



Workshop on Experience Sharing of Nutrition Surveillance in ASEAN

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Background

Delegates

- ❑ Nine ASEAN Member States (Brunei, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Vietnam, Thailand)
- ❑ ASEAN Secretariat, UNICEF, World Bank, Thailand MoPH

Myanmar delegates

- ❑ Dr. Lwin Mar Hlaing, DD (NNC)
- ❑ Dr. Aye Mya Mya Kyaw, AD (NNC)

Venue

- ❑ Miracle Grand Convention Hotel, Bangkok, Thailand

Date & duration

- ❑ 6th - 8th March 2019

Objectives of the workshop

- ❑ To provide a platform for ASEAN Member States to share:
 - ❖ Successful & unsuccessful interventions
 - ❖ Best practices, lessons learnt as well as latest development in Nutrition Surveillance Systems
- ❑ Ultimate goal of enhancing institutional capacities in each ASEAN Member State

Day 1: Presentations

□ Nutrition Transition in Thailand (MoPH)

- ❖ Past, present & future situation on Double burden of malnutrition (undernutrition, overnutrition, diet-related NCDs)
- ❖ Government commitment to a national nutrition program
- ❖ Building community involvement that Nutrition was a family and community responsibility
- ❖ Multi-sectoral coordination as key to success
- ❖ “To build better futures, we need better brains”

Day 1: Presentations

- ❑ Global & regional development on nutrition data & surveillance (UNICEF)
 - ❖ Data validity, quality, representativeness, sources
- ❑ Investing in nutrition for growth & productivity (World Bank)
 - ❖ World Bank Group's twin goals
 - ✓ Ending extreme poverty by 2030 which may ultimately lead to improved income & economic growth
 - ✓ Boosting shared prosperity among the poor by financial support which could eventually convince the governing authorities to support more on the nutrition work

Day 1: Panel discussion

(Nutrition Problems that lead to Policy Formulation)

- ❑ Nutrition Surveillance through Life Course Approach
 - ✓ First 1,000 Days Project
 - ✓ Thai Women Red cheek program (Iron supplementation)
 - ✓ Optimum Growth in School Children Project (Children and adolescents)
- ❑ Iodine Surveillance to prevention and control program (4 strategies)
 - ✓ Sustainable IDD Prevention & Control, Sustainable Iodized Salt initiative, Sustainable Iodine Villages and Network Strengthening
 - ✓ Surveillance system and monitoring of IDD situation
 - ✓ Public relations, campaign and social marketing
 - ✓ Study and research

Day 1: Panel discussion (Cont.)

❑ Milk Code Act

- ❖ To control marketing promotion practices of dairy/milk companies in appropriate way to protect the rights of children by ensuring that their **families receive correct and adequate information in order to make decision regarding infant and young child foods**
- ❖ Possible measures to control marketing promotion in health facilities and health care providers involving public and target groups

❑ Sugar-Sweetened Beverage Tax

- ❖ Communication & public awareness campaigns (to promote healthy diet & its benefits, to increase healthy diet literacy among Thai people)

Group work

- ❑ Indicators prioritization for ASEAN Nutrition Surveillance System
- ❑ Indicators are based on 10 Global Nutrition Targets:
 1. End hunger and ensure access by all people, the poor and vulnerable situations, including infants, to safe, nutritious and sufficient food all year round (SDG 2.1)
 2. Reduce the number of children under-five who are stunted by 40% (WHA 2025 Target 1)
 3. Reduce anemia in women of reproductive age by 50% (WHA 2025 Target 2)
 4. Reduce low birth weight by 30% (WHA 2025 Target 3)

Group work (Cont.)

5. No increase in **childhood overweight** under-five years of age (WHA 2025 Target 4)
6. Increase the rate of **exclusive breastfeeding** in the first 6 months to at least 50% (WHA 2025 Target 5)
7. Reduce and maintain **childhood wasting** to less than 5% (WHA 2025 Target 6)
8. Halt the rise in **diabetes and obesity** (NCD Target 7)
9. A 10% relative reduction in prevalence of **insufficient physical activity** (NCD Target 3)
10. A 30% relative reduction in mean **population intake of salt/sodium** (NCD Target 4)

Field visit

- Field visit in two groups:
 - ❖ Thai woman red cheek program (Iron supplementation)
 - ❖ Iodine monitoring and surveillance system

Iodine monitoring and surveillance



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Iodine monitoring and surveillance

(Good things to learn)

- ❑ Putting “Nutrition seal” in the package as a symbol of micronutrient fortified food such as iodized salt, fortified oil, etc
- ❑ Provision of Triferdine tablet (contain 3 micronutrients: Elemental iron 60 mg, Folate 2.5 mg, Iodine 150 µg) for all pregnant women starting from first ante-natal visit until 6 months after delivery (one tablet a day)
- ❑ Coverage of Triferdine is 100% in all health facilities
- ❑ Many condiments (fish sauce, soybean sauce, etc) in Thailand are fortified with iodine
- ❑ Good will of salt producer to contribute intelligent future generation for the country

Iodine monitoring and surveillance

(Good things to learn)

- ❑ Potassium Iodate revolving fund (PIRF) for salt producer society
- ❑ Both I-Kit (Qualitative Test), I-Reader & I-Reagent (Quantitative Test) for iodine content in salt are developed in-country from Mahidol university
- ❑ Use of “Iodine Village Ambassador” to test iodine content in salt at household level using I-Kit
- ❑ Provincial public health department can do regular monitoring of iodine content in salt at factory (2 times/year) and strong action can be taken if the salt factory does not follow the law



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Iodine monitoring and surveillance

(Concerns/Challenges)

- ❑ Compliance of Triferdine by pregnant/lactating women cannot be checked
- ❑ Not all salt producers comply the salt law/regulation
- ❑ I-Reader Machine = 12,000 baht (~400USD)
- ❑ I-reagent cost = 650 baht/bottle (~22USD) (Estimate ~17USD per sample)
- ❑ Cost of iodine test by Titration= 500 baht (~17USD) per sample

Thai Woman Red Cheek Program



Thai Woman Red Cheek Program (Strength)

- ❑ Evidence based, following research conducted
- ❑ Iron supplementation to children from 6 mo - 5 yr and monitoring of Hb and Hematocrit level → reduce prevalence of anemia significantly
- ❑ Parental education
- ❑ Community volunteers to help increase visit to clinic
- ❑ Partnership with outsource for support such as Delta Corp that provide their employees with magic pills and take care of welfare of their employees.
- ❑ Commitment from private sectors and political wills of government.
- ❑ Engages with other agencies and organizations

Thai Woman Red Cheek Program (Weakness)

- ☐ Taste of iron supplementation syrup
- ☐ Short time to propose areas for improvement
- ☐ Compliance of pregnant women

Day 3

- ☐ Each country displayed a poster on “National Nutrition Surveillance”
- ☐ Myanmar displayed poster on “Myanmar Nutrition Surveillance System”
- ☐ Group work presentations and feedback on Field visit

Recommendations from the workshop

- ❑ To revise the Indicators Prioritization for the ASEAN Nutrition Surveillance System (ANSS)
- ❑ To consider development of a Nutrition Scorecard using a traffic-light-approach to monitor progress of ASEAN Member States against the Global Nutrition Targets
- ❑ To include that scorecard in the Regional Report on Food and Nutrition Security which will be published in 2020
- ❑ To explore if ANSS can be the site for the uploading of nutrition policies, standards and guidelines of ASEAN Member States, or the latter be linked with the Nutrition Scorecard

Recommendations from the workshop

- ❑ To consider agreeing on definitions of indicators, as well as concerns on validity and timeline of collection
- ❑ To consider coming up with a process for the sharing of what ASEAN Member States are doing on 'Enabling Initiatives at the National Level'
- ❑ To consider the conduct of another regional workshop on nutrition surveillance for continued information and knowledge sharing on nutrition surveillance good practices and lessons learned, as well as networking among nutrition contact points of ASEAN Member States

Ways forward for Myanmar

- ❑ Indicators for the ASEAN Nutrition Surveillance System (ANSS) will be reviewed and feedback will be provided to Philippines who is focal for finalizing those indicator list.
- ❑ Salt factories will be encouraged to use the Potassium Iodate Revolving Fund (PIRF) for procurement of Potassium Iodate (KIO₃) solution
- ❑ Legislation on enforcement of salt iodization will be established

THANK YOU