Meeting the challenge of a new era for achieving healthy diet and nutrition

Nutrition policies and actions in Malaysia to address all forms of malnutrition

Zalma Abdul Razak, Director, Nutrition Division, Ministry of Health of Malaysia
Side event at the FAO/WHO International Symposium
Sustainable Food Systems for Healthy Diets and Improved Nutrition
1-2 December 2016, FAO Headquarters, Rome
Nutrition policies in Malaysia

• Comprehensive nutrition plans:

• Other nutrition plans:
  – Policy Options to Combat Obesity in Malaysia (2016)
  – Breastfeeding Policy (1992, revised in 2006)

• Nutrition in other plans:
  – Health Strategic Plan (2016)
  – Country Programme Action Plan (2016)
  – Sustainable Consumption and Production Blueprint (2016)
  – MOH POA 2016-2020
  – NSP-NCDs 2016-2020
The Third National Plan of Action for Nutrition of Malaysia (NPANM III), 2016-2025
Background of NPANM

- International Conference on Nutrition (ICN1), Rome 1992
- National Nutrition Policy of Malaysia (Endorsed by the Malaysia Cabinet in 2003)
- NPANM II (2006-2015)
  - 12 Strategies based on the National Nutrition Policy
- International Conference on Nutrition (ICN2), Rome 2014
Incorporating nutrition objectives, considerations and components into national development policies and action plans.

TOWARDS ACHIEVING OPTIMAL NUTRITIONAL WELL-BEING OF MALAYSIANS

Goal

Objectives

- To strengthen food and nutrition security
- To enhance nutritional status
- To reduce diet-related Non-communicable Diseases (NCDs)

Promoting maternal, infant and young child nutrition
- Promoting healthy eating and active living
- Preventing and controlling nutritional deficiencies
- Preventing and controlling obesity and other diet-related NCDs
- Sustaining food systems to promote healthy diets
- Supporting efforts to promote food safety and quality

Enabling Strategies

- Providing standard nutrition guidelines for targeted groups
- Continuous assessment and monitoring of the nutrition situation
- Strengthening food and nutrition research and development
- Ensuring sufficient numbers of qualified nutritionist and dietitian
- Strengthening institutional and community capacity for nutrition

Facilitating Strategies

Incorporating nutrition objectives, considerations and components into national development policies and action plans

Foundation strategy

Foundation strategy
NPANM III, 2016 – 2025
- 47 indicators
- 198 activities
- More than 70 ministries & agencies involved

Under nutrition and Food & Nutrition Security

Maternal, infant & Young child nutrition

Healthy Eating

Overweight, obesity & NCDs
Global targets covered in the policies

<table>
<thead>
<tr>
<th>Global Nutrition Targets</th>
<th>Global diet-related Targets for NCDs</th>
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<tr>
<td>Stunting</td>
<td>Salt/sodium intake</td>
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<tr>
<td>Anaemia (WRA/PW)</td>
<td>Blood pressure</td>
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<td>Low birth weight</td>
<td>Diabetes</td>
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<td>Overweight children</td>
<td>Overweight adults/adolescents</td>
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<td>Exclusive breastfeeding</td>
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<td>Wasting</td>
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Nutrition actions in the lifecycle: 1,000 days and beyond

**Pregnant women**
- Nutrient and food based dietary guidelines
- Iron-folic acid & multiple micronutrients supplementation
- Deworming

**Infants and young children**
- Nutrient and food based dietary guidelines
  - Breastfeeding counselling in ANC & PNC, BFHI, protocols for LBW, HIV, emergencies
  - Complementary feeding counselling in ANC&PNC
  - Nutritional care and support to HIV+ children < 2 years

**School children**
- Nutrient and food based dietary guidelines
- School health & nutrition programmes addressing both under- and overweight
- Deworming

- Mgt. of moderate and severe acute malnutrition children 6-59 months
- Deworming
Actions to protect and support healthy diets (1)

• Mandatory measures
  – Nutrient declaration and regulation of nutrition and health claims
  – Fortification of salt with iodine
  – Wheat flour fortification (iron, folic acid)*

• Voluntary measures
  – Front-of-pack labelling (energy button – energy content & proportion of daily energy intake)
  – Positive front-of-pack labelling – Healthier Choice Logo (HLC)
  – Reformulation of selected foods to reduce sugars, salt, fats
  – Regulation of marketing of foods and non-alcoholic beverages to children <12 years
  – Calorie labelling on menu – schools, workplace, food outlets, community (KOSPEN, Healthy Community, Empower the Nation)
  – Recognition:
    • Healthy Cafeteria
    • BESS (Bersih, Selamat, Sihat – Clean, Safe & Healthy)

*Mandatory fortification regulations forthcoming 2017
Actions to protect and support healthy diets (2)

• Dietary guidelines and informational measures
  – Nutrient and food based dietary guidelines for different target groups
    • Adults
    • Children & Adolescent
    • Elderly
    • Pregnant Women
    • Vegetarian
  – Media campaign to reduce sugars, salt and fat intake
  – Nutrition education and counselling at the clinic levels - reduced sugars/fats/salt intake, portion sizes
  – Smart phone application – MyNutriDiari

• Fiscal policy measures
  – Removal of sugar subsidies, reduction of oil subsidies
Actions to protect and support healthy diets (3)

• School health and nutrition programmes
  – Guide for Healthy School Canteen Management
  – Guidelines on the Prohibition of Sales of Foods Outside School Perimeters
  – Monitoring of foods sold in school canteen
  – Empowerment of PTA to promote healthy eating in schools
  – Food supplementary programme
  – School Milk Programme
  – Pilot project and proposal for a placement of nutritionist at the District Education Office

• Continuous engagement with private sectors
  – Food producers
  – Food outlets & service
  – Supermarkets
  – Highway concessionaires
Conclusion

Many things that have been done
BUT
We need to do MORE

We need SUPPORT and COOPERATION
from national agencies (other ministries, agencies, universities, NGOs, Prof Bodies & industries)
& international agencies