Nutrition Policy and Implementation in Thailand

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OUTLINES

- Nutrition Policy and Strategies
- National Nutrition Status
- Nutrition Prevention and Control Programs
- Nutrition Surveillance System
- Application of Nutrition Innovation and Technology
"Department of Health is the principal organization for promoting public health and environmental sanitation of the country for the nation’s well-being."

"The Department of Health is responsible for analyzing and applying the knowledge to formulate policies and design health promotion and environmental health systems through the cooperation, coordination, and monitoring to ensure the responsible implementation."
**Nutrition-related Global Targets**

### Global Nutrition Targets 2025: Policy Briefs

**Overview**

#### Stunting

TARGET: 40% reduction in the number of children under-5 who are stunted

#### Anaemia

TARGET: 50% reduction of anaemia in women of reproductive age

#### Low birth weight

TARGET: 30% reduction in low birth weight

#### Childhood overweight

TARGET: No increase in childhood overweight

#### Breastfeeding

TARGET: Increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%

#### Wasting

TARGET: Reduce and maintain childhood wasting to less than 5%

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**ASEAN Leaders’ Declaration on ending all form of malnutrition to solve the double burden of malnutrition**
NUTRITION IS ESSENTIAL FOR THE SUCCESS OF ALL THE SDGS

Optimal nutrition is essential for achieving several of the Sustainable Development Goals, and many SDGs impact nutrition security. Nutrition is hence linked to goals and indicators beyond Goal 2 which addresses hunger. A multisectoral nutrition security approach is necessary for success.
Responsibility of **Bureau of Nutrition, DOH**

**Data Source:**
1. Nutrition status
   - MICS
   - NHES
   - HDC
   - SEANUT

2. Food pattern/Eating behavior
   - NACFS (มกอช)
   - NSO (สสช)
   - NHES
   - MICS

**Synthesize/Analyze**

1. **National Monitor/Surveillance program**
   (e.g. Urine iodine in pregnant women)

2. **Prevention and control**
   Under-nutrition: stunting, wasting, LBW, iodine deficiency, iron deficiency
   Over-nutrition: overweight and obesity

3. **Healthy diet Promotion**
   (e.g. Compliance with Food based dietary guideline)

**Outcome**

- Knowledge Package
- Guideline
- Recommendation
- Reference
- Monitor/Surveillance system

**Outcome**

- A rise of awareness and literacy on healthy diet
- An improvement of diet-related behavior
- An appropriate nutrition Status

**Global Target:**
- Nutrition Global Targets
- SDGs
- NCDs Targets

**National Strategy**

Strategic Framework for Food management

Dr. Saipin Chotivichien, Bureau of Nutrition, DOH, MOPH
The 20-year National Strategic Plan for Public Health

Development of Human Capital

Health Promotion and Disease Prevention (PP Excellence)

Thailand’s Development Plan (12th NESDO)

Department of Health Strategic Plan, 2017-2021

Healthy Promotion throughout the life Course

The 2nd National Reproductive Health Development Policy and Strategy, 2017-2026

The 2nd Strategic Framework for Food management (SFFM), 2019-2037
The 2nd Strategic Framework for Food management (SFFM), 2019-2037

Agriculture Food supply Service
- Food production, Processing & supply
- Nutrition orientation for healthy diet
- Food, feed and fuel and bio-products
- Climate changes

Food
- Food quality
- Food safety
- Food service (For consumer and trade)

Nutrition
- Nutrient needs
- Dietary intake
- Nutritional wellbeing
- Nutrition literacy

Health
- Promotion
- Protection
- Treatment
- Safe from Hazards
- Good health

1. Food Security
2. Food Safety and Quality
3. Food Education
4. Food Management

The 5-year National Plans of Action for Nutrition, 2019-2023

Nutrition Policy and Implementation in Thailand: 15 Jan 2020
Dr. Saipin Chotivichien, Bureau of Nutrition, DOH,MOPH
The 5-year National Plans of Action for Nutrition, 2019-2023

Plan No. 1
Develop and manage knowledge about food and nutrition, to equip all groups of people with sustainable and proper behaviors

- Scope and topic of main knowledge/guideline on eating for healthy of Thai people
- Indicators on food and nutrition based on age groups

Plan No. 2
proactively integrate food education in all food chains, for well-being of the people and reduce malnutrition in all age groups

- Create collaboration and drive policies/measures/laws on food and nutrition
- Protect and allow people to access food for good nutrition

Plan No. 3
Create collaboration to link national food and nutrition database (Nutrition Data System)

- Food and nutrition database and nutritional value of food in the country
- Food and nutrition surveillance system

Expected Outcome in 2023

People have desirable behavior in consuming healthy food
Reduce Undernutrition No increase Overnutrition Nutrition Data System
## Expected Outcome in 2023

<table>
<thead>
<tr>
<th>Targets</th>
<th>Health Indicator** (0-5yrs.)</th>
<th>Situation*</th>
<th>Expected outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>SDG 2.2, Global Nutrition Target; Target 1</td>
<td>Prevalence of <strong>stunting</strong> in children under 5 years of age</td>
<td>16.4% 10.5%</td>
<td>Not over 8%</td>
</tr>
<tr>
<td>SDG 2.2, Global Nutrition Target; Target 5</td>
<td>Prevalence of <strong>wasting</strong> in children under 5 years of age</td>
<td>6.7% 5.4%</td>
<td>Not over 5%</td>
</tr>
<tr>
<td>SDG 2.2, Global Nutrition Target; Target 4</td>
<td>Prevalence of <strong>overweight</strong> in children under 5 years of age</td>
<td>10.9% 8.2%</td>
<td>Not over 8%</td>
</tr>
</tbody>
</table>

*Source : MICs; UNICEF, **Prevalence*

<table>
<thead>
<tr>
<th>Targets</th>
<th>Health Indicator** (12 y)</th>
<th>Situation*</th>
<th>Expected outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health promotion and environmental health Strategic Plan</td>
<td><strong>Average Ht. in children at age 12 years</strong></td>
<td>(♂) 147.07 cm. (♀) 148.52 cm. (♂) 148.35 cm. (♀) 149.59 cm. (♂) 154 cm. (♀) 155 cm.</td>
<td></td>
</tr>
</tbody>
</table>

*Source : HDC, MOPH, **Prevalence*

<table>
<thead>
<tr>
<th>Targets</th>
<th>Health Indicator** (18-59yrs.)</th>
<th>Situation*</th>
<th>Expected outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>SDG 3.4, 9 Voluntary Global Targets; Target 7</td>
<td><strong>Normal BMI (18.5-22.9)</strong></td>
<td>54.1% 49.1%</td>
<td>52%</td>
</tr>
</tbody>
</table>

*Source : HDC, MOPH, **Prevalence*

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</thead>
<tbody>
<tr>
<td>The 20-year National Strategic Plan for Public Health : HALE at age 75, LE at age 85</td>
<td>Health-Adjusted Life Expectancy (HALE)</td>
<td>66.8 years old</td>
<td>Not less than 75 years old</td>
</tr>
</tbody>
</table>

*Source : World Health Statistic 2016, WHO*
Key Indicators in Nutrition Promotion

- **Children 0-5 years**
  - Optimum growth
  - No wasting, stunting and overweight/obesity

- **LBW**
- **Exclusive Breastfeeding**
- **Anemia in reproductive and pregnant**

- **Children 6-14 years**
  - Optimum growth
  - No wasting, stunting and overweight/obesity

- **Working Age group**
  - Normal BMI
  - No wasting and overweight/obesity

- **Long Term Care**
  - HALE at age 75 years and LE at age to 85 years.

- **Children 15-18 years**
  - Optimum growth
  - No wasting, stunting and overweight/obesity
Current policy situation on trans-fatty acids, Asia and the Pacific

Current Policy on Nutrition Thailand

- Miracle of the first 1,000 days of life
- Health literate school
- School Milk/School Lunch
- Healthy menu for all age groups
- Micronutrient prevention and control programs
  - Iodine deficiency disorder control and prevention program
  - Thai woman red cheek
- Sugar-Tax, enforced on 16 Sep. 2017
- Banned Trans fats, enforced on 13 Jul. 2018
Prevalence of Stunting in Children 0-5 years old (Low height-for-age)

Prevalence of Overweight in Children 0-5 years old (High BMI-for-age)

**WHO category:**
- ≥15%: "very high prevalence"
- 10-<15%: "high prevalence"
- 5-<10%: "medium prevalence"


**Nutrition Status in Asia and the Pacific Regional**

NOTE: Country estimates were updated for Indonesia (Risksdas Survey 2018), Lao People’s Democratic Republic (Lao Social Indicator Survey II 2017-18), the Philippines (Expanded National Nutrition Survey 2018) and Viet Nam (National Surveillance Survey 2017).
Prevalence of Wasting in Children 0-5 years old (Low weight-for-height)

Nutrition Status in Asia and the Pacific Regional

Stunting by Wealth Quintile, Selected Countries in Asia, Latest Available Year