



**HUNGER,  
NUTRITION  
& HEALTH**

**ACTION COLLABORATIVE**

*Building a Healthier Future Together.*

## Top Ten Gaps & Barriers

Identified during the 2022 Nutrition in Pregnancy Conference and published in the Annals of the New York Academy of Sciences as “[Barriers to implementing good nutrition in pregnancy and early childhood: Creating equitable national solutions.](#)” Barriers in bold were identified as top priorities following the 2024 conference.

- 1. Presence of food insecurity and inadequate access to healthy foods.**
2. Inadequate awareness and coordination of social services (e.g. Medicaid, SNAP, WIC, etc.)
3. Lack of public policies that benefit the health of women before pregnancy, during pregnancy and during lactation.
4. Inadequate funding for nutrition research applied to developmental health.
- 5. Lack of emphasis and resources devoted to medical nutrition education for all medical professionals.**
- 6. Requirement of community involvement to change the nutritional landscape at the local level; women and communities are currently not engaged in developing solutions.**
7. Presence of implicit bias and racial disparities in women’s health and birth outcomes. There is also a lack of diversity among nutrition professionals.
8. Nutrition is not embraced as a form of disease prevention on a societal level and among health professionals.
9. Inadequate knowledge of and support for breastfeeding.
10. Lack of comprehensive family leave which is associated with reduced rates of breastfeeding and family nutritional care and increased family stress.

Rainford M, Barbour LA, Birch D, Catalano P, Daniels E, Gremont C, Marshall NE, Wharton K, Thornburg K. Barriers to implementing good nutrition in pregnancy and early childhood: Creating equitable national solutions. Ann N Y Acad Sci. 2024 Apr;1534(1):94-105. doi: 10.1111/nyas.15122. Epub 2024 Mar 23. PMID: 38520393.  
<https://nyaspubs.onlinelibrary.wiley.com/doi/10.1111/nyas.15122>