PUBLIC HEALTH NUTRITION PROBLEMS AND PROGRAMS IN INDONESIA

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PHN Problems

1. High maternal and infant mortality rate (359 /100,000)
2. High infant mortality rate (32 /1000)
3. Prevalence of preschool children underweight 19.6%
4. Prevalence of preschool children stunting 37.2%
5. Prevalence of preschool children obese is 11.2 %
6. Prevalence of adult women obese (BMI>25) 32.9%
7. Prevalence of adult men obese (BMI>25) 19.7%
8. Prevalence of central obesity (WLm>90 & WL w>80) 26.6%
9. Micronutrients deficiencies (anemia) are also problems especially among women, children & elderly (20 – 60%)
10. Adult Hypertension 25.8%
11. Stroke 12.1 %
12. DM 2.1%
Varies among Provinces & Worse in Eastern Indonesia (%)
Nutrition Goal, Indonesia (MOH)

The main goal of the nutrition policy to address the above problems is to increase nutrition awareness of the family in order to improve nutritional status of the community, especially for pregnant women, infant and preschool children, and productive ages.
Eight Operational Strategies (Programs) by MOH

1. Increasing nutrition education
   - New Dietary Guidelines
   - Nutrition campaign

2. Nutrition supplementation
   - Vit A capsules for preschool children & LW
   - Sprinkle for preschool children
   - Iron tablet for pregnant women
   - Iron tablet for anemic teens

3. Strengthening human resources
   - Officers capacities
   - Cadres capacities

4. Food supplementation & fortification
   - Food suppl. for malnourished children
   - Food suppl. for pregnant women
   - Food fortification
Eight Operational Strategies (Programs) by MOH

5. Nutrition care and services for CED PW
   - Nutrition screening
   - Nutrition health examination
   - Iron tablet supplementation

6. Nutrition surveillance
   - In all subdistricts and districts
   - Sentinel
   - Emergency situation

7. Strengthening coordination & collaboration
   - Intra sectoral coordination & collaboration
   - Inter sectoral coordination & collaboration
   - Public private partnership

8. Provide regulation, standards and guidelines
Indonesia with 235 million population has made a lot of progress in food and nutrition but still facing some problems of food intake & nutritional status

Problems: Lack of consumption of fruit & vegetables, and animal foods (fish, meats, eggs & milk)

Indonesian Food Act (2012) stated the important of food security, food self sufficiency & food sovereignty as 3 main policies to improve nutrition

Objectives of NNPA include food & nutrition improvement, and reduce stunting children from 36.5 to 32 %
Food Consumption Pattern of Indonesians, based on energy intake (2012)

- Cereals 63.0%
- Fat & oils 11.4%
- Animal foods 8.9%
- Tubers 2.2%
- Nut & oily seeds 1.6%
- Legumes 2.9%
- Sugar 3.8%
- Others 9%
- Fruit & veges 3%
Trends of dairy, eggs and meats consumption (kg/cap/yr) in Indonesia 2008-2012 (Estimation for year 2012)

- Meats
- Eggs
- Dairy

Income elasticity for powdered milk consumption = 0.38 for infant formula = 0.42 and for condensed milk = 0.15 (Ahmad, I & Hermiyeti, 2010)
Milk Consumption in some SEA Countries (L/cap/yr) in 2010

- Malaysia: 50.26 L/cap/yr
- Singapore: 47.35 L/cap/yr
- Vietnam: 14.05 L/cap/yr
- Philippines: 12.35 L/cap/yr
- Indonesia 1: 11.84 L/cap/yr
- Indonesia 2: 13.47 L/cap/yr
SCALE UP NUTRITION (SUN) MOVEMENT
Presidential Decree 42/2013

First 1000 Days Movement (PPP)
Two New Visuals of Indonesians Dietary Guidelines

1. “Tumpeng” for Indonesians
2. MyPlate for Indonesians
What We Can Do Together
In SEA-PHN Network?

1. Nutrition education & campaign
   For special target
2. Strengthening capacity of each countries (training)
3. Muti site (center) studies
4. Muti site (center) programs or actions
Thank you so much!

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