

14th ACN
2023
CHENGDU, CHINA SEP.14-17th, 2023

Pictorial Report

Symposium: Making a difference in public health nutrition in Southeast Asia

Saturday, 16 September 2023



Through this symposium, the Network aimed to reach out to wider stakeholders and audiences in the region, particularly in sharing its vision and commitment in advocating and promoting public health nutrition in Southeast Asia region.

The Network also aimed to promote and share its works and activities, especially those of public health nutrition importance, with the conference participants.

Concurrent Symposia Program Schedule

Making a difference in public health nutrition in Southeast Asia

Date: Sept. 16, 10:30-12:00
Room: 408B

Hosted by: Southeast Asia Public Health Nutrition (SEA-PHN) Network

Chair: Dr. E Siong Tee

- 10:30-10:35 **Introduction, welcome remarks**
E Siong Tee, PhD
SEA-PHN Network, Chair; Nutrition Society of Malaysia, President
- 10:35-10:50 **About SEA-PHN Network – Rationale, Objectives, Operational Framework, Key network activities**
Nalinee Chongviriyaphan, MD, Professor
SEA-PHN Network, Vice-Chairman; Nutrition Association of Thailand, President
- 10:50-11:05 **School nutrition promotion programme using the GNHKC module**
Hardinsyah, PhD, Professor
Federation of Asian Nutrition Societies, President; SEA-PHN Network, Council Member; Food and Nutrition Association of Indonesia, President
- 11:05-11:20 **Food-based dietary guidelines in Southeast Asia countries**
Le Thi Hop, PhD, Professor
Vietnam Nutrition Association, Council Member
- 11:20-11:35 **Recommended energy and nutrient intake values in Southeast Asian countries**
E Siong Tee, PhD
SEA-PHN Network, Chair; Nutrition Society of Malaysia, President
- 11:35-11:50 **Discussion, Q & A**
Chair and all speakers of session
- 11:50-11:55 **Closing remarks**
E Siong Tee, PhD
SEA-PHN Network, Chair; Nutrition Society of Malaysia, President



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10:30 – 12:00 noon
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public health nutrition in Southeast Asia**



Chairperson Welcome Remarks

E Siong Tee, PhD
*SEA-PHN Network, Chair;
Nutrition Society of Malaysia (NSM), President*

- Chairperson of National Steering Committee for Nutrition Month Malaysia (NMM)
- Member of National Coordinating Committee for Food and Nutrition (NCCFN) & Technical Working Group for Nutritional Guidelines
- Member of Malaysian Food Regulations Committees; committees of the Codex Alimentarius, Food Safety and Quality Division, Ministry of Health Malaysia
- Scientific Director of the International Life Sciences Institute (ILSI) (Southeast Asia Region)
- Adjunct Professor of the International Medical University



**Presentation 1:
About SEA-PHN Network – Rationale, Objectives,
Operational Framework, Key Network Activities**

Nalinee Chongviriyaphan, PhD, Professor
*SEA-PHN Network, Vice-Chairman;
Nutrition Association of Thailand, President*

- Pediatrician Nutrition Specialist
- President of Nutrition Association of Thailand under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn
- Honorary advisor of Pediatric Nutrition Association of Thailand
- Executive committee of Royal College of Pediatricians of Thailand and Pediatric Society of Thailand
- Executive committee of Society of Parenteral and Enteral Nutrition of Thailand



**Presentation 3:
Food-Based Dietary Guidelines (FBDGs) In
Southeast Asian (SEA) Countries**

Le Thi Hop, PhD, Professor
Vietnam Nutrition Association, Council Member

- President of Vietnam Association for Intellectual Women
- Former President of Vietnam Nutrition Association
- Former Director of National Institute of Nutrition Vietnam
- Graduated as a medical doctor in Tashkent Medical University, Soviet Union and had professional trainings in nutrition in a number of countries e.g. Russia, Sweden & Indonesia
- Involved in the development and implementation of National malnutrition control programme and the National Nutrition Strategies for the period 2001-2010 & 2011-2020 as well as nutrition training for PhD and Master students in Vietnam



**Presentation 4:
Recommended Energy and Nutrient Intake Values in
Southeast Asian Countries**

E Siong Tee, PhD
*SEA-PHN Network, Chair;
Nutrition Society of Malaysia (NSM), President*

- Chairperson of National Steering Committee for Nutrition Month Malaysia (NMM)
- Member of National Coordinating Committee for Food and Nutrition (NCCFN) & Technical Working Group for Nutritional Guidelines
- Member of Malaysian Food Regulations Committees; committees of the Codex Alimentarius, Food Safety and Quality Division, Ministry of Health Malaysia
- Scientific Director of the International Life Sciences Institute (ILSI) (Southeast Asia Region)
- Adjunct Professor of the International Medical University
- Former Head, Cardiovascular, Diabetes and Nutrition Research Centre, Institute for Medical Research (IMR) Malaysia



**Presentation 2:
School Nutrition Promotion Programme Using the
GNKHC Module**

Hardinsyah, PhD, Professor
*Federation of Asian Nutrition Societies, President;
SEA-PHN Network, Council Member;
Food and Nutrition Association of Indonesia, President*

- Professor of Nutrition Science at Community Nutrition Department, Human Ecology Faculty, IPB University
- President of Federation of Asian Nutrition Societies (FANS)
- President of Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia)
- Chairman of Nutrition Higher Educations of Indonesia (AIPGI)
- Former Head of Nutrition Study Programme and Director of Collaboration of IPB University, Dean of the Faculty of Human Ecology of IPB University, and Rector of Sahid University



Dr Tee E Siong, Chair of SEA-PHN Network delivered the welcome remarks and introduced the speakers of the symposium session

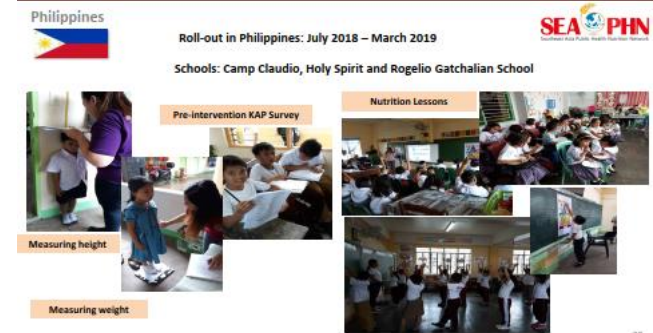
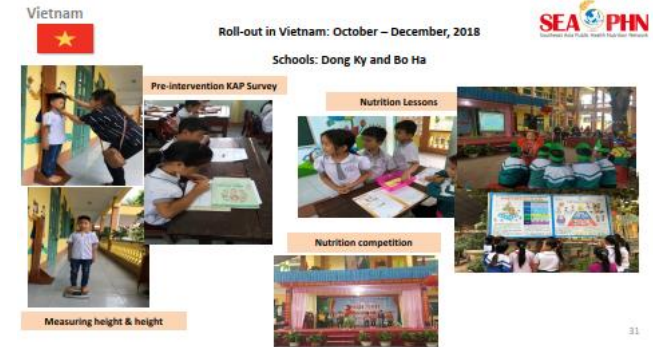


Clin Prof Dr Nalinee Chongviriyaphan, Vice-Chair of SEA-PHN Network shared with attendees the rationale, objectives, operational framework and key activities of the Network



SEA-PHN Network implemented a multi-country nutrition education programme (GNKHC) for **school-going children, conducted by teachers**, utilising a **specially designed nutrition teaching module** developed by members of the SEA-PHN Network.

- Contribution of the Network to the promotion of knowledge of healthy eating and active living in SEA
- Increased awareness of parents on the importance of healthy eating and active living among school children
- Provide a platform for professional bodies and corporate partners in the region to collaborate in a public health nutrition programme
- Experiences gained in the implementation of the project can be used for implementing larger scale interventions in more schools in the countries



Prof Dr Hardinsyah, Council member of SEA-PHN Network presented the Network's multi-country school nutrition promotion programme using the Good Nutrition Key to Healthy Children (GNKHC) module



Summary of key messages by country (1)

- The key messages from each country FBDG were compared and **similar messages were grouped together**
- A total of **18 topics identified**, covering topics ranging from eating a variety of foods, specific food groups, breastfeeding, reading food labels and food safety

| Topic | Indonesia | Malaysia | Philippines | Thailand | Vietnam | Brunei |
|-----------------------|-----------|----------|-------------|----------|---------|--------|
| 1 Variety of foods | √ | √ | √ | √ | √ | √ |
| 2 Fruits & vegetables | √ | √ | √ | √ | √ | √ |
| 3 Salt | √ | √ | √ | √ | √ | √ |
| 4 Fats & oil | √ | √ | √ | √ | √ | √ |
| 5 Sugar | √ | √ | √ | √ | √ | √ |
| 6 Healthy body weight | √ | √ | √ | √ | √ | √ |

Note: The ticks and crosses in the table indicate the presence or absence respectively of the specific message in the country FBDG

Summary of key messages by country (2)

| Topic | Indonesia | Malaysia | Philippines | Thailand | Vietnam | Brunei |
|---|-----------|----------|-------------|----------|---------|--------|
| 7 Fish, lean meat, poultry, eggs, beans or nuts | √ | √ | √ | √ | √ | √ |
| 8 Cereals & grains | √ | √ | x | √ | x | √ |
| 9 Milk & milk products | x | √ | √ | √ | √ | x |
| 10 Physical activity | √ | √ | √ | x | √ | √ |
| 11 Food safety | x | √ | √ | √ | √ | √ |
| 12 Alcohol | x | x | √ | √ | √ | x |
| 13 Water | √ | √ | x | x | √ | x |
| 14 Breastfeeding | x | x | √ | x | √ | √ |
| 15 Food & nutrition labels | √ | √ | x | x | x | √ |
| 16 Breakfast | √ | x | x | x | x | x |
| 17 Personal hygiene | √ | x | x | x | x | x |
| 18 Cook at home/Eating out | x | √ | x | x | x | x |

Note: The ticks and crosses in the table indicate the presence or absence respectively of the specific message in the country FBDG

Food plate, an education tools that impart the message of balance and proportionality among the major food groups has been used in Indonesia, Philippines, Malaysia, Thailand & Brunei Darussalam)



Indonesia My Plate



Malaysian Healthy Plate



Thailand Healthy Plate



Philippines Healthy Food Plate



Brunei Darussalam's National Healthy Food Plate

Prof Dr Le Thi Hop, former Vice-Chair of SEA-PHN Network presented the Network's project on compiling and reviewing the food-based dietary guidelines in Southeast Asian countries



- The work was published as special invited review in Malaysian Journal of Nutrition
- Doi: <https://doi.org/10.31246/mjn-2023-29-2-rni-rda-sea-review>

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SPECIAL INVITED REVIEW

Review of recommended energy and nutrient intake values in Southeast Asian countries

E Siong Tee^{1,2*}, Rodolfo F Florentino^{1,3}, Nalinee Chongviriyaphan^{1,4}, Hardinayah Ridwan^{1,5}, Mahenderan Appukutty^{1,2} & Truong Tuyet Mai^{1,6}

¹Southeast Asia Public Health Nutrition Network; ²Nutrition Society of Malaysia; ³Nutrition Foundation of the Philippines, Inc; ⁴Nutrition Association of Thailand; ⁵Food and Nutrition Society of Indonesia; ⁶Vietnam Nutrition Association




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Dr Tee E Siong, Chair of SEA-PHN Network shared the Network's project on compiling and reviewing the recommended energy and nutrient intake values in Southeast Asian countries



Q&A & Discussion Session, moderated by Dr Tee E Siong



Presentation of certificate of appreciation to speakers



Group photos of the Network's Council & Associate members, secretariat & guest

Get to know us - visit us at:

<https://sea-phn.org>

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Thank you !