



2nd
SEA-PHN

SOUTHEAST ASIA PUBLIC HEALTH NUTRITION CONFERENCE
"NUTRITION IN FOSTERING HEALTH AND WELL-BEING"



 11-13 November 2024  Arnoma Grand Bangkok, Thailand

Pictorial Report

1. 10th Anniversary of the SEA-PHN Network &
2. SEA-PHN Network booth at conference
3. Meet the Experts: Panel Discussion
 - Food-Based Dietary Guidelines (FBDGs) in Southeast Asian Countries: Status and Impact

Organised by :



Nutrition Association of
Thailand Under the Patronage
of Her Royal Highness Princess
Maha Chakri Sirindhorn

Co-organised by :



Food and Nutrition
Society of Indonesia



Nutrition Society of
Malaysia



Nutrition Foundation
of the Philippines, Inc



Vietnam Nutrition
Association

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INTRODUCTION

The 2nd SEA-PHN Conference, hosted by the Nutrition Association of Thailand (NAT), was the second public health nutrition conference organised under the auspices of the Southeast Asia Public Health Nutrition (SEA-PHN) Network, following the first conference held in 2017 in Kuala Lumpur (<https://sea-phn.org/resources/sea-phn-conference-2017/>).

This conference aligned with the SEA-PHN Network's objectives of establishing and maintaining an interactive network among public health nutritionists in the Southeast Asia region, as well as promoting the periodic exchange of experiences and activities related to public health nutrition issues. The theme of the 2nd conference was "Nutrition in Fostering Health and Well-Being".

The conference programme covered topics of common interest in the SEA region, including: addressing nutrition issues in mothers, infants, and young children; food-based dietary guidelines; promoting health and well-being for the elderly; tackling non-communicable diseases through the implementation of practical goals; updating global trends and scientific knowledge in nutrition; and discussing the harmonisation of nutrient reference intakes in Southeast Asia.

This conference also marked the 10th anniversary of the SEA-PHN Network since its inception in 2014.

INTRODUCTION

This pictorial report focuses on three main items related to the SEA-PHN Network:

1. The opening ceremony of the Conference, during which the 10th anniversary of the Network was recognised with the sharing of a video summarising the Network's activities over the past decade;
2. The SEA-PHN Network booth at the conference;
3. Panel discussion focused on the upcoming publication of the SEA-PHN Network – a review of the FBDGs of six SEA countries

Day 1: 11 November 2024

Time	Room A (Arnoma 1&2)	Room B (Arnoma 3)
07.00-08.45	Registration	
08.45-09.30 (45 min)	<p>Opening Ceremony and 10th Anniversary of SEA-PHN Network</p> <p>Tee E Siong, Ph.D. (Malaysia) Assoc. Prof. Rewadee Chongsuwat, Ph.D. (Thailand) Prof. Emeritus Kraisid Tontisirin, MD (Thailand)</p>	

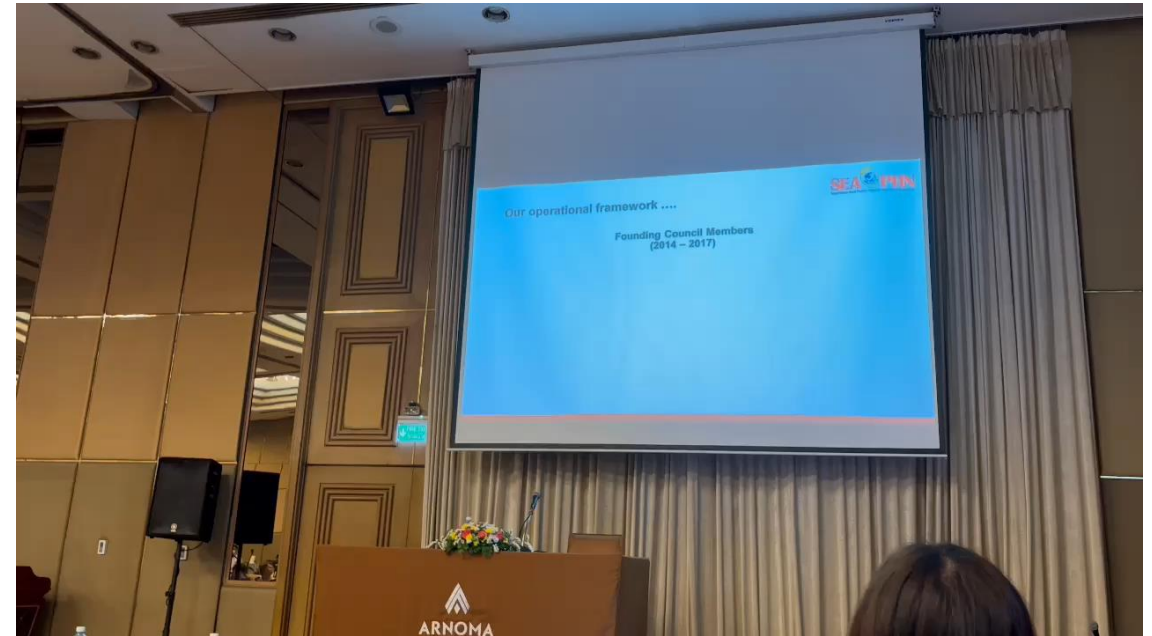
Day 3: 13 November 2024

Time	Room A (Arnoma 1&2)	Room B (Arnoma 3)
08.30-09.00	Registration	
09.00-10.15 (1 hr 15 min)	<p>Meet the Experts: Panel Discussion</p> <p>Food-Based Dietary Guidelines (FBDGs) in Southeast Asian Countries: Status and Impact</p> <p>1. Tee E Siong, Ph.D. (Malaysia) 2. Prof. Hardinsyah, Ph.D. (Indonesia) 3. Assoc. Prof. Mahenderan Appukutty, Ph.D. (Malaysia) 4. Assoc. Prof. Truong Tuyet Mai, MD, Ph.D. (Vietnam) Moderator: Visaratana Therakomen, MD, FRCPT (Thailand)</p>	

1. Opening Ceremony of the 2nd Southeast Asia Public Health Nutrition Conference



Assoc Prof Rewadee Chongsuwat (President of Nutrition Association of Thailand), Prof Emeritus Kraisid Tontisirin, and Dr Tee E Siong (Chair of SEA-PHN Network), delivered welcome remarks and the opening speech at the conference



Display of the SEA-PHN Network's 10th Anniversary video at the conference



Opening Ceremony –
The conference was opened with the sounding a gong



Dr Tee received a bouquet of flowers from
Assoc Prof Rewadee Chongsuwat and
Prof Emeritus Kraisid Tontisirin



Assoc Prof Rewadee Chongsuwat delivered the welcome speech at the conference banquet

2. SEA-PHN Network Booth at the Conference

The conference organiser provided a complimentary booth to the SEA-PHN Network to highlight its activities.



The Network promoted and shared its work and activities, especially those of importance to public health nutrition



The Network promoted and shared its work and activities, especially those of importance to public health nutrition

3. Meet the Experts: Panel Discussion Food-Based Dietary Guidelines (FBDGs) in Southeast Asian Countries - Status and Impact

Panellists:

- Dr Tee E Siong (Malaysia)
- Prof Hardinsyah (Indonesia)
- Assoc Prof Dr Mahenderan Appukutty (Malaysia)
- Assoc Prof Dr Truong Tuyet Mai (Vietnam)

Moderator:

- Dr Visaratana Therakomen (Thailand)

Key discussion at the panel discussion:

- Integration of FBDGs into national policies
- Implementation strategies of FBDGs in SEA countries
- Challenges in the promotion of FBDGs to the public
- The impact of FBDGs in the public health outcome
- Strategies used to monitor and assess the impact of FBDGs
- Opportunity for enhancing regional collaboration to strengthen FBDGs across Southeast Asia

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E-Siong Tee

- **Specialty:** public health nutrition; food regulations
- **Qualification & Education:** PhD
- **Area of Interest :** community nutrition promotion; nutrients and components in food; nutrition labelling and health claims regulations

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Petaling Jaya, Malaysia

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Mai Truong Tuyet

- **Specialty:** Asc. Professor, Vice- Director of the National Institute of Nutrition, Ministry of Health
- **Qualification & Education:** She is a Medical Doctor and a nutrition expert. She took Ph.D on Nutrition at Japan's Women University, Tokyo, Japan, in 2008.
- **Area of Interest :** She has a big experience in the implementation of various food and nutrition programmes/researches which included the publication nutrition document and press articles in national journal and international journal. Her research focusing on nutrition community for preventing the malnutrition, micronutrient deficiencies, overweight-obesity, non-communicable diseases (metabolic syndrome, diabetes...), also food safety, food system and food security in Vietnam. She is member of editor board for the national journal in preventive medicine and the national journal in nutrition in Vietnam. She is member of steering committee of Vietnam Nutrition Association, Vietnam Food Safety Association, Vietnam Preventive Medicine Association. She also plays role as advisor for the making nutrition policy in Vietnam, developing and surveillance the National Nutrition Strategy, National Plan Action of Nutrition, National Action Plan of Food System Sustainable, National Target programs-improving nutrition activity in Vietnam. She is also Co-Chair of the Technique Working Group on Nutrition in Vietnam, also member of Secretary Board for National Nutrition Strategy in Vietnam.

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Prof. Hardinsyah

Hardinsyah is Professor of the Faculty of Human Ecology (FEMA) Bogor Agricultural University (IPB), President of the Indonesian Food and Nutrition Society (PERGIZI PANGAN), and President of the CSR Society of Indonesia (AP-CSR Indonesia). Having received his Bachelor and Master degrees from IPB, majoring in community nutrition, Professor Hardinsyah was awarded his PhD in Nutrition and Food from University of Queensland, Australia and was a visiting scholar at Cornell University in the United States. Previously he was the Dean of FEMA IPB, Director for the Collaboration of IPB, Executive Director of the Center for Food and Nutrition Policy Studies IPB, Head of Department of Community Nutrition and Family Resources IPB, and Vice President of the Indonesian Society of Nutrition.

His current research includes the epidemiology of dehydration, malnutrition, food insecurity and poverty. Professor Hardinsyah is actively involved in a number of national task forces on food, nutrition and community empowerment.

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Mahenderan Appukutty

- **Specialty:** Sports and Exercise Nutrition
- **Qualification & Education:**
 - PhD (Nutritional Sciences) – Exercise and Nutrition Immunology
 - MSc Sports Science
 - BSc (Hons) Nutrition and Community Health
- **Area of Interest:** Functional Foods, Exercise Nutrition and Physical Activity

Universiti
Teknologi MARA,
Malaysia



Dr Visaratana Therakomen moderated the session and introduced the panelists



Indonesia FBDGs Overview : Key Messages

- The *Pedoman Gizi Seimbang* 2014 comprises 10 key messages intended for healthy adults in the general population.

10 PESAN Gizi Seimbang

- 1 Syukuri & nikmati aneka ragam makanan
- 2 Banyak makan sayuran dan cukup buah-buahan
- 3 Biasakan konsumsi lauk pauk yang mengandung protein tinggi
- 4 Biasakan mengonsumsi aneka ragam makanan pokok
- 5 Batasi konsumsi pangan manis, asin dan berlemak
- 6 Biasakan sarapan
- 7 Biasakan minum air putih yang cukup
- 8 Biasakan beraktivitas fisik
- 9 Biasakan mencuci tangan
- 10 Biasakan menjaga kebersihan lingkungan

1. Enjoy a variety of foods
2. Eat plenty of vegetables and sufficient fruits
3. Consume foods that are high in protein
4. Eat a variety of staple food

Indonesia FBDGs Overview : Pictorial Guide (1)



- The pictorial guide resembles a culinary icon known locally as *Tumpeng Gizi Seimbang*, a cone-shaped rice dish traditionally used in the ritual/thanksgiving meal ceremony in Indonesia.
- It provides guidance for daily consumption and communicates other messages of healthy lifestyle including the importance of a varied diet, hygiene, food safety, regular physical activity, and weight monitoring for achieving ideal weight.

Cereals & products, tubers	3-4 portions/ day
Vegetables	3-4 portions/day
Fruits	2-3 portions/day
Fish, poultry, meat, eggs, legumes	2-4 portions/day
Fat, oil, sugar, salt	Limit intake Sugar: 4 tablespoons/day; Salt: 1 teaspoon/day; Oil: 5 tablespoons/day

Indonesia FBDGs Overview : Pictorial Guide (2)



- Indonesia's food plate complements the *Tumpeng Gizi Seimbang* as a public guideline for the foods in an ideal single meal.
- The plate is divided into 2 areas (half plate) with 4 portions. The first half depicts 2/3 of staple foods (cereals and root crops), and 1/3 protein source foods (animal and plant-based), while the other half plate consists of 2/3 vegetables and 1/3 fruits.
- It also provides more specific guidelines (in grams) for the consumption of each food group i.e. for an adult: 375g staple foods, 75g animal-based protein foods, 100g plant-based protein foods, 200g fruits and 300g vegetables.
- The guide also emphasises proper handwashing, at least 30 minutes of physical activity daily, hydration (8 glasses of clean water), body weight control, and limiting sugar, salt, and oil intake.

Prof Dr Hardinsyah shared highlights of FBDG in Indonesia

Vietnam FBDGs Overview: Key Messages



10 Lời khuyên dinh dưỡng hợp lý đến năm 2030
 Dự thảo QUYẾT ĐỊNH Ban hành "Mười lời khuyên dinh dưỡng hợp lý đến năm 2030", Bộ Y tế, tháng 09/2023

Lời khuyên số 1: Ăn đủ, cân đối và đa dạng các loại thực phẩm hằng ngày; phối hợp hợp lý thực phẩm có nguồn gốc động vật và thực vật.

Lời khuyên số 2: Sử dụng hằng ngày các loại thực phẩm giàu vi chất dinh dưỡng; các loại rau, củ, quả có màu sắc khác nhau. Đọc kỹ thông tin dinh dưỡng trên nhãn thực phẩm trước khi mua và sử dụng.

Lời khuyên số 3: Sử dụng hợp lý các loại thực phẩm giàu đạm; nên ăn cá, thịt gia cầm và các loại hạt trong bữa ăn hằng ngày; ăn có mức độ các loại thịt đỏ.

Lời khuyên số 4: Uống đủ nước hằng ngày.

Lời khuyên số 5: Phụ nữ có thai và bà mẹ cho con bú cần thực hiện chế độ ăn uống hợp lý; bổ sung sắt và acid folic hoặc đa vi chất theo hướng dẫn.

Lời khuyên số 6: Cho trẻ bú mẹ sớm trong vòng một giờ đầu sau khi sinh, nuôi con hoàn toàn bằng sữa mẹ trong 6 tháng đầu; cho trẻ ăn bổ sung hợp lý và tiếp tục cho trẻ bú mẹ đến 24 tháng tuổi hoặc lâu hơn.

Lời khuyên số 7: Hạn chế sử dụng các loại thức ăn chiên rán, thức ăn nhanh nhiều dầu mỡ, thức ăn nhiều muối, nhiều đường, đồ uống có đường, có cồn.

10 tips on proper nutrition to 2030
 (DRAFT: DECISION Issuing "Ten tips for proper nutrition to 2030".
 Ministry of Health, Sep 2024)

Tip 1: Eat enough balanced and varied foods every day; combine foods of animal and plant origin reasonably.

Tip 2: Consume foods rich in micronutrients daily, including vegetables, tubers, and fruits of different colors. Read the nutritional information on food labels carefully before buying and using.

Tip 3: Use protein-rich foods wisely; include fish, poultry, and nuts in your daily meals, and consume red meat in moderation.

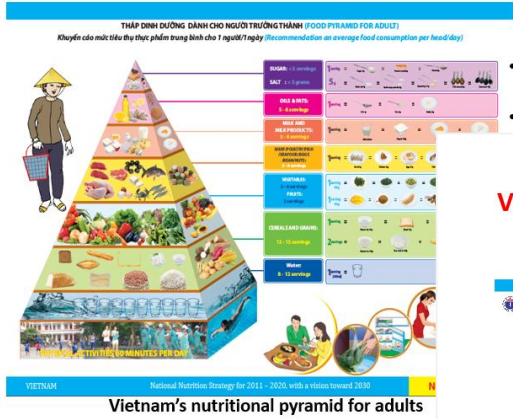
Tip 4: Drink enough water every day.

Tip 5: Pregnant women and nursing mothers should follow a balanced diet and supplement with iron and folic acid or multivitamins as instructed.

Tip 6: Breastfeed your baby within the first hour after birth and exclusively breastfeed for the first 6 months. Provide appropriate complementary foods and continue breastfeeding until 24 months of age or longer.

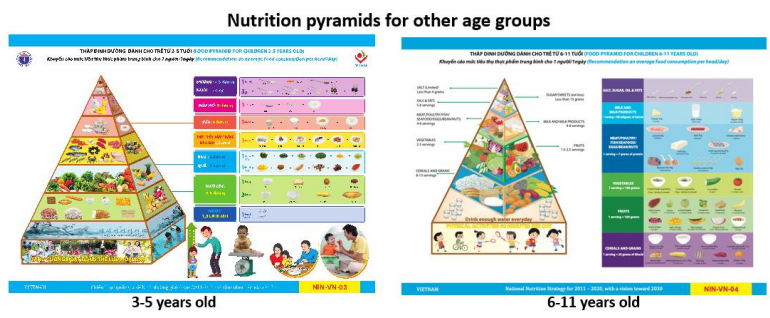
Tip 7: Limit the consumption of fried foods, fast foods high in fat, and foods high in salt, sugar,

Vietnam FBDGs Overview: Pictorial Guide (1)



- 8 levels; follows the principle in which the foods at the base are to be consumed more.
- Physical activity included at the base of the

Vietnam FBDGs Overview: Pictorial Guide (2)



Assoc Prof Dr. Truong Tuyet Mai shared highlights of FBDG in Vietnam



Malaysian Dietary Guideline: Key Messages

- Comprise of 14 Key messages, approximately 52 key recommendations and 244 statements on “how to achieve” to help users make informed choices toward healthier eating habits

KM1 Eat a variety of foods within the recommended servings.

KM2 Achieve and maintain a healthy body weight.

KM3 Be physically active every day.

KM4 Cook nutritious foods at home more often and choose healthier options when eating out.

KM5 Eat plenty of vegetables and fruits every day.

KM6 Eat adequate amount of rice, other cereals, whole grain cereal-based products and tubers.

KM7 Consume moderate amount of fish, meat, poultry, egg, legumes and nuts.

KM8 Consume adequate amounts of milk and milk products.

KM9

KM1

KM1

KM1

KM1

KM1

Malaysian Dietary Guideline for specific population



Malaysian Dietary Guideline : Pictorial Guide (1)



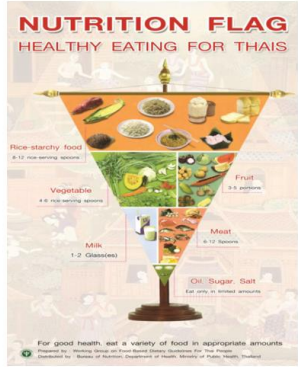
Notes:

- The number of servings is calculated based on 1500 to 2300 kcal.
- This pyramid is meant for children aged 7 years and older
- For adolescents aged 13 to 15 years, the recommendation for fruits is 2-3 servings and for milk and milk products 2-3 servings.
- For adolescents aged 16 to < 18 years, the recommendation for fruits is 2-3 servings, milk and milk products 2-3 servings and for rice, other cereals, whole grain cereal-based products and tubers 3-6 servings.
- * This includes ultra-processed foods which contain artificial substances such as colours, sweeteners, flavours, preservatives, and other additives.

Vegetables and fruits group form the base of the pyramid. This recommendation aligns with the goal of promoting the consumption of more vegetables and fruits in response to the rising prevalence of NCDs in the country.

Assoc Prof Dr Mahenderan Appukutty shared highlights of FBDG in Malaysia

Thailand FBDGs Overviews: Pictorial Guide



Thailand's Nutrition Flag

- The Nutrition Flag serves as a quantitative part of Thai FBDG and suggests the 'portion', 'quantity' and 'variety' of food required daily for the Thai population.
- The Nutrition Flag is designed to be wider at the top and narrower toward the bottom, divided into four levels denoting the type and amount of the food groups that are recommended for consumption.

Food groups	units	Suggested energy 1600 kcal/d Children 6-15y Working women 25-60y Elderly over 60y	Suggested energy 2000 kcal/d Teenagers and young adults 20-24y Working men 25-60y	Suggested energy 2400 kcal/d Females (men who need more energy)
Rice/Starchy food	rice ladles	8	10	12
Vegetables	rice ladles	4(6)	5	6
Fruits	portions	3(4)	4	5
Meats	spoons	6	9	12
Milk	Glasses	2(1)	1	1

Oil, sugar, salt are recommended to have in limited amounts

THAI FOOD-BASED DIETARY GUIDELINES

General Population

- 1 Eat variety of food from all of 6 main food groups based on the recommended proportions in Thai nutrition flags and maintain proper weight based on growth standard.
- 2 Eat rice as the main energy source, especially brown rice and half-milled rice, and eat alternative starchy food sometime.
- 3 Eat fish, eggs, lean meat, nut, and nut products regularly.
- 4 Eat plenty of vegetables and fruits, especially colorful vegetables and fruits regularly, and avoid high sugar fruits.
- 5 Drink plain milk and consume high calcium food.
- 6 Avoid high fat, sugar, and salt food.
- 7 Eat clean and safe food, and fresh prepared meal.
- 8 Drink adequate amount of clean water and avoid sweetened beverage.
- 9 Avoid alcoholic beverage.

Infants Aged 0-11 Months

อาหารที่แนะนำใน 1 วัน สำหรับทารกแรกเกิด - 11 เดือน 29 วัน

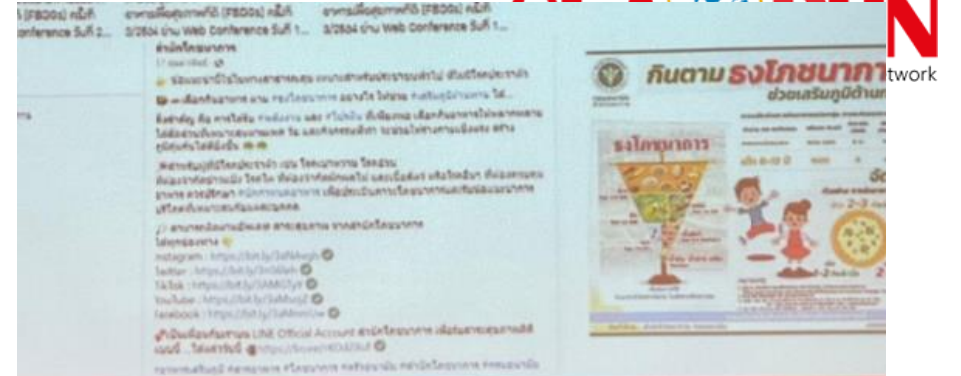
ทารกอายุ 6 เดือนขึ้นไป กินนมแม่ร่วมกับอาหารทารกตามวัย จนถึงอายุ 2 ปี หรือจนกว่านั้น

อายุ	6 เดือน							7 เดือน			
	1	2	3	4	5	6	7	1	2	3	4
นมแม่	นมแม่อย่างเดียว							นมแม่ + นมผง			
อาหารทารก	ไม่มีอาหารทารก							มีอาหารทารก			
ผลไม้	ไม่มีผลไม้							มีผลไม้			
ไข่	ไม่มีไข่							มีไข่			
เนื้อสัตว์	ไม่มีเนื้อสัตว์							มีเนื้อสัตว์			
นมผง	ไม่มีนมผง							มีนมผง			


Infants Aged 12-23 Months

ธงโภชนาการ สำหรับเด็กอายุ 12-23 เดือน

ปริมาณอาหารที่แนะนำให้กิน ใน 1 วัน



Dr Visaratana Therakomen shared highlights of FBDG in Thailand



to be published before

FOOD-BASED DIETARY GUIDELINES

E Siong Tee^{1,2*}, Maria Regina A. Peo³, Appukutty^{1,2}, Hardinsyah Ridwan^{1,2}

¹Southeast Asia Public Health Nutrition Network; ²Nutrition Foundation of the Philippines; ³Public Health, Thailand; ⁵Food and Institute of Nutrition Vietnam

Food-Based Dietary Guidelines
in Southeast Asian Countries

SEA-PHN

Review of FBDGs in Southeast Asia: Key Findings (6)

- **Eight topics** are present in FBDGs of **all six countries**:
 - consumption of varied diet
 - consumption of cereals and grains
 - consumption of fruits and vegetables
 - consumption of protein-rich foods/fish, meat, poultry, eggs and legumes
 - limiting salt intake
 - limiting sugar intake
 - limiting fat/high fat food intake
 - maintaining a healthy body weight
- **Two topics** are common in FBDGs of **five**
- **Key messages** related to **food and nutrition** out of **six countries**
- **Three key messages** on **milk and dairy products** present in half (**3/6**) of the countries studied

Shared challenges in FBDG implementation (1)

- **Need for effective communication, dissemination strategies of FBDGs & better understanding of consumers' barriers to practising recommendations of dietary guidelines**
 - FBDG messages have **not adequately reached the community** and are **not well understood** by the population. One often cited difficulty is for the consumers to understand and follow.
 - Ensure that messages are **locally relevant and appropriate** and can be put into practice
- **Need for recommendations on intake of ready-to-eat meals**
 - The mushrooming of cafés, restaurants and food delivering services, along with the abundance of hawker stalls also contribute to the challenges - **limited healthy food choices provided** by these entities.
 - This situation, coupled with **soaring food prices** and **media influence** in stereotyping healthy foods as expensive, poses additional hurdles to the adoption of FBDG messages among the population.

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Opportunities for enhancing regional collaboration to strengthen FBDGs across Southeast Asia

- **Closer collaboration** among health authorities and researchers in the region in
 - sharing approaches & data, selecting key messages, promoting effective dissemination of FBDGs
- Establishing a platform for the **periodic sharing of knowledge, experiences and views** would be most beneficial.
- Focus should also be given into **sharing of experiences in the challenges and successes** in the dissemination of FBDG messages to various community groups.
- Increase the visibility of nutritionists and dietitians as **reliable sources of nutrition information**.
- A more **comprehensive comparative analysis** including more FBDGs established in other countries in the region could be addressed.
- Comparative study to **critically analyse the lessons learned** and way forward for development and implementation of FBDGs

Tee E Siong (Malaysia) Chair, Southeast Asia Public Health Nutrition Network



Dr Tee E Siong presented the SEA-PHN Network's project on review of FBDGs in six SEA countries



Dr Eva Goyena shared that the Philippines' FBDG is currently being reviewed, and a landscape analysis is being conducted



Dr Warren TK Lee shared the FAO's experience in assisting with the development of FBDG in Myanmar

Main highlights of the panel discussion

- The panel members concurred that establishing a platform for the periodic exchange of knowledge, experiences, and views would be highly beneficial in fostering continuous learning and improvement in public health nutrition.
- It was suggested that closer collaboration among health authorities and researchers in the region is essential for advancing the development and dissemination of FBDG. By sharing approaches, data, and experiences, stakeholders can promote more effective FBDG dissemination across diverse communities.
- Particular attention should be given to sharing successes and challenges in communicating FBDG messages to different community groups, as this could provide valuable insights for refining strategies.
- Additionally, increasing the visibility of nutritionists as reliable sources of nutrition information is crucial to ensuring that accurate guidance reaches the public.
- A comprehensive comparative analysis, including a review of FBDGs established in other countries in the region, could further inform future strategies. A critical comparative study would help identify lessons learned, and guide the way forward in the development and effective implementation of FBDGs.



Group photo of the panelists after the panel discussion

Closing Ceremony



Awards to best oral and poster presenters



Assoc Prof Rewadee Chongsuwat, Prof Emeritus Kraisd Tontisirin, and Dr Tee E Siong delivered the closing remarks

Get to know us - visit us at:

<https://sea-phn.org>

Enquiries and further information:

Dr Tee E Siong

Chairman, SEA-PHN Network

chair@sea-phn.org

Thank you !