

INTERVENTIONS TO PREVENT GROWTH FALTERING IN REMOTE INDIGENOUS COMMUNITIES

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POLICY CONTEXT

Growth faltering, the failure to gain weight at a rate consistent with height growth, is a common problem in remote Indigenous communities and poses serious risks to the health and well-being of young children. Evidence about the effectiveness and applicability of existing programs to prevent growth faltering in this context is limited.

KEY MESSAGES:

- Interventions with some evidence of benefit include community based nutrition/counselling and multifaceted interventions
- Interventions such as community feeding programs, growth monitoring, micronutrient supplementation and de-worming should only be considered within broader primary health care programs and/or when there is an identified local need and local support
- Programs must address immediate consequences of growth faltering and consider longer term measures to address underlying causes
- Given the limited effectiveness of existing programs delivered by external services, the raising of community awareness of the causes and consequences of growth faltering is paramount
- The evidence-base for this review in indigenous populations is small. Where there is evidence, the effects on growth are modest

For more details, go to the [three page report](#)

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