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(ii) To incorporate in national health policies and programmes special activities to prevent infection and promote healthful nutrition, maternal and child health care and family planning programmes, namely, care during pregnancy and childbirth and appropriate care of new-borns, infants and young children (equally available for both sexes), health care of adolescents and family planning education and services;

(iii) To increase occupational safety and health programmes for women workers and promote the mental health of women;

(iv) To assist in planning and implementing forestry, fishery and agricultural projects, taking into consideration their benefits for nutritionally vulnerable groups - largely women and children.

#### Strategy

In the context of the global, regional and national strategies for health for all, technical co-operation with countries will be undertaken to strengthen health infrastructures that are based on primary health care and that can deliver programmes using appropriate technologies to reduce health risks and to respond to the health-care needs of women in a way that is acceptable to them. Support will continue to be given to the development and implementation of the eight essential elements of primary health care, which, although important for all population groups, will specifically benefit women and children. Progress will be measured using the global indicators for monitoring health for all.

Maternal and child health programmes, including family planning programmes, will aim at reducing unacceptably high levels of maternal mortality and morbidity in developing countries, reducing infant and young child mortality and morbidity that result mainly from infections and malnutrition, preventing pregnancies at too-young or too-old an age; spacing pregnancies and avoiding excessive numbers of childbirths; providing access to family planning programmes, not only to improve the health of women and children but also to make it possible for couples to regulate their own fertility. Measures will be taken to educate women in breast-feeding and appropriate weaning and in preventing and managing diarrhoeal diseases and infections for both male and female children, as well as to control vaccine-preventable diseases through immunization of all children in the first year of life and of all women of childbearing age.

These measures will be complemented by programmes to promote an adequate food supply and an appropriate diet to meet the special nutritional needs of women, particularly pregnant and lactating women. Special efforts will be made to ensure women's access to and control over income so that they can obtain adequate nutrition for themselves and their children. Also, national programmes will be elaborated to increase awareness of the special nutritional needs of women. Emphasis will be placed on promoting interventions to reduce the prevalence of nutritional diseases, such as anaemia in women of all ages, particularly young women, and promote the development and use of locally produced weaning food.