



A Collaboration among Nutrition Societies in Southeast Asia Region

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

**Annual Report
Year 2020**

Members



Associate Members



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Executive Summary

Year 2020 created new challenges for all and the Network with activities and events being put on hold or replaced with virtual meetings due to the COVID-19 lockdown and travel restrictions. Despite the pandemic restriction, the Network has continued to make progress in some of the planned activities.

This 7th Annual Report of the Southeast Asia Public Health Nutrition (SEA-PHN) Network provides an overview of the Network's activities and progress during year 2020, including an overview of the Network's plans for the year ahead.

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 2020.

Part 3 reports the main activities of the Network in 2020

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 2020 and outlines the priorities for year 2021.

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:

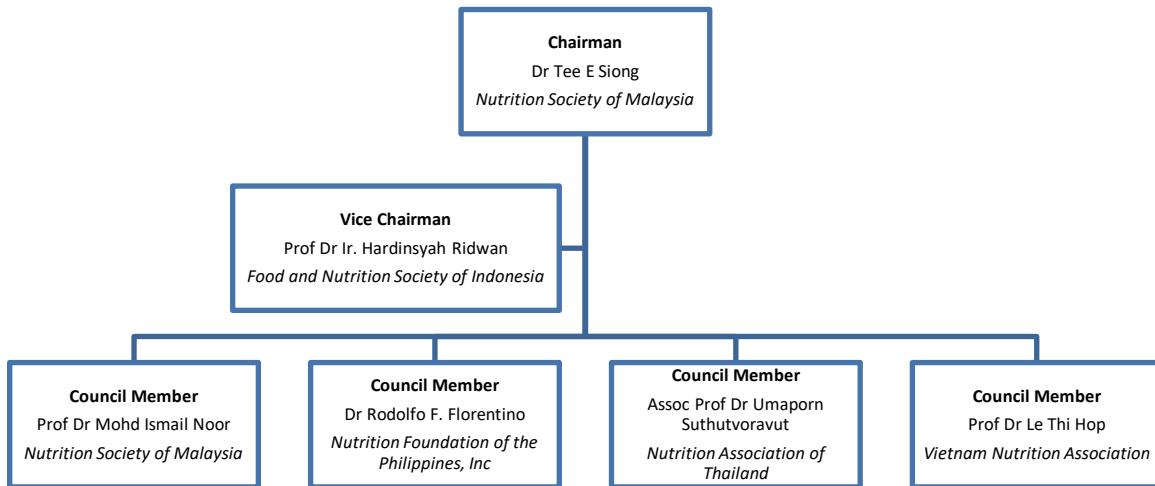


Figure 1. Founding Council Members of the SEA-PHN Network (year 2014 to 2017)

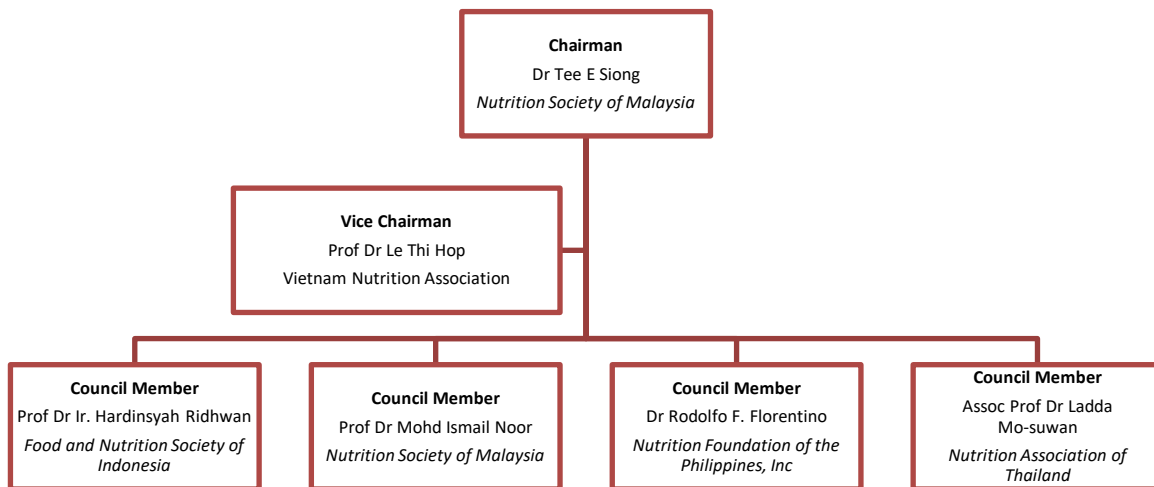


Figure 2. Members of the 2nd Council of the SEA-PHN Network (year 2017 to 2020)

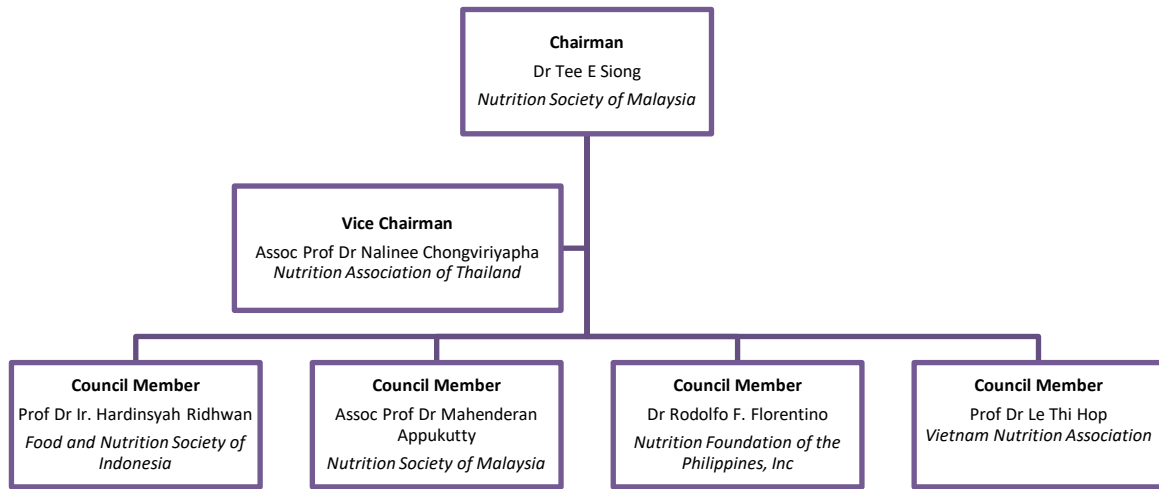


Figure 3. Members of the 3rd Council of the SEA-PHN Network (year 2020 to 2023)

2.0 Membership Profile Year 2020

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 2020 from the private sector companies and their respective technical representatives are:



BENEIO-Institute

Technical representatives:
Ms Anke Sentko
Ms Goh Peen Ern



DuPont Nutrition & Biosciences

Technical representatives:
Ms Cyndy Au
Mr Victor Basuki
Mr Le Hoang Vinh



PepsiCo Services Asia Ltd

Technical representative:
Dr Kit Phanvijhitsiri
Mr Liu Feng

3.0 Main Activities of the Network in Year 2020

3.1 SEA-PHN Network 9th General Meeting

The 9th General Meeting of the Network, which was initially planned to be conducted in Myanmar, have to be conducted virtually via GoToMeeting online platform due to the COVID-19 pandemic and travel restriction. The meeting was attended by all Council Members, and representatives from Associate Members. 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>Prof Dr Nalinee Chongviriyapha (NAT)</i>
Associate Members (Corporate companies)	BENEO-Institute <i>Ms Goh Peen Ern</i>
	DuPont Nutrition & Biosciences <i>Ms Cyndy Au</i> <i>Mr Victor Basuki</i> <i>Mr Le Hoang Vinh</i>
	PepsiCo Services Asia Ltd <i>Dr Kit Phanvijhitsiri</i>
Secretariat (VersaComm Sdn Bhd)	<i>Ms Muhaini Hussin</i> <i>Ms Voon Siok Hui</i> <i>Ms Rasyidah Ali</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, which mostly would be conducted virtually in view of the COVID-19 development. The meeting also elected the 3rd Council of the Network.



A collaboration among

Supported by educational grant from



Attendees at 9th General Meeting 2020
GoToMeeting Platform, 29 September 2020

Figure 4. Group photo of SEA-PHN Network’s Council Members, representatives from Associate Members (corporate partners) and Network secretariat at the 9th General Meeting

3.2 Publication of Review of National Plans of Action for Nutrition in SEA Countries in Malaysian Journal of Nutrition (Mal J Nutr)

The Network has previously published a monograph on NPANs in SEA countries to provide an understanding of the approach and framework undertaken by six SEA countries in the formulation and implementation of NPANs, as well as the similarities and differences in various NPAN components.

In order for the monograph to get more exposure and greater reach to more stakeholders, the Network has published a concise version of the review paper of NPANs in six SEA countries in Malaysian Journal of Nutrition (Mal J Nutr). Publication of this review as a journal article enabled the 88-page monograph to be disseminated more widely. More details for the action plans that were beyond this review can be obtained from the monograph. This review paper also updated several information in the monograph based on the updated NPANs in Myanmar and Thailand.

The NPANs used for this review were:

- National Food and Nutrition Action Plan (NFNAP) (*Rencana Aksi Nasional Pangan Dan Gizi, RANPG*) 2015- 2019
- National Plan of Action for Nutrition of Malaysia (NPANM) III 2016-2025
- Myanmar's Multi-sectoral National Plan of Action on Nutrition (MS-NPAN) 2018/19 – 2022/23
- Philippine Plan of Action for Nutrition (PPAN) 2017-2022 Executive Summary
- Vietnam National Plan of Action for Nutrition to 2020
- Thailand's 5-Year National Plan of Action for Nutrition 2019-2023

The review paper is downloadable at official website of Mal J Nutr 26(3): 501-524, 2020

(<https://doi.org/10.31246/mjn-review-26-3>).



REVIEW

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doi: <https://doi.org/10.31246/mjn-review-26-3>

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REVIEW

A review of national plans of action for nutrition in Southeast Asian countries

Te E Siong^{1*}, Rodolfo F Florentino^{2,3}, Hardinsyah^{4,5}, Ismail Mohd Noor^{6,7}, Lwin Mar Hlaing⁸, Saipin Chotivichien⁹ & Le Thi Hop^{1,2}

¹SEA FHO Network, ²Nutrition Society of Malaysia, ³Nutrition Foundation of the Philippines, Inc, ⁴Food and Nutrition Society of Indonesia, ⁵National Nutrition Centre, Ministry of Health and Sports, Myanmar, ⁶Bureau of Nutrition, Ministry of Public Health, Thailand, ⁷Thailand Nutrition Association, Vietnam

ABSTRACT

This review describes national plans of action for nutrition (NPANs) in six Southeast Asia countries (Indonesia, Malaysia, Myanmar, Philippines, Thailand and Vietnam) in order to provide an understanding of the approach and framework undertaken by these countries in the formulation and implementation of NPANs, as well as the similarities and differences in various NPAN components. The six countries recognised the persistent undernutrition and escalating rates of obesity and other diet-related chronic diseases as the key drivers for nutrition action plan implementation. The prioritisation of nutrition interventions outlined in these NPANs are based on respective country context and needs. Although differing in strategies and targets set, these countries show similarities in several components including objectives, stakeholder involvement, nutritional issues to be addressed, implementation, monitoring and evaluation mechanism, programme/ activities identified and challenges in implementing NPANs. Countries have recognised that effective implementation, monitoring and evaluation are essential to successfully address both extremes of the challenging nutrition situation. Several important similarities in the NPANs studied suggest that closer collaboration among countries and stakeholders on NPANs would be beneficial. Opportunities should be created for periodic exchanges to enable sharing of experiences in the development and implementation of NPANs among the countries. Recommendations and conclusions drawn from this review could serve as useful reference for nutrition policy and planning in the future.

Keywords: National plans of action for nutrition, Southeast Asia, nutrition intervention programmes, implementation strategies, monitoring and evaluation

INTRODUCTION

Countries in Southeast Asia (SEA) region which had, in the past, earned high number of child undernutrition has experienced a shift of nutrition scene in which most countries in the region are being a double burden of malnutrition. This is characterised by persistent undernutrition – including stunting, wasting, micronutrient deficiencies and

Key words: National plan of action for nutrition, Southeast Asia, nutrition intervention programmes, implementation strategies, monitoring and evaluation

Download PDF

Figure 5. Review of NPANs in SEA Countries published in Mal J Nut

3.3 Project on Analysis and Review of RDA/RNIs in Southeast Asia Countries

The Network has initiated a project on analysis and review of Recommended Nutrient/Dietary Intakes in Southeast Asian Countries (Indonesia, Malaysia, Philippines, Thailand and Vietnam). This project aims to:

- provide an understanding of the approaches and scientific principles undertaken by the countries in developing the recommended nutrient/ dietary intakes

- provide an understanding of the similarities and differences in the recommended nutrient/dietary intakes among the countries
- serve as reference for food and nutrition activities in SEA countries e.g. in updating/developing population nutrient intakes, in dietary studies and nutrition research in countries in the region, and for food regulatory authorities in nutrition labelling activities

The official RDA/RNIs of four member countries (Malaysia, Indonesia, Philippines, Vietnam) have been obtained and that Vietnam's and Indonesia RDA/RNIs documents have been translated into English. As preparation for analysis, an excel template has also been developed in order to tabulate related information extracted from respective country's RDA/RNIs documents.

The first draft of the manuscript is expected to be ready by end of 2021.

3.4 1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP)

The 1st SEA-PHN LP programme focuses on honing the participants' application of soft-skills and acquiring the requisite knack towards enhancing leadership competency among nutrition professionals.

Several preparation works have been completed including the updates on the SEA-PHN website, tentative programme, circulation of the preliminary announcement and programme application form for the participants.

However, due to the COVID-19 situation, the Technical Working Committee has decided to postpone this programme which was tentatively scheduled for August 2021 in conjunction with the 2nd Malaysian Nutrition Leadership Programme (MyNLP), to a later date. The new date will be informed after getting clearance from health authority.

3.5 Further implementation of Good Nutrition – Key to Healthy Children (GNKHC) programme in member countries

Member countries of the Network were encouraged to share and update further on the use and implementation of the GNKHC module in respective country.

With regards to this, Nutrition Society of Malaysia has collaborated with Malaysia state nutritionists (from Johore) in Malaysia School Nutrition Promotion Programme (MySNPP), an initiative to improve the nutrient intake and nutrition knowledge of school children through a joint effort of providing nutrition education (using GNKHC module) and supportive healthy school food environment (through school meal programme). The programme would be implemented in 17 schools in the first phase, reaching about 1500 standard three students. A technical working group has been formed for this programme to train the nutritionists, teachers, and canteen operators. The implementation of this programme has been put on hold due to the Covid-19 pandemic. It was hoped that the programme could be reactivated by first quarter of year 2021.

4.0 SEA-PHN Network Website as Channel of Information Sharing

The Network's website www.sea-phn.org, continue to serve as a repository of public health nutrition resources and activities by the Network as well as a channel of communication among members in between annual physical meetings. More reports/abstracts of completed projects and scientific meetings as well as relevant publications from the societies and government agencies as well as scientific activities of Associate Members are being uploaded regularly. 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.

By having the website maintained and updated, the Network will be able to enhance its visibility not only locally but internationally. In year 2020, there were a total of 4638 page-views by 1719 unique visitors, in which 91.4% of them were visitors. The numbers of users who have subscribed to the resources area has increased to 515 subscribers.





















1.	 Malaysia	553	 32.13%
2.	 United States	393	 22.84%
3.	 China	188	 10.92%
4.	 Canada	57	 3.31%
5.	 India	56	 3.25%
6.	 Brazil	48	 2.79%
7.	 Indonesia	46	 2.67%
8.	 Japan	44	 2.56%
9.	 Singapore	38	 2.21%
10.	 France	26	 1.51%

Figure 6. The breakdown of website visitors for year 2020 by countries

National Nutrition Plans & Guidelines

Southeast Asia

By Country

- Indonesia
- Malaysia
- Philippines
- Thailand
- Vietnam



National Plans of Action for Nutrition in Southeast Asian Countries - A Review

Indonesia



Food-based Dietary Guidelines: Pedoman Gizi Seimbang 2014

Malaysia



National Nutrition Policy Malaysia 2005



National Plan of Action for Nutrition of Malaysia (2006-2015)



NPANM 2015-2025
Obtain complete report here.



Malaysian Dietary Guidelines 2010
Obtain complete guidelines here.



Malaysian Dietary Guidelines for Children and Adolescents 2013
Obtain complete guidelines here.



Nutrition Research Priorities in Malaysia for 10th Malaysia Plan (2011-2015)

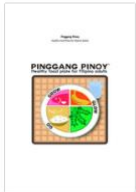


Guide to Nutrition Labelling and Claims



RNI 2017 - Recommended Nutrient Intakes for Malaysia
Obtain complete guidelines here.

Philippines



Pinggang Pinoy - Healthy Food Plate for Filipino Adults

Thailand



Food-based Dietary Guidelines: Reviews



Strategic Framework for Food Management in Thailand



Thai Food-based Dietary Guidelines (FBDG) for Infants and Young Children

Vietnam



Pyramid of Foods of Vietnamese



Vietnamese Food-Based Dietary Guidelines



Vietnam Food-Based Dietary Guidelines Towards 2020



National Nutrition Strategy For 2011-2020, With A Vision Toward 2030

Publications by Associate Members

- By Topic
- Recipe Books
 - Maternal & Child Nutrition
 - Food Innovation/Renovation

Recipe Books



Healthy Cooking With Oats Vol. 1




Healthy Cooking With Oats Vol. 2




Healthy Cooking With Oats Vol. 3


Maternal & Child Nutrition



Young Child Nutrition Workshop on the Recommended Intake of Milk in the Diet of Young Children and the Composition of Follow Up Formula



Composition of Follow-Up Formula for Young Children Aged 12-36 Months: Recommendations of an International Expert Group



The First 1000 Days by Danone Nutricia

Food Innovation/Renovation



A Nutrient Profiling System for the (Re)formulation of a global food and beverage portfolio



BENE-Institute Scientific Reachout
Scientific reachout via social media, webinars, websites, and scientific conferences.



BENE-Institute Abstract Book for the 13th Asian Conference of Nutrition
Scientific Programme of Nutrition and Food Innovation for Sustained Well-Being.



BENE-Institute: Stronger Inner Defence with Prebiotic Chicory Root Fibres

9th SEA-PHN General Network Meeting



Top row from left: Dr Tee E Siong (President of Nutrition Society of Malaysia), Prof Dr Le Thi Hop (President of Vietnam Nutrition Association), Mr Victor Basuki (DuPont Nutrition & Biosciences), Ms Goh Peen Ern (BENEO-Institute), Dr Kit Phanvijhitsiri (PepsiCo Asia Services Ltd)

Middle row from left: Dr Rodolfo F. Florentino (Immediate Past Chairman-President of Nutrition Foundation of the Philippines, Inc.), Ms Muhaini Hussin (SEA-PHN Network Secretariat), Emeritus Prof Dr Mohd Ismail Noor (Vice-President of Nutrition Society of Malaysia), Mr Le Hoang Vinh (DuPont Nutrition & Biosciences), Prof Dr Hardinsyah (President of Food and Nutrition Society of Indonesia)

Bottom row from left: Ms Cyndy Au (DuPont Nutrition & Biosciences), Assoc Prof Dr Nalinee Chongviriyapha (President of Nutrition Association of Thailand), Ms Voon Siok Hui (SEA-PHN Network Secretariat), Ms Rasyidah Ali (SEA-PHN Network Secretariat)

GNKHC modules in partner Southeast Asian Countries

Country	Indonesia	Malaysia	Philippines	Thailand	Vietnam
Language	Indonesian language	English Malay language	English language	Thai language	Vietnamese language

Malaysia version - English



	Teaching Slides	Interactive Games	Parent's Leaflets
Topic 1 The Healthy Way of Eating: From Pyramid to Plate		Activity 1 Build Your Food Pyramid [Folding Cards] [Game Cards]	
Topic 2 Be Active, Be Healthy		Circuit-Training Activity	
Topic 3 Cereals, Cereal Products & Tubers for Energy		From Farm to Table [Folding Cards] [Game Cards]	

Figure 7. Snapshots of some of the contents available on SEA-PHN Network website

5.0 Conclusion for Year 2020 and Looking Ahead for 2021

In spite of the COVID-19 setback, the Network's activities and the discussion for future direction continued. And following 7 years of collaborative public-private partnership efforts in implementing several activities, the Network has demonstrated that NPAN public-private partnership in promoting public health nutrition is doable and the effort should be sustained despite the challenging time.

The Network strives to continue making a difference to public health nutrition, one way would be through creating more discussion opportunities in SEA region. With continuous physical events restriction working/meeting virtually become a new normal, the Network is making adaptation forward in how it plans future activities to continue promote public health nutrition in SEA, and the virtual setting may be a benefit to reaching a wider audience and stakeholders within the region.

For the year 2021, the Network will focus on activating a series of virtual webinars using online platform. In view of the Network's interest on school children nutrition programme promotion, one of the webinar in planning is the webinar on school children nutrition promotion in Southeast Asia. The Network will also continue to work on increasing its visibility and communicating the outcome and output of the Network with more stakeholders in the region through virtual platform.

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

15 September 2021