

Breaking the vicious cycle of poverty and malnutrition in Myanmar

English version

Across Myanmar, many infants
and children are **malnourished.**



1 in 8 infants are a low weight for their length or 'wasted'...

...and a **quarter of children** under 5 are shorter than they should be for their age (stunted).





Increasing food prices



Reduced income



Reduced access
to healthcare



COVID-19



Conflict and unrest

have all made it even **harder** to make sure everyone gets the nutrition they need.

Without good nutrition





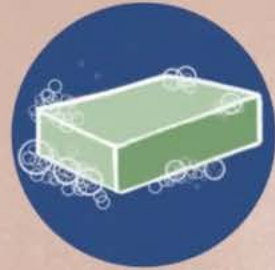
people can fall into
a vicious cycle of
malnutrition
and poverty.



To achieve **good nutrition...**

...people need
the right balance
of **nutrients**,





the right
environment,



and nutrition-related **care**,

at **two of the most critical stages** in life:





The **first 1,000 days** of life



and **reproductive age** in women

Why are these stages so **critical**?



Aye Aye and Kyi's story

The first 1,000 days

The first 1,000 days

Aye Aye has just given birth to a baby girl, Kyi.





Aye Aye's
breastmilk can
provide **all the
nutrients** Kyi
needs for **six
months.**



Lack of support



Illness



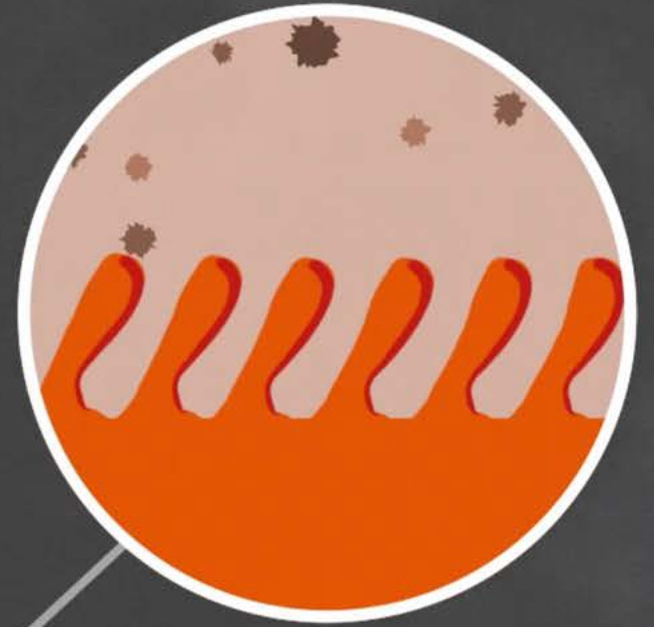
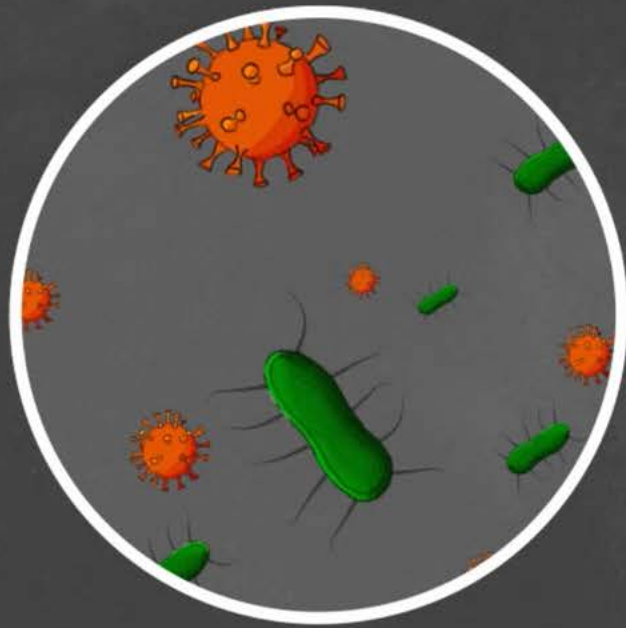
Stress

But if Aye Aye is **struggling** to
breastfeed for any reason...



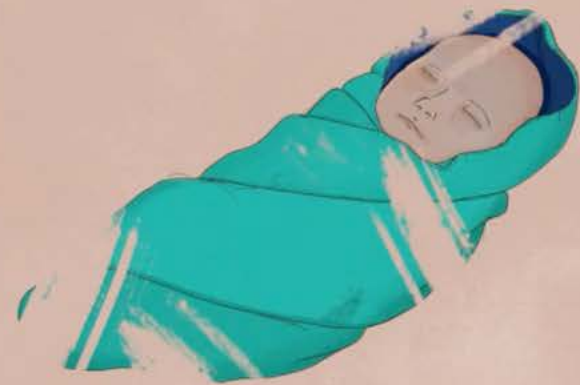
...Kyi is **more likely** to become unwell

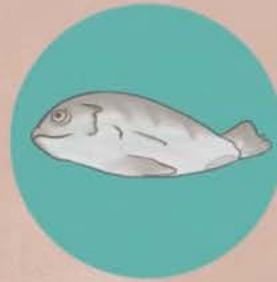
Her immune system
**won't develop
properly...**



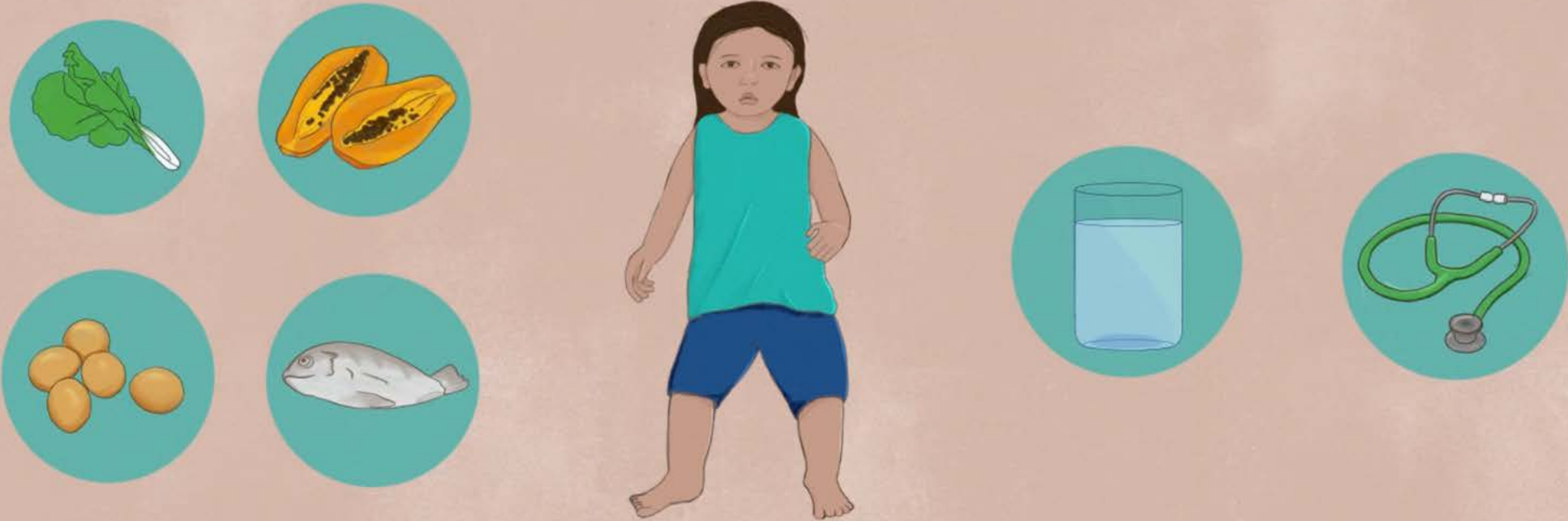
...and her
growth will falter.

If she **survives,**

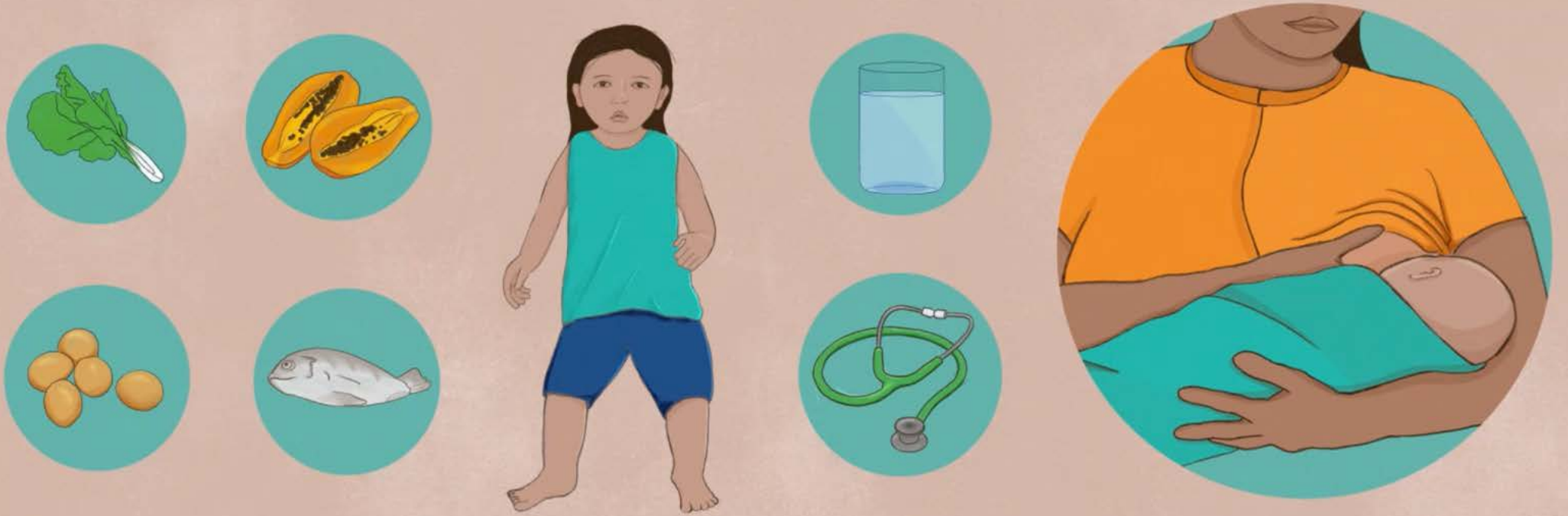




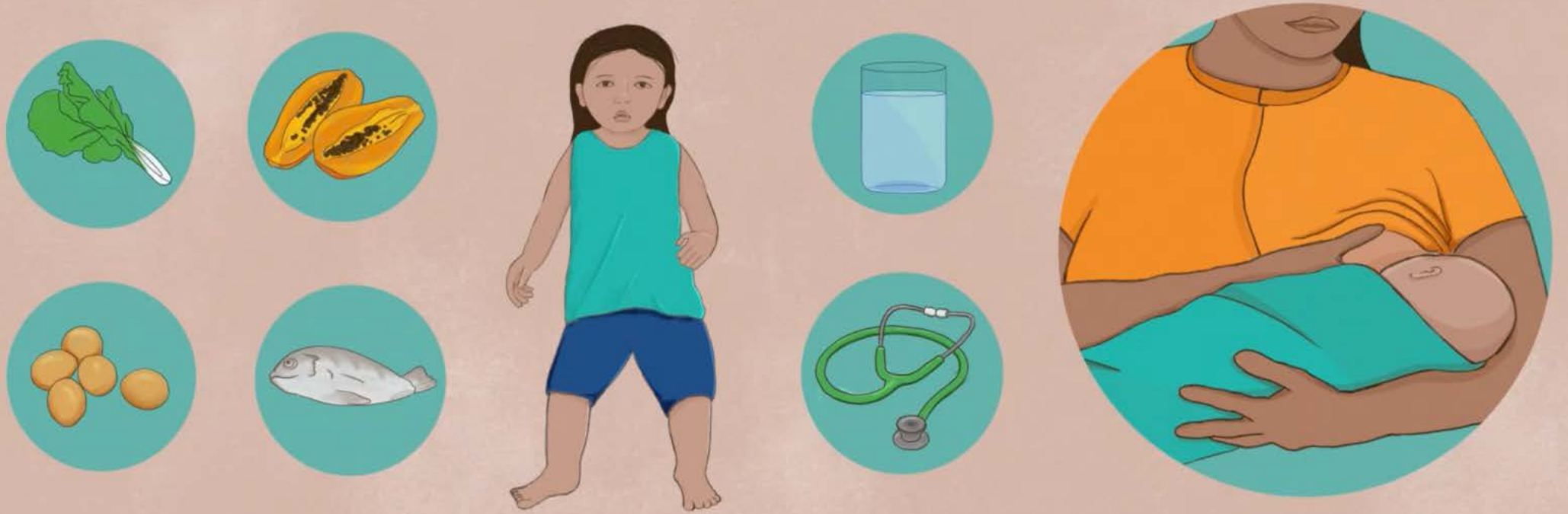
Kyi will need a **range of foods,**



...access to **clean water** and **healthcare**...



...and **continued breastfeeding**
until she is two years old...



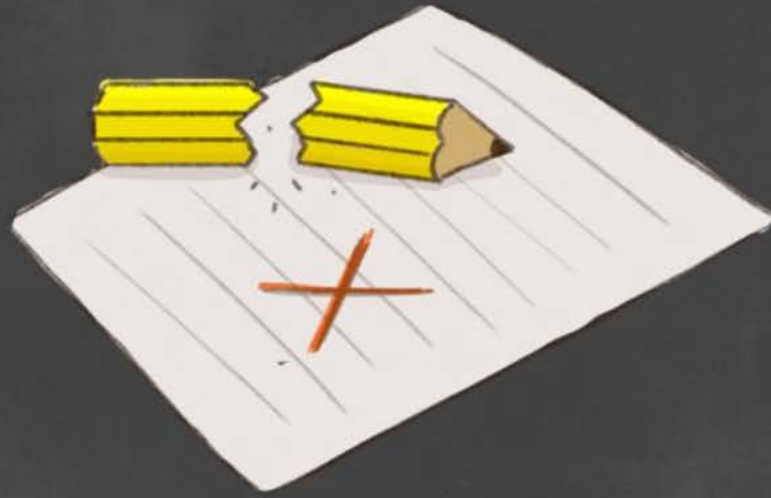
...to get the nutrients she needs.

Without these, Kyi might
not **grow properly**...





...affecting the way
her **brain** develops.



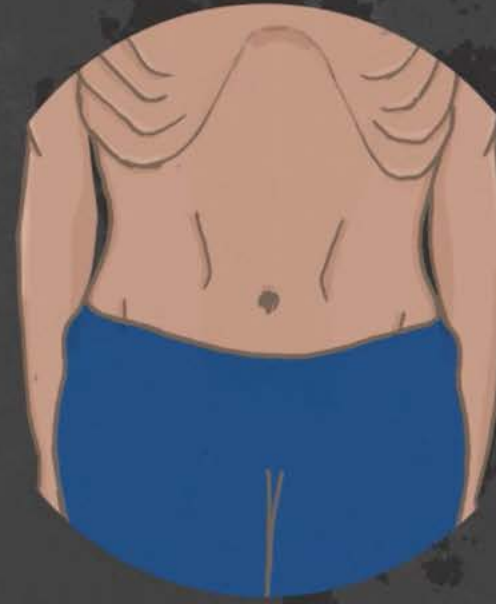
As a result, she'll **struggle**
to learn in school,





and have **reduced earning potential** as an adult.



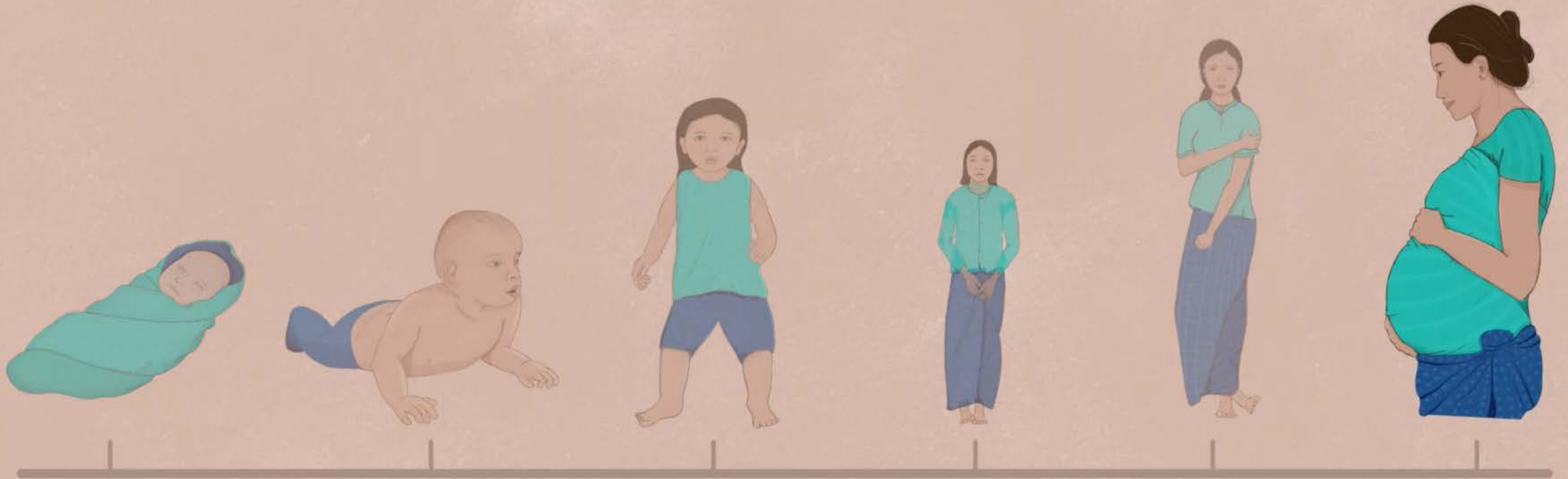


Worse still, she'll have
an **increased chance** of
future malnutrition...



...and increased
risk of **death**.

Reproductive age



Reproductive age

Kyi is now expecting
a **child of her own.**



To help her baby develop, she needs the right balance of **care**, **nutrients**, and **conditions**.

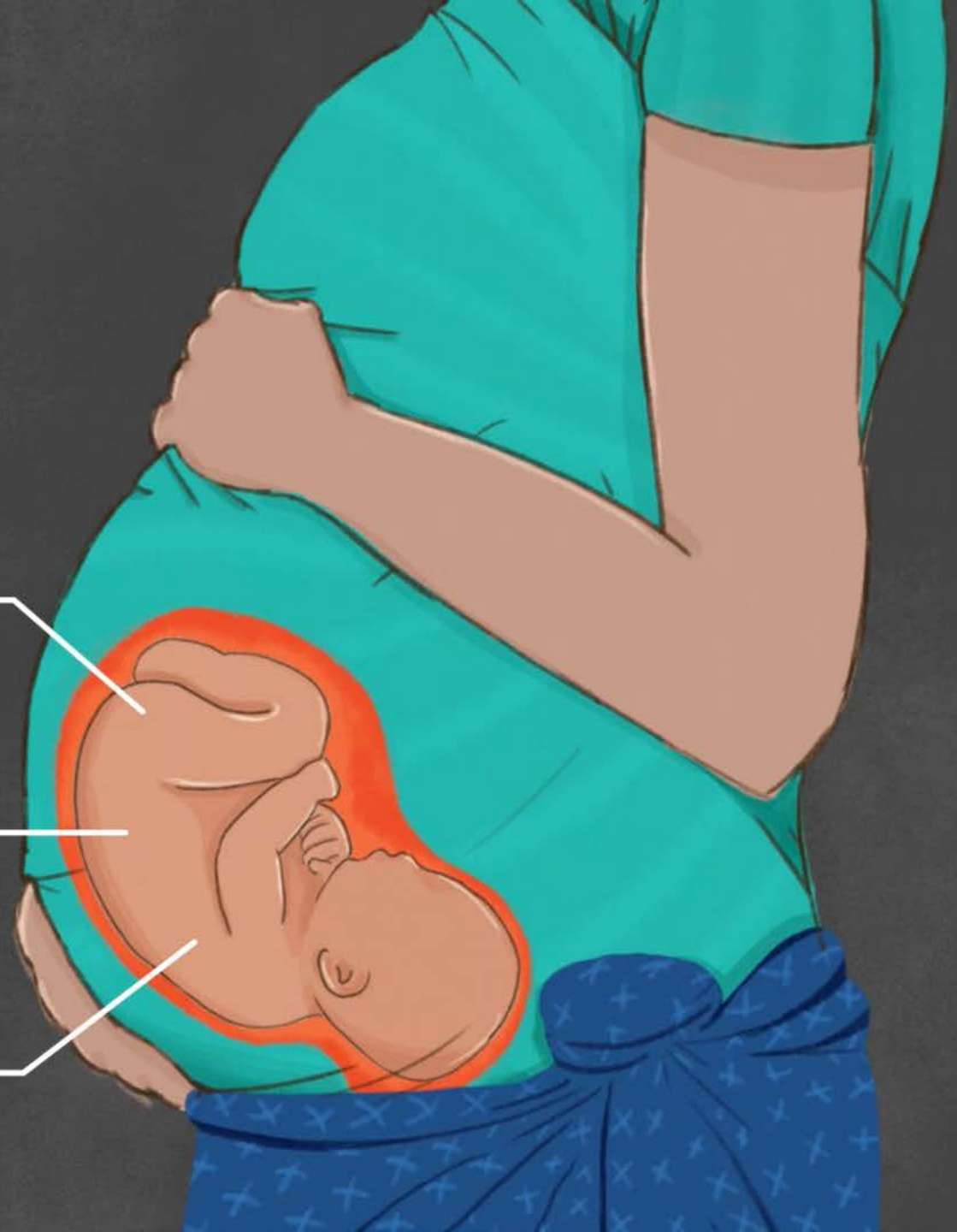


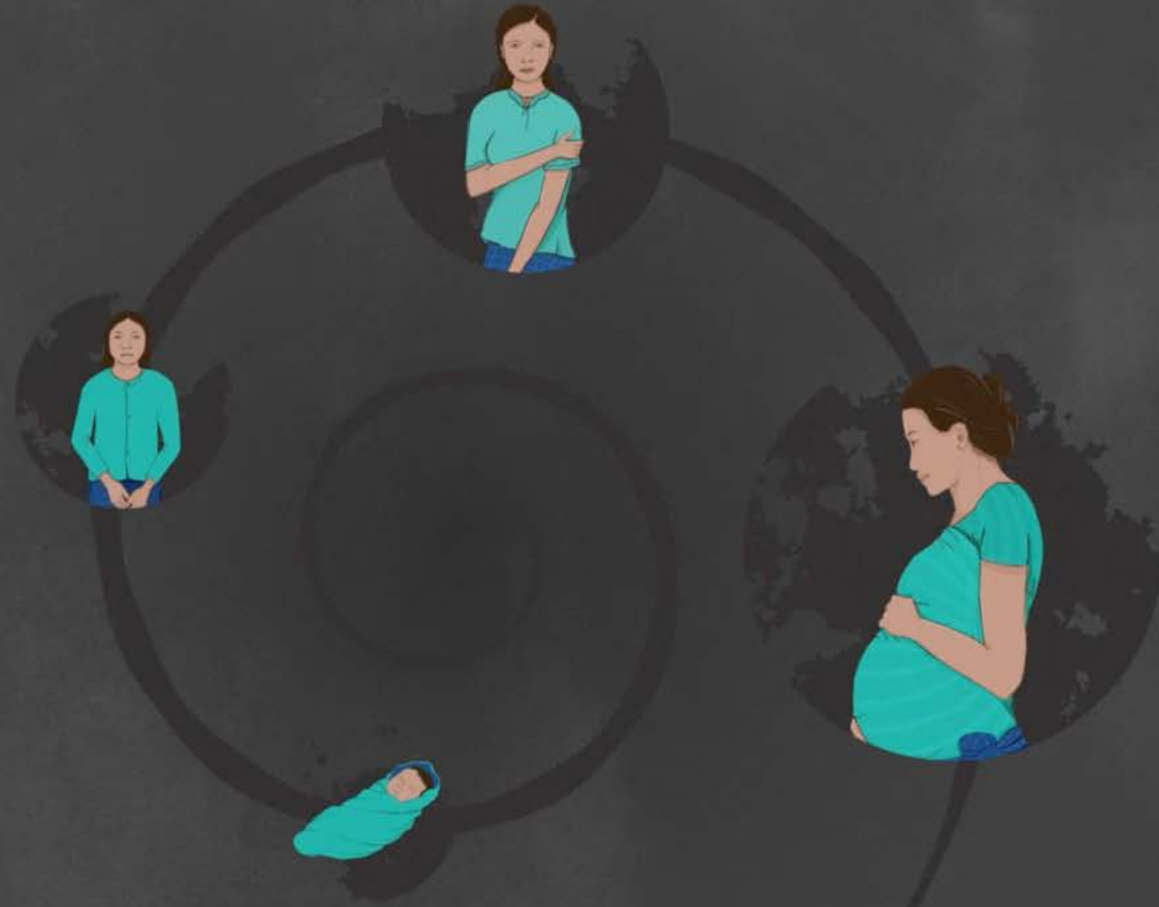
Without these,
Kyi's baby is at
higher risk of:

Premature birth

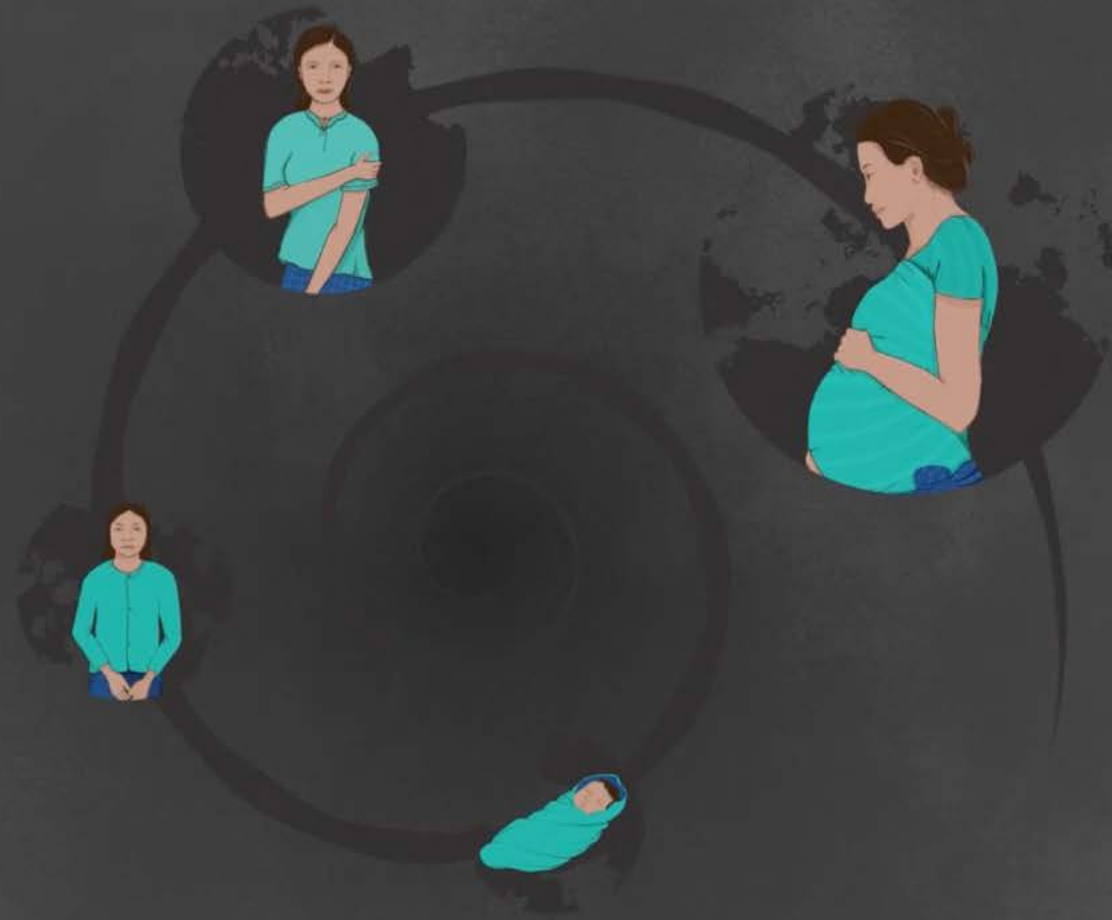
Low birth weight

Malnutrition





This is made **worse** because Kyi was **malnourished** when she was younger.



If nothing is done...



...the vicious cycle of poverty and
malnutrition **will continue**



But **together...**

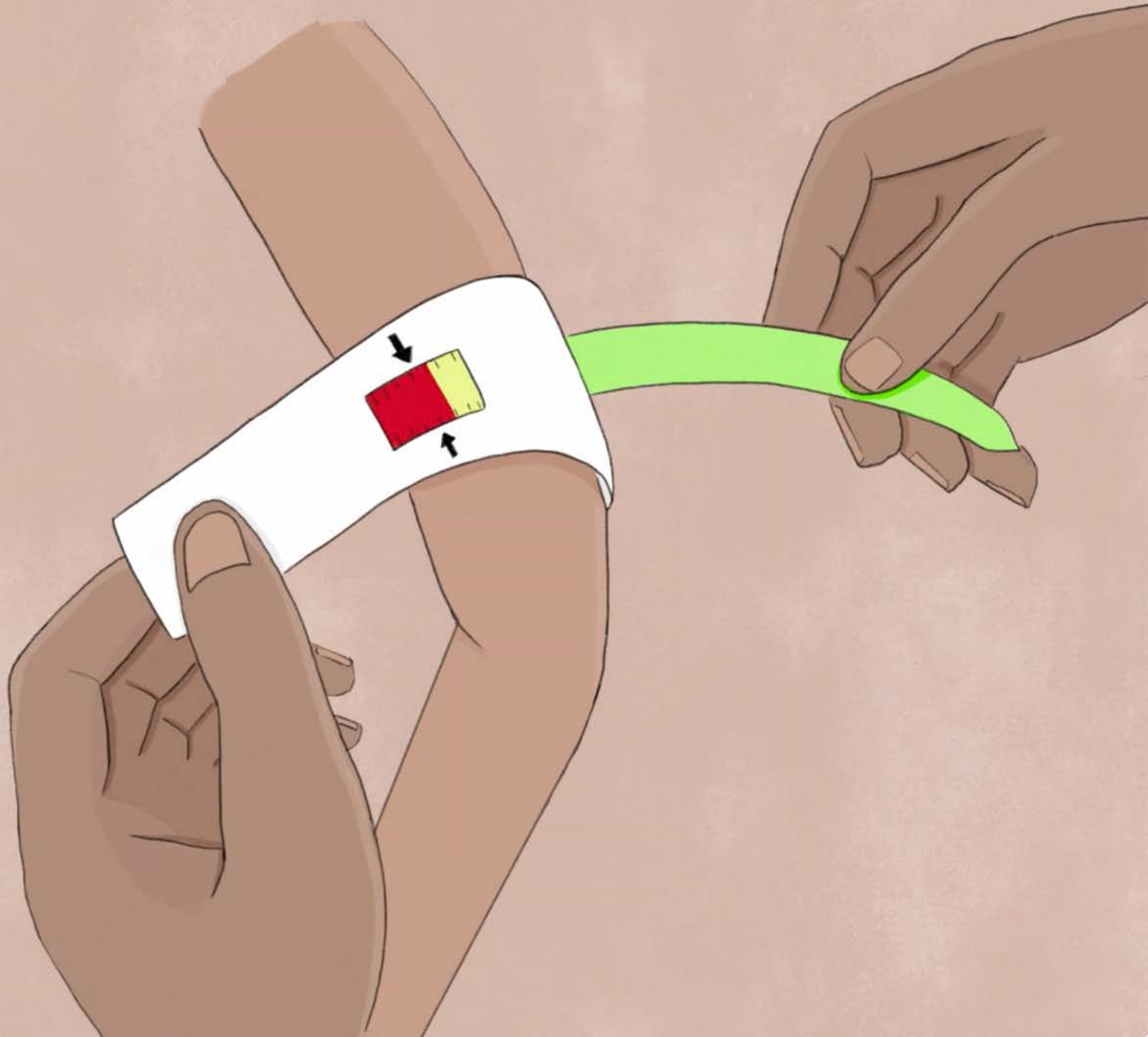




...we can put a **stop**
to this vicious cycle.



We must
increase
**screening for
wasting** and
prioritise other
**nutrition
interventions**
across
sectors,

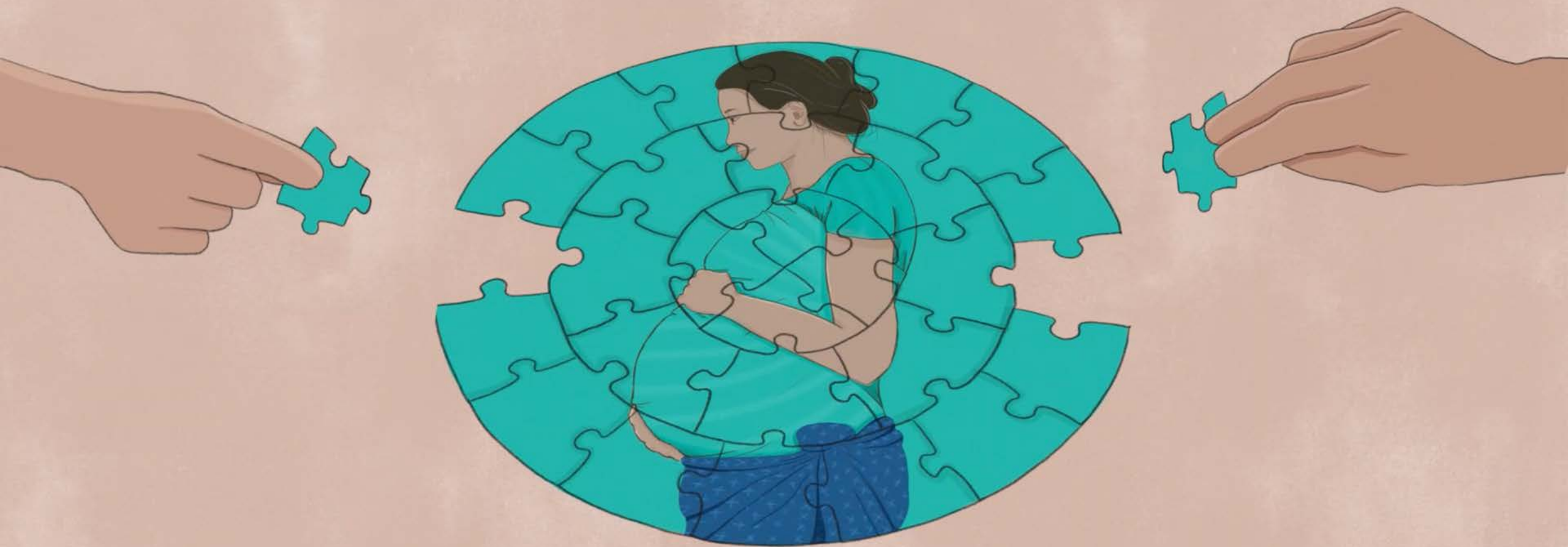




prioritise people **most vulnerable** to malnutrition,

provide and sustain **multi-year, flexible
project funding** across sectors,





and **coordinate** with other actors
across sectors to prevent gaps.



This will help **prevent all forms
of malnutrition...**



...and deliver **timely services and care** to those most in need.



For more information on what actions you
can take, visit **bit.ly/DemystifyNutrition**

HARP-F
Humanitarian Assistance and
Resilience Programme Facility

