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Epidemiology of post partum depression among mothers from urban communities: Depressed motherhood, a challenge to healthy childhood**Varalakshmi Manchana***University of Hyderabad, India*

Women and Food Security: A Southern Philippine Experience" delves into the intricate dynamics of food security in the Philippines, focusing specifically on the Bangsamoro region and Lanao del Sur province. Despite extensive efforts at both national and regional levels, persistent challenges such as climate change, ongoing conflicts, and gaps in policy implementation continue to impede progress toward achieving food security. This study highlights the vital role women play in addressing food insecurity and advocates for targeted interventions to empower women and strengthen local food systems. Lanao del Sur has the highest percentage of chronically food-insecure populations, with approximately one in two households experiencing moderate or severe food insecurity. These households consistently suffer from inadequate food consumption, both in quantity and quality, throughout the year, leading to alarmingly high levels of stunting. While inadequate energy intake is a significant issue for populations classified in Levels 3 and 4 of chronic food insecurity (about 30% of households), poor food quality and lack of dietary diversity are pervasive problems affecting approximately 75% of households in the province. The study draws on several policy recommendations to address these challenges, including the establishment of community gardens and the promotion of sustainable food systems. It emphasizes the necessity for multistakeholder collaboration and public awareness campaigns to effectively combat food insecurity, especially in vulnerable regions like Lanao del Sur. By implementing these initiatives, the study aims to contribute to broader efforts to achieve sustainable food security and improve livelihoods in the Southern Philippines.

Biography

Varalakshmi Manchana is a researcher from the University of Hyderabad, India, specializing in epidemiology and mental health. Her work focuses on the prevalence and impact of postpartum depression among mothers from urban communities. Manchana's research sheds light on the critical link between maternal mental health and childhood development, emphasizing how depressed motherhood poses challenges to raising healthy children. Her insights contribute significantly to public health interventions aimed at improving maternal well-being and fostering healthier childhood outcomes in urban settings.