

IMPORTANCE OF NUTRITION IN THE FIRST 1,000 DAY WINDOW

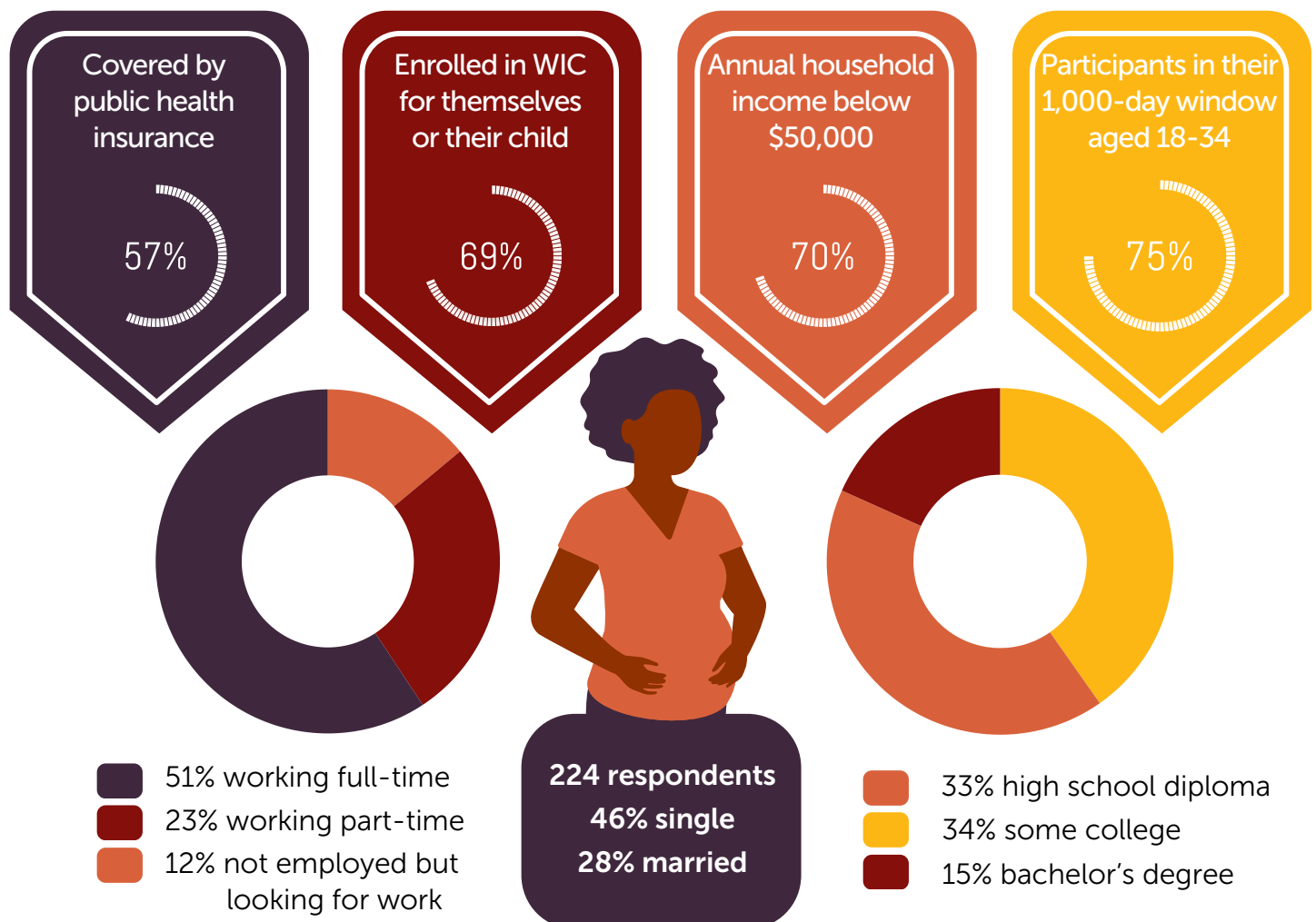
Good nutrition is vital before, during, and after pregnancy, as it has a significant impact on the health of both mother and child. Over the last two decades, science has shown that the 1,000-day window, from conception to a child's second birthday, is the most critical time for brain development and when good nutrition has a tremendous influence on future health.

For the first time, The Dietary Guidelines for Americans, 2020-2025, provided specific nutrition recommendations for infants, toddlers, and pregnant and breastfeeding people in the first 1,000 days. This guidance informs federal nutrition programs that reach young children and their families, serves as a source for healthcare providers, and offers parents and caregivers nutrition advice.

GATHERING KNOWLEDGE FROM BLACK INDIVIDUALS

1,000 Days surveyed and interviewed 224 Black pregnant and postpartum people in the United States to better understand the perceptions and attitudes around the nutritional information they receive before, during, and after pregnancy. The survey also shed light on gaps in culturally relevant communications about healthy diets and weight gain during the 1,000-day window, as well as nutrition attitudes, supports, and barriers.

WHO DID WE SURVEY? WHAT DID WE FIND?



OVERALL HEALTH STATUS

71%

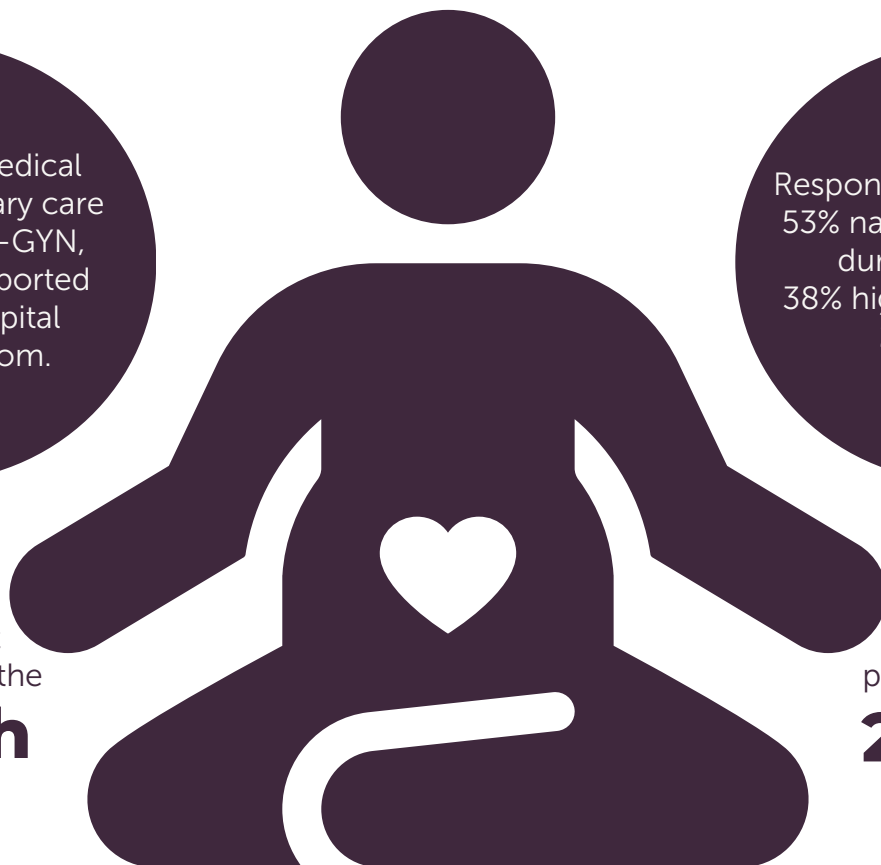
consider themselves to be in excellent or very good health. Only 1% reported being in poor health.

73% received medical care from a primary care physician or OB-GYN, although 41% reported going to a hospital emergency room.

Respondents experienced:
53% nausea and vomiting during pregnancy
38% high blood pressure
26% obesity

38% had their first prenatal care visit in the **1st month** of pregnancy.

33% had their first prenatal care visit in the **2nd month** of pregnancy.



NUTRITION PERCEPTIONS AND CHOICES

While most respondents changed diets due to how they felt (bothered my stomach 58%), many said they made changes because they either read about how certain foods could do harm (46%) or their healthcare providers suggested doing so (45%).

Respondents recognized their personal health, including the food they consumed (61%) and vitamins they took (73%), had an impact on the health and well-being of their child.

38%

of respondents believed they could eat whatever they craved.

75% ate more vegetables and fruits and 50% ate more whole grains during pregnancy. 44% consumed less processed meat and sugary beverages.



SOURCES OF NUTRITION INFORMATION



39%

preferred source of information and advice on nutrition was from their healthcare providers.

67%

wished for an opportunity to work with a Registered Dietitian Nutritionist and/or a Prenatal Nutrition Specialist.

Respondents received nutritional information from:
59% healthcare providers
48% family members, friends, or neighbors
47% online sources

A high value was placed on nutritional information from their doctors and wanted to receive more. Social media emerged as a priority source of nutritional information (10%) in Gen Z mothers.

TIMING AND QUALITY OF INFORMATION

The participants need help cutting through the inconsistencies in available information regarding healthy diets.

44%

learned about nutritional foods and vitamins in the first trimester.

The respondents are looking for nutrition information that reflects personal circumstances such as food access and availability and is culturally relevant.

30%

learned about nutritional foods and vitamins up to one year or more before conception.

1,000 Days, an initiative of FHI 360, leads the fight to build a strong foundation for mothers, children, and families to thrive.



Learn more at thousanddays.org