



Maternal and child health are interconnected. Maternal malnutrition can have a wide range of consequences for both the mother and child. Good maternal nutrition is therefore critical for the health and well-being of mother and child.

Mortality is highest in children under five, occurring in the first month of life. The first 1,000 days is a healthy start for all children. It is a golden opportunity to provide good nutrition, breastmilk being the ideal food that provides all the energy and nutrients that the infant needs. Indeed, breastfeeding is an effective way of ensuring child health and survival.

Pregnant women, on the other hand, need good nutrition for their own health to ensure good birth outcomes, to reduce the risk of low birthweight, anemia, neural tube defects, and preterm birth.

The Perinatal Association of the Philippines is one with the World Health Organization and all global agencies in supporting interventions to optimize maternal and child health and nutrition. It is important to support quality maternal care with utmost respect and dignity to help ensure a positive pregnancy, at the same time to provide quality birth and postnatal care to reduce infant mortality, and to improve growth and development.

We need collective action and rise above the challenges and difficulties that confront mothers and their children. Each one of us plays a vital role in providing quality healthcare and good nutrition that in the end will save lives, enhance productivity, and ultimately, economic prosperity.

Thank you very much.

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