



A Collaboration among Nutrition Societies in Southeast Asia Region

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

**Annual Report
Year 2019**

Members



Associate Members



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Executive Summary

Southeast Asia Public Health Nutrition (SEA-PHN) Network has entered the sixth year since its establishment in year 2014. The Network continues to make tangible achievements in public health nutrition advocacy and documentation activities.

In year 2019, the Network has the opportunity to share its works with more stakeholders/audiences from the region with a symposium session at the Asian Congress of Nutrition (ACN) in Bali. The Network has also successfully hold its 8th general meeting and published a monograph on the National Plans of Action for Nutrition (NPANs) in Southeast Asia Countries. The Network is also working on implementing the very first Southeast Asia Public Health Nutrition Leadership Programme.

This 6th Annual Report of the SEA-PHN Network provides an overview of the activities undertaken by the Network in 2019.

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 2019.

Part 3 reports the main activities of the Network in 2019

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 2019 and outlines the priorities for year 2020.

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 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.

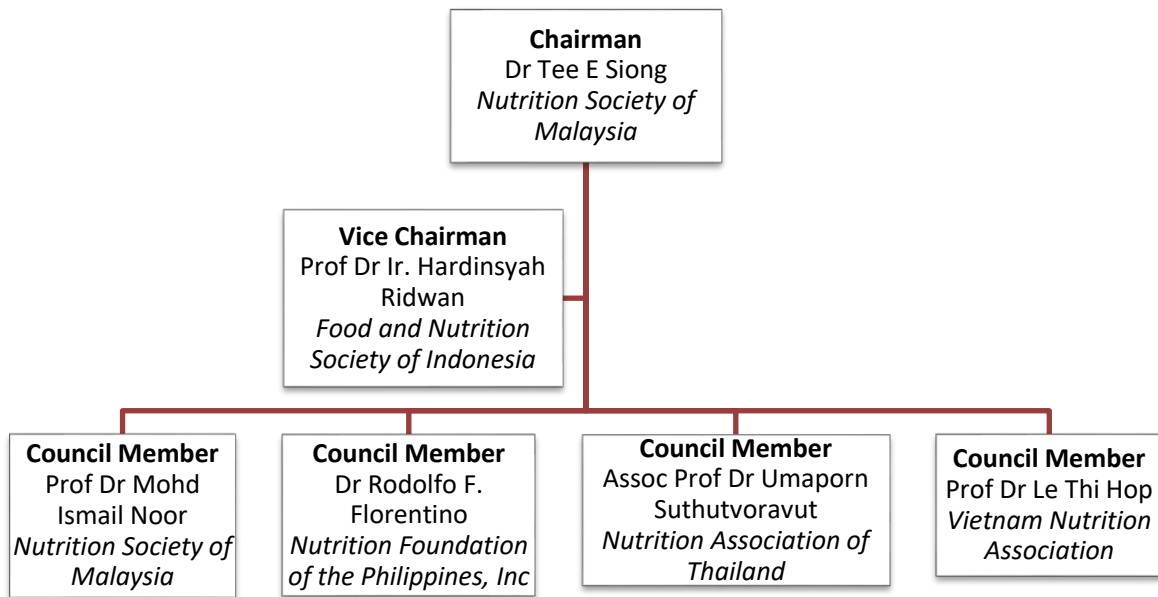


Figure 1. Founding Council Members of the SEA-PHN Network (year 2014 to 2017)

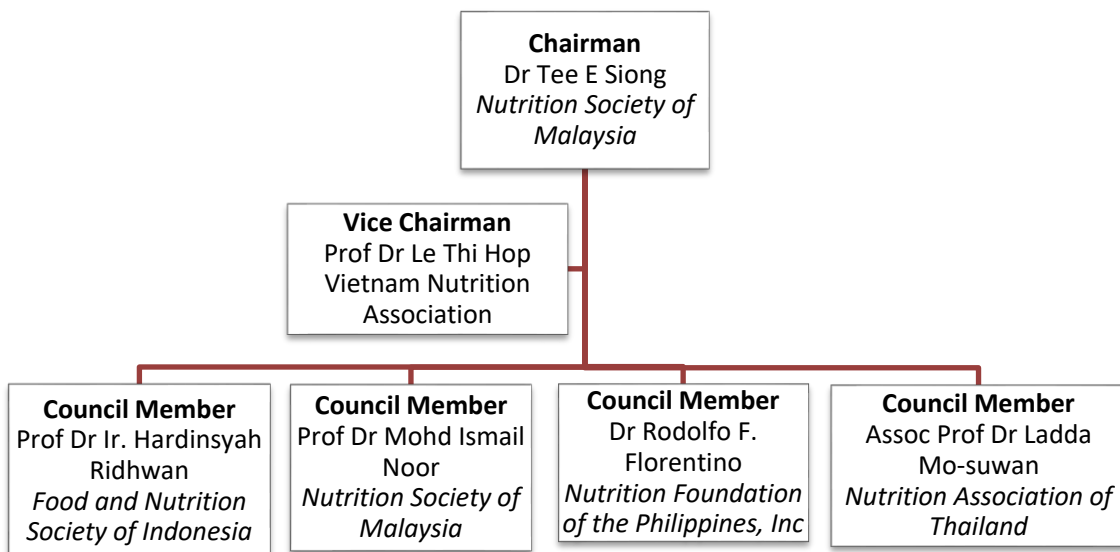


Figure 2. Members of the 2nd Council of the SEA-PHN Network (year 2017 to 2020)

2.0 Membership Profile Year 2019

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 2019 from the private sector companies and their respective technical representatives are:



BENEIO-Institute

Technical representative:
Ms Anke Sentko



DuPont Nutrition & Biosciences

Technical representative:
Ms Cyndy Au



PepsiCo Services Asia Ltd

Technical representative:
Dr Kit Phanvijhitsiri

3.0 Main Activities of the Network in Year 2019

3.1 SEA-PHN Network 8th General Meeting

The 8th General Meeting of the Network was held successfully at the Westin Nusa Dua Hotel, Bali, Indonesia on 8 August 2019. The meeting was attended by all Council Members, representatives from Associate Members, representative from the Ministry of Health as well as observers/guests from the member societies. The attendees were 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>
	BENEO-Institute <i>Ms Anke Sentko</i> <i>Ms Goh Peen Ern</i>
Associate Members (Corporate companies)	DuPont Nutrition & Biosciences <i>Ms Cyndy Au</i> <i>Mr Victor Basuki</i>
	PepsiCo Services Asia Ltd <i>Mr Liu Feng</i> <i>Dr Kit Phanvijhitsiri</i>
	Ministry of Public Health Thailand <i>Dr Saipin Chotivichien</i>
Guests (Council Members of Nutrition Societies)	PERGIZI PANGAN <i>Mr Muhammad Aries</i>
	NFP <i>Ms Eden Rouela Ruta</i> <i>Mrs Florentino</i>
Secretariat (VersaComm Sdn Bhd)	<i>Ms Muhaini Hussin</i> <i>Ms Yvonne Chwee</i> <i>Ms Voon Siok Hui</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.



Figure 3. Group photo of SEA-PHN Network’s Council Members, representatives from Associate Members (corporate partners), representatives from Government Ministry, guests from member societies and Network secretariat at the 8th General Meeting on 8 August, 2019 at Bali, Indonesia

3.2 Good Nutrition – Key to Healthy Children (GNKHC), Multi-Country School Nutrition Initiative



Recognising the double-burden of malnutrition in Southeast Asian countries, SEA-PHN Network has initiated a multi-country nutrition education initiative, Good Nutrition – Key to Healthy Children (GNKHC). The goal is to empower school children with appropriate nutrition knowledge to enable them to adopt healthier eating habits and be physically active.

The five member countries of the SEA-PHN Network participated in this initiative. This initiative involves conducting nutrition lessons for primary school children using a specially designed nutrition

module developed by member societies / associations of the SEA-PHN Network. Teachers in these schools were trained to conduct the nutrition lessons, which consist of 9 topics.

The intervention activities were rolled out towards the end of 2018 in all countries with some of the lessons continued until year 2019 for 2 countries i.e. Thailand and Philippines due to the nature of the school calendar year.

The results of the intervention were presented at the 34th NSM Scientific Conference 2019 in Kuala Lumpur and 13th ACN 2019 in Bali. Below is a summary of achievements of the GNKHC programme:

KPI: Minimum target of 2 schools – public schools, peri-urban middle income

- Indonesia, Philippines, Thailand and Vietnam met the KPI.
- For Malaysia, the 2 schools were from low income group.

KPI: Minimum target of 10 teachers are trained

- Thailand and Indonesia managed to train 10 teachers.
- The other countries trained about 6 – 9 teachers.
- For execution of the module, only 1 - 2 teachers per school conduct the lessons

KPI: Minimum target of 200 students reached (100 students per school)

- Only Indonesia and Thailand met the KPI.
- For other countries, only about 130 – 170 students completed the programme despite the number of baseline subjects is above 200 students.

KPI: Parent feedback forms distributed to all and collected

- All countries did not achieve this KPI as many students did not return the forms.

Although most of the KPIs were not met, useful learnings were obtained from the implementation of activities. The conclusion and recommendations derived from the programme report are as below:

- i. The Good Nutrition Key to Healthy Children (GNKHC) Module has achieved its planned goal and objectives to a large extent
- ii. A custom-made nutrition education module was successfully developed and customised for implementation in the five SEA countries of the Network
- iii. The planned common protocol for implementation of the module in 5 countries was generally workable – although various details need to be studied and implementation improved
- iv. Useful lessons on the modules, the various aids used and the implementation process have been learnt
- v. Overall, the project attained its goal to promote and advocate the importance of good nutrition by increasing nutrition knowledge
- vi. This multi-country initiative is a good effort to share knowledge and as a platform to collaborate for future larger programmes.
- vii. Some of the KPI were not attainable due to multi-factors, which will be taken into consideration for implementation of future interventions
- viii. The feedback obtained from the teachers & field visit should be taken into consideration when planning for future implementation of GNKHC. More detailed report can be obtained from the programme report (available in the website).

- ix. GNKHC should be implemented as a systematic nutrition education programme in primary schools to promote healthy eating and active living from a young age
- x. SEA-PHN Network partners are urged to advocate the continued use of GNKHC to the authorities

After the presentation at the ACN 2019, we received positive feedback and enquiries from nutritionists/educators from Malaysia and outside the SEA region. One group was Professor Dr Nobuko Murayama from University of Niigata Prefecture, Japan and the second was state nutritionists from Johor, Malaysia who requested for the module to be used in their own nutrition education initiatives.

For Malaysia, further discussions between the Johor nutritionists with Dr Tee, Chair of the SEA-PHN Network as well as President of NSM were subsequently carried out to use the GNKHC modules in a new school nutrition education programme. Towards the end of the year, a the new programme, named Malaysia School Nutrition Promotion Programme (MySNPP) was set up as a collaboration between NSM and the Johore state nutritionists. MySNPP comprises the GNKHC to provide the nutrition education component, while the School Meal Programme component provides a nutritious snack to school children during the mid-morning break. The modules were ready to be used by end 2019 for the roll-out in 2020 (i.e. train the teachers and teachers to conduct the lessons in school). More report on this will be made available in next year's annual report.

We hope there will be more external parties come forward to use the GNKHC module from the five countries which are now available on the SEA-PHN Network website. Nutritionists and educators are welcomed to use the module for their own school nutrition education programme. The module can be used free of charge as long as the nutritionists/educators inform the Network on the use of this module, its intention, providing information regarding the project that will be utilising the GNKHC, and provide appropriate acknowledgement to the SEA-PHN Network for the GNKHC materials adopted or adapted.

In summary, it is hoped that experience gained in the implementation of GNKHC can be used for implementing larger scale interventions in more schools in SEA to empower school children with knowledge on healthy eating and active living.

3.3 Publication of a Monograph on National Plan of Action for Nutrition (NPAN) in Southeast Asia Countries

In cognisance of the key role that NPANs play in nutrition strategies and interventions for countries, the SEA-PHN Network in August 2016 embarked on a project to compile and analyse NPANs and related documents of six SEA countries (Indonesia, Malaysia, Myanmar, Philippines, Thailand & Vietnam), with the aims to provide an understanding of the approach and framework undertaken by countries to formulate NPANs, main nutritional problems targeted, strategies and programmes identified as well as their implementation and monitoring mechanisms.

The compilation and analysis work was successfully completed in Year 2019 with the publication of a monograph. The monograph was printed in small quantities and distributed to the Council Members, authors and Associate Members. The soft copy of the monograph is made available on the SEA-PHN Network website and those who are interested can download it for free. Following the completion of this publication, the Network will work on advocating and encouraging other countries to develop NPAN and using the published monograph as one of the reference materials for the NPAN development.

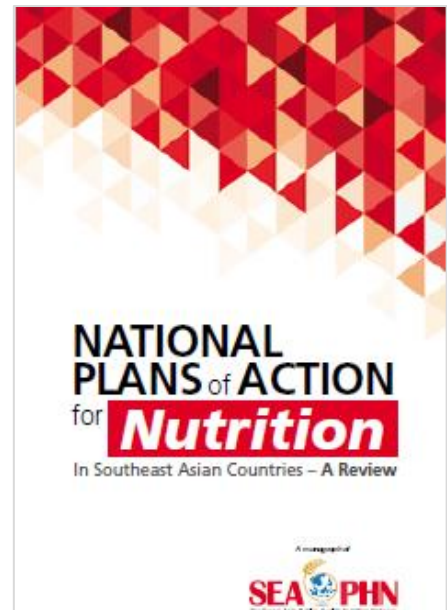


Figure 4. National Plans of Action for Nutrition in Southeast Asian Countries – A Review Monograph

3.4 SEA-PHN Network at the 13th Asian Congress of Nutrition (ACN), Bali

At the 13th ACN in Bali, Indonesia, SEA-PHN Network was allocated a dedicated symposium titled ‘SEA-PHN Network – A Strategic Partnership for the Advancement of Public Health Nutrition’ and a booth at the exhibition area, to communicate its vision and achievements. Both the symposium and booth had provided the Network with a good opportunity to reach out to more stakeholders and audiences in the region, particularly in sharing its vision and commitment in advocating and promoting public health nutrition in the SEA region.

In the dedicated symposium chaired by Prof Dr Hardinsyah, Council Members of SEA-PHN Network and President of Food and Nutrition Society of Indonesia, the Council members of the Network presented several key works and achievements of the Network as below:

1. SEA-PHN Network: Rationale, objectives, organisational framework, key achievements
2. Food-Based Dietary Guideline in Southeast Asian countries
3. Good Nutrition – Key to Healthy Children, a multi-country school nutrition initiative. A. Rationale, concept and SEA PHN Network nutrition education package
4. Good Nutrition – Key to Healthy Children, a multi-country school nutrition initiative. B. Implementation, key findings and learnings
5. National Plan of Action for Nutrition in Southeast Asian countries

At the same time, several publications by the Network were also displayed and distributed to the booth visitors at the ACN, including the supplement on Food Based Dietary Guidelines in SEA countries and NPANs in the SEA countries monograph. The booth visitors also had the opportunity to learn more about the GNKHC school nutrition education modules developed by the Network. Both the symposium

and the booth successfully created visibility for the Network. It was made possible by the generosity of the organiser of ACN 2019 - PERGIZI PANGAN, under the leadership of Prof Dr Hardinsyah.

Asian Congress of Nutrition 2019

Symposium

Southeast Asia Public Health Nutrition (SEA-PHN) Network – A Strategic Partnership for the Advancement Public Health Nutrition

Speakers

- Introduction: About SEA-PHN Network – Rationale, Objectives, Operational Framework, Key Network Activities, Main Projects – Completed and On-Going**
Dr. Tee E Siong
Chairman of SEA-PHN Network and President of Nutrition Society of Malaysia
- Food-Based Dietary Guidelines in SEA Countries**
Assoc Prof. Dr. Ladda Mo-Suwan
Council Member of SEA-PHN Network and President of Nutrition Association of Thailand
- Good Nutrition – Key to Healthy Children, A Multi-Country School Nutrition Initiative: Rationale, Concept and SEA-PHN Network Nutrition Education Package**
Prof. Dr. Le Thi Hop
Vice-Chairperson of SEA-PHN Network and President of Vietnam Nutrition Association
- Good Nutrition – Key to Healthy Children, A Multi-Country School Nutrition Initiative: Implementation, Key Findings and Learnings**
Emeritus Prof. Dr. Mohd Ismail Noor
Council Member of SEA-PHN Network and Vice-president of President of Nutrition Society of Malaysia
- National Plans of Action for Nutrition in SEA Countries**
Dr. Rodolfo Florentino
Council Member of SEA-PHN Network and Nutrition Foundation of the Philippines Inc.

Chairperson
Prof. Dr. Hardinsyah, MS
Council Member of SEA-PHN Network and President of Food and Nutrition Society of Indonesia

Event Details:
Tuesday, August 6, 2019
03:30 - 05:00 pm
Jakarta A Room
Bali International Convention Center

SEA-PHN
Southeast Asia Public Health Nutrition Network

Programs: acn2019.org/programs
acn2019.org
@ACN2019
secretariat@acn2019.org

Figure 5. From left: Programme of the dedicated symposium of the SEA-PHN Network; speakers and guests at the SEA-PHN Network symposium; Visitors at the SEA-PHN Network booth

3.5 Preparation for the 1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP)

It was agreed in the 7th meeting of the SEA-PHN Network in 2018 to organise the first nutrition leadership programme of the Network in Malaysia, and this was to be in conjunction with the 2nd Malaysia Nutrition Leadership Programme. This regional leadership-training programme was in planning stage in 2018 but was not implemented due to lack of funding. NSM will attempt to reactivate it in 2020.

In 2019, the NSM established a Technical Working Committee (TWC) to implement the leadership programme. Several meetings were held by the TWC. A draft training programme was prepared, the training venue was identified, external trainers were identified and various logistics matters looked into, including participation of nutritionists from the 5 partner societies of the Network. The required

budget for the programme was worked out. NSM thanks all three Associate Members of the Network for sponsoring the programme, BENEIO-Institute, DuPont Nutrition & Biosciences and PepsiCo Services Asia Ltd.

A preliminary announcement of the Leadership Programme was prepared, uploaded on SEA-PHN Network website and circulated to all partner Societies.

1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP) & 2nd Malaysia Nutrition Leadership Programme (MyNLP)

Organised by: SEA-PHN, MyNLP
Corporate Partners: Beneo Institute, DUPONT, PEPSICO

In view of the current uncertainty of the Covid-19 pandemic, the event is postponed to a later date. Update soon!

Registration is Now Open! Caring Young Nutritionists!

Young, aspiring professionals in the field of food & nutrition are invited to submit their application to be selected as part of the Nutrition Leadership Programme, organised by the Southeast Asia Public Health Nutrition Network & Nutrition Society of Malaysia.

The Programme focuses on honing the participants' application of soft-skills and acquiring the requisite knack towards enhancing leadership competency among nutrition professionals.

CORE COMPONENTS

- Teambuilding
- Leadership
- Personality
- Professional Excellence
- Communication

KEY LEARNING OUTCOMES

- Apply the concept and framework of leadership.
- Practise effective communication.
- Apply leadership and management knowledge for problem solving.
- Establish professional and social networks.

SELECTION CRITERIA

- active members of the member Society/ Association of the SEA-PHN Network*
- highly motivated and passionate nutritionists
- proficient in spoken and written English language
- < 40 years of age
- at least 5 years working experience
- a postgraduate degree would be an added advantage
- must undertake to participate fully in all the activities contained in the Programme

* Member Society/ Association of the SEA-PHN Network are namely: Food and Nutrition Society of Indonesia, Nutrition Society of Malaysia, Nutrition Foundation of the Philippines, Inc., Nutrition Association of Thailand & Vietnam Nutrition Association.

Figure 6. Preliminary announcement of 1st SEA-PHN LP & 2nd MyNLP

3.6 Organising the 2nd SEA-PHN Conference

Following the 1st SEA-PHN Conference in Kuala Lumpur in 2017, the Network discussed organising the 2nd SEA-PHN Conference in one of its member society's country. The NFP has proposed to host the conference in 2022, in conjunction with NFP 16th anniversary. Further discussions were to be made and proposed at the next annual meeting.

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 1,372 users in the year 2019. These users were from Malaysia, USA, China, Singapore, Japan, Indonesia, Philippines, Hong Kong, India and Thailand with the top ten countries with most users being Malaysia.

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 18 National Nutrition Plans & Guidelines, 13 Nutrition Society Publications & Reports, 11 Publications by Associate Members, 10 Journal Portals and 6 Professional Links.

The numbers of users who have subscribed to the resources area has increased to 243 subscribers. More effort needs to be made to promote the usage of the website.

Apart from the language used at the website as one of the possible barriers for more of the members of member societies to visit the website, the Network recognised the needs to increase its digital presence and explore other channels such as Facebook and LinkedIn which could help to attract more attentions from the nutritionists and public health nutrition workers in the region.

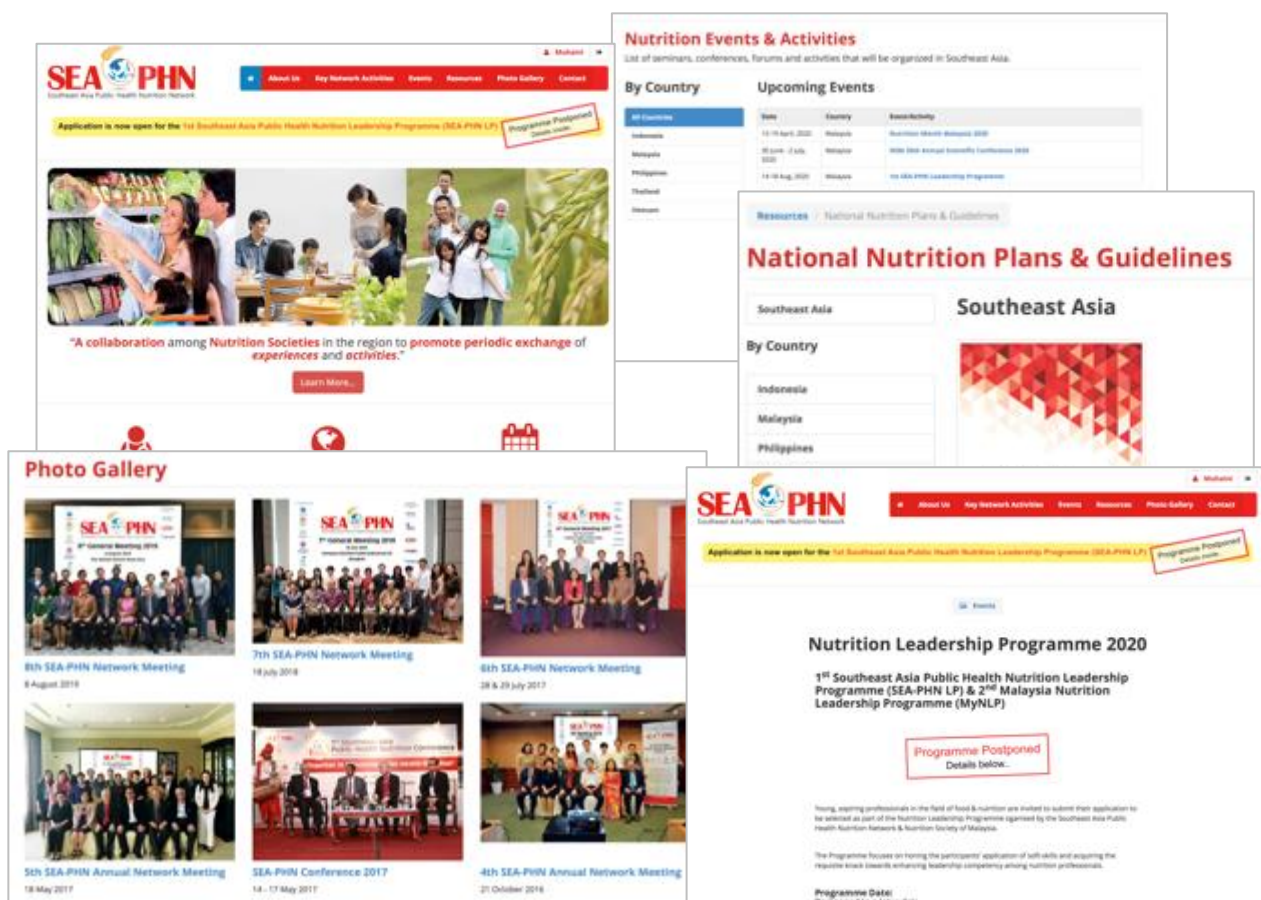


Figure 7. SEA-PHN Network official website and snapshots of some of the contents available

5.0 Conclusion for Year 2019 and Outlook for 2020

In Year 2019, the Network has continued to make encouraging progress in implementing the planned activities as well as to reach out to more stakeholders in the region.

Besides the fruitful discussion at the 9th Annual General Meeting, it was encouraging that this year the Network has the opportunity to have a dedicated booth and symposium of the Network at the ACN to further promote its vision and achievement. The Network is particularly pleased with this opportunity as it directly increased the visibility of the Network in the region.

A significant achievement of the Network was the establishment of the GNKHC educational package and its simultaneous implementation in the 5 member countries. There were specific challenges encountered in the implementation in the countries. However, looking at the big picture, the GNKHC has been demonstrated to be implementable and can bring about increased knowledge of school children. The package can be utilized by nutritionists and school authorities for the promotion and education of school children nutrition in the Network countries. This is a significant contribution to efforts to empower school children for the prevention of malnutrition problems in the region.

For the coming year 2020, the Network will focus on activating the 1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP). The Network member countries are encouraged to look into further opportunities to utilise the GNKHC package in more schools. Besides, the Network aims to work on the advocacy of national nutrition policy and framework. The Network has strong interest in helping countries in the region with no Food Based Dietary Guidelines and NPAN to develop their own guidelines/policy through advocacy activities on the importance of such policy/ guideline and provide technical assistance.

The future efforts of the Network will also focus on increasing its visibility and communicating the outcome and output of the Network with more stakeholders in the region. The Network will continue its dedication in promoting public health nutrition and continue to strive to make a difference to public health nutrition in the region.

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

30 September 2020