



A REGIONAL WORKSHOP

OPTIMAL INFANT AND YOUNG CHILD FEEDING FOR PREVENTION OF DOUBLE-BURDEN OF MALNUTRITION IN EUROPE AND CENTRAL ASIA

1 – 5 JULY 2019
BELGRADE, SERBIA



Република Србија
МИНИСТАРСТВО ЗДРАВЉА

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Optimal Infant and young child Feeding for prevention of double-burden of Malnutrition in Europe and Central Asia – A Regional Workshop

AGENDA

Day 1

Time block	Headline	Presenter and facilitator
Moderator; Amir Yarparvar, UNICEF ECARO		
8:00–8:30	Registration	Admin
8.30–9.15	Opening of the workshop & Objective of the workshop	H.E. Dr. Zlatibor Lončar – Minister of Health of the Republic of Serbia – (to be confirmed) Ambassador H.E. Mr Hendrik Gerrit Cornelius Van Den Dool – Embassy of the Kingdom of the Netherlands in Serbia (to be confirmed) Regina De Dominicis – UNICEF Representative in Serbia Dr. Marijan Ivanuša – WHO Representative and Head of Country Office in Serbia
9:15–9:45	Global Perspectives Objective of the workshop and Participant introductions	Dr. France Begin – Senior Advisor, Early Childhood Nutrition UNICEF Headquarters, New York Laurence Grummer Strawn, PhD, WHO Headquarters, Department of Nutrition for Health and Development Amirhossein Yarparvar, Regional Health and Nutrition Specialist – UNICEF ECARO
9.45–10.15	Updates on the evidence on the importance of breastfeeding and breastfeeding prevalence in the region (2 presentations)	Dr. Laurence Grummer-Strawn, WHO Headquarters Amir Yarparvar, UNICEF ECARO
10.15–10:45	Understanding factors influencing infant and child nutrition practices in the region and some examples of successful models in the region	Sergiu Tomsa, UNICEF ECARO
10:45–11:15	Coffee break & Group photo	

Block 1: International Code of Marketing of Breastmilk Substitutes

Objective of the session: Identify actions to be taken at the national level to improve compliance with the Code based on updated resources for Code implementation, monitoring and enforcement.

Chair and moderator/s; France Begin, UNICEF Headquarters

11:15-11:45	Why we need the Code in ECAR	David Clark, UNICEF Headquarters
11:45-12:15	Status of Code implementation in the Region	Amir Yarparvar, UNICEF ECARO
12:15-12:45	Recent Developments – WHA 69.9 and Guidance on Ending inappropriate promotion of foods for infants and young children	Dr. Laurence Grummer-Strawn, WHO Headquarters
12:45-13:30 (10 min each) + 10 min Q and A	Country presentation: Bosnia and Herzegovina Country presentation: Turkmenistan Country presentation: Kyrgyzstan	Bosnia and Herzegovina delegation Turkmenistan delegation Kyrgyzstan delegation
13:30-14.30	Lunch; Poster session – have participants consider the bottlenecks to achieving full Code implementation and use this lunchtime session to populate a large poster matrix (example attached separately) with colored “post-its” to indicate level of barrier from “none” (green) to “moderate” (orange) to “severe” (red).	
14.30-15:00	The need for monitoring and enforcement: NetCode <ul style="list-style-type: none"> • Periodic Assessment • Ongoing Systems protocols 	Dr. Laurence Grummer-Strawn, WHO Headquarters David Clark, UNICEF Headquarters
15:00-16:00	Group work Countries to identify the barrier on their ways to effective code/ laws and to identify 3 sub-regional commitments to scale up the Code <i>Including Identification of behavioral factors which can be addressed based on the bottlenecks analysis.</i>	Amir Yarparvar, UNICEF ECARO
16.00-16.30	Coffee break – Poster presentation	
16:30-17:15	Presentation of group work	ALL
17:15-17:30	Summary of the day and closure	Dr. Laurence Grummer-Strawn, WHO Headquarters David Clark, UNICEF Headquarters

Day 2

Time block	Headline	Presenter and facilitator
<p>Block 2: Baby Friendly Hospital Initiative (BFHI) Objective of the session: Identify actions to scale up the BFHI and other healthcare interventions for breastfeeding and integrate the Ten Steps into quality improvement initiatives</p>		
<p>Chair and moderator/s; David Clark, UNICEF HQ</p>		
8:00–11:00	Field visit	ALL
11:00–11:30	Coffee break (back in the hotel)	ALL
11:30–12:15	Ten Steps to Successful Breastfeeding – Steps 4 to 9 – Evidence, importance and implementation of each Step	Dr. France Begin, UNICEF Headquarters
12:15–13:00	Ten Steps to Successful Breastfeeding – Steps 3 and 10 – Evidence, importance and implementation of each Step	Dr. France Begin, UNICEF Headquarters
13:00–14:00	Lunch break – Poster session	
14:00–14:45	Ten Steps to Successful Breastfeeding – Steps 1 and 2 – Evidence, importance and implementation of each Step	Dr. Laurence Grummer-Strawn, WHO Headquarters
14:45–15:15	Open discussion and Q & A on the Ten Steps	ALL
15:15–15:45	Coffee break – Poster session	
15:45–16:45	Group work: Identifying actions to address health care providers' bias and lack of support (based on bottlenecks analysis), reinforce their positive and supportive communication with mothers, families and communities (actions may need to refer at both institutional and policy levels).	UNICEF
16:45–17:30	Establishing/strengthening country-level BFHI Scaling up and sustainability: Understanding the country responsibilities for a successful national BFHI programme (presentation and country discussion) Part 1: A. National leadership and coordination B. Policies and professional standards of care	Dr. Laurence Grummer-Strawn, WHO Headquarters Dr. France Begin, UNICEF Headquarters
17:30–17:45	Summary of the day and closure	David Clark, UNICEF HQ

Day 3

Time block	Headline	Presenter and facilitator
<p>Continuation of Block 2: Baby Friendly Hospital Initiative (BFHI) Objective of the session; Identify actions to scale up the BFHI and other healthcare interventions for breastfeeding and integrate the Ten Steps into quality improvement initiatives</p>		
<p>Chair and moderator/s; Amir Yarparvar, UNICEF ECARO</p>		
9:00–9:45	Establishing/strengthening country-level BFHI implementation and sustainability: Understanding the country responsibilities for a successful national BFHI programme (presentation and country discussion) Part 2: C. Health professional competency building D. External assessment	Dr. Laurence Grummer-Strawn, WHO Headquarters Dr. France Begin, UNICEF Headquarters
9:45–10:30	Establishing/strengthening country-level BFHI implementation and sustainability: Understanding the country responsibilities for a successful national BFHI programme (presentation and country discussion) Part 3: E. Incentives and sanctions F. Technical assistance to facilities	Dr. Laurence Grummer-Strawn, WHO Headquarters Dr. France Begin, UNICEF Headquarters
10:30–11:15	Establishing/strengthening country-level BFHI implementation and sustainability: Understanding the country responsibilities for a successful national BFHI programme (presentation and country discussion) Part 4: G. National monitoring H. Communications and advocacy I. Financing	Dr. Laurence Grummer-Strawn, WHO Headquarters Dr. France Begin, UNICEF Headquarters
11:15–11:45	Coffee break – Poster presentation	
11:45–12:45	Summarizing the opportunities and concerns of the BFHI implementation: Open discussion and Q & A on how to act on the new guidance	Dr. Laurence Grummer-Strawn, WHO Headquarters Dr. France Begin, UNICEF Headquarters
12:45–13:45	Lunch – Poster session	ALL

13:45-15:30 Including coffee break	Group work: Countries based on their status regarding BFHI will work on identifying the barrier on their ways to scale up their BFHI and come up with 3 major commitments which can result in scaling up their BFHI based on the new guidelines	ALL
15:30-16:45	Plenary – Presentation of group work	ALL
16:45-17:15	Summary of the day and closure	Amir Yarparvar, UNICEF ECARO
18:30-21:30	Social event – reception	

Day 4

Time block	Headline	Presenter and facilitator
<p>Block 3: Complementary Feeding and nutrition counseling Objectives of the session: Identify country-specific actions on advancing complementary feeding with specific focus on prevention of overweight and obesity</p>		
<p>Chair and moderator/s; Professor Janet Cade , WHO</p>		
9:00-9:20	Global overview on diets of young children during complementary feeding period – Status and determinants	Dr. France Begin, UNICEF Headquarters
9:20-9:40	Regional overview of Complementary Feeding in ECAR (Status and Determinants of Complementary Feeding in ECAR)	Amir Yarparvar, UNICEF ECARO
9:40-10:00	Guiding principle of young children's diets during complementary feeding period	Dr. Laurence Grummer-Strawn, WHO Headquarters
10:00-10:20	Sugar, fat, salt content of commercial complementary foods	Dr. Helen Crawley, WHO Professor. Janet Cade
10:20-10:30	Q and A	ALL
10:30-10:45	Coffee break	
10:45-11:45	Program approaches and actions to improve complementary feeding- introduction of UNICEF's complementary feeding framework (Presentation and discussion)	Dr. France Begin, UNICEF Headquarters
11:45-12:45	<p>Panel Discussion: Country examples and lessons learned (Russian Federation, Armenia, Serbia and Tajikistan) (10 min per each country and 20 min Q and A)</p> <ul style="list-style-type: none"> • Complementary feeding in Russian Federation • Nutrition counseling on complementary feeding through various platforms (Armenia; nutrition counseling units) • Raising Tajikistan, presentation of the Tajikistan 1000 golden days hand book • Interventions for children 6-23 months for prevention of overweight and obesity and Home visiting (Serbia) 	Dr. France Begin, UNICEF Headquarters Representatives from; <ul style="list-style-type: none"> • Natalia Moshkina, MOH, Russian Federation • Armenia • Serbia • Tajikistan
12:45-13:45	Lunch – Poster session	

13:45–15:00 including coffee break	<p>Group work: Countries to identify three commitments for different delivery systems to advance work on complementary feeding in the region; The delivery systems include: Food, health, Social Protection, WASH and Community Systems or other relevant systems</p> <p>Under community systems this will include, identifying actions to influence beliefs, knowledge, attitudes and practices at individual and community level.</p>	ALL
15:30–16:30	Plenary – Presentation of group work by sub-region on priority actions	ALL
16:30–16:45	Summary of the day	Professor Janet Cade , WHO
16:45–17:30	Summary of the Regional commitments for the three blocks of: Code, BFHI and Complementary Feeding/nutrition counseling;	Amir Yarparvar, UNICEF ECARO

Day 5

Time block	Headline	Presenter and facilitator
<p>Block 4: World Breastfeeding Trends Initiative (WBTi): A Workshop Objectives: Identify actions to assess national policies and programmes on infant and young child feeding using WBTi tools and introduce WBCi tool for financial planning</p>		
<p>Chair and moderator/s; Dr. Helen Crawley, WHO</p>		
09.00–09.30	<ul style="list-style-type: none"> • Introductions and Listing expectations and fears of participants using VIPP cards. • Share objectives of the Workshop and its relevance 	Dr. Arun Gupta / Nupur Bidla
09.30–10.00	<p>WBTi: Introduction of the tool, how does it work, achievements and impact of WBTi so far in different regions, countries experiences with some examples. PPT presentation, QA.</p>	Ms. Nupur Bidla
10.00–10.30	<p>How to conduct a National Assessment of IYCF Policy and Programs: WBTi Guidelines and process, and key actions for assessment at country level, reporting and follow up with WBTi Secretariat. Followed by QA (Read the Green Guide Book before hand)</p>	Dr. Arun Gupta
10.30–11.00	Coffee break	
11.00–12.30	<ul style="list-style-type: none"> • PPT presentation / briefing for group work on Understanding the indicators on IYCF policies, program and practices, <i>(identification of sources of information, gaps and recommendations)</i> <i>(with a focus on BFHI and The International Code indicators)</i> • Group exercise in 3–4 groups • Group Work Presentation by participants and clarifications on data gathering 	Dr. Arun Gupta / Nupur Bidla
12.30–13.40	Lunch	
13.40–14.30	<p>PPT presentation on WBTi web tool ,guidelines for scoring, color- coding, demonstrate WBTi web-portal, process of verification of findings before data is entered on to the WBTi portal.</p>	Dr. Arun Gupta

14.30-14.50	How to prepare country report and report card and how to organize Call to Action in the country: PPT	Nupur Bidla
14.50-15.45	<ul style="list-style-type: none"> • PPT presentation on Introduction of the World Breastfeeding Costing Initiatives (WBCi) – the Financial Planning Tool- for budgeting identified actions on Global strategy IYCF. • Audio Visual Screening • Software Demonstration <p>(User Manual of the WBCi tool will be shared before hand to try out before coming)</p>	Dr. Arun Gupta
15.45-16.00	Coffee break	
16.00-17:00	<ul style="list-style-type: none"> • Participants planning for conducting country assessment and sharing commitments on a prescribed framework. • 2-3 country volunteers sharing their plan and commitments. • Final Questions and clarifications 	Dr. Arun Gupa / Nupur Bidla

Concept Note: Optimal Infant and young child Feeding for prevention of double-burden of Malnutrition in Europe and Central Asia – A Regional Workshop, Europe and Central Asia July 1–5, 2019

Background and Justification

Every child has the right to adequate nutrition. Good nutrition is also an investment in the future of children and nations. Nutritious diets fuel children's growth, drive brain development, strengthen learning potential, enhance productivity in adulthood and pave the way to more sustainable and prosperous societies. With the launch of the Sustainable Development Goals (SDGs) in 2015, the world is preparing to tackle the ambitious objective of ending all forms of malnutrition by 2030. In which context, the advantages of breastfeeding and exclusive breastfeeding contribute to the sustainable development as a core practice which not only affects children, but also adults and the world at large.

There is convincing evidence that good maternal nutrition, optimal breastfeeding and infant and young child feeding practices are critical to ensure appropriate growth and development as well as to reduce the risk of developing non-communicable diseases (NCDs), for both mothers and children, across the life course. .

In the region, still more than 12 percent of the children are stunted in their early years, and in several countries more than 25% of children are affected by anemia. The region is also seeing the world's biggest rise in obesity among under-5 year old children (80% increase in 2018 compared to the indicator in 2000). The double burden of malnutrition, in Europe and Central Asia which starts during the early years of life and gets deteriorated during the second decade of life. After East Asia and Pacific, the rate of exclusive breast-feeding in Europe and Central Asia is the 2nd lowest globally (32%) and the rate of breastfeeding at the age of 2 is the lowest globally (28%). This means every year among the over 6.1 million births in the region, 4.3 million babies are deprived of optimum feeding during the first 6 months of life. Given the rapidly rising rates of obesity and over-weight in the region, one can conclude that inadequate infant and young child feeding plays a key role in the development of NCD risk factors during early years of life.

Aggressive marketing of breastmilk substitutes (BMS), the absence of quality and effective breastfeeding counseling services, and lack of community awareness on the importance of exclusive breastfeeding are among the main barriers world-wide. The inappropriate promotion of foods for infants and young children, including those which are lacking the necessary nutrients or are high in sugar and fat threaten appropriate feeding practices and the nutritional status of children. In addition, lack of availability and access to all food groups as well as poor skills and knowledge of families, prevents children having the dietary diversity they require.

In May 2016, Resolution 69.9 of the World Health Assembly welcomed new Guidance from WHO on ending inappropriate promotion of foods for infants and young children and called on Governments to implement the Guidance recommendations. These include ensuring that Code regulations cover all breastmilk substitutes (all milks intended for children up to the age of 36 months); prohibiting cross promotion of BMS through the marketing of other products and ending conflict of interest in the health care system by the baby food industry.

The Seventy-First World Health Assembly (in May 2018), adopted a resolution to support appropriate infant and young child feeding. The resolution urges Member States to increase investment to protect and promote breastfeeding, reinvigorate the Baby-Friendly Hospital Initiative, strengthen measures to give effect to the International Code of Marketing of Breastmilk Substitutes, promote timely and adequate complementary feeding, end inappropriate promotion of foods for infants and young children, ensure appropriate child feeding during emergencies and more.

Since 1991, the Baby-friendly Hospital Initiative (BFHI) has helped to motivate facilities providing maternity and newborn services worldwide to better support breastfeeding. Based on the Ten Steps to Successful Breastfeeding (the Ten Steps), there is substantial evidence that implementing the Ten

Steps significantly improves breastfeeding rates. In the Europe and Central Asia Region only 36% of infants are born in BFHI facilities. Countries have found it difficult to sustain a BFHI program, with implementation often relying on specific individual and external resources. UNICEF and the World Health Organization (WHO) published updated implementation guidance in 2018 which emphasizes coverage and sustainability. WHO will publish, for the first time, recommendations on the frequency and modalities of breastfeeding counselling from the antenatal period through the first two years of life.

In ECA region, over 50% of countries do not have a national law to regulate the marketing of BMS. Even in countries which do have a national law, it does not cover the important developments in the 2016 Resolution and guidance, and lack of systematic monitoring and enforcement mechanisms as well as weak practical and costed programming results in poor performance of IYCF in the region.

In addition, aggressive marketing of ready to use complementary food for babies, the absence of quality and effective Infant and Young Child Feeding counseling services, and lack of community awareness has hampered the feeding of children 6–24 months. The inappropriate promotion of foods for infants and young children, including those which are lacking the necessary nutrients or are high in sugar, salt and unhealthy fat threatens appropriate feeding practices and can result in rapidly growing child obesity in the region. In addition, lack of availability and access to all food groups as well as poor skills and knowledge of families, prevents children having the dietary adequacy and diversity they require.

Although 69% of children in the region are experiencing timely introduction of complementary foods, only 28% of them are enjoying a minimum acceptable diet during their 6–23 months of age. In a way that the quality of these complementary foods is usually inadequate to address nutritional needs of infants and young children.

Given the concerning situation of IYCF in the region and considering the recent development in the BFHI guidelines and the enforcement of the Code, it's very timely that 10 years after the previous Code meeting in the region, an integrated capacity building workshop to refresh the skills and knowledge of the mid and high level MNCH managers of MOH and some UNICEF and WHO offices on programming on BFHI, Code and age-appropriate, safe and responsive complementary feeding to be organized.

Scope and objectives

This workshop aims at enhancing the skill and knowledge capacity of the mid and high-level MNCH managers of MOH and some UNICEF COs in ECA region on the newly revised BFHI guideline, recent developments in Code implementation, monitoring and enforcement and appropriate complementary feeding for prevention of double-burden of malnutrition.

- a) The workshop will support participating countries in developing necessary skills, knowledge and capacity on;
 - The recent update of the global BFHI guidelines and modalities of integration of the Ten Steps into quality improvement initiatives
 - Recent developments in Code implementation and the need to develop, strengthen, monitor and enforce national regulations for the promotion and protection of optimal infant and young child feeding practices
 - Best models and approaches to harness the power of parents and communities on optimum IYCF through BCC/ C4D approaches
 - Appropriate complementary feeding practices for the prevention of double-burden of malnutrition
 - Applied programming and costing techniques for materialization of priority actions to improve the Breast-feeding status in the countries (using World Breastfeeding Trends Initiative (WBTi) and World Breastfeeding Costing Initiative (WBCi))
- b) Stock-taking on the status, coverage and quality of BF counselling services in the region as a part of PHC service package and to define the road map to improve the coverage and quality of these services
- c) Sharing successful examples from the region under each of above mentioned topics
- d) Profiling of the status of BFHI and Code implementation in the region,

Structure of the meeting

The meeting is composed of four main technical blocks and demands four major commitment by the participating countries; These blocks will be composed of:

- 1. International Code of Marketing of Breastmilk Substitutes (Country Commitment: putting in place national legislations and/ or enforce the existing legislations)**
 - a. The recent evolutions and developments
 - b. Stock-taking of the Code implementation in the region and lessons learned (few selected country presentation; Turkmenistan, Romania, Azerbaijan)
 - c. Group work, identifying major but feasible actions areas for enforcement in countries with the law and feasible action for potentially put in place a national law in countries without a law
- 2. Baby Friendly Hospital Initiative (Country Commitment 2: scale up the quality and coverage of BFHI as a standing component of quality improvement programs)**
 - a. Revised BFHI guideline, introduction to changes, rationale and the tools
 - b. Stock-taking of BFHI implementation in the region (compilation of good practices and lessons learned and shared challenges from few selected countries; Serbia, BiH, Croatia and Uzbekistan)
 - c. Group work; identifying points of integration of BFHI into existing Quality Improvement plans and opportunities for scaling and upgrading the BFHI in countries
- 3. Complementary Feeding (Country Commitment 3: Upgrade the complementary feeding standards and to enhance the coverage and quality of counselling)**
 - a. Health complementary feeding for prevention of double-burden of malnutrition
 - b. Summary of the landscape analysis of complementary feeding in the region (Armenia, Kazakhstan and etc)
 - c. Age-appropriate, safe and responsive complementary feeding through Universal Progressive Home Visiting in ECA region (Countries case studies)
 - d. Counseling for IYCF (introduction to WHO guidelines)
 - e. Code and complementary feeding (a panel discussion)
 - f. Group work
- 4. World Breastfeeding Trends Initiative (WBTi) and World Breastfeeding Costing Initiative (WBCi) (Country commitment 4: Enforce the governance and planning systems to ensure accelerated actions on BF at national and sub-national level)**
 - a. How to use World Breastfeeding Trends Initiative(WBTi) to identify the needs and priorities
 - b. How to use World Breastfeeding Costing Initiative (WBCi) for developing costed actions
 - c. Group work (continuation of the group works on session 1 to 3)

Each block will be composed of panels of experts, country presentations and group work and a draft policy brief for the region or per sub-region (Central Asia, Balkans and Caucasus).

KEY RESPONSIBILITIES OF A NATIONAL BFHI PROGRAMME

