

PUBLIC HEALTH NUTRITION PROBLEMS AND PROGRAMS IN INDONESIA

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Hardinsyah
Professor at the Department Community Nutrition
Faculty of Human Ecology , Bogor Agricultural University
President, Food and Nutrition Society of Indonesia
(PERGIZI PANGAN Indonesia)

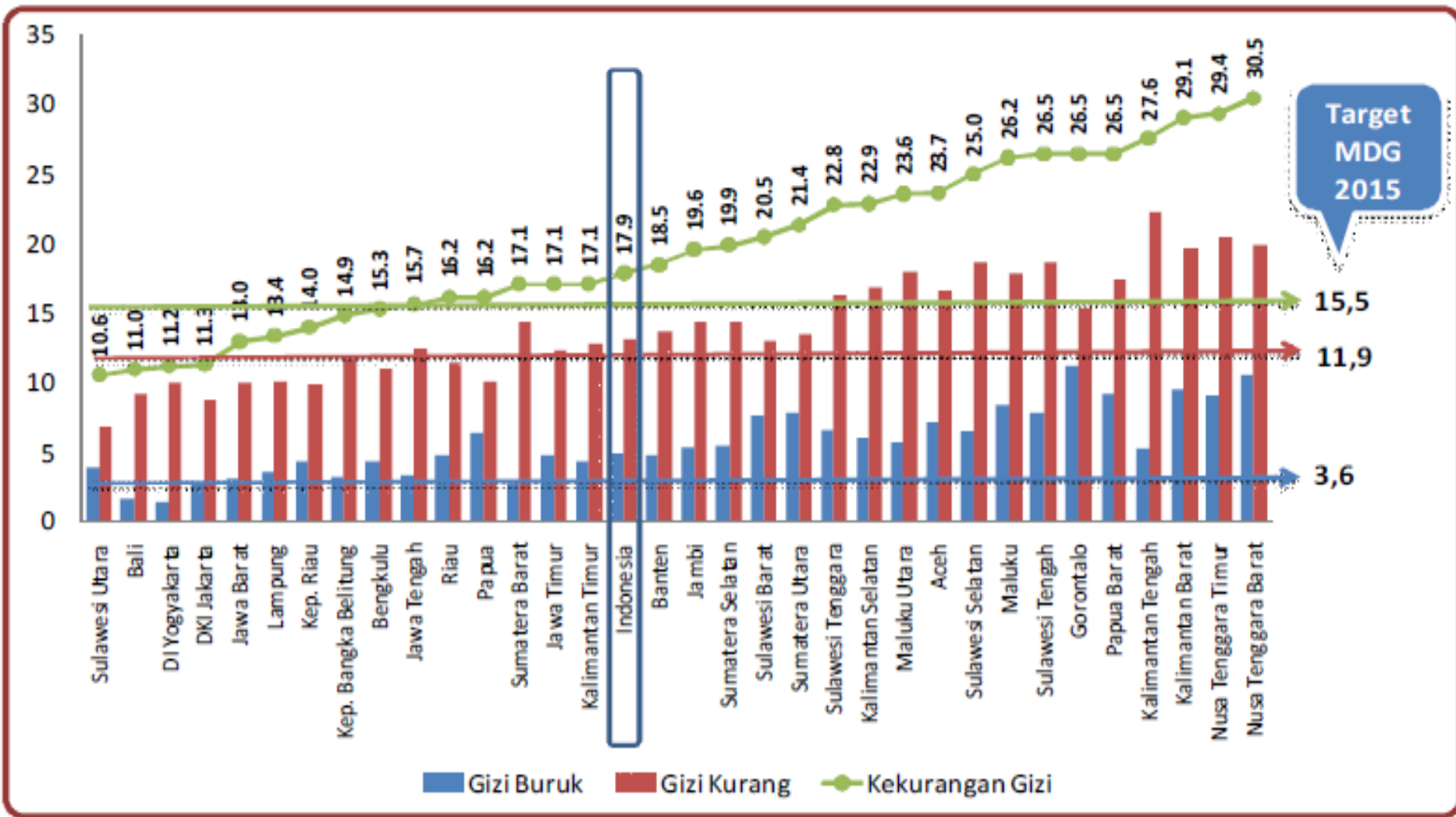


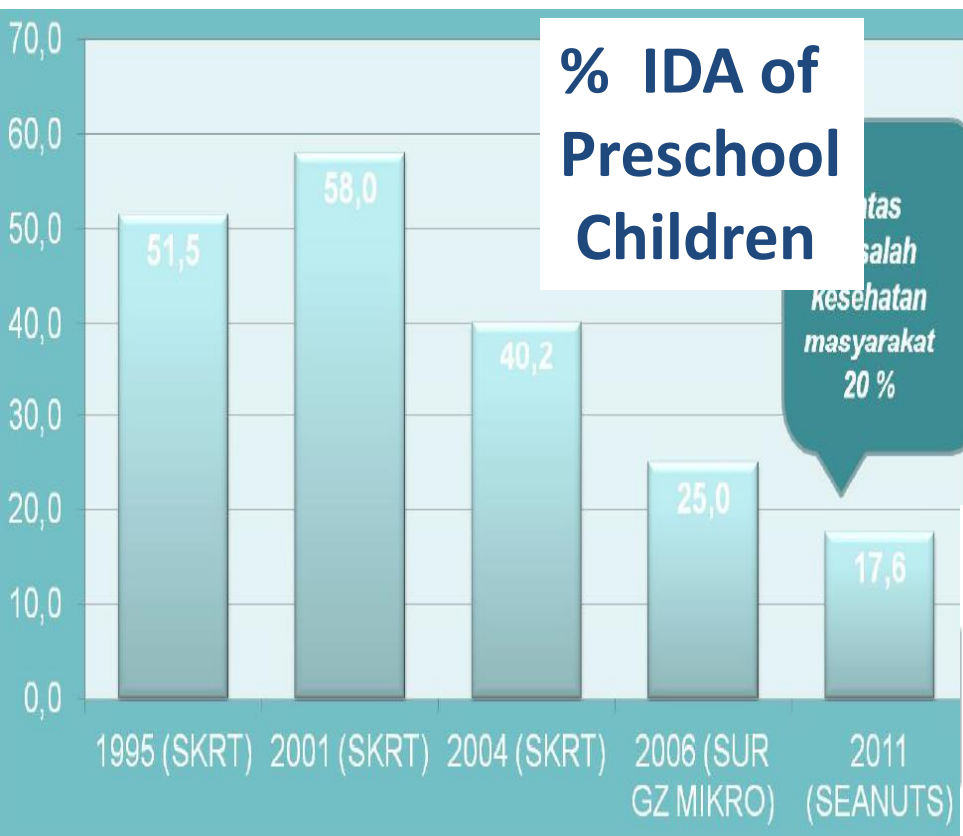
PHN Problems



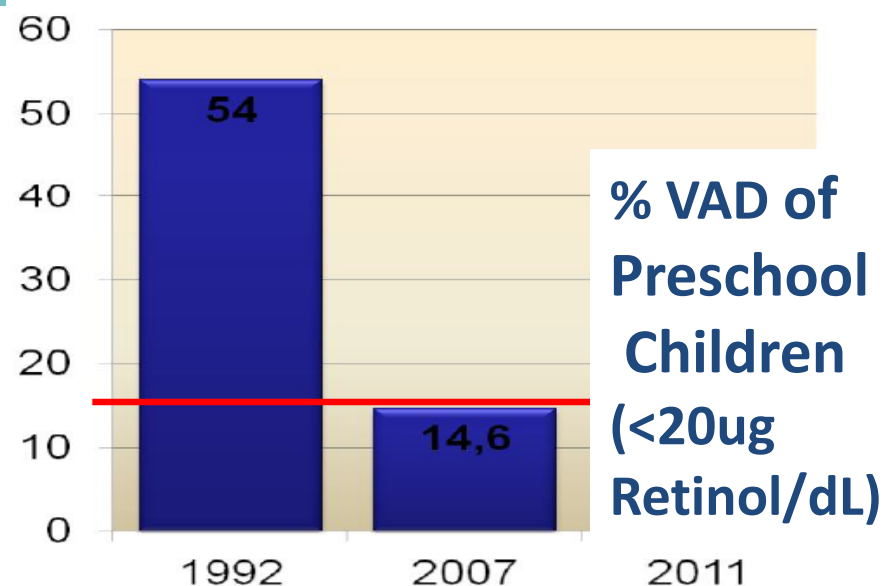
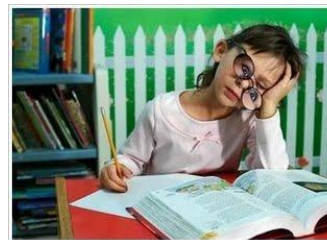
1. High maternal and infant mortality rate (359 /100.000)
2. High infant mortality rate (32 /1000)
3. Prevalence of preschool children underweight 19.6%
4. Prevalence of preschool children stunting 37.2%
5. Prevalence of preschool children obese is 11.2 %
6. Prevalence of adult women obese (BMI>25) 32.9%
7. Prevalence of adult men obese (BMI>25) 19.7%
8. Prevalence of central obesity (W_{Lm}>90 & W_{Lw}>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 (%)





Micronutrient Deficiencies



- 2007 Survei Nasional gizi Mikro
- 2011 SEANUTS (Nasional)

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



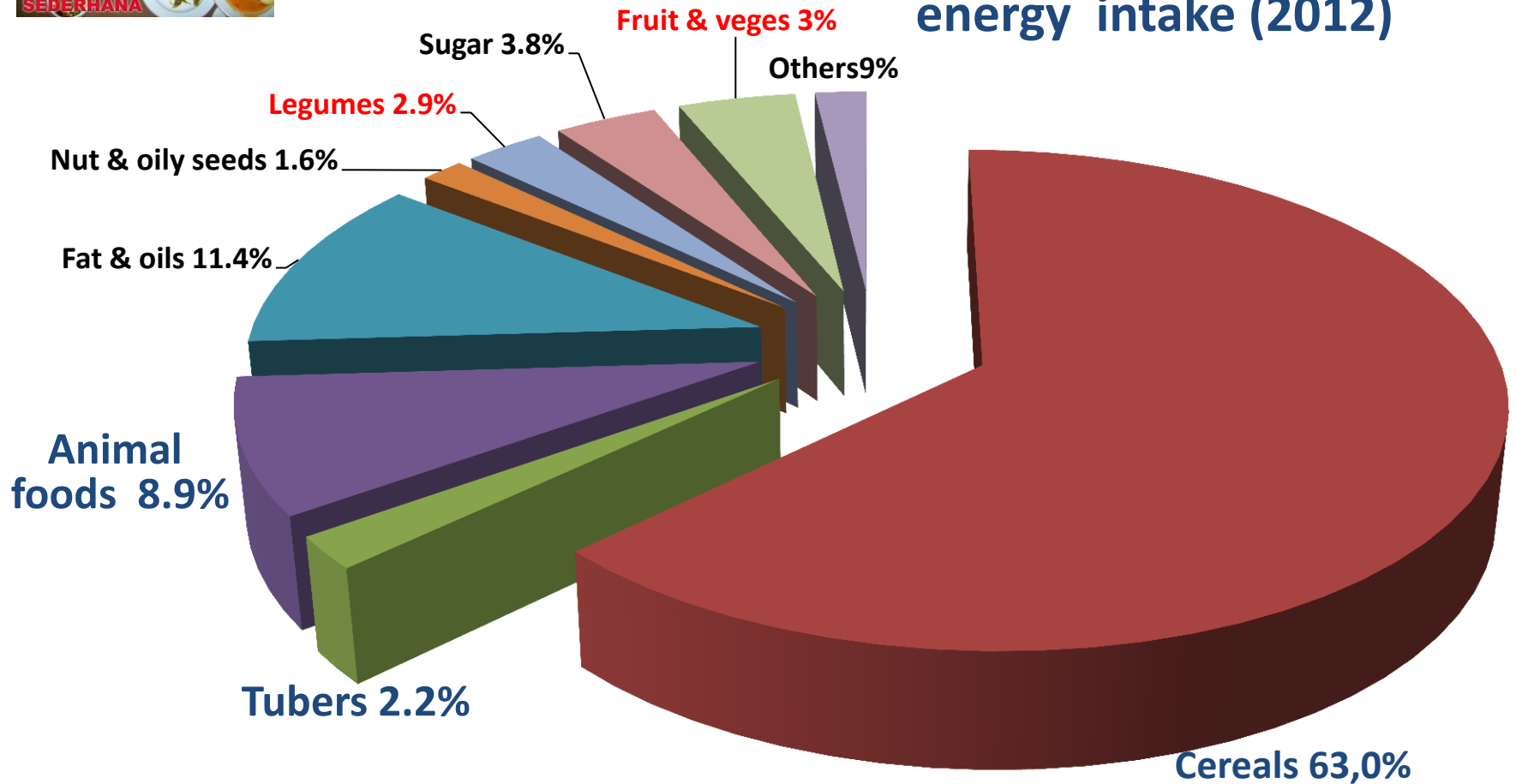
8. Provide regulation, standards and guidelines



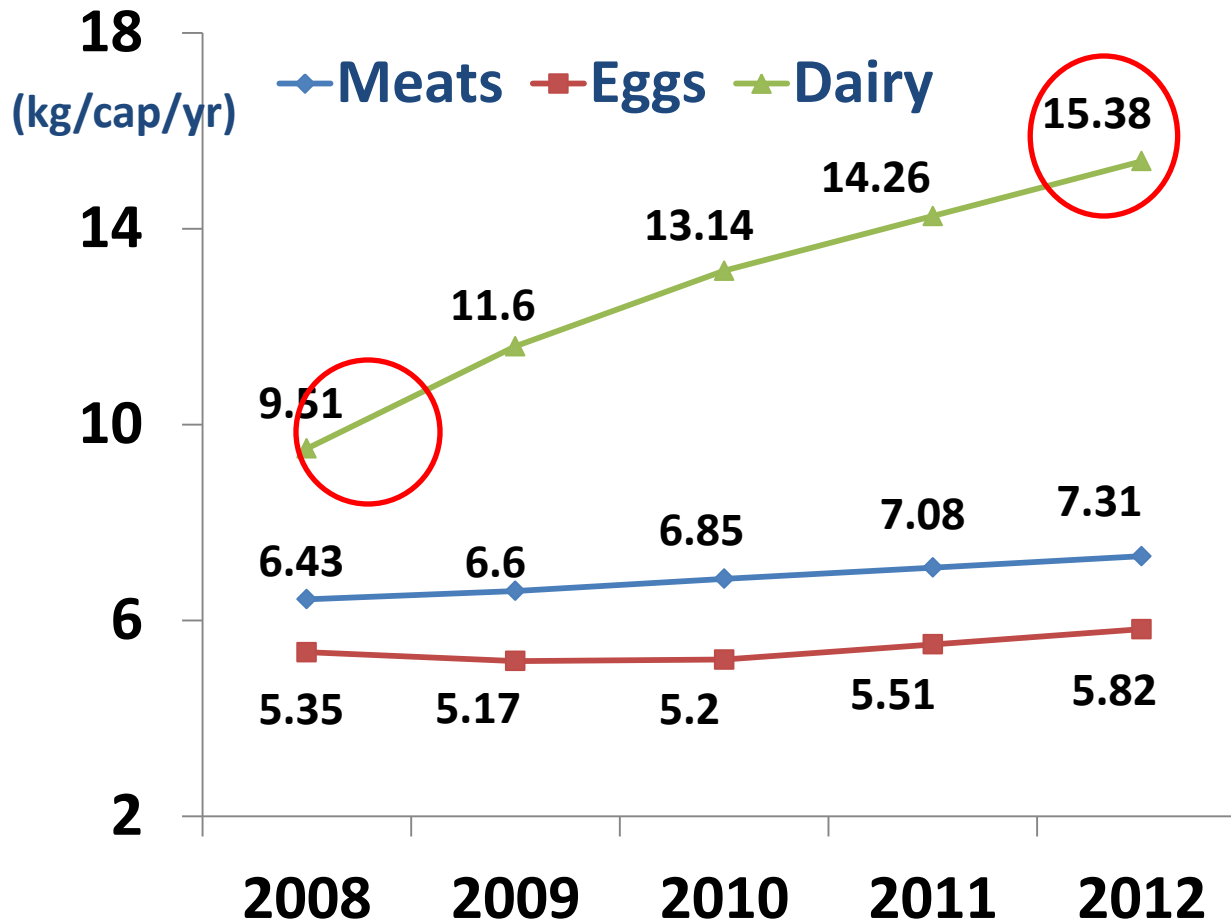
- ❑ Indonesia with 235 million population has made a lot of progress in food and nutrition **but still facing some problems** of food intake & nutritional status
- ❑ Problems: Lack of consumption of fruit & vegetables, and animal foods (fish, meats, eggs & milk)
- ❑ Indonesian Food Act (2012) stated 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)

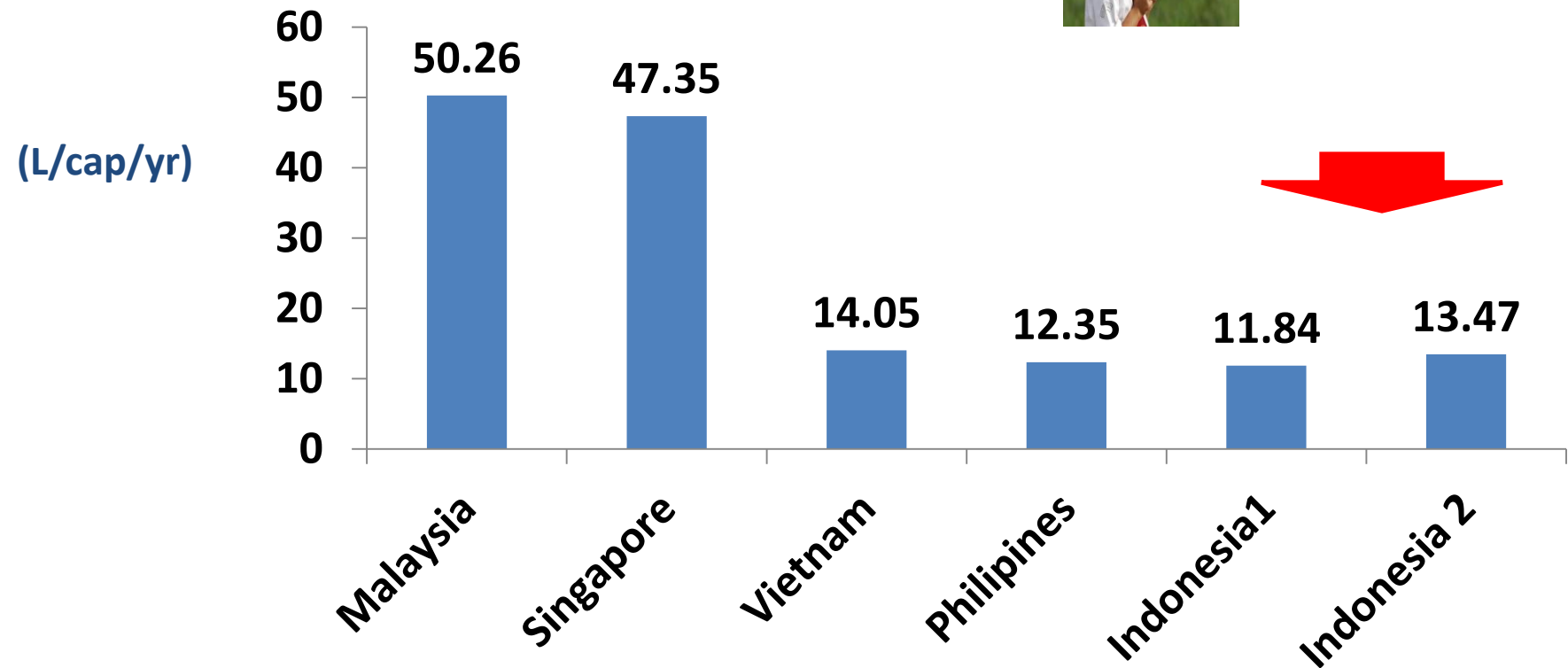


Trends of dairy, eggs and meats consumption (kg/cap/yr) in Indonesia 2008-2012 (Estimation for year 2012)



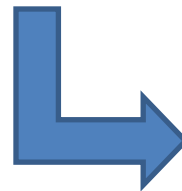
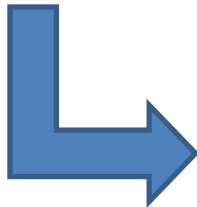
Income elasticity for powdered milk consumption = 0.38
for infant formula = 0.42 and for condensed milk = 0.15 (Ahmad, I & Hermiyeti, 2010)

Milk Consumption in some SEA Countries (L/cap/yr) in 2010



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



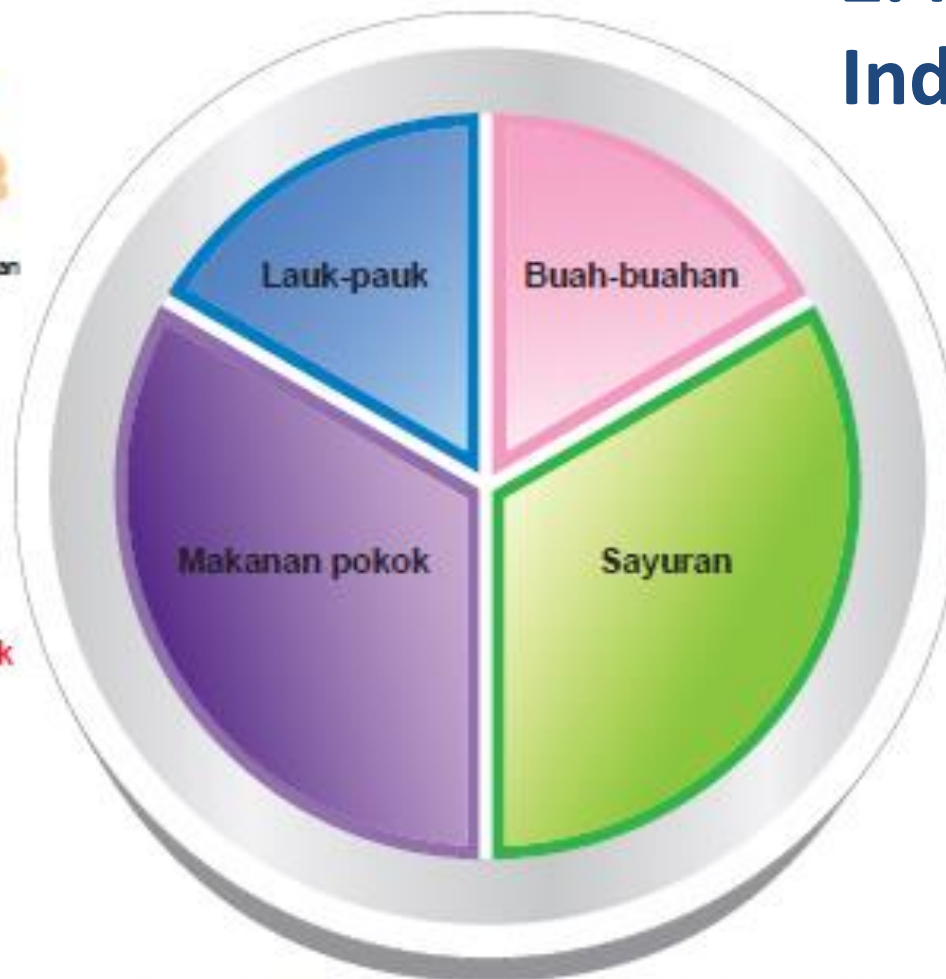
TUMPENG GIZI SEIMBANG
PANDUAN KONSUMSI SEHARI HARI

2. MyPlate for Indonesians



cuci tangan sebelum makan

**Batasi Gula,
Garam dan Minyak**



Air Putih

PIRING MAKANKU : PORSI SEKALI MAKAN

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

hardinsyah2010@gmail.com

Twitter @Hardin_IPB @Wellness_ID

Phone 08129192259