

The 1,000-Day Window: How Can We Improve Nutrition?

Nutrition during the 1,000-day window of a child's life (from pregnancy to the 2nd birthday) is crucial to their development and can influence the long-term health of children and societies.

Nutrition status in the US

During pregnancy and lactation



Low average intake of vegetables, fruit, and dairy



Excess consumption of added sugars, saturated fat, and sodium

During infancy and toddlerhood



<25% children fed exclusively human milk for the first 6 months



1 in 3 infants started on complementary foods too early, before 4 months

Proposed framework to improve nutrition



Improve research and public health surveillance to enhance data gathering for underrepresented subpopulations



Optimize federal programs to reduce barriers, increase implementation of standards, and address inequity



Tailor communication to families that is culturally and linguistically relevant

Efforts to optimize nutrition in the 1,000-day window must be expanded