



ABSTRACT

The first 1000 days of life, an opportunity that must be taken for the future generations

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Abstract : Nutrition Virtual Symposium 2022 - Speaker

The “developmental origins of health and disease” (DOHaD) is a concept that has proven the link between the state of maternal health and risk from disease in later childhood and adult life with the environmental conditions of the early life. Hence, the first 1000 days is reported as a critical period of opportunity for interventions to prevent stunting and other associated pathologies at later life. Missing this opportunity may lead to detrimental and long term effect on the health and future of the child. Stunting can be used as an example of outcome of poor maternal nutrition and child nutrition. The incidence of stunting is on the rise despite active interventions using the conventional nutrition education approaches. Perhaps, it is timely to consider are more acceptable approach by the current community. Could digital health open the path for more innovative intervention in this critical area? The rise of mobile phone ownerships, there are new opportunities to use digital based technologies to empower and educate parents to reduce the risk and incidence of stunting in infants and children. The lecture is aimed to review related digital based interventions globally and explore other possible effective approach in ensuring that the health of the future generation is nurtured as early as possible.

Keywords: 1000 days, stunting, future generations

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