

A Snapshot of the First 1,000 Days in America

THE 10 BUILDING BLOCKS FOR NUTRITION

HOW THE U.S. IS FARING



A healthy and nutritious diet for mothers during pregnancy

Nearly half of women gain an excessive amount of weight during pregnancy.



Good care for all mothers during pregnancy

The U.S. has one of the highest maternal mortality rates of any wealthy country in the world.



Exclusive breastfeeding for the first 6 months

Only 25% of infants are exclusively breastfed at 6 months.



Nurturing, responsive care and feeding of babies and toddlers

Less than half of U.S. mothers receive any paid time off to care for their newborn.



The right foods introduced to babies at the right times

More than half of parents introduced solid foods to their babies too early.



A healthy and nutritious diet for babies and toddlers

Nearly 1 in 5 babies are not getting enough iron in their diets—a key nutrient for brain development.



Paid time off for working parents to care for their newborns

1 in 4 new mothers return to work just two weeks after giving birth.



The right knowledge and skills for parents and caregivers to properly nourish young children

54% of mothers say they receive mixed messages about what to feed their young children.



Consistent access to enough nutritious food for families of young children

1 in 6 children under the age of 6 live in families that struggle to put enough nutritious food on the table.



Societal investments in the well-being of every baby and toddler

1 in 5 infants and toddlers live in poverty.