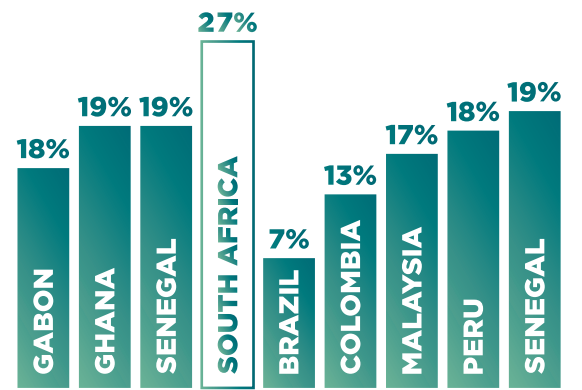


**GROW
GREAT**

STUNTING

is a condition that arises from prolonged under-nutrition and it affects a child's physical and brain development.



STUNTING RATES FOR CHILDREN UNDER 5 YEARS

IMPACTS OF STUNTING



Affects brain development



Stunted mothers are more likely to have stunted children



Stunted children are less likely to finish school



Stunted children are more likely to be trapped in intergenerational cycles of poverty.



Stunted children have on average lower earning potential



Stunting reduces our country's economic growth and productivity



Malnutrition is an underlying factor in the majority of child deaths in South Africa



Stunted children are more likely to live in poverty as adults.



Stunted children are more likely to suffer from obesity and chronic diseases in adulthood

THE GROW GREAT CAMPAIGN IS GALVANIZING SOUTH AFRICA TOWARDS A NATIONAL COMMITMENT TO ACHIEVING ZERO STUNTING BY 2030, THROUGH:



Supporting parents through a national network of antenatal and postnatal classes.



Supporting and empowering community health workers through a National Community Health Worker Club and community of practice.



Inspiring the public through mass media campaigns to increase public awareness on stunting and promote exclusive breastfeeding and the addition of eggs to young children's diets. (From 6 months old)



Mobilizing policy makers through data-driven advocacy.

DRIVERS OF STUNTING



BEFORE PREGNANCY

Poor nutrition in women of child-bearing age



DURING PREGNANCY

- Smoking, drugs and alcohol
- Infections
- Maternal distress
- Adolescent pregnancy
- Hypertension
- Short birth spacing



AFTER BABY IS BORN

- Maternal distress
- Early introduction of solids before 6 months
- Nutrient-poor diet
- Poor gut health
- Infections

STUNTING IS ALSO PERPETUATED BY:

Poverty and inequality

Gender Equity

Poor water and sanitation

Food insecurity

THE FIRST 1000 DAYS

OF A CHILD'S LIFE IS AN OPPORTUNITY TO LAY THE FOUNDATIONS FOR THEIR ACADEMIC SUCCESS, HEALTH AND GENERAL WELL-BEING.



#growgreatness