



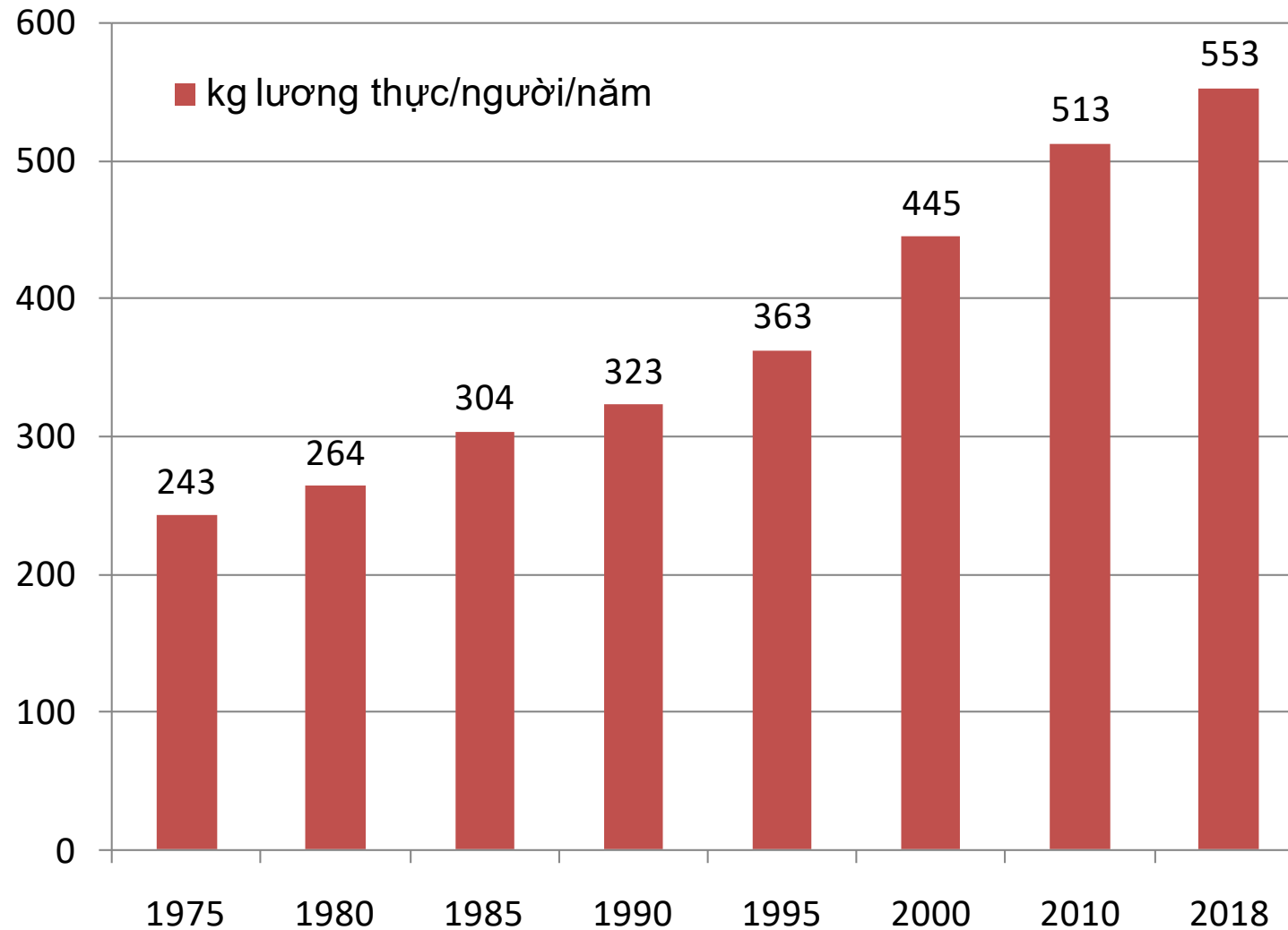
# **Addressing Food and Nutrition Security in Challenging Times: Experiences in Vietnam**

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Lead of Cooperation Unit-Steering Committee Board of  
VINUTAS

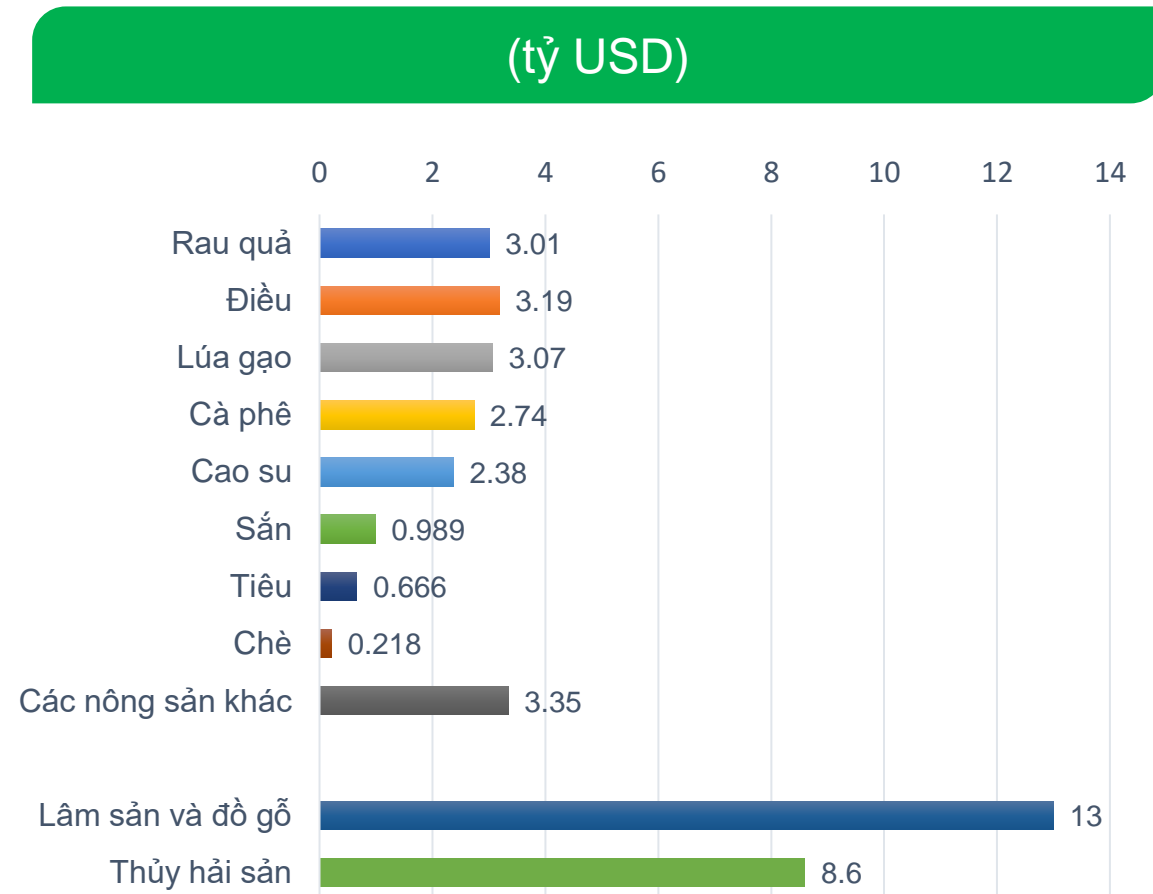
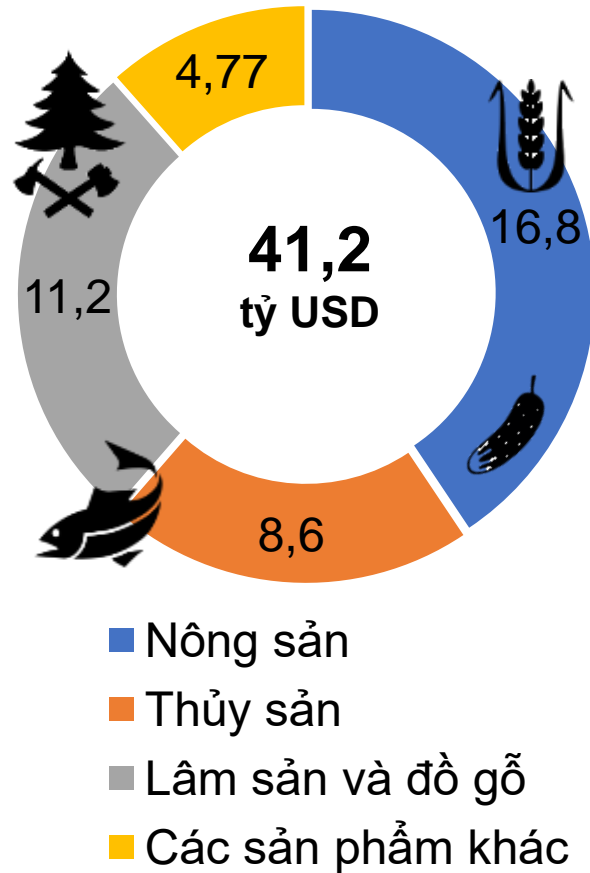
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# Food and Nutrition security situation in Vietnam

# Food security ensures: per capita grain food over the periods



# Export value of agriculture, forestry and fishery in 2020



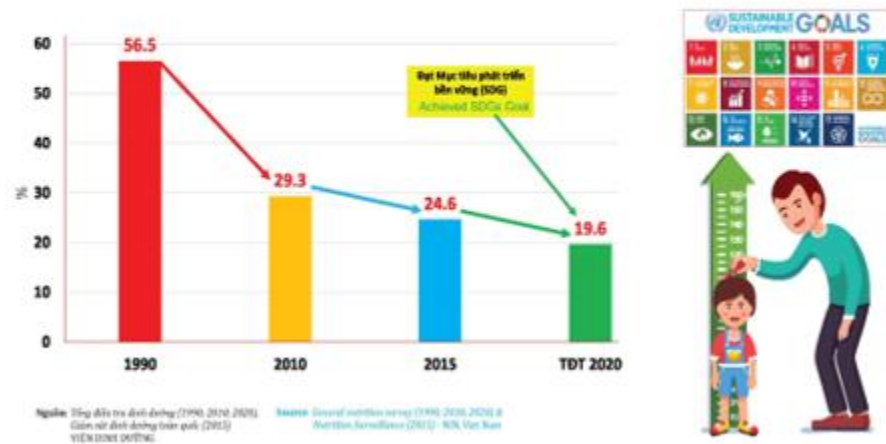
Source: General Statistics Office, General Department of Customs, Ministry of Agriculture and Rural Development

- Ranked 2nd in Southeast Asia; ranked top 15 in the world in exporting agricultural products
- Agro-forestry export turnover from 2008 to 2020: reaching 385 billion USD, increasing by 9.1%/year on average

# Nutrition and health status is a critically important outcome of food system

*Stunting rates are one indicator of child undernutrition and micronutrient deficiency and have decreased significantly.*

Vietnam has successfully reduced the prevalence of stunting among children under 5 years old, 1990-2020, and achieved SDG goals with innovative policies and programs

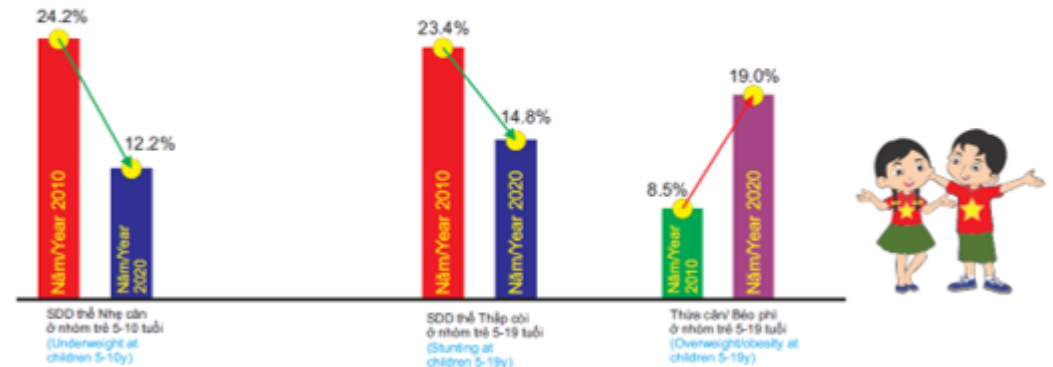


Nguồn: Tổng điều tra dinh dưỡng (1990, 2010, 2020)  
Giám sát dinh dưỡng toàn quốc (2015)  
Source: General nutrition survey (1990, 2010, 2020) &  
Nutrition Surveillance (2015) - NIN, Văn Nam

Source: Main findings from the General Nutrition Survey 1990-2020

Whilst the rates of underweight and stunting in children have decreased, the levels of overweight and obesity in 5-19 year old children is increasing alarmingly.

*Emergence of double burden of malnutrition characterized by coexistence of undernutrition along with overweight and obesity, or diet-related noncommunicable diseases in the population.*

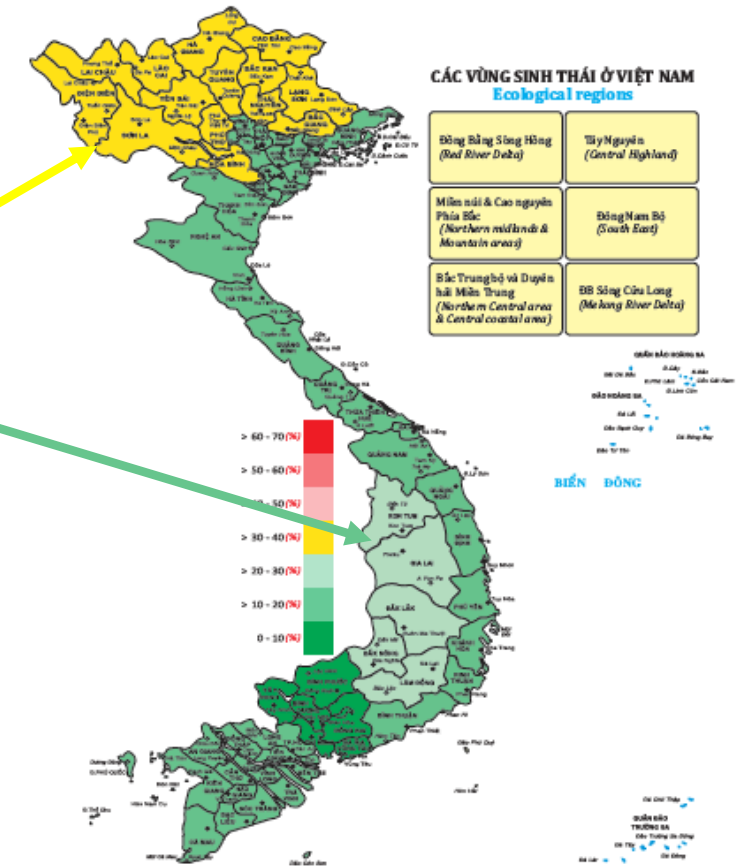


Nguồn: Tổng điều tra dinh dưỡng (2010, 2020)  
VIỆN DINH DƯỠNG  
Source: General nutrition survey (2010, 2020)  
NIN, Văn Nam

# Impacts are unevenly distributed between urban and rural areas, and ethnic groups, and linked to poverty and household income

Prevalence of stunting in children < 5 remains very high in northern and central mountainous regions, where poverty rates are also high. Stunting also highest amongst *ethnic minority groups (32%)*. *Stunting in urban areas is low, but overweight and obesity is an increasing problem.*

Vùng sinh thái (Geographical area)	%	95% CI
<b>Toàn quốc (Nationwide)</b>	<b>19.6</b>	
<b>Theo vùng sinh thái (by Geographical area)</b>		
Miền núi phía bắc (Northern midlands and mountain areas)	37.4	(34.0 - 40.8)
Đồng Bằng sông Hồng (Red River Delta)	11.2	(8.5 - 14.8)
Bắc Trung bộ và Duyên hải miền Trung (Northern Central area & Central coastal area)	17.4	(14.5 - 20.3)
Tây Nguyên (Central Highland)	28.8	(20.2 - 39.1)
Đông nam bộ (South East)	9.7	(6.2 - 11,2)
ĐB sông Cửu Long (Mekong River Delta)	12.4	(10.2 - 15.1)
<b>Theo vùng thành thị/nông thôn (by Urban/Rural area)</b>		
Thành thị (Urban)	12.4	(10.2 - 15.1)
Nông thôn (Rural)	14.9	(12.0 - 18.3)
Miền Núi (Mountainous)	38.0	(34.0 - 42.0)
<b>Giới (by Sex)</b>		
Nam (Boy)	18.6	(12.9 - 17.1)
Nữ (Girl)	20.6	(11.1 - 15.5)

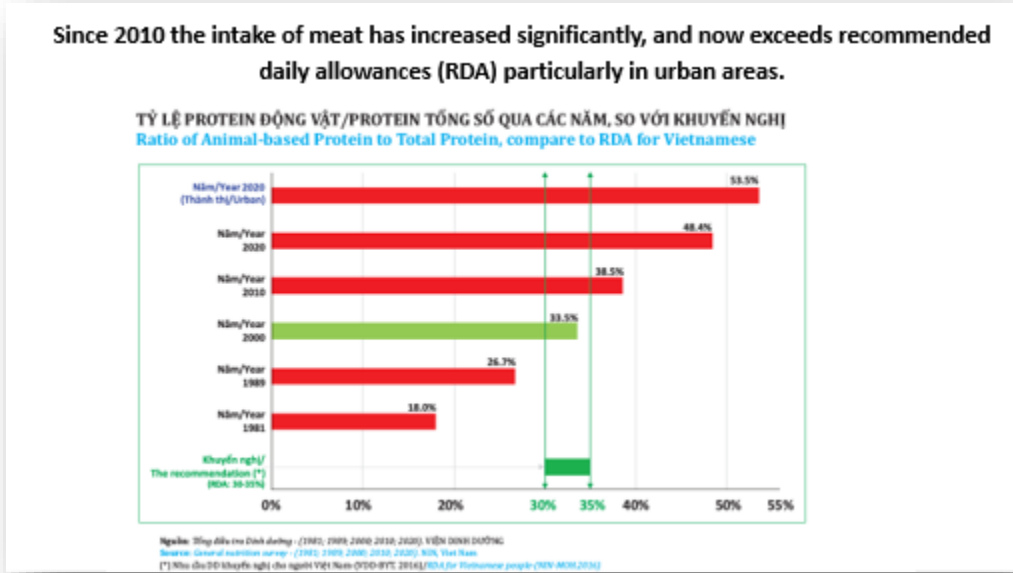
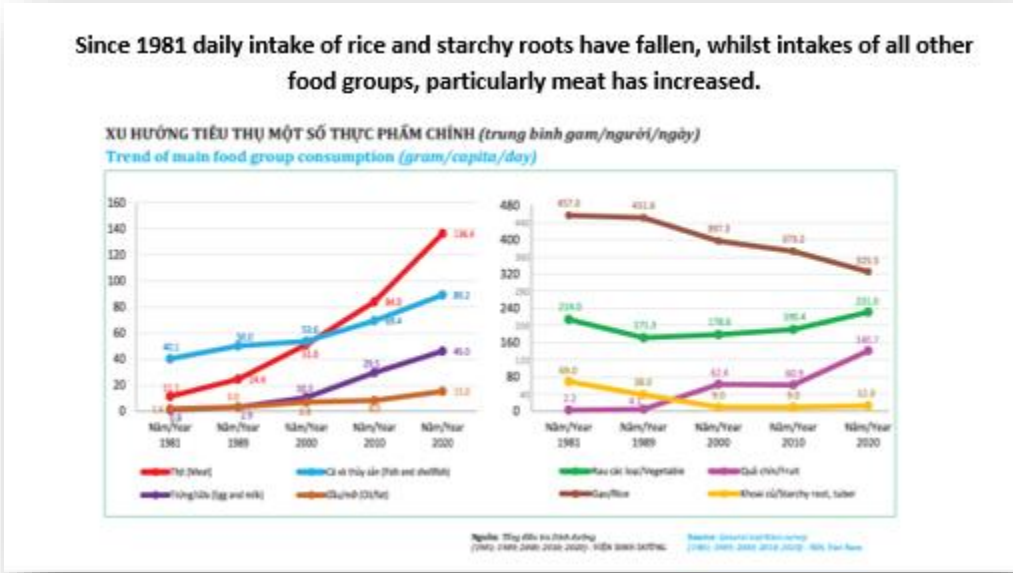


# Urbanization, increasing incomes and changing consumer preferences are changing diets. Particularly in urban areas.

Diets

Characterization and Quality

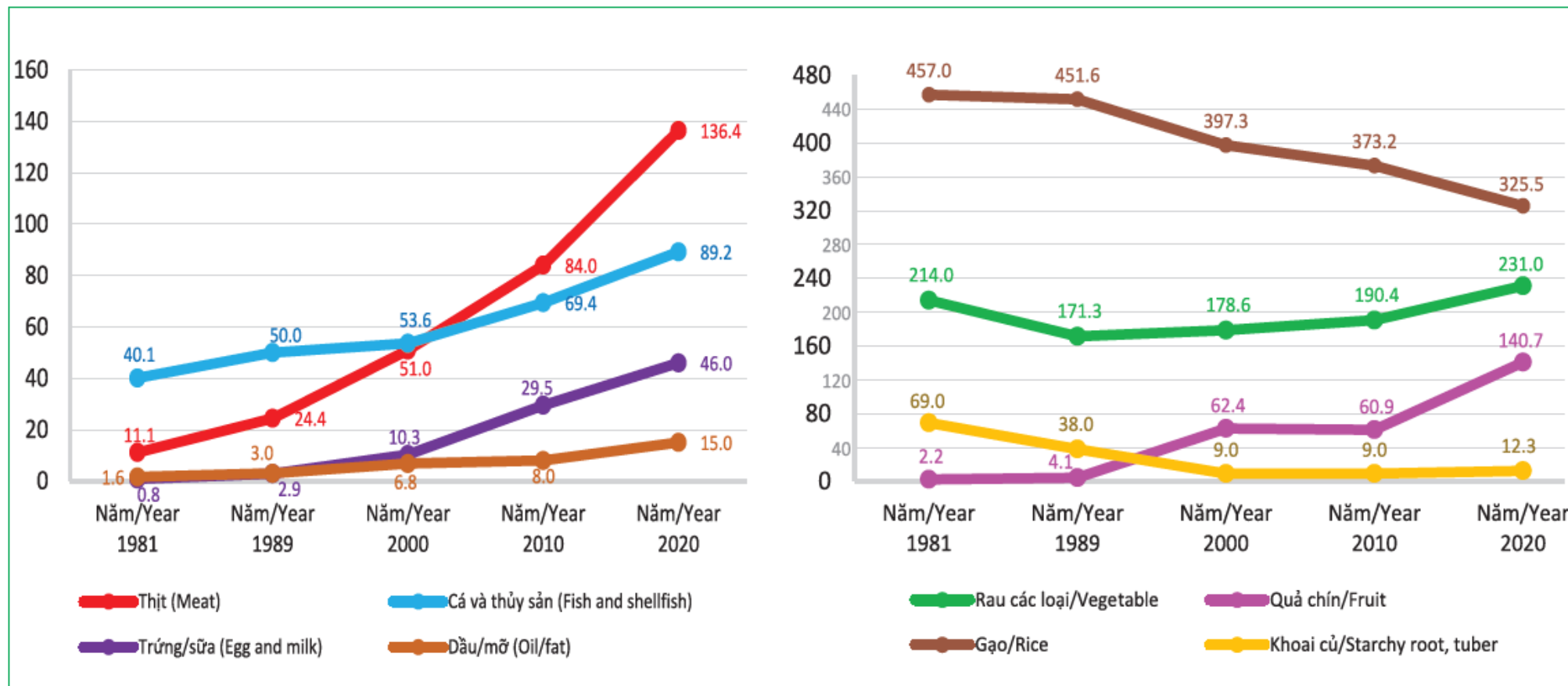
Adequacy



*A healthy diet helps prevent or alleviate malnutrition in all its forms, from undernutrition, stunting, wasting and micronutrients deficiencies, to overweight, obesity and other nutrition related NCDs*

Since 1981 daily intake of rice and starchy roots have fallen, whilst intakes of all other food groups, particularly meat has increased.

XU HƯỚNG TIÊU THỤ MỘT SỐ THỰC PHẨM CHÍNH (trung bình gam/người/ngày)  
Trend of main food group consumption (gram/capita/day)



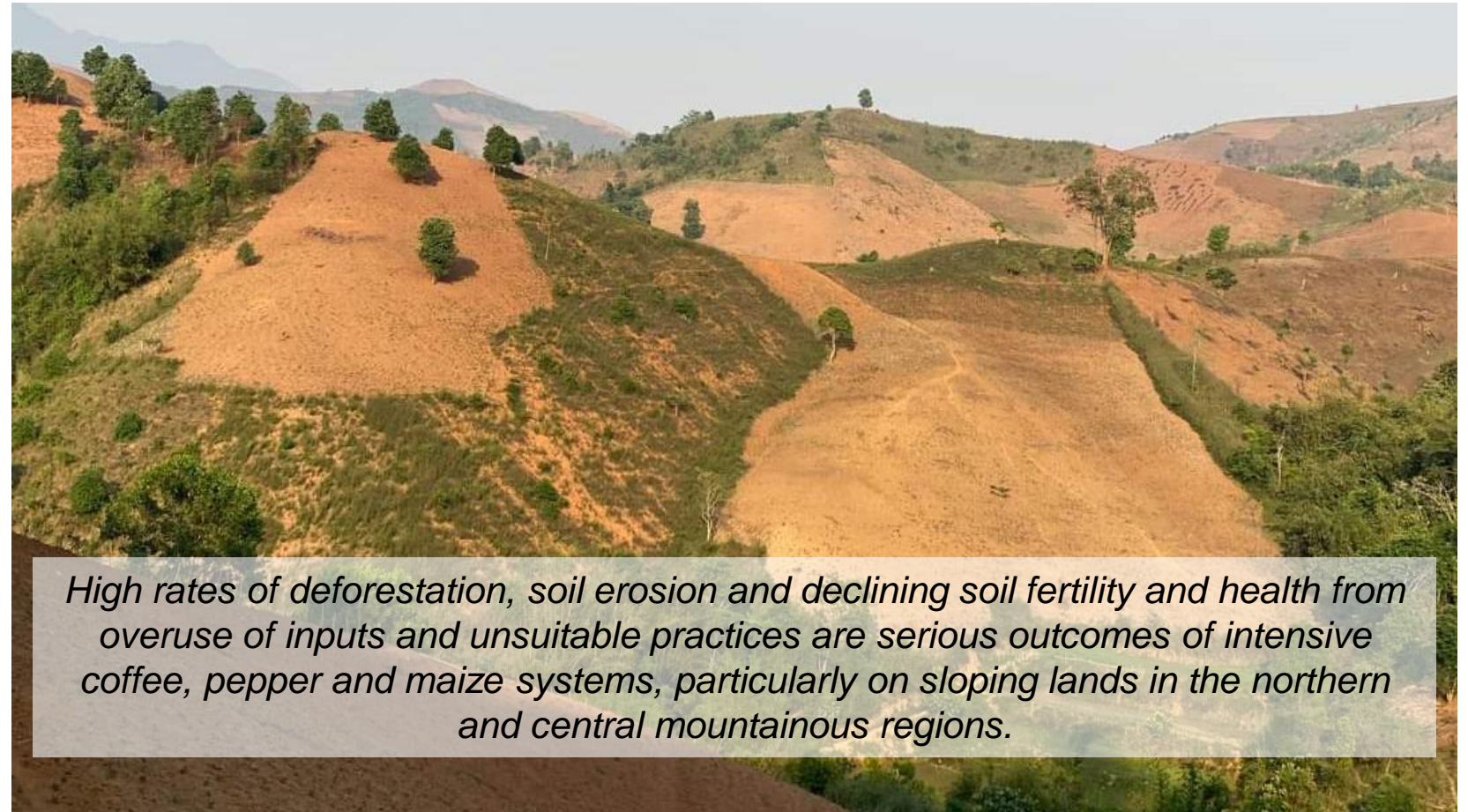
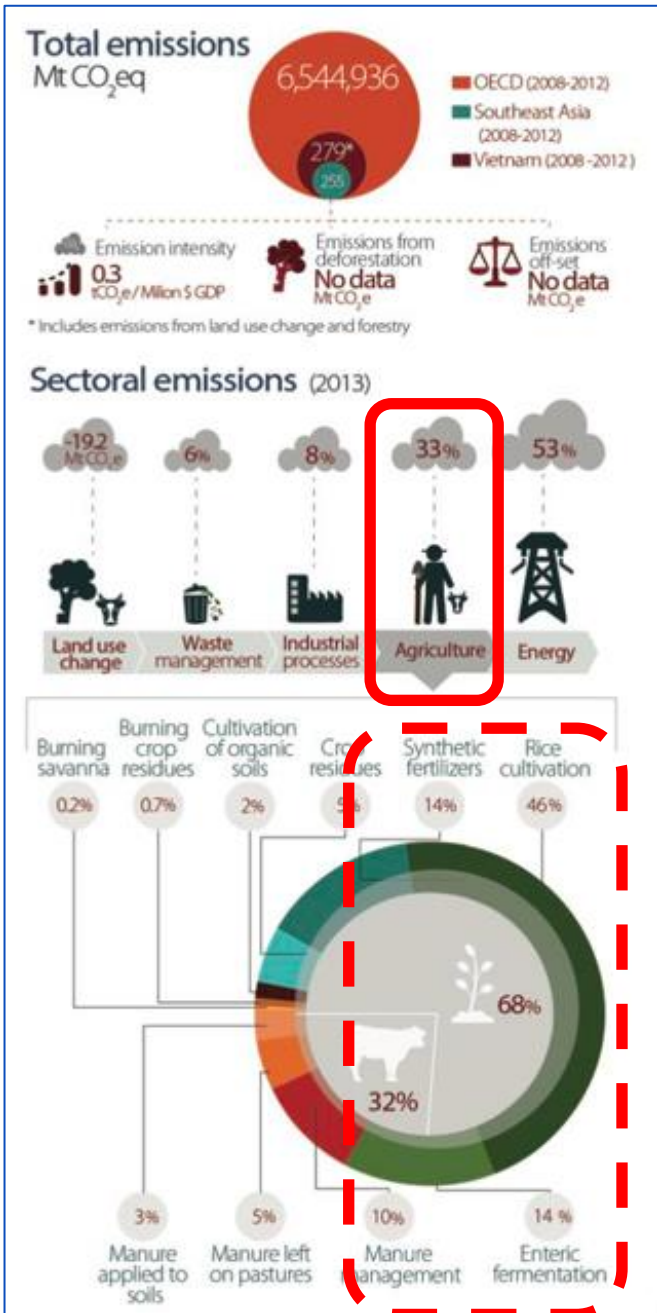
Nguồn: Tổng điều tra Dinh dưỡng (1981; 1989; 2000; 2010; 2020) - VIỆN DINH DƯỠNG

Source: General nutrition survey (1981; 1989; 2000; 2010; 2020) - NIN, Viet Nam



**Concern Climate change and pandemic  
disease (Covid 19) to Food security and  
Nutrition security in Vietnam**

## 2. Some food systems cause resource degradation and GHG emissions which affect the environment and climate change.





# Support the food during the Covid 19



# Addressing Food and Nutrition Security in Challenging Times in Vietnam

# National Action Plan on Food System Transformation in Viet Nam towards Transparency, Responsibility, and Sustainability by 2030 (No 300/QD-TTg, 28/3/2023)

*There are five potential Action Tracks for transforming to responsible, sustainable and transparent food systems. These also contribute to the 17 SDGs and the 2030 Agenda*

**ACTION TRACK #1**  
ENSURE ACCESS TO  
SAFE AND NUTRITIOUS  
FOOD FOR ALL



**ACTION TRACK #2**  
SHIFT TO SUSTAINABLE  
CONSUMPTION  
PATTERNS



**ACTION TRACK #3**  
BOOST NATURE-  
POSITIVE PRODUCTION



**ACTION TRACK #4**  
ADVANCE EQUITABLE  
LIVELIHOODS



**ACTION TRACK #5**  
BUILD RESILIENCE TO  
VULNERABILITIES,  
SHOCKS AND STRESS



- Ensuring access to safe and nutritious food for all
- Shifting to sustainable consumption patterns
- Promoting sustainable food production at scale
- Develop competitive, inclusive and equitable food value chains
- Build resilience to vulnerabilities, shocks and stress



*What are some levers for change? - collective action and multi-stakeholder partnerships; innovation, science and technology; finance and insurance; gender equality and social inclusion; and governance, policies and institutions*

## What are the opportunities and critical areas for food system action?

# National Pathway for Food Systems Transformation in support of the 2030 Agenda

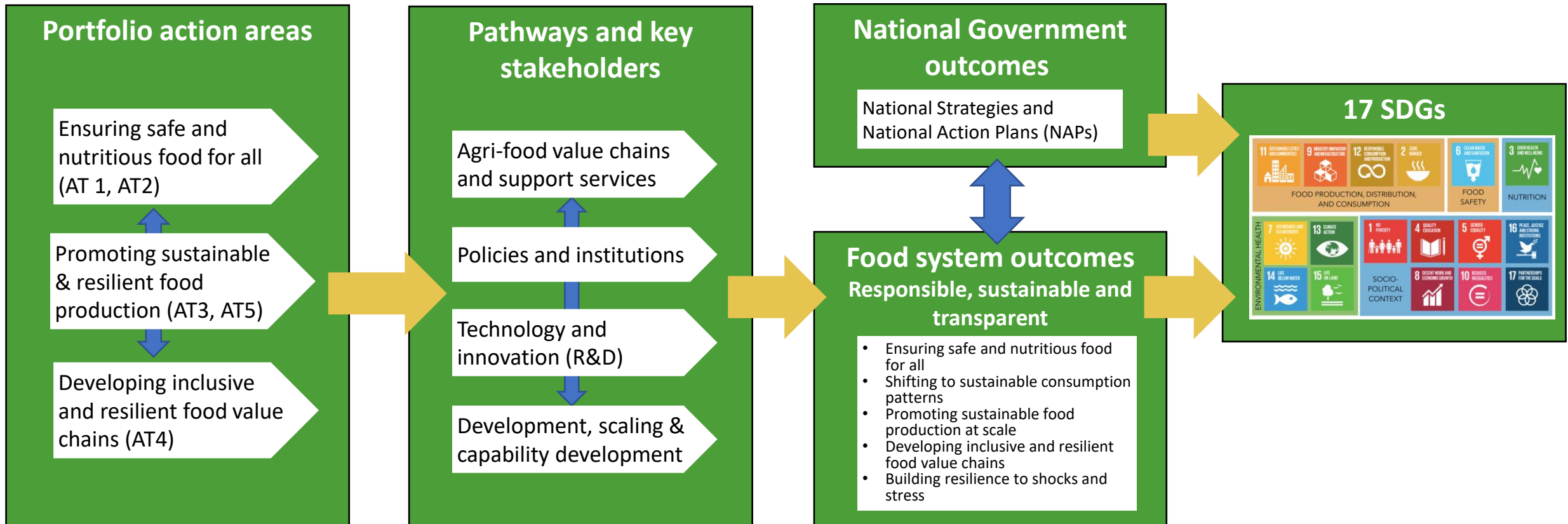


2030 Outcomes

National Food System Pathway

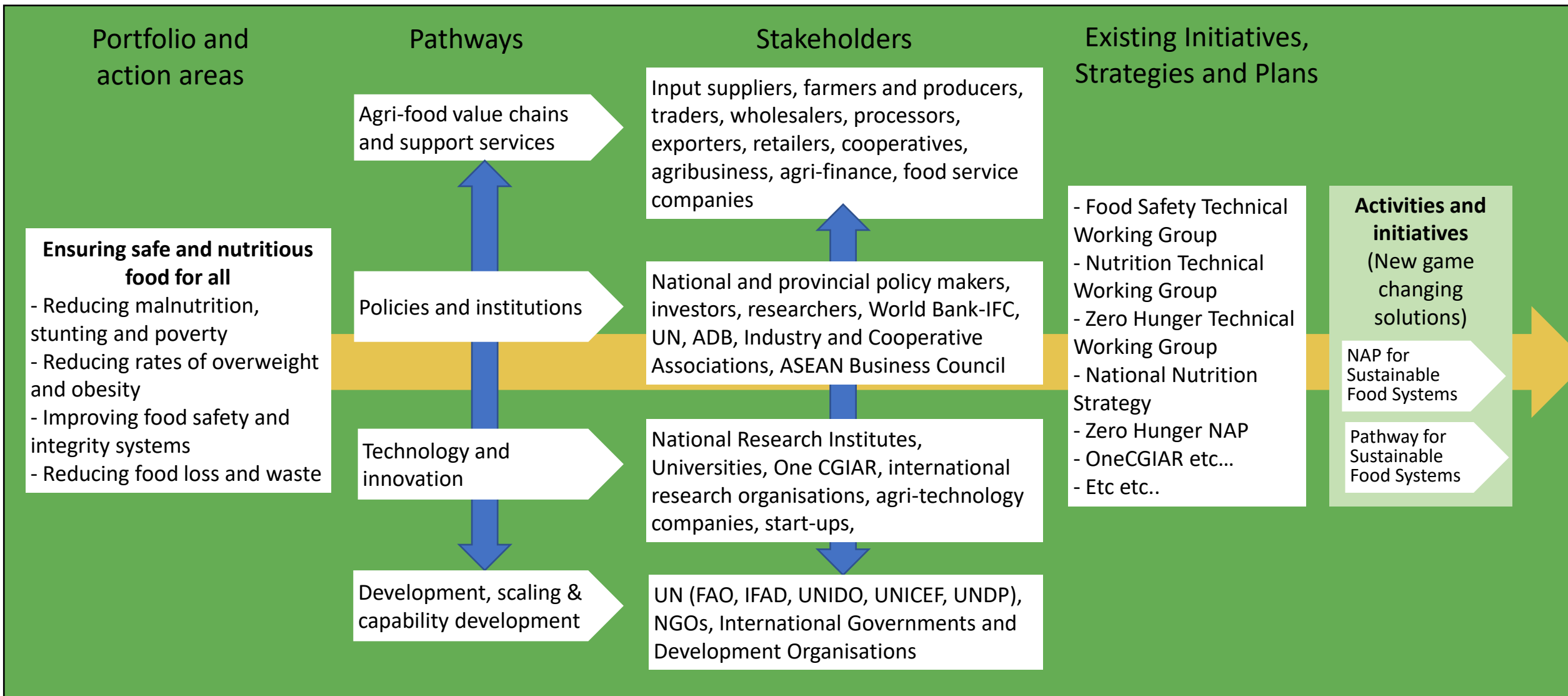
National

Global





# NAP and Pathway strategy – example for mobilizing pathways, stakeholders and existing initiatives to develop game changing solutions in portfolio areas.



# There are many existing national strategies, plans and programs relevant to Vietnam's food system

**Socio-Economic  
Development Strategy 2021-  
2030 (MPI)**

**National Action Plan for  
Implementation of the 2030  
Agenda for Sustainable  
Development (MPI)**

**National Nutrition  
Strategy, 2021-2030  
(MOH)**

**Scaling up Nutrition  
Vietnam (SUN), (MOH)**

**Strategies, plans and  
programs relevant to  
food systems  
transformation in  
Vietnam**

**Agricultural Restructuring  
Plan 2021-2025 (MARD)**

**Green Growth and  
Climate Change Response  
Target Programs 2016-  
2020 (MONRE)**

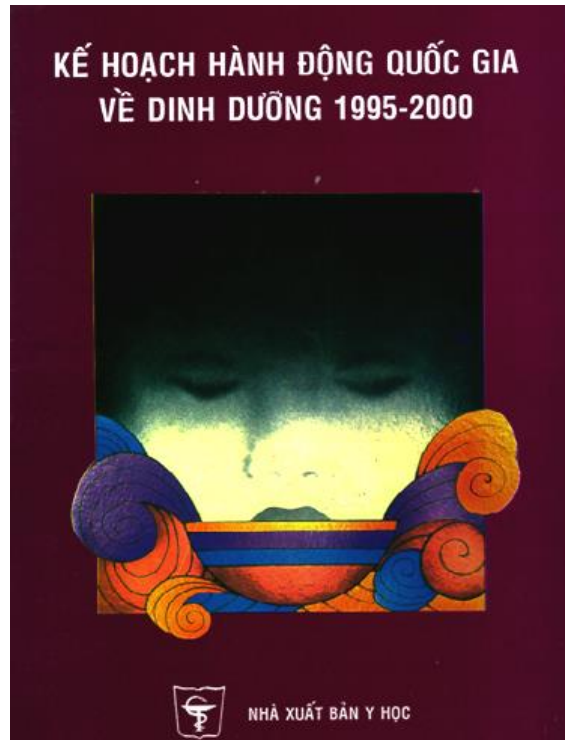
**National Action Plan on  
Zero Hunger in Viet Nam by  
2025 (MARD)**

**NDC mitigation and  
adaption and commitment  
to the Paris Agreement of  
Viet Nam, (MONRE).**

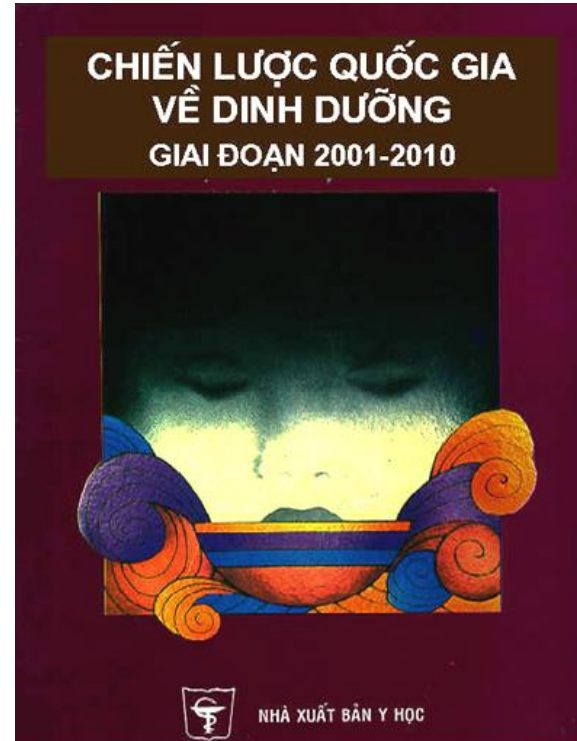
**SENDAI Framework for  
Disaster Mitigation  
(MARD)**



# National Nutrition Strategy in Vietnam



NPN 1995 – 2000



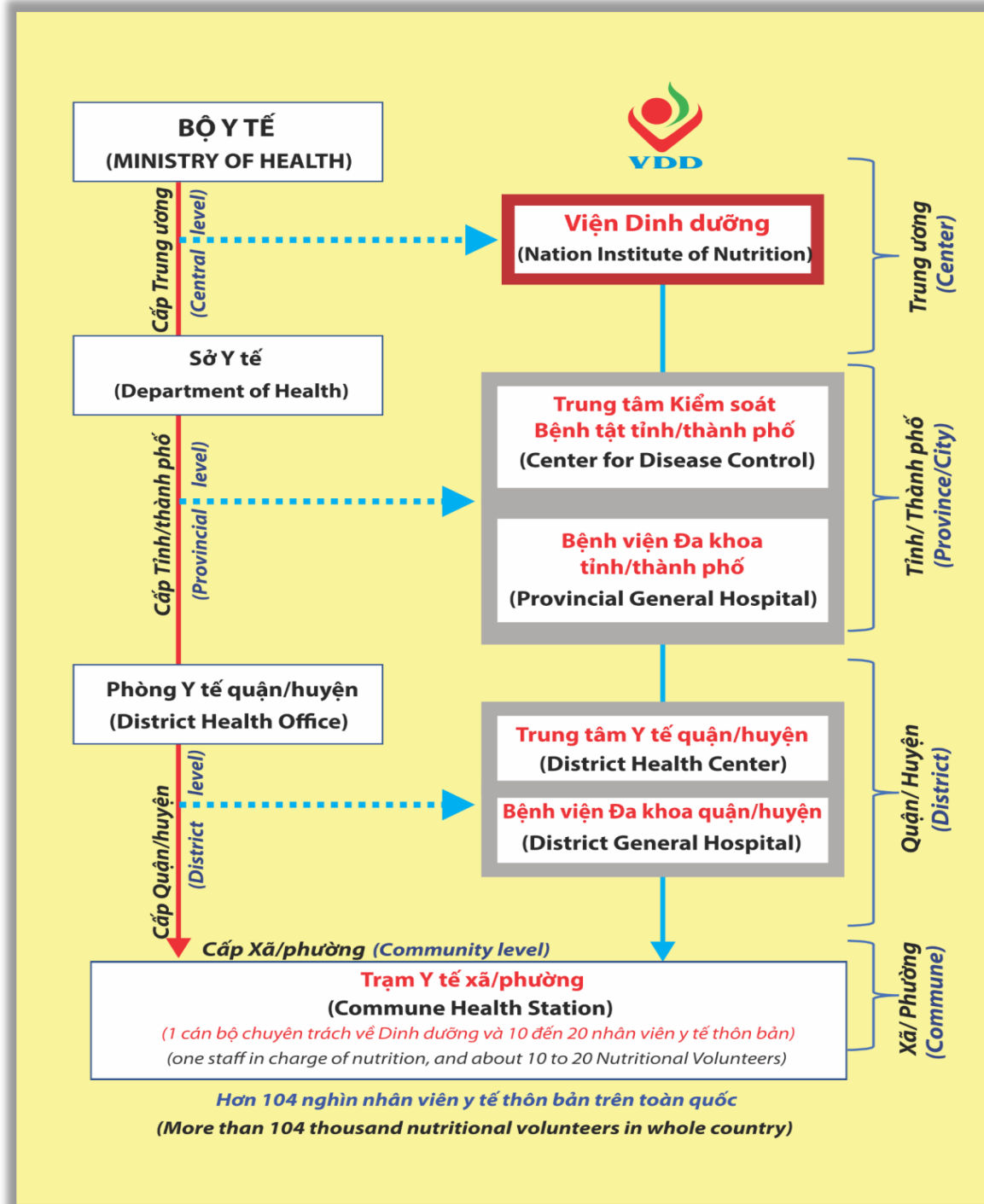
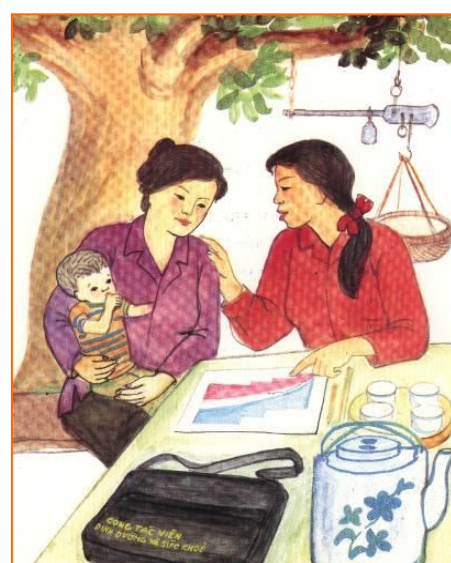
NNS 2001 – 2010



NNS 2011 - 2020



NNS 2021 - 2030







Vietnam National Convenors  
of Food System Transformation







# NATIONAL INSTITUTE OF NUTRITION



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**Thank you for  
 your attention!**



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## THÁP DINH DƯỠNG HỢP LÝ

Cho trẻ em 3-5 tuổi (giai đoạn 2016-2020) - Mức tiêu thụ trung bình cho một trẻ trong một ngày



HÀNG NGÀY	
<b>ĐƯỜNG</b> : < 3 đơn vị	1 đơn vị =
<b>MUỐI</b> : < 3g	3g =
<b>DẦU MỠ</b> : 5 đơn vị	1 đơn vị =
<b>SỮA</b> : 4 đơn vị	1 đơn vị =
<b>THỊT/THỦY SẢN/TRỨNG</b> <b>ĐÀU, ĐÓ</b> : 3,5 đơn vị	1 đơn vị =
<b>RAU</b> : 2 đơn vị	1 đơn vị =
<b>QUẢ</b> : 2 đơn vị	1 đơn vị =
<b>NGŨ CỐC</b> : <b>5-6 đơn vị</b>	1 đơn vị = 2 đơn vị =
<b>NƯỚC</b> : <b>1,3 Lít (6 cốc)</b>	1 đơn vị =

