



***A Collaboration among Nutrition Societies in Southeast Asia Region***

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

**Annual Report  
Year 2021**

**Members**



**Associate Members**



## Message from the Chairman

The Southeast Asia Public Health Nutrition (SEA-PHN) Network has progressed well over the past 7 years in promoting public health nutrition in the region. The Network has been a unique collaboration that builds on the strength of the professional bodies and the corporate partners. Through several joint activities among the members that are based on nutritional issues of common interest to the region e.g. school nutrition education module development, several scientific publications, webinars and exchange of experiences, the Network has demonstrated that public-private collaboration among nutrition societies and corporate partners is a viable and useful approach towards promoting nutritional wellbeing of the population.

This report highlights the work of the Network in Year 2021. Over the past one year, the Network has focused on providing platform for interaction and networking among nutritionists, dietitians, healthcare professionals and related stakeholders on nutrition issues in the SEA region through a series of webinars and discussion forums. However, much remains to be done for further advancement of Network to enable it to continue to contribute towards public health nutrition promotion in SEA, especially in the era of COVID-19 pandemic. We have not yet seen the end of the pandemic and its impacts, but the effort to promote healthy nutrition must continue, especially that the pandemic has revealed the vital role of nutrition in each phase of pandemic response. For the year 2022 the Network will continue creating more discussion opportunities in the SEA region via virtual platform, and it is optimistic that the virtual setting would bring benefit to reaching a wider audience and stakeholders within the region. The Network thanks the strong and ongoing support and commitment by partner societies and corporate companies to enable the Network activities to be implemented.

E-Siong Tee, PhD

Chairman

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

8 February 2022

## Southeast Asia Public Health Nutrition (SEA-PHN) Network

Established in 2014, the Southeast Asia Public Health Nutrition (SEA-PHN) Network is a collaboration of nutrition societies/associations in Southeast Asia countries, and working in partnership with other key stakeholders namely government agencies and corporate partners, dedicated to promoting public health nutrition in the region.

The Network aims to:

- Establish and maintain an interactive network among public health nutritionists in the Southeast Asia region
- Promote periodic exchange of experiences, activities in all public health nutrition issues
- Share available information and documentation such as technical publications with all stakeholders involved in public health nutrition, including professional bodies, government agencies and private sector
- Conduct activities to promote public health nutrition to benefit the communities in Southeast Asia region while ensuring avoidance of potential conflicts of interest.
- Consolidate efforts among nutritionists, both in the public and private sector, for the advancement of public health nutrition

The activities of the Network focus primarily on:

- Maintain regular contact among members of the Network through annual meetings (preferably in conjunction with a scientific meeting) and video conference meetings as and when needed
- Interaction through a dedicated website: [www.sea-phn.org](http://www.sea-phn.org)
- Conduct collaborative projects among members of the Network, private sector and government agencies based on nutritional issues of common interest to the region for community nutrition improvement, in the spirit of public-private partnership
- Organise scientific meetings, webinars or conferences

More details of the Network are available on the Network website: <http://sea-phn.org>.

## Network's Membership and Management

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

### Member Societies

The member societies of the Network comprise Nutrition Societies/Associations affiliated to the Federation of Asian Nutrition Societies (FANS) and the International Union of Nutritional Sciences (IUNS). Current member societies 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), discuss nutrition matters, provide technical expertise and contribute to planning of nutrition projects and activities of the Network. Private sector companies also provide financial support for the activities of the Network. Current Associate Members from the private sector companies and their respective technical representatives are:



**BENEIO-Institute**

Technical representatives:  
*Ms Anke Sentko*  
*Ms Goh Peen Ern*



**IFF**

Technical representatives:  
*Ms Cyndy Au*  
*Mr Le Hoang Vinh*



**PepsiCo Services Asia Co., Ltd**

Technical representatives:  
*Dr Kit Phanvijhitsiri*  
*Mr Liu Feng*

**Members of the 3<sup>rd</sup> Council of the SEA-PHN Network (Year 2020 to 2023)**



**CHAIRMAN**

Dr Tee E Siong, Nutrition Society of Malaysia



**VICE-CHAIRMAN**

Assoc Prof Dr Naline Chongviriyapha, Nutrition Association of Thailand



**COUNCIL MEMBER**

Prof Dr Ir. Hardinsyah Ridwan, Food and Nutrition Society of Indonesia



**COUNCIL MEMBER**

Assoc Prof Dr Mahenderan Appukutty, Nutrition Society of Malaysia



**COUNCIL MEMBER**

Dr Rodolfo F. Florentino, Nutrition Foundation of the Philippines, Inc



**COUNCIL MEMBER**

Prof Dr Le Thi Hop, Vietnam Nutrition Association

## Highlights of Year 2021 Activities

### 1. SEA-PHN Network 10<sup>th</sup> General Meeting

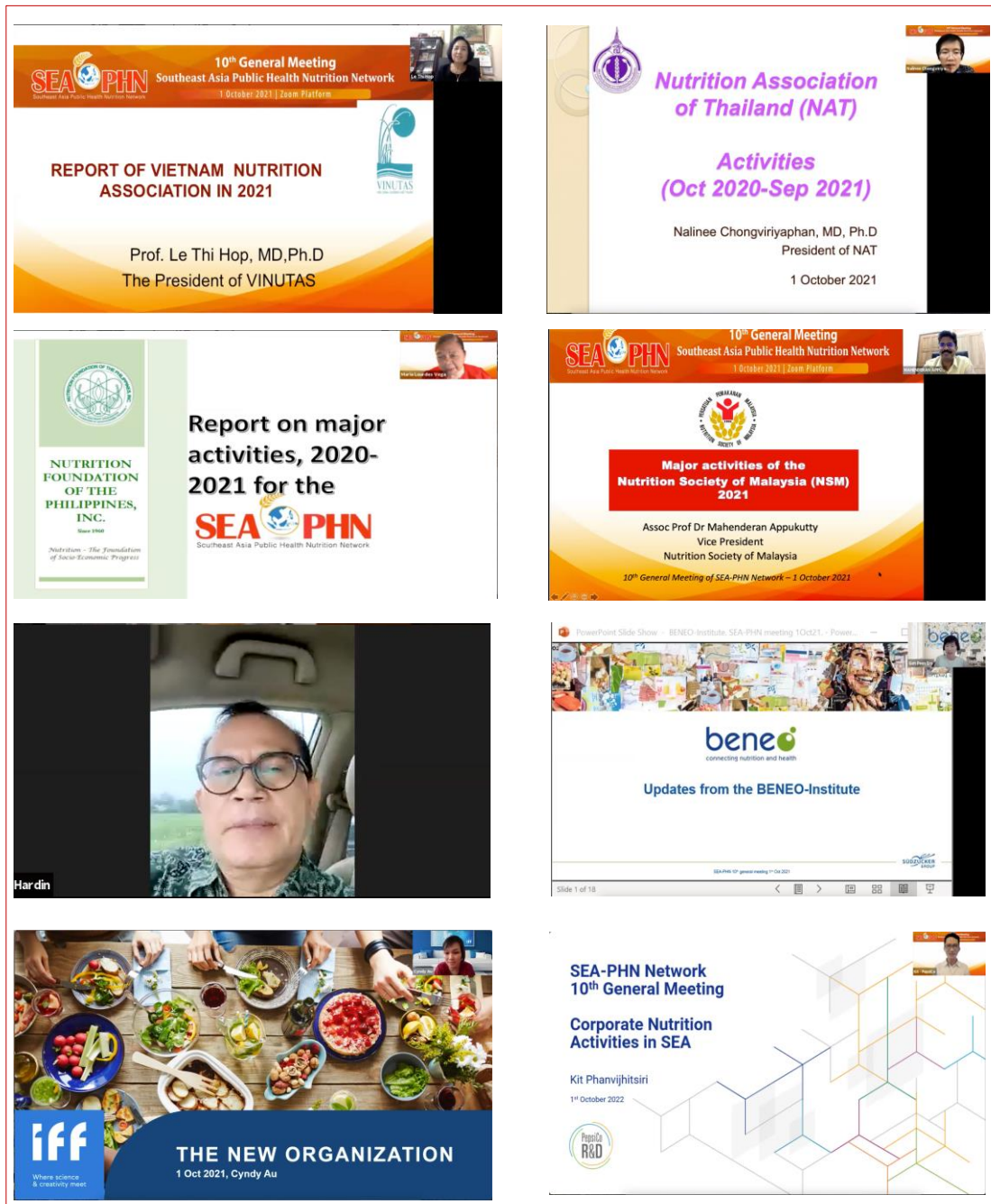
The 10<sup>th</sup> General Meeting of the Network was conducted virtually via Zoom online platform on 1<sup>st</sup> October 2021. The meeting was attended by all Council Members, representatives from Associate Members, invited guest and the Network's Secretariat, as follows:

Members (Nutrition Societies)	Chairman <i>Dr Tee E Siong</i> (NSM)
	Vice-chairman <i>Assoc Prof Dr Nalinee Chongviriyapha</i> (NAT)
	Council members <i>Prof Dr Hardinsyah</i> (PERGIZI PANGAN) <i>Assoc Prof Dr Mahenderan Appukutty</i> (NSM) <i>Dr Rodolfo F. Florentino</i> (NFP) <i>Prof Dr Le Thi Hop</i> (VINUTAS)
Associate Members (Corporate companies)	BENEO-Institute <i>Ms Anke Sentko</i> <i>Ms Goh Peen Ern</i>
	IFF <i>Ms Cyndy Au</i>
	Pepsico Services Asia Co., Ltd <i>Dr Kit Phanvijhitsiri</i>
Guest	<i>Mrs Maria Lourdes Vega</i> (NFP)
Secretariat (VersaComm Sdn Bhd)	<i>Ms Muhaini Hussin</i> <i>Ms Voon Siok Hui</i> <i>Ms Presanna Arumugam</i>

Council Members and Associate Members exchanged nutrition experiences by sharing a brief update on major nutrition activities and programmes from respective association or country in the past one year. Members also reviewed the main activities undertaken by the Network in Year 2021 and discussed activities direction for Year 2022.



Figure 1. Group photo of attendees at the 10<sup>th</sup> General Meeting of the Network



**Figure 2. Council Members and Associate Members updated on nutrition activities of respective association/organisation during the 10<sup>th</sup> General Meeting**

## 2. Public Health Nutrition Webinar Series

With continuous physical events restriction due to the COVID-19 pandemic, the Network utilised the virtual setting to create more discussion opportunities and reaching a wider audience and stakeholders within the region. The Network has focused on organising a series of webinars in year 2021 on different topics that are of common interest to the countries in the region.

### *Webinar Series 1/2021: School Children Nutrition Promotion in Southeast Asia*

The coexistence of dual form of malnutrition is a common issue among school children in the SEA region. While undernutrition remains a major nutritional problem among school children, the prevalence of overweight and obesity have been increasing and become more important threats to their health and wellbeing. Schools are important places for nutrition intervention programmes to be conducted as they reach the majority of children, and through them, reaching their parents and caregivers. With the aims to share experiences on nutrition intervention programmes in schools, explore the potential for collaboration among SEA countries and raise awareness of the importance of multi-stakeholders approach to devote adequate resources for effective implementation of such programmes, the Network organised the Webinar on ‘School Nutrition Promotion in Southeast Asia’ on 7 April 2021 via GoToWebinar online platform.

The Webinar presented school nutrition promotion programmes in SEA countries and discussed the challenges, possible action plans, and way forward for such programmes. The first part of the Webinar was devoted to school nutrition promotion experience sharing by five speakers from SEA (Indonesia, Malaysia, Philippines, Thailand and Vietnam), in which they presented school nutrition promotion programme in their respective countries, the success stories and the challenges in conducting such activities in schools. The challenges, possible action plans and way forward for school nutrition promotion programmes were discussed at the second part of the Webinar. The Webinar arrived at recommendations for possible public-private cooperation and other action plans to strengthen nutrition promotion to children through schools. The webinar was attended by 234 nutritionists, dietitians, government representatives, private sectors, educators, and other interested professionals from SEA countries.

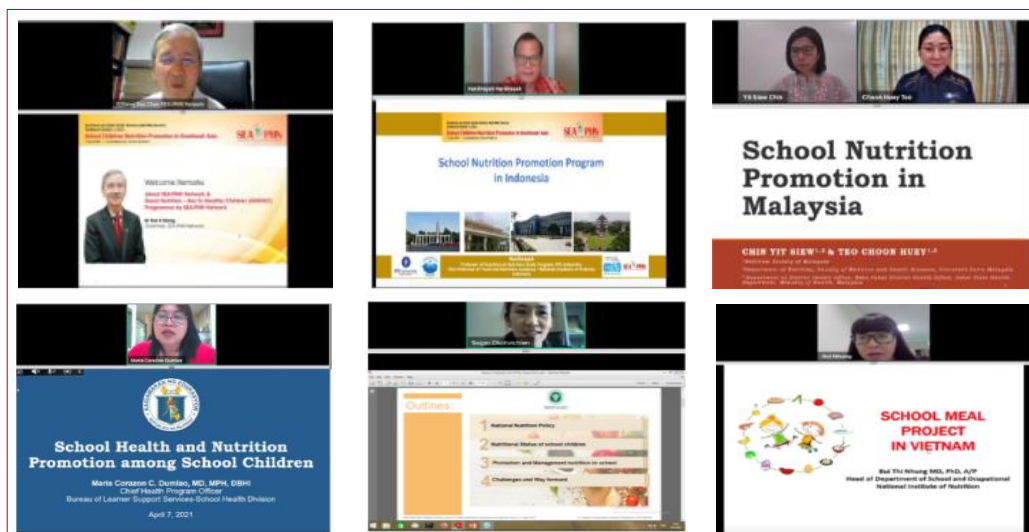


Figure 3. Speakers shared school nutrition promotion experience in respective country



## Webinar Series 2/2021: National Plans of Action for Nutrition (NPANs) in Southeast Asia Countries

Countries in the SEA region are facing similar burden of malnutrition, characterised by persistent undernutrition including stunting, wasting, micronutrients deficiencies and coexisting overweight and obesity across the life cycle. Many SEA countries have respectively developed their own NPAN as a vital master plan to address these nutrition issues. With the aims to share the available NPANs in SEA widely with all public health workers in the region, and provide a platform for an exchange of experiences in the development and implementation of NPANs in SEA countries, the webinar on NPANs in SEA countries was organised by the Network on 29 June 2021 via Zoom online platform.

The webinar started with a sharing by the Network of a review of NPANs in SEA countries, providing an understanding on the common approaches taken, similarities and differences of NPANs in the region. This was followed by four invited speakers from SEA (Malaysia, Philippines, Thailand and Vietnam) who presented the NPAN experiences of their respective country. The webinar also discussed and identified constraints, success elements, actions and supports required in the NPAN process. The webinar was attended by 123 participants from seven countries in the region including nutritionists, dietitians, nutritionist-dietitians, members of academia/researchers, policy makers, public health workers and other healthcare professionals.

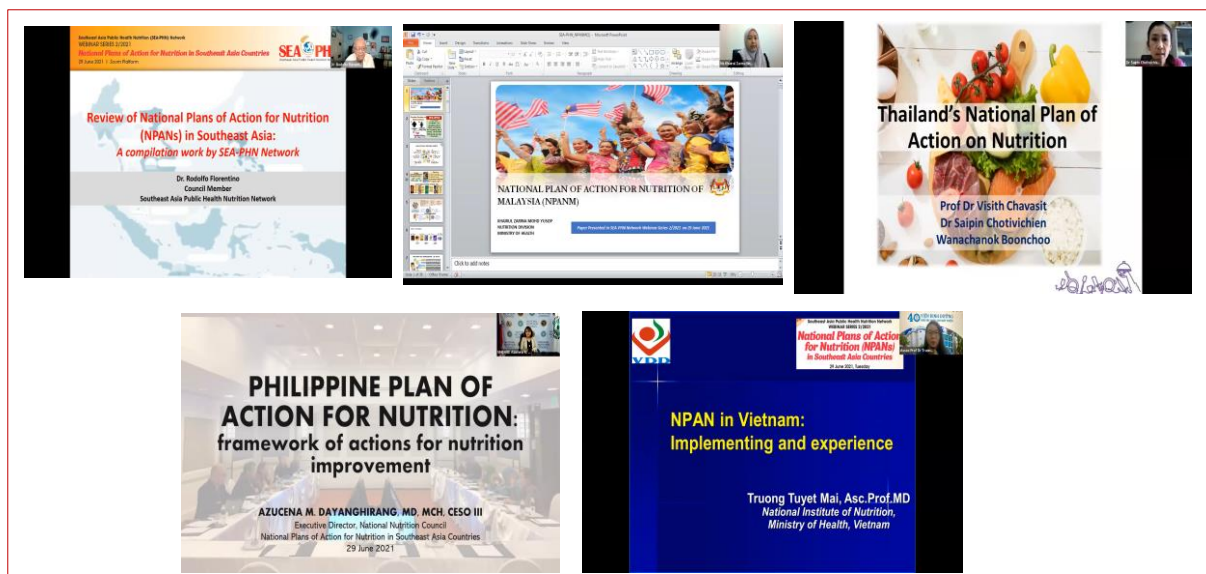


Figure 4. Speakers presented NPAN experience of respective country

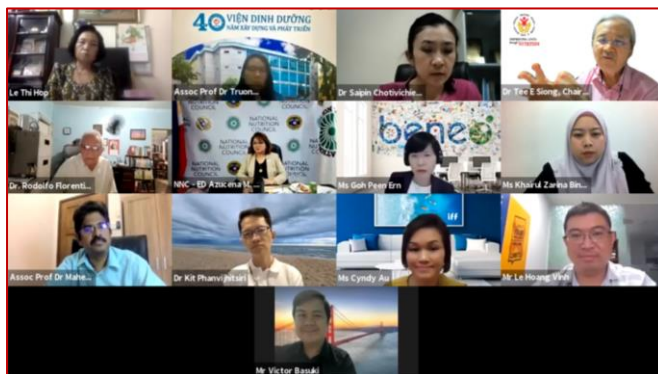


Figure 5. Discussion forum on success elements, actions & supports required at several stages of NPAN process and recommendations for way forward

**Webinar Series 3/2021: National Plans of Action for Nutrition (NPANs) in Southeast Asia Countries**

The COVID-19 pandemic, which continues to rage across the globe, has highlighted the importance of good nutrition as key to strengthening immunity so as to combat the pandemic. Nutrition action is needed, and more crucial than ever to ensure COVID-19 pandemic does not lead to malnutrition crisis, as well as to prevent non-communicable diseases that are risk factors for higher COVID-19 morbidity and mortality. With the aims to share nutrition promotion, interventions, innovations and researches experiences undertaken by SEA countries amid the COVID-19 pandemic, and advocate timely exchange of public health nutrition experiences among countries in the region, the webinar on Nutrition Activities during COVID-19 Pandemic in SEA Countries was organised on 15 December 2021 via Zoom online platform.

The one-day webinar started with five presentations on nutrition promotion and intervention activities in SEA countries in response to COVID-19, followed by sharing by private sectors on nutrition effort in response to the pandemic. In the afternoon session, invited speakers from four SEA countries shared the nutrition and COVID-19 researches of their respective country. The panelists and audiences also interacted in discussion forum to foster additional sharing of experiences and opportunities to promote and improve nutrition in response to COVID-19. The webinar was attended by 168 participants including nutritionists, dietitians, nutritionist-dietitians, members of academia/researchers, policy makers, public health workers and other healthcare professionals.





Figure 6. Speakers presented nutrition activities and research during COVID-19 pandemic in respective country

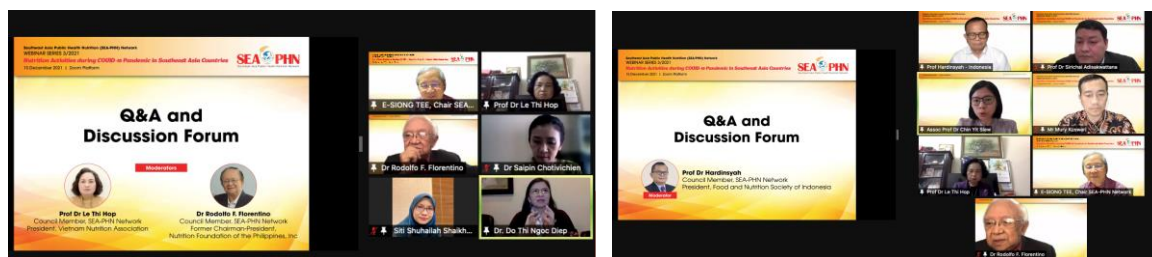


Figure 7. Discussion forums with speakers as panellist members



**Figure 8. The reports and materials of all three webinars are downloadable at SEA-PHN Network website: <https://sea-phn.org/resources>**

### 3. Compilation of Recommended Nutrient Intakes (RNIs)/Recommended Dietary Allowances (RDAs) in SEA Countries

The project on analysis and review of RNIs/RDAs in SEA countries is progressing, with information from five SEA countries (Indonesia, Malaysia, Philippines, Thailand & Vietnam) have been extracted and tabulated into excel file for further comparison and analysis. This compilation work will be published in a review paper format by mid-year of 2022, and it is hope that the compilation of nutrients recommendation intake Tables of five SEA countries in the paper would serve as useful reference for users.

### 4. 1st Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP)

The 1<sup>st</sup> SEA-PHN LP which was tentatively scheduled for August 2021 in conjunction with the 2nd Malaysian Nutrition Leadership Programme (MyNLP), has been postponed due to the COVID-19 situation. A new date will be informed after getting clearance from health authority. The Network and the Technical Working Committee of the programme have been in discussion on alternative way to conduct the programme through virtual format. Suggestions from the Council and Associate Members of the Network have been shared with the local technical working group of MyNLP for further discussion and proposal preparation to be conducted locally before it is further adapted for regional scale.

## SEA-PHN Network Website – A Repository of Public Health Nutrition Documents in SEA

The Network's website [www.sea-phn.org](http://www.sea-phn.org), continued to serve as a channel of communication and information sharing among members and public health nutrition professionals in the region. In addition to the scientific publications, reports of completed projects of the Network, relevant publications from the societies, government agencies as well as Associate Members, more materials such as the presentation slides (with speakers' consent) for all the webinars are being uploaded to be shared with the users.

By having the website maintained and updated, the Network is progressing well in enhancing its visibility regionally. In year 2021, the total number of unique visitors (3231) of the website was doubled and the total total page-views (12415) tripled compared to Year 2020.





















Country	Users	% Users
1.  Malaysia	765	 23.55%
2.  United States	397	 12.22%
3.  China	390	 12.00%
4.  Philippines	301	 9.26%
5.  Indonesia	107	 3.29%
6.  Thailand	84	 2.59%
7.  India	65	 2.00%
8.  Germany	52	 1.60%
9.  Japan	49	 1.51%
10.  United Kingdom	47	 1.45%

Figure 9. The breakdown of website visitors for year 2021 by countries (top 10)

### Webinar Series 1/2021 School Children Nutrition Promotion in Southeast Asia

#### Download Certificate of Participation

To download your certificate, please check your name in the list below and enter your Certificate ID into the form.

Webinar Series 1/2021 Certificate Name List [Download PDF](#)

Participant Name / Certificate ID / File Name

By entering your full name, if not found, please enter your Certificate ID / File Name according to the Certificate List.

[Search Certificate](#)

#### Webinar Programme

[Download PDF](#)

#### Webinar Presentation Slides

Welcome Remarks: About SEA-PHN Network & Good Nutrition – Key to Healthy Children (GNKHC) Programme



#### School Nutrition Promotion Programme in Indonesia



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#### School Nutrition Promotion Programme in Malaysia



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#### School Nutrition Promotion Programme in Philippines



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#### School Nutrition Promotion Programme in Vietnam



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#### Webinar Report: School Children Nutrition Promotion in Southeast Asia



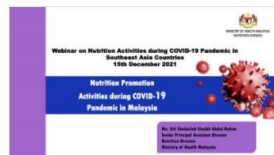
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#### Webinar Presentation Slides

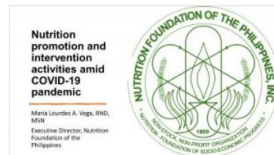
##### Session 1



Webinar on Food and Nutrition during COVID-19 Pandemic (Indonesia)  
Dr Siti Mustinatus



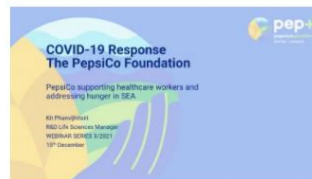
Nutrition Promotion Activities during COVID-19 Pandemic in Malaysia  
Ms Sri Zhealohin



Nutrition promotion and intervention activities amid COVID-19 pandemic (Philippines)  
Mrs Marie Lourdes Vejo



BENEO-Institute How nutrition can support in the fight against COVID-19  
Ms Goh Peen Ern



COVID-19 Response The PepsiCo Foundation  
Dr KC Phayavijitzi

##### Session 3



Community Nutrition Research during COVID-19 Pandemic in Malaysia  
Assoc Prof Dr Chin Yit Siew

Figure 10a. Snapshots of some of the contents available on the Resource Area of SEA-PHN Network website

## 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

## 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

## 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

Guidebook for Teacher

Workbook for Student




### Teaching Slides Interactive Games Parent's Leaflets

Topic	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]	

## Annual Report of SEA-PHN Network

Southeast Asia Public Health Nutrition Network

About Us Members of SEA-PHN Network Council Members Annual Report



Annual Report 2020

Annual Report 2019

Annual Report 2018

Annual Report 2017

Annual Report 2016

Annual Report 2015

Annual Report 2014

Figure 10b. Snapshots of some of the contents available on the Resource Area of SEA-PHN Network website