

Girls Under Five Years

Increased risks of developing common Noncommunicable Diseases (NCDs) – including cardiovascular disease, cancer, diabetes, chronic respiratory disease, and mental and neurological conditions – begin as early as gestation.

A girl's development from the womb through early childhood provides a critical opportunity to establish a strong foundation for lifelong health.

NUTRITION

Many countries suffer from the “double burden” of malnutrition, which includes both under- and over-nutrition.

In 2015

42 million children were overweight

156 million children were stunted as a result of under-nutrition



Good nutrition is particularly important for growth and development during the first 1,000 days between a woman's pregnancy and her child's second birthday. **Exclusive breastfeeding during a child's first six months of life could prevent approximately 800,000 child deaths each year.**



DIABETES and HEART DISEASE

Clear links have been established between birth outcomes, infant nutrition, and adult risk of NCDs.

For example, low birth weight is associated with increased risk of adult coronary artery disease and hypertension, and **children born to women with gestational diabetes are up to eight times as likely to develop type 2 diabetes and obesity** in their teens or early adulthood than those born to women without diabetes.



CHILDHOOD VACCINES

Completing the full immunisation schedule for children under five can offer protection against certain NCDs in adulthood. For example, vaccination against the hepatitis B virus can help prevent chronic hepatitis B infection, the main cause of liver cancer in adults.

CHRONIC RESPIRATORY DISEASES



Each year, **around two million children under five die of pneumonia associated with smoke exposure.** The use of clean cook stoves and fuels can dramatically reduce smoke emissions and resulting exposure, and thus reduce the burden of disease associated with indoor air pollution.

Children bear the greatest burden from second-hand smoke.



In 2004 around **168,000** children died from second-hand smoke, globally

Second-hand smoke causes respiratory illness, reduced lung function, and lower respiratory tract infections in infants and young children, and contributes to increased child mortality.

A CALL
TO ACTION

WOMEN and Noncommunicable Diseases

Noncommunicable Diseases (NCDs) – including cardiovascular disease, cancer, diabetes, chronic respiratory disease, and mental and neurological conditions – are the leading causes of death and disability among women in developing and developed countries. Tackling NCDs is central to achieving our global development goals and targets, and to ensuring gender equity, socio-economic well-being and healthy lives for all.

WE CALL for the **INTEGRATION OF NCD prevention, treatment and control** into existing health programmes and services for HIV/AIDS and along the entire RMNCAH continuum.

WE ADVOCATE for **UNIVERSAL HEALTH COVERAGE (UHC)**, along with **comprehensive programmes** to address the social determinants of health, to ensure improved health and development outcomes for women and girls of all ages.

WE ADVOCATE for a **GENDER-BASED APPROACH** to **NCD prevention and control**, to ensure health programmes, policies and systems are refined and strengthened to be gender-responsive.



Sustainable Development Goal target 3.4

By 2030, reduce by one third premature mortality from NCDs through prevention and treatment, and promote mental health and well-being.

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