

SUMMARY REPORT
Workshop on Experience Sharing on Nutrition Surveillance in ASEAN
6 - 8 March 2019 | Bangkok, Thailand

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I. Background

The Workshop on Experience Sharing of Nutrition Surveillance in ASEAN was organized by the Bureau of Nutrition, Department of Health, Ministry of Public Health (MOPH) Thailand, on 6 – 8 March 2019 in Bangkok, Thailand. The Workshop was also one of the endorsed project activities of Health Priority 7 on Promoting Good Nutrition and Healthy Diet under the purview of ASEAN Health Cluster 1 on Promoting Healthy Lifestyle. The ASEAN Health Cluster 1, through its Work Programme 2016-2020, contributes to the operationalization of the ASEAN Post-2015 Health Development Agenda (APHDA), the five-year strategic plan of the ASEAN Health Cooperation.

The objective of the Workshop was to provide a platform for ASEAN Member States to share their both successful and unsuccessful interventions, best practices, lessons learnt as well as latest developments in Nutrition Surveillance Systems with an ultimate goal of enhancing institutional capacities in each ASEAN Member State. The concept note of the Workshop is attached as **Annex 1**, and agenda of the workshop appears as **Annex 2**.

The distinguished delegates and speakers from ASEAN Member States, namely Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Vietnam, and Thailand, and representatives from ASEAN Secretariat, United Nations Children’s Fund (UNICEF), World Bank as well as from the Bureau of Nutrition, Bureau of Health Promotion, Bureau of Dental Health, Center for International Cooperation, Regional Health Promotion Centers 1 - 12 and Metropolitan Health and Wellness Institution under the Department of Health, MOPH Thailand, participated in the three-day workshop. The list of delegates is enclosed as **Annex 3**.

Thailand, as the lead and host country, was pleased to bear the expenses of air tickets (return, two-way, economy class only), accommodation, meals and local transportation of international speakers, delegates, and also representatives from the ASEAN Secretariat. The document appears as **Annex 4**.

The conduct of the Workshop, including its outcomes and recommendations, were reported by Thailand to during the Fifth Meeting of ASEAN Health Cluster 1 on Promotion of Healthy Lifestyle held on 20 – 22 March 2019 at Luang Prabang, Lao PDR.

II. Opening Ceremony

The Workshop was graciously inaugurated by Dr. Vallop Thaineua, Former Deputy Minister of Ministry of Public Health Thailand. He personally extended his sincere thanks and gratitude to all speakers and delegates for accepting Thailand’s invitation to participate in

this important Regional Workshop, enlightened all participants about the importance of nutrition surveillance, and reminded on the commitments of all ASEAN Member States towards ending all forms of malnutrition by 2030 through an ASEAN Leaders Declaration adopted during the 31st ASEAN Summit in November 2017. His full speech appears as **Annex 5**.

III. Honorable Lecture: The Nutrition Transition in Thailand: From Past, Present

Experience to Future (Dr. Vallop Thaineua, MD Former Deputy Minister of Ministry of Public Health, Thailand & Former Permanent Secretary of Public Health, Thailand)

- **In the past:** Thailand had faced maternal and child health (MCH) problems including high maternal and child mortality rates which needed concerted and coordinated actions by the Government and other relevant stakeholders to curtail them. Moreover, the double burden of malnutrition, namely undernutrition and overnutrition especially overweight/obesity, was still significantly high.
- **The present:** Nutritional approaches focuses on nutrition supplementation (iron, folic acid and iodine) to vulnerable groups, exclusive breastfeeding and involving village health volunteers and caregivers to tackle health and nutrition related issues. Moreover, Government's sustained commitment to national nutrition programmes and multisectoral collaboration are the keys to success.
- **Future: Challenges in the 21st Century:** The double burden of malnutrition, specifically undernutrition along with overweight and obesity, diet-related noncommunicable diseases, and learning disabilities in children caused by premature birth are some of the challenges the country may continue to face in the foreseeable future.
- **Double Solution:** After coming out of the mother's womb, the infant's body is fed with good nutrition, but the brain should also be fed with nutrition, such as language learning as to create the new paradigm for early childhood development and policy as '**Double Solution**'. The presentation appears as **Annex 6**.

IV. Global and Regional Developments Related to Nutrition

- **UNICEF Perspectives: Nutrition Data and Surveillance**

Ms. Christiane Rudert, Regional Adviser for Nutrition, UNICEF East Asia and Pacific Regional Office, delivered a presentation on the global and regional developments on nutrition with focus on data and surveillance from UNICEF's perspectives. She discussed the importance of regularly collecting and analysing data and using them correctly to make decisions that lead to improvements in nutrition in populations. The presentation elaborated on different sources and/or types of data for nutrition, namely household surveys, administrative/routine and process data, and monitoring of implementation of policies and legislations. The presentation also discussed the

UNICEF's initiative on 'Nutrition Scorecard' which aims to capture all nutrition data of a country to a one-page, easy-to-see, traffic system approach document, summarizing how does the country fair with global nutrition targets. Her presentation appears as **Annex 7**.

- **World Bank: Investing in Nutrition for Growth and Productivity**

Dr. Sutayut Osornprasop, Senior Human Development Specialist, Health, Nutrition and Population Global Practice, World Bank East Asia and the Pacific Regional Office, presented the World Bank's initiative on investing in nutrition for growth and productivity which has twin goals: i) Ending extreme poverty by 2030 which may ultimately lead to improved income and economic growth, and ii) Boosting shared prosperity among the poor by financial support which could eventually convince the governing authorities to support more on the nutrition work. The presentation also provide summaries of WB initiatives in a number of ASEAN countries, as well as possible areas of collaboration with ASEAN. The presentation of the World Bank appears as **Annex 8**.

V. ASEAN Nutrition Surveillance Workshop in 2008, 2015 and 2017 in Manila, Philippines

- **ASEAN Secretariat: Updates on the Promotion of Good Nutrition and Healthy Diet.**

Mr. Jim Catampongan, Senior Officer/Health Division of ASEAN Secretariat, presented updates on the ASEAN Health Cooperation's initiatives on the Promotion of Good Nutrition and Healthy Diet, which is one of the seven health priorities under the umbrella of ASEAN Health Cluster 1 on Promoting Healthy Lifestyle.. The Workshop is among the project activities which the ASEAN Health Cooperation has agreed to be carried out between 2016-2020 that contribute to realizing objectives related to the Promotion of Good Nutrition and Healthy Diet, and particularly on the establishment of ASEAN Nutrition Surveillance System (ANSS).

Currently, there are already two completed project activities related to Promotion of Good Nutrition and Healthy Diet:

1. ASEAN Breastfeeding Forum and Big Latch On, held in Philippines in August 2017
2. Training on Nutrition in Emergencies (NIE), held in Indonesia in September 2018

There are three on-going project activities:

1. Workshop on experience sharing on nutrition surveillance in ASEAN
2. Conduct ASEAN multi-sectoral workshop on ending all forms of malnutrition.
3. Workshop to develop an ASEAN Nutrition Surveillance System

The Workshop to update the report on food and nutrition security in ASEAN is scheduled to be implemented in 2020. His presentation appears as **Annex 9**.

The presentation also highlighted the adoption of the ASEAN Leaders' Declaration on Ending All Forms of Malnutrition during the 31st ASEAN Summit in November 2017 in Manila, and the on-going process to develop the ASEAN Strategic Framework and Action Plan on Nutrition 2018-2030. The importance of linking the recommendations from the regional nutrition surveillance workshops with the proposed ASEAN Nutrition Surveillance System (ANSS) was also stressed.

- **National Nutrition Council (NNC), Philippines: ASEAN Workshops on Sharing Practices on Nutrition Surveillance**

Dr. Azucena M. Dayanghirang, Deputy Executive Director of NNC Philippines, started her presentation by providing a background on ASEAN Nutrition Surveillance System (ANSS) which purpose are to set priorities for multisectoral collaboration through the ASEAN Strategic Framework and Action Plan on Nutrition through a common monitoring and evaluation of the regional framework, and ultimately leading to one assessment, one understanding and finally one agenda under the same surveillance system. Since its inception in the early 1990's, the ANSS has gone through a number of modifications and updating through regional consultations and workshops in 2008, 2015, 2017 and 2018, she stated. Dr. Dayanghirang also spoke of ways forward involving conducting surveys, indicators, updating report and improving data quality. Her presentation is enclosed in **Annex 10**.

VI. Panel Discussion: Nutrition Problems that Lead to Policy Formulation

- **Nutrition Surveillance through Life Course Approach in Thailand**

Dr. Saipin Chotivichien, Director Bureau of Nutrition, Department of Health (DOH), MOPH Thailand, presented on the importance of strategic linkage between global and national plans in addressing malnutrition issues and the commitments towards the eventual achievement of the Global Nutrition Targets and Sustainable Development Goals related to nutrition. She highlighted several nutrition programs established under the Second National Reproductive Health Development and Strategy (2017-2026) including [a] the Miracle of the First 1,000 Days Project with the aim to create a new generation of Thai people in the 21st century with optimum growth, positive development, good IQ, good health, adequate strength, appropriate life skills and no diseases; [b] the Thai Women Red Cheek Program which aims to address iron deficiency anemia through iron and folate supplementation and promotion of food consumption targeting women of reproductive age; [c] the Optimum Growth in School Children Project designed for school children, and [d] the Optimum Growth in Adolescent Project focusing on adolescents to promote optimum growth in both children and adolescents.

- **From Iodine Surveillance to Prevention and Control Programming**

Dr. Sangsom Sinawat, National Coordinator, Iodine Global Network for Thailand, commenced her presentation by stating that Thailand had launched the National Iodine Deficiency Disorder (IDD) Elimination Programme in 1989. She then

proceeded to speak of establishing the National Committee for IDD Control in 1991 by Thai government to manage the entire programme. She also mentioned that the HRH Princess Maha Chakri Sirindhorn had graciously accepted the offer to be the President of the Committee. Dr. Sangsom later talked about four national strategies of IDD Prevention and Control 2017-2021 with regard to sustainable elimination of IDD in Thailand. These are as follow:

- Strategy 1: Sustainable IDD Prevention & Control, Sustainable Iodized Salt Initiative, Sustainable Iodine Villages and Network Strengthening
- Strategy 2: Surveillance system and monitoring of IDD situation
- Strategy 3: Public relations, campaign and social marketing
- Strategy 4: Study and research

She also stressed that MOPH Thailand is responsible for developing indicators which will be used to assess the results and success of the programme, and to locate the site(s) when problems occur.

- **Milk Code Act: Control of Marketing and Promotion of Infant and Young Child Food Act 2017.**

Dr. Ekachai Piensriwatchara, Director of the Bureau of Health Promotion, DOH, MOPH Thailand, delivered his presentation about the law to control the marketing and promotion practices of dairy/milk companies through appropriate ways 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. He also discussed specific measures to control marketing and promotion of infant and young child food in health facilities, to health care providers, as well as to public and target groups.

- **Fiscal Measures on Sugar-Sweetened Beverages (SSB) to Promote Health in Thailand**

Dr. Piyada Prasertsom, Director of the Bureau of Dental Health, DOH, MOPH Thailand, presented the experience of Thailand in the introduction of sugar-sweetened beverage (SSB) tax to tackle the prevalence of non-communicable disease (NCD), which is showing an upward trend in Thailand. For current SSB taxation, the value-added tax (VAT) is still at seven percent, but the excise tax has been installed to calculate the tax percentage of suggested retail price plus specific rate (baht/litre), she mentioned. In her presentation she pointed out key factors that could lead to success in the implementation of SSBs tax in Thailand:

1. The concrete evidences of both positive and negative aspects of SSB
2. Multisectoral collaboration and coordinated actions are required to respond to the growing threats of NCD. It is not the sole responsibility of the Ministry of Public Health, rather other relevant Ministries as well as SSB producers from the beverage industry must come forward to act together as partners to reformulate and develop new products containing no or much less sugar content

3. Run communication and public awareness campaigns to promote healthy diet, its benefits and also increase healthy diet literacy among Thai people.

The details of all four presentations appear as **Annex 11 - 14** respectively.

VII. Discussion on ASEAN Nutrition Surveillance System (ANSS)

Ms. Hygeia Ceres Catalina Gawe, Chief of Nutrition Surveillance Division, NNC Philippines, focused the discussion on the “Indicators Prioritization Matrix for the ASEAN Nutrition Surveillance System” which consists of a total of 100 ‘outcome’ (core/mandatory indicators), ‘intermediate’ and ‘enabling initiatives’ covering 10 global nutrition targets. The purposes of session were to share and discuss the survey form with delegates from ASEAN Member States, and to reach to a consensus on priority indicators that are to be included in the ANSS. The selected indicators would be subsequently utilized in the updating of the ASEAN Regional Report on Nutrition Security in 2020, and the identification of collaborative activities for the harmonization and promoting better use in policy and programme actions. In the prioritisation of indicators, ASEAN Member States were to score each indicator based on availability, sensitivity, and capacity to collect data based on country’s assessment. Philippines would summarise the results and share the consolidated feedback.

During the Workshop, the participants through two groups reviewed the survey form and exchanged views on the availability, sensitivity and capacity of each ASEAN Member State in the collection of data to report the indicators. The groups chiefly discussed the proposed “outcome indicators” (core/mandatory) related to the Global Nutrition Targets. Each group selected a representative to present their outputs and feedback on the ‘outcome’ indicators. Group 1 reported on Global Nutrition Targets 1-5 and corresponding core indicators, and Group 2 on Global Nutrition Targets 6-10 and corresponding core indicators.

Each group presented their respective outputs on 8 March 2019 which appear respectively as **Annex 15** and **Annex 16**.

VIII. Study Visits on Thailand Best Practice Models

The participants had an opportunity to visit some areas in Thailand to see successful projects and achievements in relation to Nutrition Surveillance System. The delegates were divided into two groups. Group 1 visited sites of the “Iodine Deficiency Disorders Prevention and Control Programme” in Ratchaburi province. This project is under the royal patronage of HRH Princess Maha Chakri Sirindhorn. Group 2 visited sites of the “Thai Woman Red Cheek Programme” in Chonburi and Samutprakarn provinces. After the visits, the groups discussed their experiences and observations during the visits, and exchanged comments on 8 March 2019. The groups outputs are attached in **Annex 17** and **Annex 18**.

IX. Poster Presentations on Nutrition Surveillance System

The participants brought and displayed their posters containing information and data pertaining to National or Community Nutrition Surveillance Systems in their respective

countries. Brunei Darussalam topped the list to win the “most popular poster award” followed by Thailand (1st runner up) and Indonesia (2nd runner up).

The posters from each AMS covered the following topics:

ASEAN Member State	Poster Title
Brunei Darrusalam	National Health Nutritional Status Survey in Brunei Darussalam
Cambodia	Strengthened Enforcement of a National Code for Breastmilk Substitutes Can Support and Protect Breastfeeding Practices in Cambodia
Indonesia	Nutrition Surveillance Strengthening in Indonesia
Lao PDR	Exclusive Breastfeeding in Lao PDR
Malaysia	Nutrition Surveillance in Malaysia
Myanmar	Myanmar Nutrition Surveillance System
Philippines	Operation Timbang Plus (Community-initiated NSS)
Thailand	Growth Monitoring and Promotion (GMP)
Viet Nam	Vietnam National Nutrition Surveillance

X. Recommendations and Next Steps

Based on the discussions of outputs concerning indicators of the ASEAN Nutrition Surveillance System (ANSS), the following recommendations and next steps are proposed:

Recommendations

- Revise the Indicators Prioritisation for the ASEAN Nutrition Surveillance System/ANSS (survey form) based on outputs and recommendations from the group discussions during the Workshop. (For example, there are some overlaps or repetition in the listing of indicators.)
- Consider the development of a Nutrition Scorecard, using a traffic-light-approach to monitor progress of ASEAN Member States against the Global Nutrition Targets, and be included in the Regional Report on Food and Nutrition Security which will be published in 2020. The details may be articulated in the concept note for the Workshop to update the Report on Food and Nutrition Security in ASEAN by 2020.
- Explore if the ANSS can be the site for the uploading of nutrition policies, standards and guidelines of ASEAN Member States, and/or the latter be linked with the Nutrition Scorecard.
- Consider agreeing on definitions of indicators, as well as concerns on validity and timeline of collection. Further, consider developing meta-data for outcome indicators and identify ways forward for enhancing data quality of the outcome indicators.
- Consider coming up with a process for the sharing of what ASEAN Member States are doing on ‘Enabling Initiatives at the National Level’.
- Consider the conduct of another conduct of 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.

Next Steps

- Thailand will produce and circulate the draft report for review and concurrence of workshop participants.
- Thailand will report the workshop outcomes and recommendations during the Fifth Meeting of ASEAN Health Cluster 1 on 20-22 March 2019, Lao PDR.
- Workshop participants will further review the Indicators Prioritisation for the ANSS and to share feedback to Philippines by 15 March 2019.
- Philippines will further revise the Indicators Prioritisation Matrix for the ANSS, and report to the Fifth Meeting of ASEAN Health Cluster 1 as part of the report/update on ANSS, for concurrence/endorsement and further guidance.

XI. Outcomes (Reflections from the Lead Country)

- All ASEAN Member States have agreed to work on and integrate “outcome indicators (mandatory)” into their respective demographic health surveys or national nutrition surveys to assess and collect nutritional status and data respectively.
- All ASEAN Member States have also concurred to consider incorporating “intermediate indicators and enabling initiatives at the national level” into their surveys for the collection of food and nutrition related data as well as reporting and decision-making purposes.
- The Workshop has paved the way for ASEAN Member States to strengthen nutrition surveillance systems in the region, foster further regional cooperation and collaboration, and to enhance institutional (public health agencies) capacities to address current nutritional challenges and emerging trends through interactive and productive dialogues, discussions and site visits.

XII. Closing Ceremony

Dr. Amporn Benjaponpitak, Deputy Director General of the Department of Health, MOPH Thailand, chaired the closing ceremony and extended her sincerest thanks and gratitude to all participating ASEAN Member States, distinguished speakers, delegates as well as to the representatives of the ASEAN Secretariat for their active participation and significant contribution to the workshop. Her closing remarks appear as **Annex 19**.

XII. For more information, please click on the link below:

LINK: [HTTPS://JOO.GL/OEKRJ](https://joo.gl/OEKRJ)

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