Reduces gestational hypertension, pre-eclampsia, preterm birth, and fetal growth restriction. Reduces maternal mortality.	Calcium supplementation for pregnant women.
Balanced energy protein supplements as needed.	Reduces fetal growth restriction, small for gestational age, still births, low birth weight, and adverse perinatal outcomes.	Provision of supplements, with approx. 25% of total energy as protein. (2)
Periconceptional folic acid supplementation or fortification.	Reduces risk of neural tube defects, low birth weight, anemia, and mortality in <5s.	Intermittent iron and folic acid supplementation in menstruating women. Daily supplementation with iron and folic acid for women during pregnancy.
Iron supplementation for WRA or pregnant women.	Reduces maternal anemia, low birth weight, and neonatal mortality.	Intermittent iron and folic acid supplementation for non-anemic pregnant

^x Drawn from Cochrane Review: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004905.pub3/full>

		women (1, 2, or 3 non-consecutive days/week). Fortification of cereals and other foods.
Global		
Increased dietary diversity ^{xi}	Reduces micronutrient deficiencies	Increase variety and quantity of micronutrient rich foods, including animal source foods that enhance absorption of micronutrients.
Wheat and maize flour fortification	Reduces micronutrient deficiencies	Industrial fortification in countries where industrially produced flour is consumed by large population groups

*Drawn from 2013 Lancet Series on Maternal and Child Nutrition unless otherwise indicated

** Drawn from WHO Essential Nutrition Actions (2013) unless otherwise indicated.

This Technical Brief will be periodically updated. Comments from readers are welcome, especially comments to help clarify the information provided or where additional information may be useful. (Last updated July 20, 2015.)

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