

NATIONAL GUIDELINES OF NUTRITION FOR PREGNANT WOMEN AND BREAST FEEDING WOMEN

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The purposes of building the documents

- To improve knowledge and practical skills of health staffs in nutrition care for Pregnant women (PW) and Breast feeding women (BrfW) at all levels.
- To be a handbook widely used at national health centers for nutritional care and counseling for PW and BrfW.

Objects to apply

- Health staffs at all levels who perform nutrition checking and consultancy for PW and BrfW
- Nutrition collaborators at community

Progress of building the documents



From October 2016 – to March 2017

The subjects of the documents

1. The importance of nutrition care for PW and BrfW.
2. Nutrition demand for PW and BrfW.
3. Milk and milk products recommendation for PW and BrfW.
4. Nutrition for PW and BrfW.
5. Nutrition in case of pathology in pregnancy.
6. Nutrition consultancy for PW and BrfW

Topic1

The importance of nutrition care for PW and BrfW

**Nutrition
pregnanc
y**

Affect to the
development
of fetal



Affect to
maternal
health



- Premature, underweight of infants
- Innate defects
- Intelligence development of children
- Noncommunicable diseases when child grow up
- Gain weight properly
- Reduce obstetrics complications
- Increase the ability of breast milk producing of mother after delivery.
- Limit common problems during pregnancy and the risk of some diseases for mothers

Topic 2

Nutrition needs for PW and BrfW

Rules: Recommended needs are built to target group of objects:

- Pregnant women (Pregnancy: First 3 months, 3 Middle months, Last 3 months)
- Breast feeding women: 0-6 months; 6- 12 months

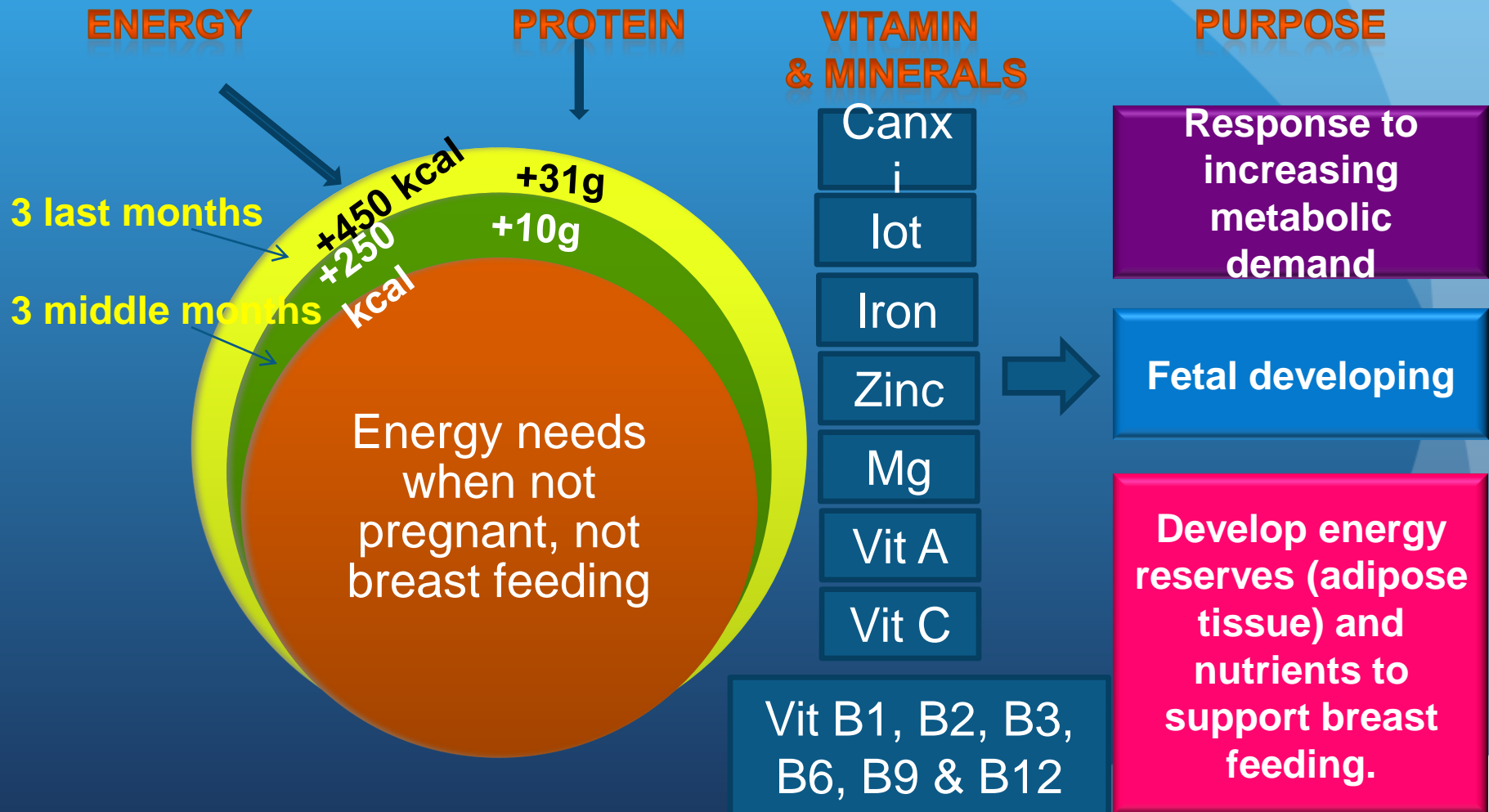
I. Recommended need for energy and nutrients

- Protein
- Lipid
- Glucid
- Fibre

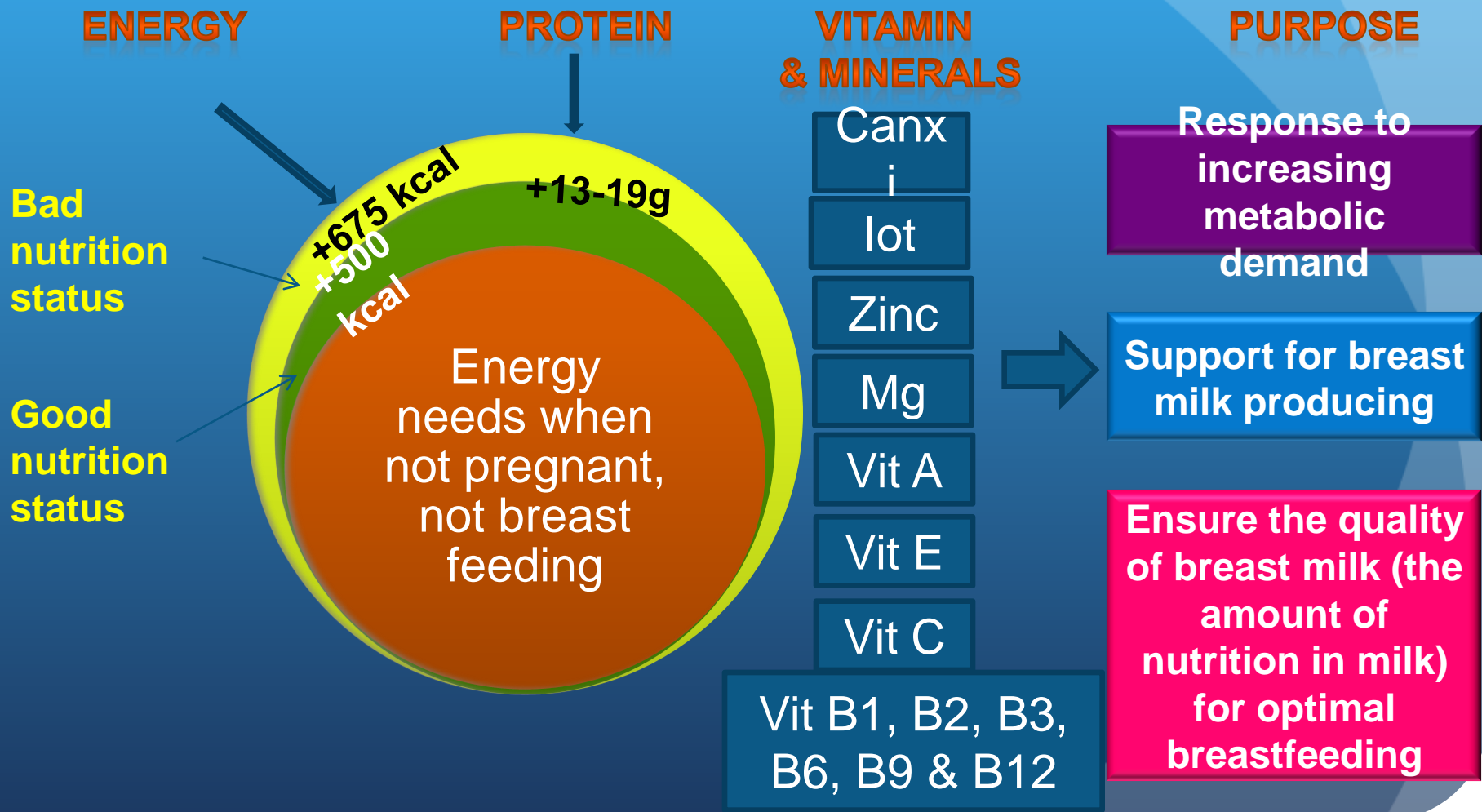
II. Recommended need for Vitamins and mineral

- Macro Mineral: Calcium, Phosphorus, Magnesium,..
- Micro Minerals: Iron, Zinc, Iodine, Selenium, Copper, Chromium, Manganese, Fluorine,..
- Vitamin:
 - Vitamin soluble in oil: A, D, E, K,
 - Vitamin soluble in water: B1, B2, B6, B9, B12, C,
- Water and electrolytes (Na, Ka, Cl)

Pregnant women should be exclusively supplemented with energy, protein, vitamins and minerals to help the fetus develop well



Breast feeding women should be exclusive supplemented with energy, protein, vitamins and minerals to help breast milk producing



Topic 3

Recommendation for milk and milk products using for PW and BrfW

Nutritional value of milk and
milk products

Recommended use of milk and
milk products (units/day)

- Pregnant Women
- Breastfeeding Women

Note in selecting for milk and
milk products



PW and BrfW



PW



BrfW



Intervention research on fomular milk for PW and BrfW in Vietnam

- **Intervention research:** Use micronutrient-fortified milk with 2 glass/day for 228 mothers from 26-29 weeks of pregnancy to 3 months after giving birth in the Institute of Nutrition
- **Improved anthropometric indicators of infants**
 1. Reduce: Rate of underweight, short length infants...
 2. Increase the rate of exclusive breastfeeding (in the first 3 months)
 3. Increase breast milk producing.

Topic 4

Nutrition for PW and BrfW

1. Nutrition care for women in pregnancy

First
3 months

Middle 3
months

Last
3 months

Note:

- Pregnancy weight gain
- Iron/folic supplement
- Properly nutrition diet
- Regime of rest, work and personal care

2. Nutrition for Breastfeeding women

Properly
nutrition diet

Properly
breastfeed baby

Topic 5

Nutrition in case of pathology in pregnancy

◆ Pathological group:

1. Pregnant women with aglobulia and shortage of micronutrients.
2. Pregnant women with heart disease
3. Pregnant women with liver disease
4. Pregnant women with pre-eclampsia
5. Pregnant women with diabetes

◆ Structure:

- Nutrition principles
- Recommended suitable food groups
- Regime of rest and work properly
- Sample menu and table of conversion units for foods (recommended for women with pre-eclampsia and diabetes)

Topic 6

Nutrition consultancy for PW and BrfW

- ❖ The rules of nutrition consulting for PW and BrfW
- ❖ Individual consultancy
- ❖ Group consultancy
- ❖ Requirement of a nutrition consultation
- ❖ Skills for Nutrition consultancy for PW and BrfW
- ❖ Nutrition counseling process

Plan for implementing

Dissemination Workshop

(done)

- Disseminate the Nutrition Guidelines for PW and BrfW to leaders of MOH and the subordinates; The leaders of the Health Services Departments, hospitals, reproductive health centers and health subordinates of the provinces /cities throughout the
- Discuss on the TOT training plan and implement guidelines plan at local in following time.

In the North:
Ha Noi
22/3/2017

In the South:
HCM city
23/3/2017

In the Middle: Đà
Nang
24/3/2017

Plan of implementing (continue)

Develop the training materials

Training

Training for health staffs working in hospitals about implementing and introducing

- Quantity: 01 course
- Planning time: On..... 2017

North

- Bach Mai Hospital
- National obstetrics hospital
- E Hospital
- Thai Nguyen General Hospital

Central

- Da Nang hospital of Obste. and Pediatrics
- Hue National General Hospital
- Quang Nam National General Hospital

South

- Tu Du Hospital
- Hung Vuong Hospital
- Private Hospitals on Obstetrics?

Plan of implementing (continue)

Training
(TOT)

Target trainees: Health staffs working on consultancy of Nutrition in hospitals, provincial/city reproductive health care centers
Planning time: 2017

Ha Noi

Da Nang

HCM City

Course 1:

4-5
provinces

Course 2:

4-5
provinces

Course 3:

4-5
provinces

Course 4:

4-5
provinces

Course 5:

4-5
provinces

Course 6:

4-5
provinces

Course 7:

4-5
provinces

Thank you!