



A Collaboration among Nutrition Societies in Southeast Asia Region

***Promoting regional collaboration
for community nutrition improvement***

Annual Report Year 2018

Members



Nutrition Foundation of the Philippines, Inc



Nutrition Society of Malaysia



Food and Nutrition Society of Indonesia



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



Vietnam Nutrition Association

Associate Members



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Executive Summary

It was slightly over five years ago that the Southeast Asia Public Health Nutrition (SEA-PHN) Network was established. The Network has gained a strong footing since then and has been implementing its planned activities in earnest, in line with the objectives of this unique collaboration.

As such, 2018 has been another busy and productive year for the SEA-PHN Network.

The Network has had a physical meeting and one teleconference this year. Two projects, namely multi-country school nutrition initiative and compilation & analysis of National Plan of Action on Nutrition (NPAN) in Southeast Asia Countries are progressing well.

This 5th Annual Report of the Southeast Asia Public Health Nutrition (SEA-PHN) Network provides an overview of the activities undertaken by the Network in 2018.

This annual report is structured in five parts:

Part 1 provides a short introduction about the Network, for the benefit of readers who are not familiar with this organisation.

Part 2 provides information of the Network's membership profile for Year 2018.

Part 3 reports the main activities of the Network in 2018

Part 4 gives an overview of the resources available at the Network website and the website users' profile.

Part 5 provides a conclusion to the year 2018 and outlines the priorities for year 2019.

1.0 Southeast Asia Public Health Nutrition (SEA-PHN) Network Background

The Southeast Asia Public Health Nutrition (SEA-PHN) Network is a collaboration of nutrition societies/associations in the region, and working in partnership with other key stakeholders namely government agencies and corporate partners, dedicated to promoting public health nutrition among the population and alleviating nutrition problems. It is believed that this network can contribute to more effective implementation of public health nutrition measures in the region.

The Southeast Asia Public Health Nutrition (SEA-PHN) Network was established on 2 June 2014 with the 1st Annual General Meeting in Kuala Lumpur and officially launched on 3 June 2014 by YB Dato' Seri Dr Hilmi bin Haji Yahaya, Deputy Minister of Health, Malaysia.

The main objectives of the Network are to:

1. Establish and maintain an interactive network among public health nutritionists in the Southeast Asia region
2. Promote the periodic exchange of experiences, activities in all public health nutrition issues, including nutrient deficiencies and diet-related chronic diseases
3. Consolidate efforts among nutritionists, both in the public and private sector, for the advancement of public health nutrition
4. Share available information and documentation with all stakeholders involved in public health nutrition, including professional bodies, government agencies and private sector
5. Conduct activities to promote public health nutrition to benefit the communities in Southeast Asia region while ensuring avoidance of potential conflicts of interest.
6. Promote and conduct collaborative projects amongst members of the SEA-PHN Network, government agencies and private sector for community nutrition improvement, in the spirit of public-private partnership.

The key activities of the Network are:

- Maintain regular contact among members of the Network through annual meetings (preferably in conjunction with a scientific meeting) and teleconferences as and when needed.
- Interaction through a dedicated website: www.sea-phn.org.
- Conduct collaborative projects among members of the Network and its partners.
- Organise scientific meetings or conferences.

The SEA-PHN Network is a not-for-profit professional organisation, managed by a Council elected every three years by the members (see below). The conduct/running of the Network activities is facilitated by a Secretariat, with the Council overseeing all activities:

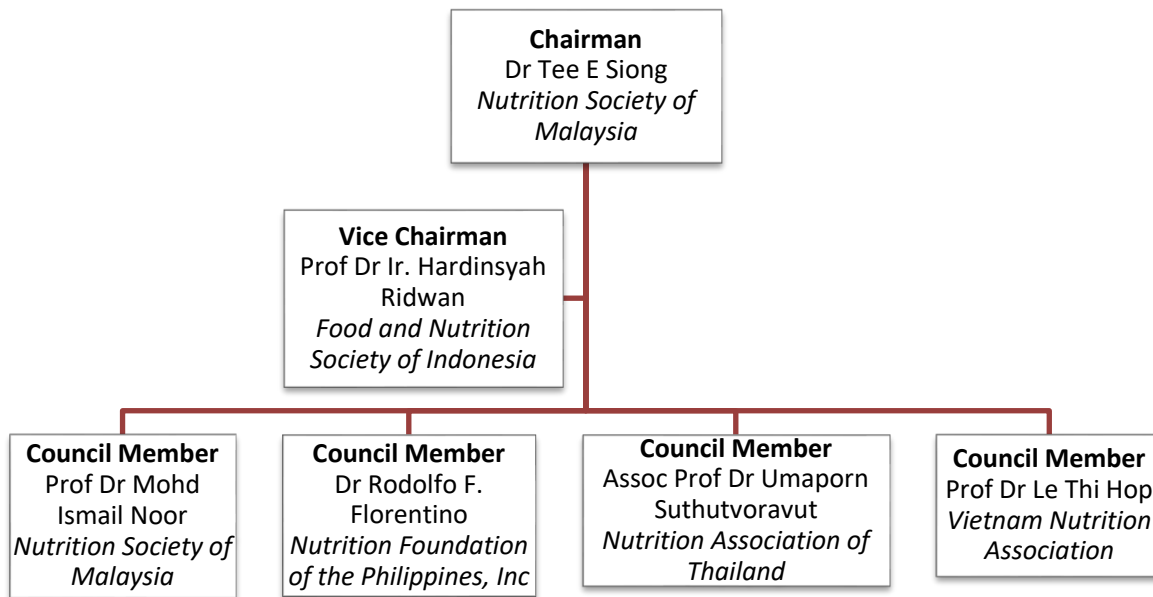


Figure 1. Founding Council Members of the SEA-PHN Network (year 2014 to 2017)

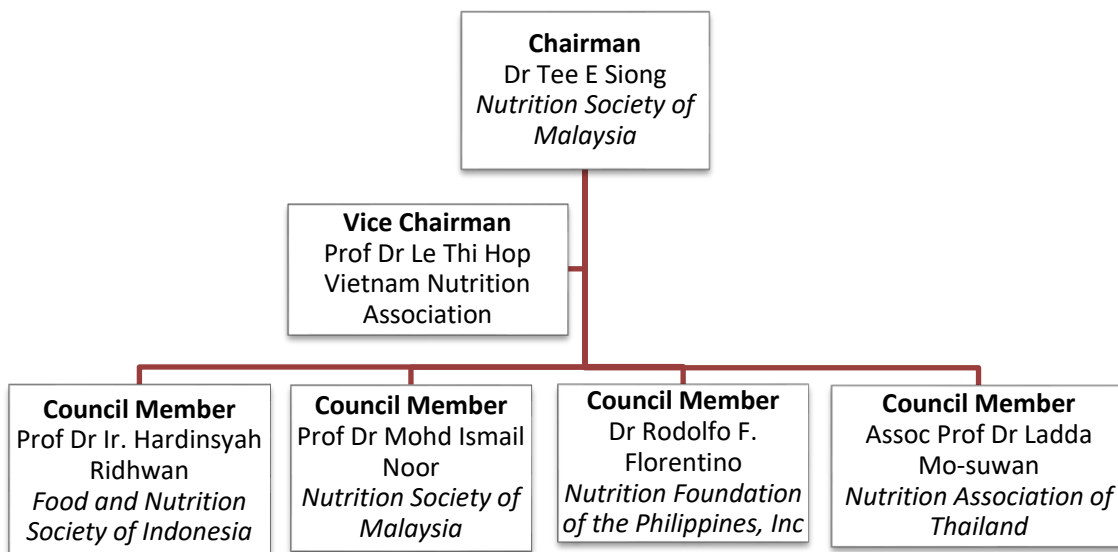


Figure 2. Members of the 2nd Council of the SEA-PHN Network (year 2017 to 2020)

2.0 Membership Profile Year 2018

Member Societies

The member societies of the Network comprise Nutrition Societies/Associations affiliated to the Federation of Asian Nutrition Societies (FANS). Current members include:



Food and Nutrition Society of Indonesia (Pergizi Pangan Indonesia)



Nutrition Society of Malaysia (NSM)



Nutrition Foundation of the Philippines, Inc (NFP)



Nutrition Association of Thailand (NAT)



Vietnam Nutrition Association (VINUTAS)

The membership to the Network is confined to societies who are affiliates of FANS and IUNS. As the Network grows, other nutrition societies shall be invited to be part of the Network.

Associate Members

Government ministries/agencies and private sector companies are invited to participate in Network activities as associate members, including attend annual Network meetings (represented by appropriate technical experts), collaborate in projects of the Network, and access to documents on the Network website. Private sector companies also provide financial support and technical expertise for the activities of the Network. The Associate Members for year 2018 from the private sector companies and their respective technical representatives are:



Beneo GmbH

Technical representative:
Ms Anke Sentko



Danone Asia Pacific Holdings Pte Ltd

Technical representative:
Ms Usha Viswanathen



DuPont Nutrition & Health

Technical representative:
Ms Cyndy Au



Mondelez International, Inc.

Technical representative:
Ms Raja Zalina Raja Safran



PepsiCo Services Asia Ltd

Technical representative:
Dr Kit Phanvijhitsiri

3.0 Main Activities of the Network in Year 2018

3.1 SEA-PHN Network 7th General Meeting

The 7th General Meeting of the Network was held successfully at the Compass Skyview Hotel, Sukhumit 24, Bangkok on 18 July 2018. The meeting was attended by all Council Members, representatives from Associate Members, several representatives from the Ministry of Health of respective member countries as well as observers from the member societies and corporate company. The attendees are as follows:

Members (Nutrition Societies)	Chairman <i>Dr Tee E Siong (NSM)</i>
	Vice-chairman <i>Prof Dr Le Thi Hop (VINUTAS)</i>
	Council members <i>Prof Dr Hardinsyah (PERGIZI PANGAN)</i> <i>Emeritus Prof Dr Mohd Ismail Noor (NSM)</i> <i>Dr Rodolfo F. Florentino (NFP)</i> <i>Assoc Prof Dr Ladda Mo-Suwan (NAT)</i>
Associate Members (Corporate companies)	Beneo Asia Pacific Pte Ltd <i>Ms Goh Peen Ern</i>
	Danone Nutricia Early Life Nutrition Asia-Pacific <i>Ms Usha Viswanathen</i>
	DuPont Nutrition & Health <i>Ms Cyndy Au</i> <i>Mr Victor Basuki</i>
	PepsiCo Services Asia Ltd <i>Mr Liu Feng</i> <i>Dr Kit Phanvijhitsiri</i>
	Mondelez International <i>Ms Nattanee Kasemrattakul</i>
Guests (Senior Officers from Ministries of Health in SEA countries)	Ministry of Health Malaysia <i>Ms Zalma Abdul Razak</i>
	Ministry of Health Myanmar <i>Dr Swe Le Mar</i>
	Ministry of Health Thailand <i>Mrs Saisom Sukjai</i> <i>Ms Narttaya Ungkanavin</i>
	Ministry of Health Vietnam <i>Dr Do Thu Thuy</i>
Other guests	<i>Assoc Prof Dr Umaporn Suthutvoravut (NAT)</i> <i>Mrs Florentino (NFP)</i>
Secretariat (VersaComm Sdn Bhd)	<i>Ms Muhaini Hussin</i> <i>Ms Yvonne Chwee</i>

All Council Members and Associate Members shared a brief update on activities from their respective association or country in the past year. Members also discussed the progress of the key activities undertaken by the Network, as well as the proposal and direction for future plans and activities.

Minutes of the 6th general meeting has been circulated to all attendees of the meeting.



Figure 3. Group photo of SEA-PHN Network’s Council Members, representatives from Associate Members (corporate partners), representatives from Government Ministries and Network secretariat at the 7th General Meeting on 18 July, 2018 at Bangkok.

3.2 SEA-PHN Network 8th Teleconference

Teleconference facilitates the interactions among the Network’s members in between annual physical meetings. The Network had its 8th Teleconference in November 2018 to discuss on a potential future activity, which is a leadership programme for nutritionists in SEA. The programme was proposed during the 7th General Meeting because the Network has a vision to build a critical mass of well-trained public health nutritionists who are inspired to lead and contribute towards improving the food and nutrition scene in the region. The Network discussed on the proposal for the programme, including funding, date and time, participants, committee, programme, and others. The proposal will be shared with associate members for financial and technical support.

The Network also discussed on the upcoming 8th General Meeting of the Network which will be held on 9 August 2019, in conjunction with the 13th Asian Congress of Nutrition (ACN) in Bali (4 – 8 August). SEA-PHN Network will have a symposium session where the symposium fee was waived by the organiser. Each council member will be presenting a topic related the Network.

3.3 Good Nutrition – Key to Healthy Children (GNKHC), multi-country school nutrition initiative



This initiative was discussed in several meetings of the Network and commenced in 2018 after finalising the approach. This nutrition intervention project targeted at school children to empower them with knowledge on healthy eating and active living.

The initiative involves the conduct of nutrition lessons to primary school children in selected schools using a specially designed nutrition module developed by member societies/ associations of the SEA-PHN Network. The target group is Year 3 students. The lessons (30 – 45 minutes per lesson) are suggested to be conducted during physical education class by trained teachers. At least two schools from each country will be involved.

The teachers in these schools are to be trained on the use of the module and to conduct the nutrition lessons. The training will be led by nutritionists appointed by the nutrition societies.

There is a total of nine topics in this module which include the basic of healthy eating and active living:

- Topic 1 The Healthy Way of Eating: From Pyramid to Plate
- Topic 2 Be Active, Be Healthy
- Topic 3 Cereals, Cereal Products & Tubers for Energy
- Topic 4 Veggies & Fruits for Health
- Topic 5 Protein Foods Make You Grow Stronger
- Topic 6 Limit Fats, Sugar & Salt for Health
- Topic 7 Choose Safe and Healthy Foods especially when Eating Out
- Topic 8 Use Food Labels for Healthier Food Choices

The English module (master version) has been customised according to the country's local language and culture (translation of lessons, amend types of food, etc). The materials will be available to download for free by educators at a later stage.

Towards the end of 2018, the GNKHC was rolled out and commenced at different times depending on the school year of each country and some are still in the midst of completion. Nutrition knowledge, attitude and practice (KAP) of the students were used to assess pre and post activity.

Specially designed nutrition module of GNKHC (master version)



Teacher's Guidebook and Student's Workbook



Learning Slides



Materials for Interactive Activities



Parent's leaflet

Figure 4. Example of the teaching materials of the GNKHC module

Training-of-Trainers Nutrition Workshop



Indonesia



Figure 5a. Training-of-Trainers (TOT) Nutrition Workshop





Figure 5b. Roll-out of nutrition education/lessons in schools

This GNKHC initiative also worked in partnership with Mondelez Joy School, Mondelez International signature community partnership program implemented across its SEA markets, aimed at empowering young school children to take positive steps towards taking care of their health and well-being.

For this partnership, both programmes were to conduct activities in the same schools (same children) in all five countries, resulting in more activities, giving greater benefits to the participating schools compared to either one program on its own. Member nutrition societies helped to monitor the following two activities of Joy School’s programme:

- Joy Breakfast – school roadshow: pre- & post-activity survey conducted at each roadshow
- Active Joy – donation of playground equipment

Pre- & post-activity survey conducted at the start of the activity and after duration of nine months. Monitoring shall be carried out with the use of structured questionnaires (developed by the SEA-PHN Network) and submitting relevant reports (to be collated by Secretariat).

3.4 National Plan of Action on Nutrition (NPAN) in Southeast Asia Countries

This project aims to compile and examine the differences and similarities of the NPANs in different members countries of the Network. To be published as a monograph, the document can provide useful insight on the approaches used in planning nutrition programmes in the partner countries.

The compilation work of NPAN in Southeast Asia has begun in August 2016. The countries involved are Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam. The Chairman of the Network, assisted by the Secretariat, extracted the information and tabulated for analysis as preparation for a monograph. The monograph is expected to be ready in early 2019.

4.0 SEA-PHN Network Website as Channel of Information Sharing

The Network's website www.sea-phn.org, serves as a repository of public health nutrition resources and activities by the Network members, was viewed by 1,774 users in the year 2018. These users were from Malaysia, USA, Indonesia, Singapore, Philippines, China, and Thailand with the top seven countries with most users being Malaysia. On average, users spent about 1 minute 39 seconds on the website for each visit.

The Network continuously works on making the website a better channel of communication among members in between annual physical meetings. The current/upcoming public health nutrition related activities and scientific meetings in the region are updated regularly. More reports/abstracts of completed projects and scientific meetings as well as relevant publications from the societies and government agencies have been uploaded. The annual reports of the Network and summary report of each Annual General Meeting are also available on the website for viewing by members and the public.

To date, the resources available have increased to 17 National Nutrition Plans & Guidelines, 12 Nutrition Society Publications & Reports, 6 Publications by Associate Members, 9 Journal Portals and 6 Professional Links.

The numbers of users who have subscribed to the resources area has increased to 201 subscribers. The Network recognises that the language used at the website could be one of the barriers for more of the members of member societies to visit the website. More promotion work is needed to encourage the use of the website especially by the nutritionists and public health nutrition workers in the region.





Figure 6. SEA-PHN Network official website and snapshots of some of the contents available.

5.0 Conclusion for Year 2018 and Preview of 2019

During this year, we have made excellent progress in implementing/executing the planned activities.

This year, the Network had one physical meeting. It is encouraging to see an increase in the interest of government agencies and corporate companies in working together with the nutrition societies as we welcomed several observers from government and corporate company to join the 7th general meeting in order to understand the activities of the Network.

The Network held the 8th Teleconference in November 2018. The teleconference call focused on the discussion of proposal for a leadership programme for nutritionists in SEA and the participation of the Network at the ACN 2019.

The two on-going initiatives, multi-country school nutrition initiative and compilation of Nutrition Policies/ National Plan of Action on Nutrition in Southeast Asia Countries, are progressing well. These two projects will certainly help to enhance the understanding of the public health nutrition programmes in the region and enable experience exchange among the societies. The Network is

particularly pleased with the GNKHC school initiative as it is of direct practical importance to public health nutritionists in all the 5 countries. The developed module, and the experiences gained can be shared with more schools in the countries.

Last but not least, the Network Council is confident that the organisation will be able to meet the challenges in years to come and will continue its dedication in promoting public health nutrition in the region. We will continue to strive to make a difference to public health nutrition in the region.

For the coming year 2019, the priorities of the Network are as follows:

1. Completion of the multi-country school nutrition initiative
2. Completion of the monograph for the National Plans of Action for Nutrition of SEA countries
3. Organise a dedicated symposium on SEA-PHN Network at the 13th ACN 2019 in Bali.

In addition to the above, there were some proposed new initiatives such as conducting a leadership programme for nutritionists in SEA, prebiotics and probiotics study on specific groups, study on wholegrain consumption, food fortification and social-cultural impact of eating habits. These would be further deliberated in the upcoming general meeting in 2019.

E-Siong Tee, PhD
Chairman
Southeast Asia Nutrition Public Health Nutrition (SEA-PHN) Network

June 2019