

# CO CARE MATERNAL SUPPORT STUDY



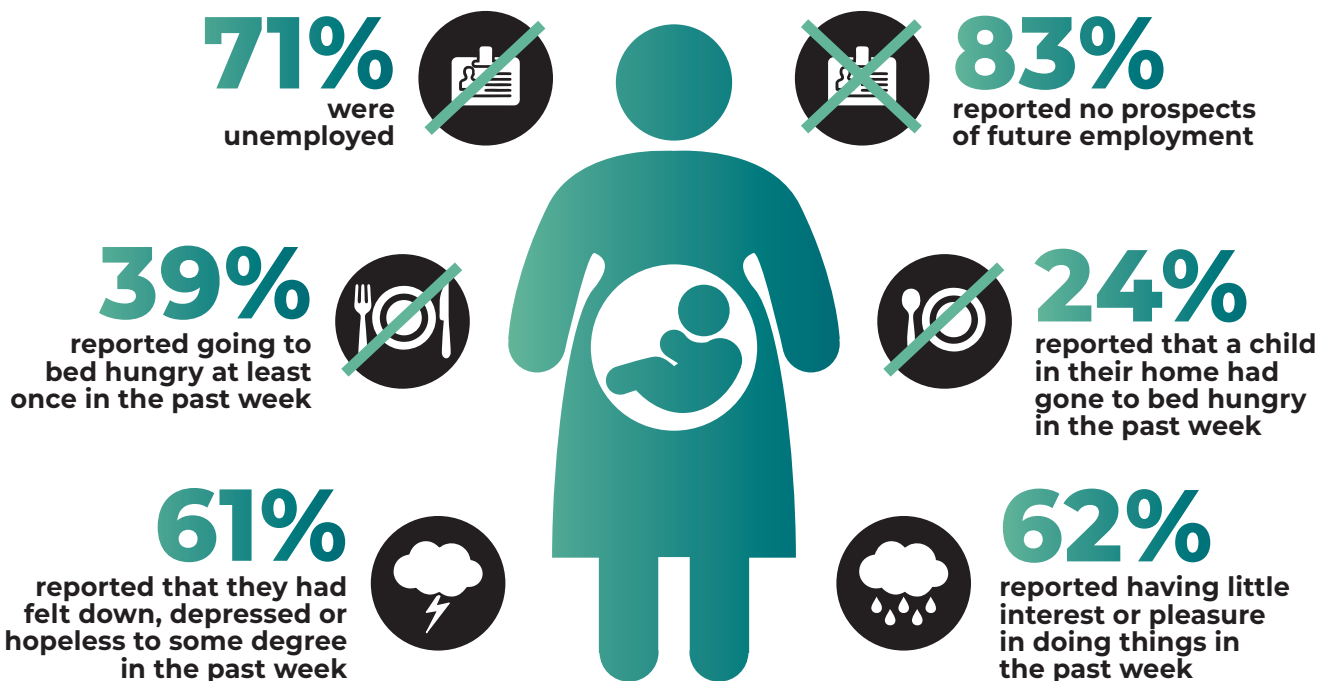
*Optimal physical and brain development of the fetus depends on sustained access to safe, diverse and healthy foods that provide the macro and micronutrients necessary to support healthy growth and development of the unborn child. However, for many women in South Africa, meeting basic nutritional requirements to ensure a healthy pregnancy is a challenge. A recent study conducted by Grow Great and partners in the Western Cape found that pregnant women living in disadvantaged communities in the province are experiencing high levels of hunger and poor mental health.*

## 2 618

pregnant women in the Western Cape participated in the study



## OF THE 2 618 PREGNANT WOMEN WHO PARTICIPATED IN THE STUDY...



These challenges, have significant effects on maternal and child health. Current data indicates that 15% of infants are born with low birth weight in SA, and over a quarter of children aged under five years suffer from stunting. Low birth weight puts children at risk of stunted growth and development; and stunting has detrimental long-term consequences for children's health, education and economic prospects across the life course. **These findings emphasize the urgent and critical need to extend the Child Support Grant into pregnancy and ensure that poor & vulnerable pregnant women are able to access the basic nutritional requirements necessary to ensure a safe and healthy pregnancy.**

Visit [www.growgreat.co.za](http://www.growgreat.co.za) to read more about this study and to sign the petition for a Maternal Support Grant