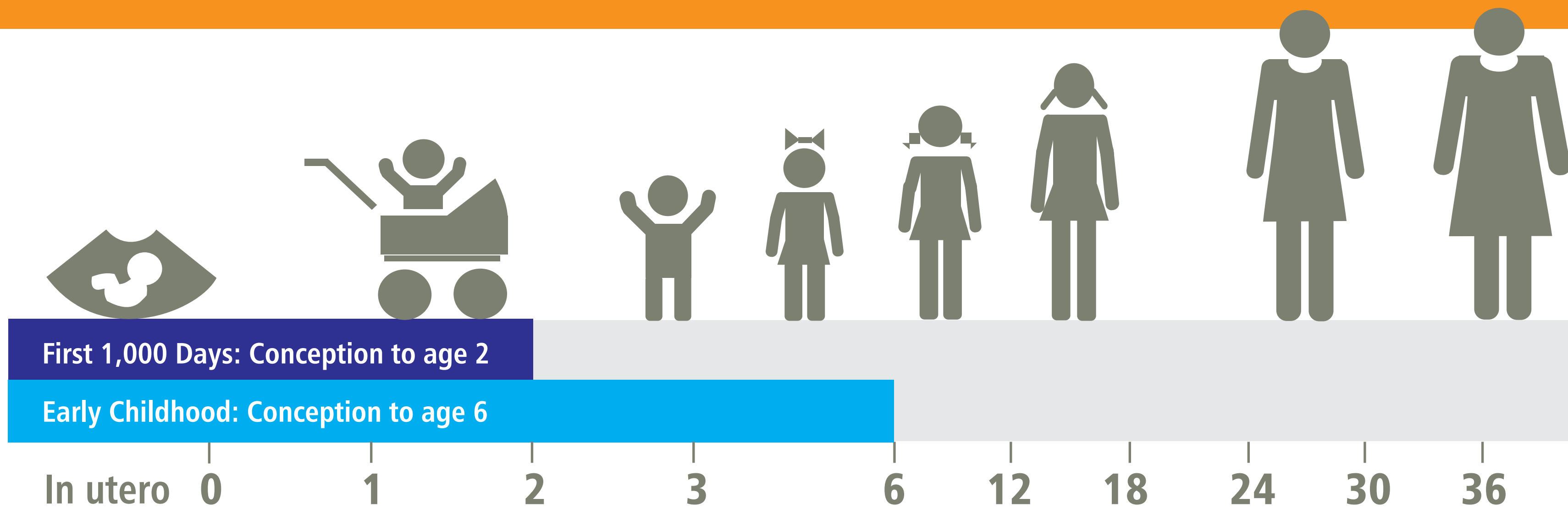


Do Nutrition Benefits Last Beyond Early Childhood?

The importance of sustained nutrition throughout the First 1,000 days



Interventions

Evaluated at (age)

Outcomes

● No significant effect ● Significant effect

Intervention	Evaluated at (age)	Outcomes
Breastfeeding promotion Belarus	6.5 yrs	Physical development, Cognitive development, Language
	11.5 yrs	Physical development
Micronutrients (Zinc/Iron) Thailand	9 yrs	Physical development, Cognitive development, Language, Socioemotional development, Schooling
Supplementation Jamaica	7.7 yrs	Physical development
	11.5 yrs	Physical development
	17.5 yrs	Cognitive development, Language
	22 yrs	Cognitive development, Language, Socioemotional development
Maternal Supplementation The Gambia	14 yrs	Physical development
	19.5 yrs	Physical development, Cognitive development, Language, Schooling
Micronutrients (Folic Acid) Nepal	7.5 yrs	Physical development
Maternal Supplementation Nepal	8.5 yrs	Physical development
INCAP Nutritional Intervention Guatemala	33 yrs	Cognitive development, Language, Schooling*

* For girls



Physical development



Cognitive development



Language



Socioemotional development



Schooling

Nutrition interventions available throughout the entire initial period of life up to age 3 caused remarkably large and long-lasting benefits for cognition, reading and girls' education – even 30 years later. Early nutrition interventions that are not sustained throughout this entire period are not likely to produce sustained outcomes.

