



international pediatric association  
association internationale de pédiatrie  
asociación Internacional de pediatria

Statement to the World Health Assembly 2014

## **Nutrition**

International Pediatric Association

May 2014

Adequate and appropriate nutrition for children under 5 years of age will reduce short term mortality/morbidity associated with underweight and longer term problems associated with overweight. Exclusive breast feeding is the best possible start in life.

Clinical and social morbidities of poor nutrition include increased risks for mortality, acute and chronic infections, high blood pressure, liver disease and cardiovascular illness.

Progress has been made reducing underweight but the problem of overweight is rapidly worsening with 1.3 billion people suffering from unhealthy weight gain.

Each member of the World Health Assembly have the opportunity to support better health through improved nutrition for the generations of children to come. The IPA urges the adoption of policies that promote:

- Exclusive breast feeding for at least 6 months emphasized in national policies and by community action.
- Enhancing appropriate food intake of sufficient quantity, quality and variety.
- Recognition by all that the family diet should address limits of sweet and high fat foods
- Public sector emphasis of recommendations for physical activities for all children
- Recommendations for parents that stress appropriate role modeling for appropriate nutrition and physical activities.

The International Pediatric Association and its national member societies stand ready to assist in clinical and educational initiatives for improved childhood nutrition.

The International Pediatric Association (IPA) is a non-governmental organization with a membership of 144 National Pediatric Societies from 139 countries, 10 Regional Pediatric Societies representing all areas of the world, and 13 International Pediatric Specialty Societies. The IPA works collaboratively with member societies to mobilize networks of pediatricians for advocacy and programs in child health, working whenever possible with UN agencies. IPA works in close partnership with the American Academy of Pediatrics (AAP) on global vaccine priorities, and with AAP and the Albert B Sabin Vaccine Institute (SVI) on the Measles and Rubella Initiative.

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