



ASEAN Challenge with Malnutrition



3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



Team: The KING
National University of
Laos

Presented by: Arisa Khennavong
Silivanh Arounsavath

Introduction : How importance of nutrition?

Malnutrition is a complicated issue, It is the core factor of death and disease which happen with a huge amount of Asian's populace.



Importance of Nutrition:



Ensure health and well being



Maintain immune to fight off or recover from illness



Active process



Physical and mental health



Fulfil energy



Introduction: How importance of nutrition

Education

Stunting

IQ

-3%

Less cognitive development

Less Schooling (7 months delay
in starting school)

Lower grade 0.7%



Productivity



lower earning in adult

Decrease productivity
level by
on average **20%**



Economic

In the developing world:
Impact

2-3%

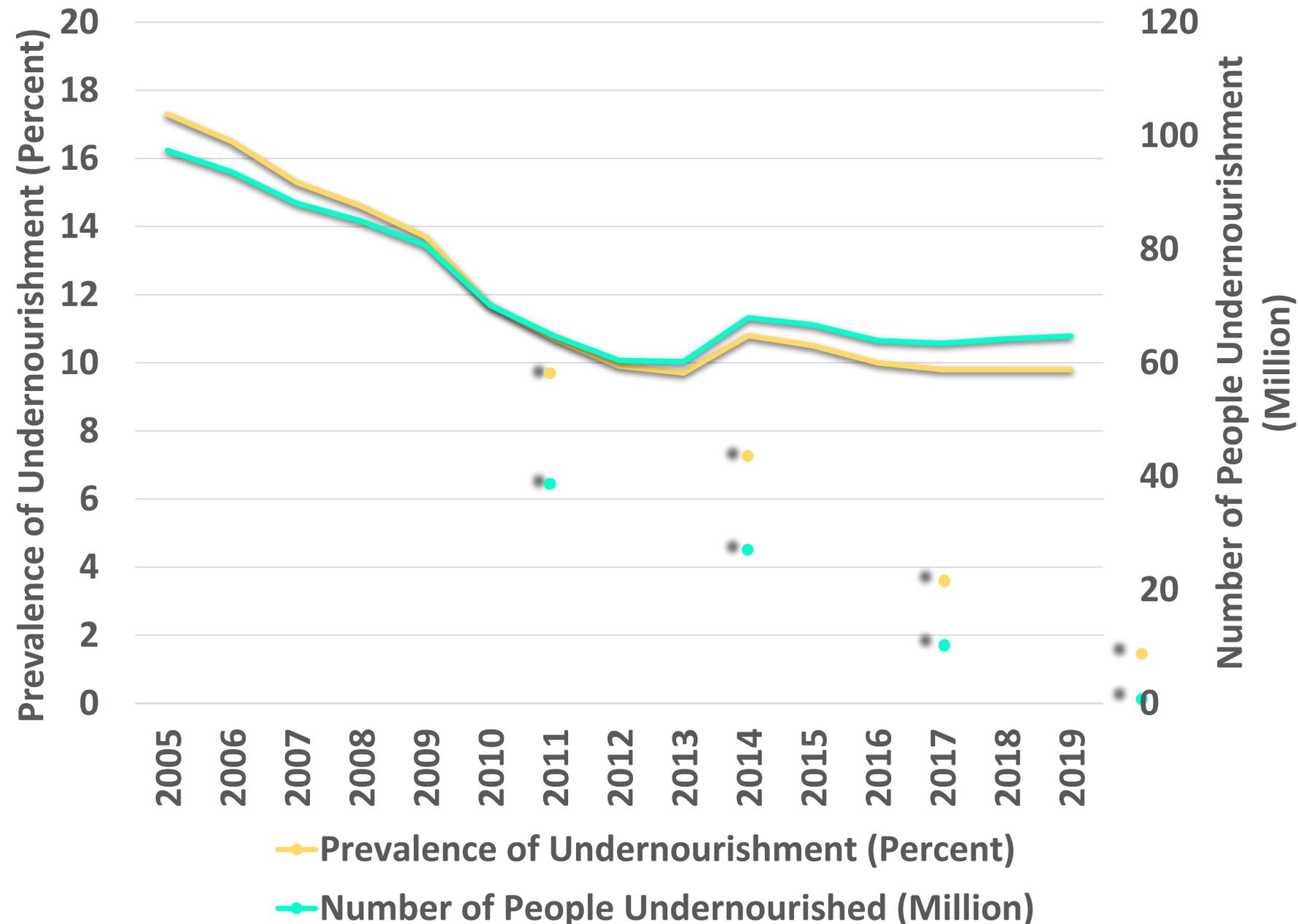
on
annual GDP



Source: UNICEF, The WHO and The World Bank

Finding 1: Current situation in ASEAN

Prevalence of Undernourishment in ASEAN



Source: FAO

The number of malnutrition in ASEAN has decreased over time

However, the decline of malnutrition rate remain highly among ASEAN countries

Finding 1: Current situation in ASEAN

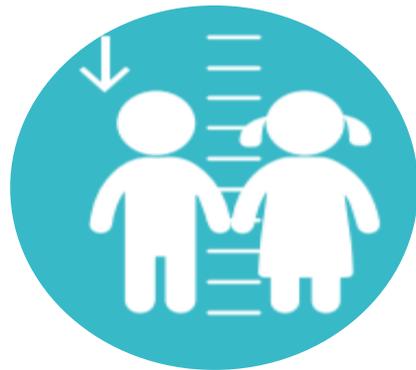
Malnutrition on Children Health

ASEAN members face different rate of undernutrition issue due to the different characteristic of each nations.

Major problems are stunting and wasting

Stunting

24.9%



Wasting

8.2%



Obesity

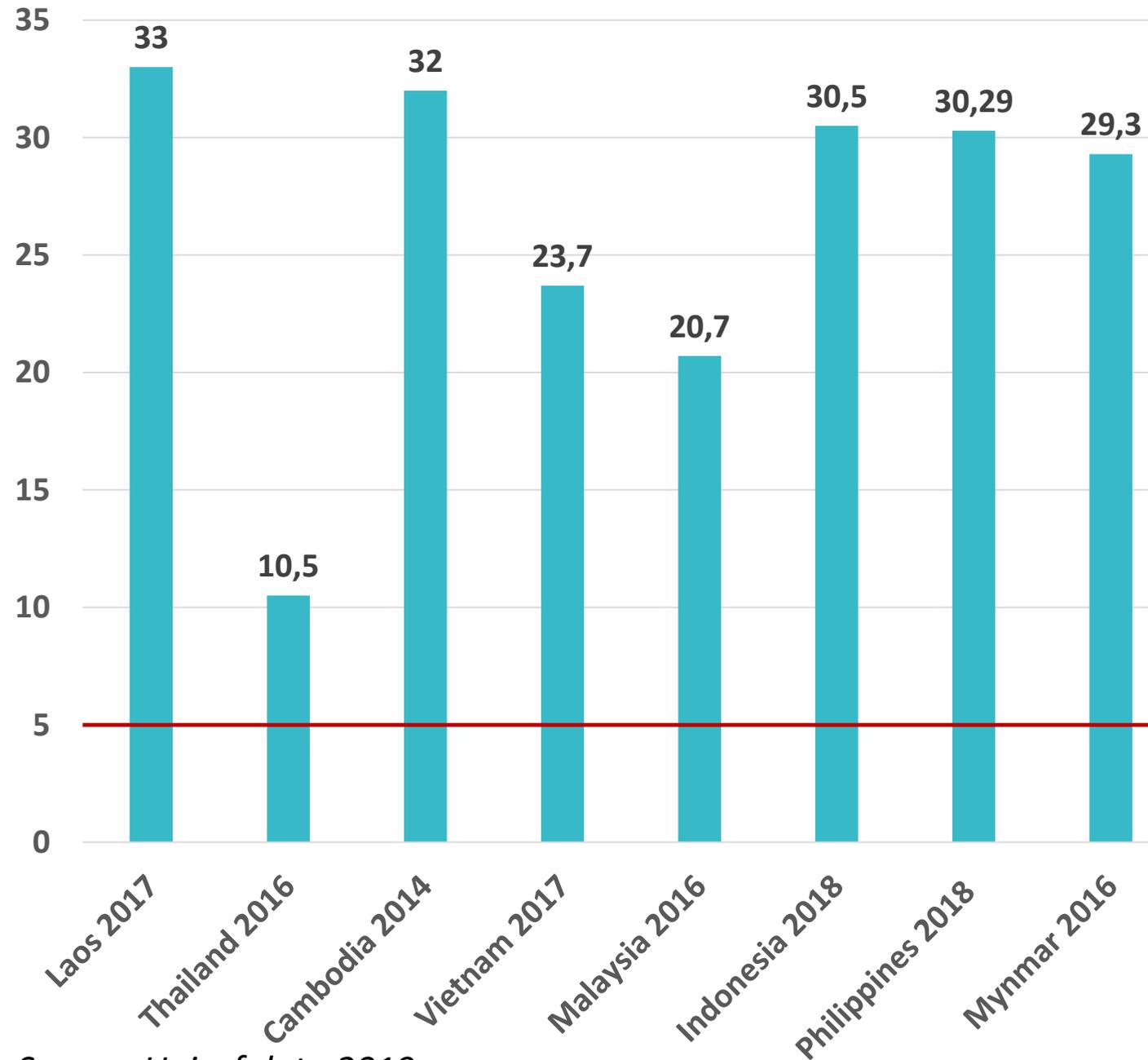
7.5%



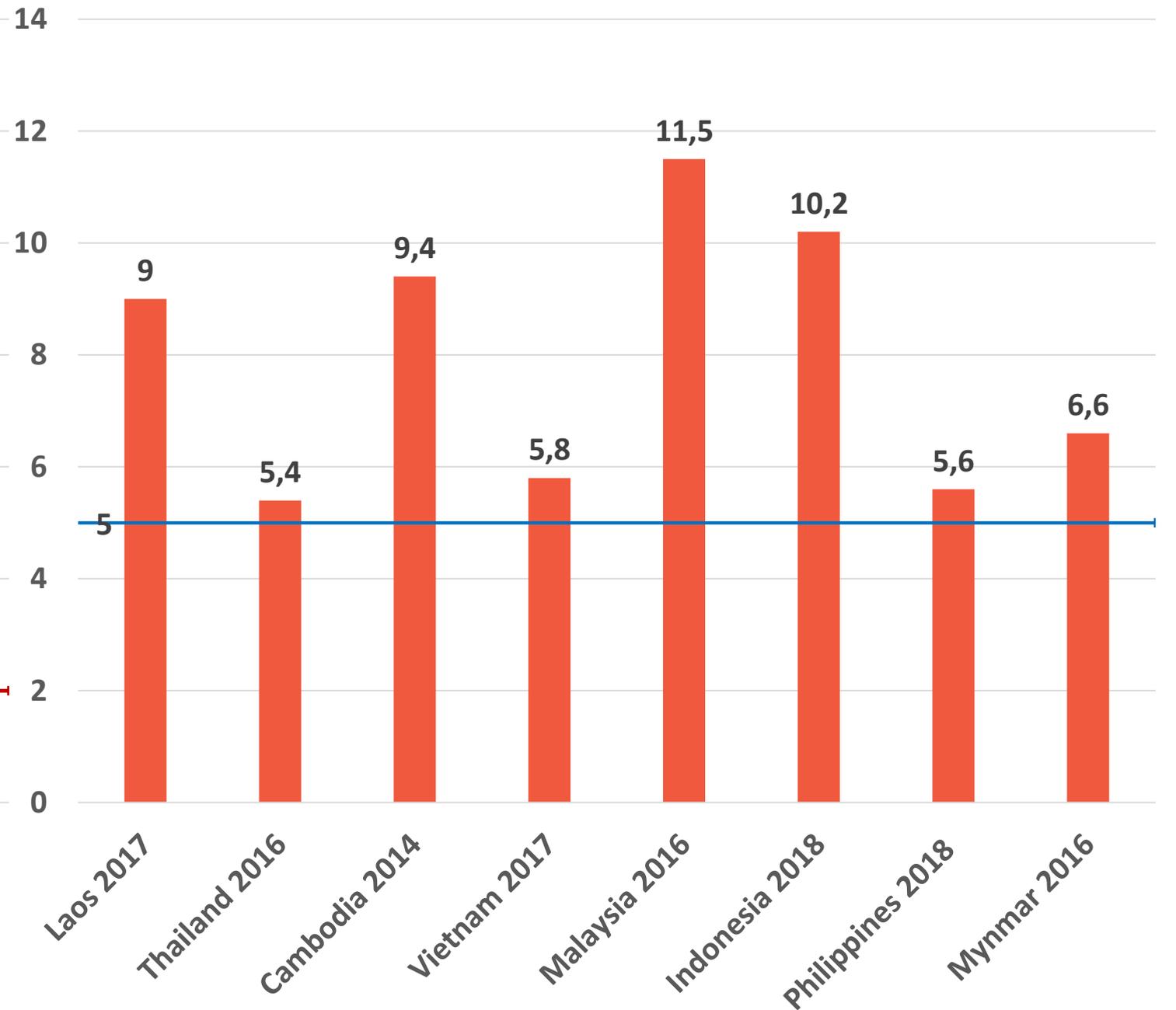
Finding 1: Current situation in ASEAN

Malnutrition on Children Health

Prevalence of stunting, (% of children under 5)



Prevalence of wasting (% of children under 5)



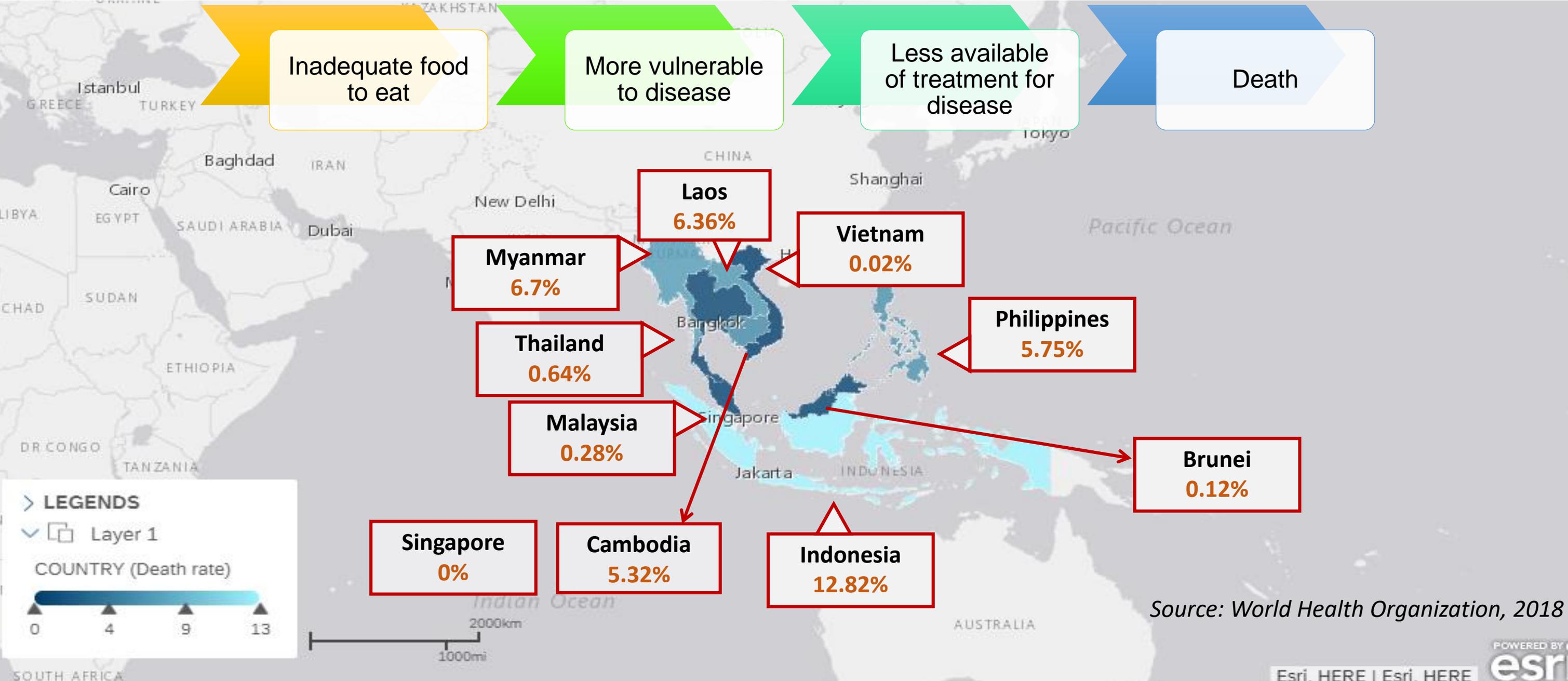
Source: Unicef data, 2019

Finding 1: Current situation in ASEAN

Mortality

Death rate from Malnutrition per 100,000

Subtitle |



> LEGENDS

Layer 1

COUNTRY (Death rate)

0 4 9 13

Source: World Health Organization, 2018

Finding 2: The determinant of Malnutrition

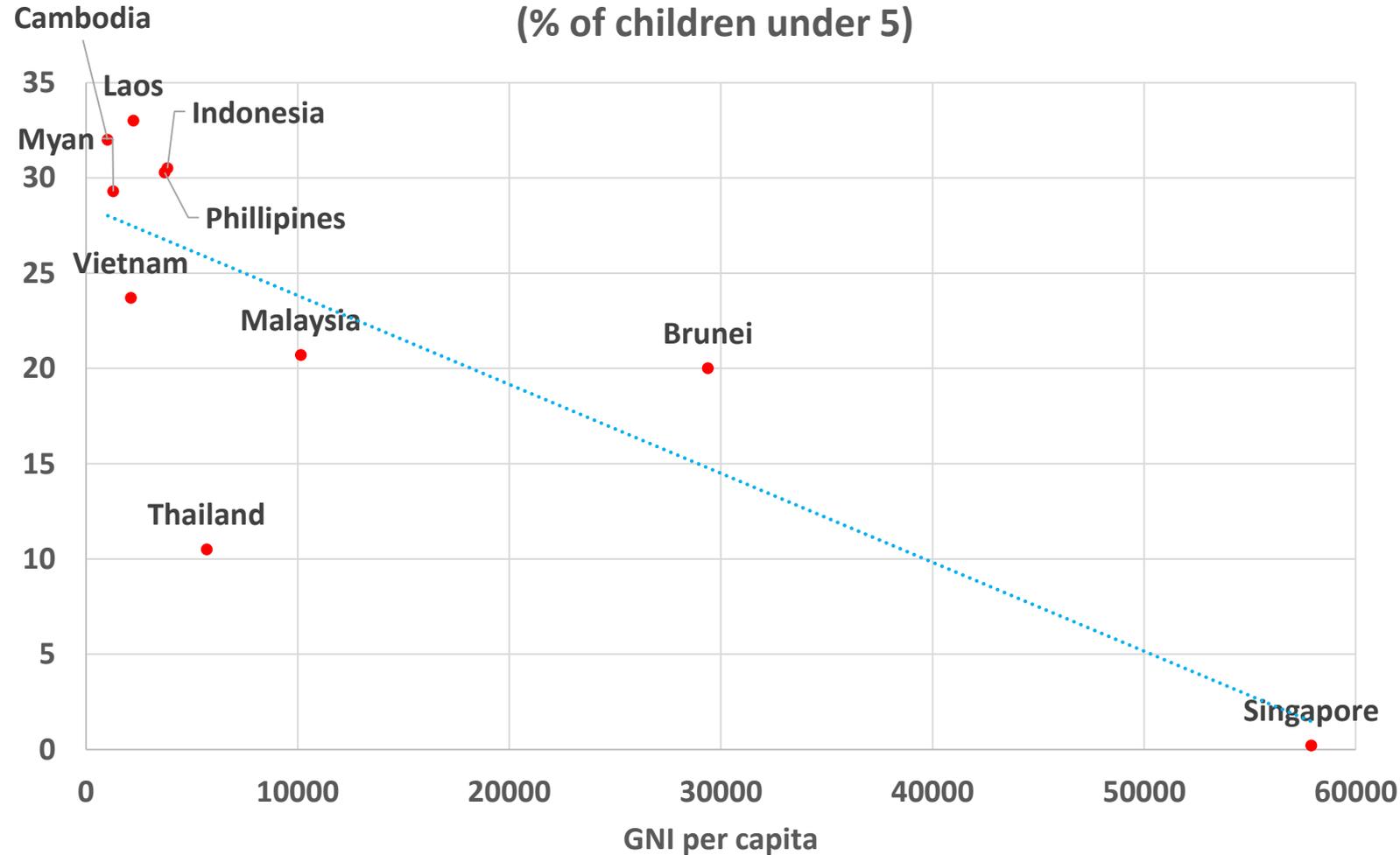
Income (poverty)

Rich

Poor

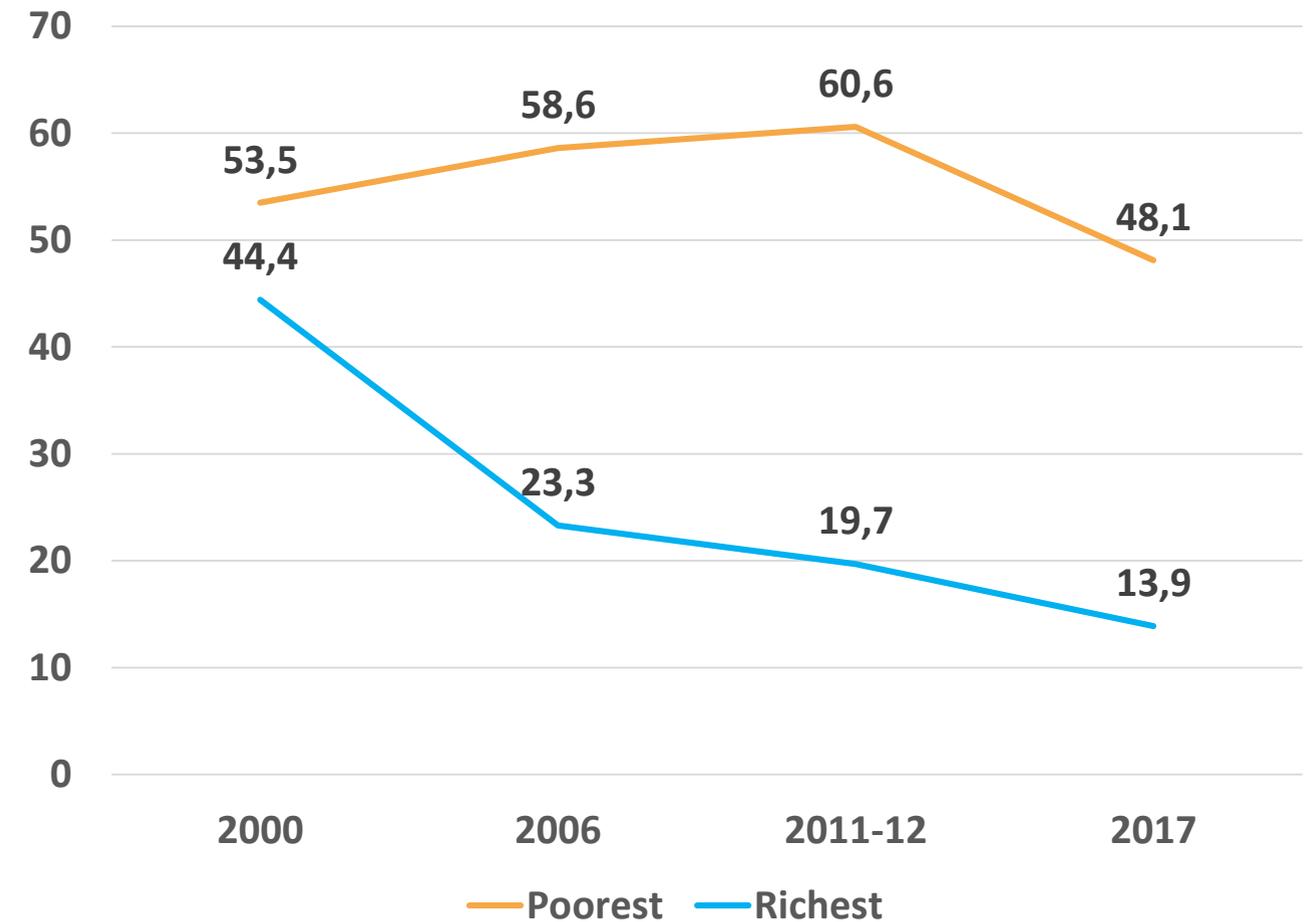
Case study in Laos

Prevalence of stunting, height for age
(% of children under 5)



Source: Worldbank data

Percentage of Stunting by Wealth



Source: UNICEF data

Lower Income countries tend to have more undernourished population



Finding 2: The determinant of Malnutrition

Location

Case study in Cambodia 2014

Prevalence of Stunting in

Rural

33.8%

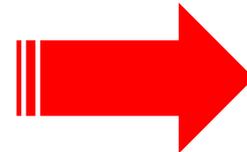
23.8%

Urban

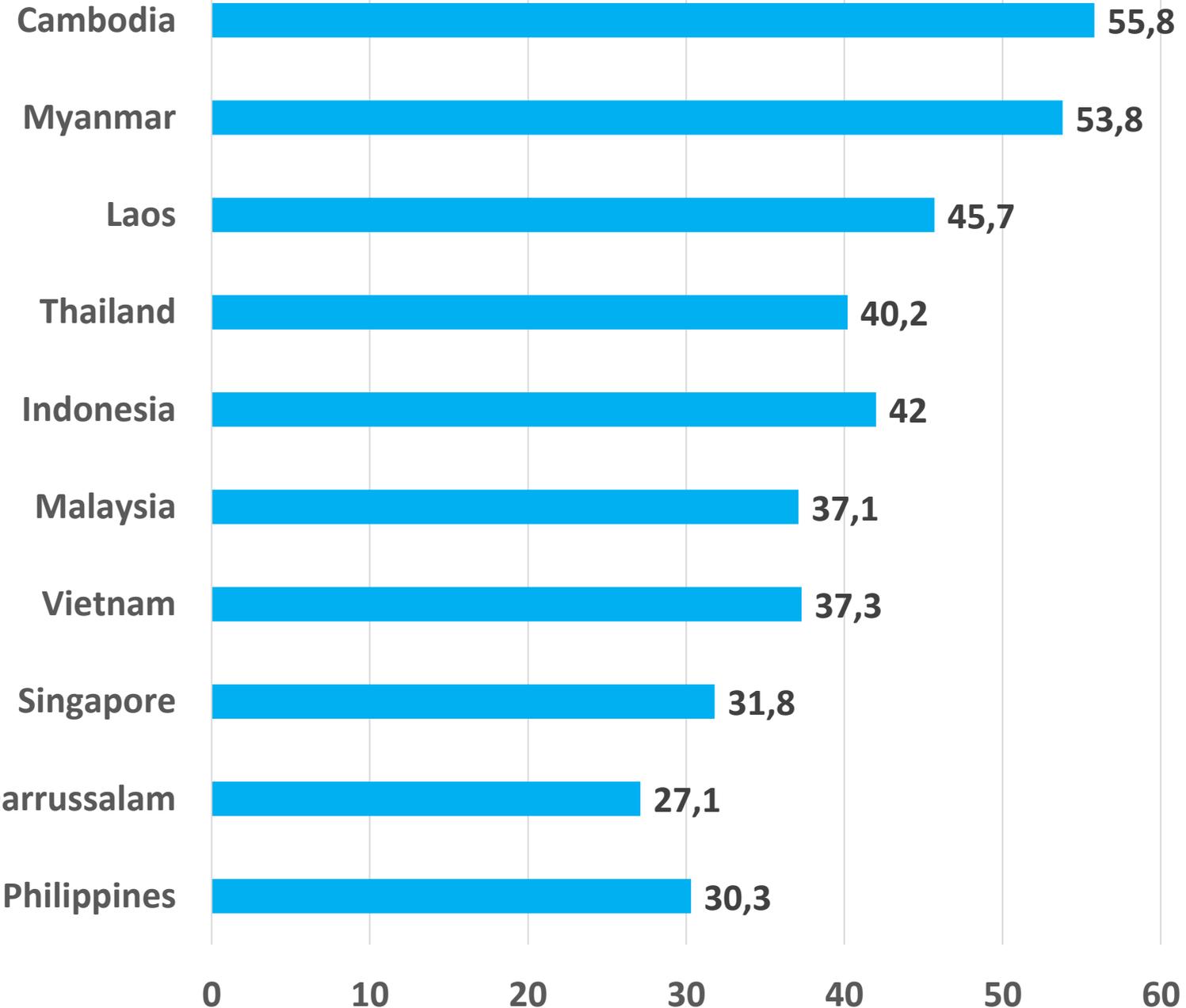
Source: UNICEF data

Mother's Health

Mother's food insecure put their child future health and development at risk



Prevalence of Anaemia among pregnant women, 2016



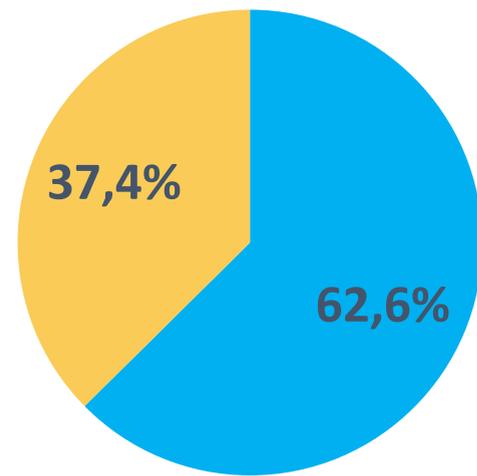
Source: Worldbank data

Finding 2: The determinant of Malnutrition

Gender

Case study in Myanmar 2016

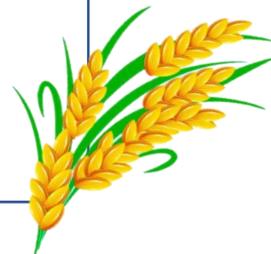
Youth illiterate 15-24 years



■ Female ■ Male

Source: UIS

Mother's education matters because it can be improving the socioeconomic status

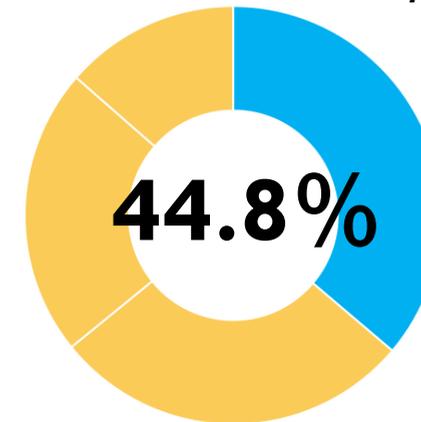


Mother's Education

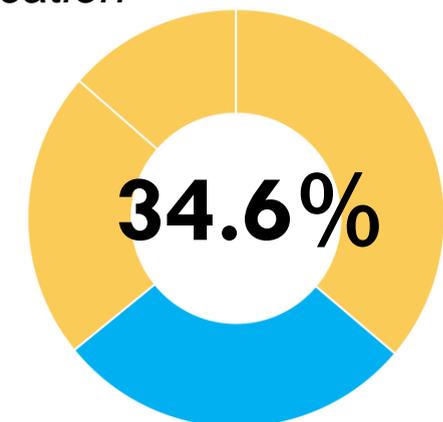
Case study in Laos 2017

Stunting from Mother's Education

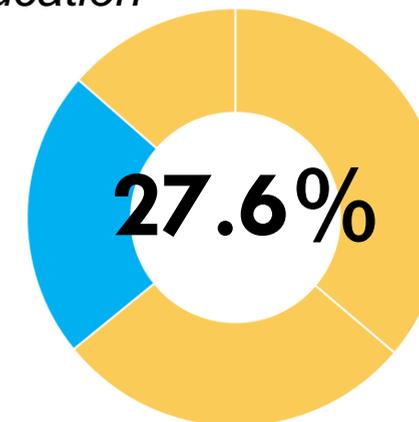
No education



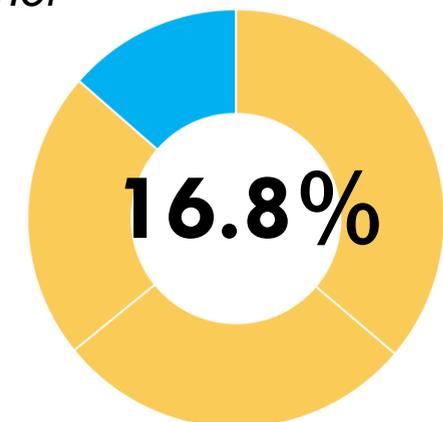
Primary education



Secondary education



Higher



Source: UNICEF data

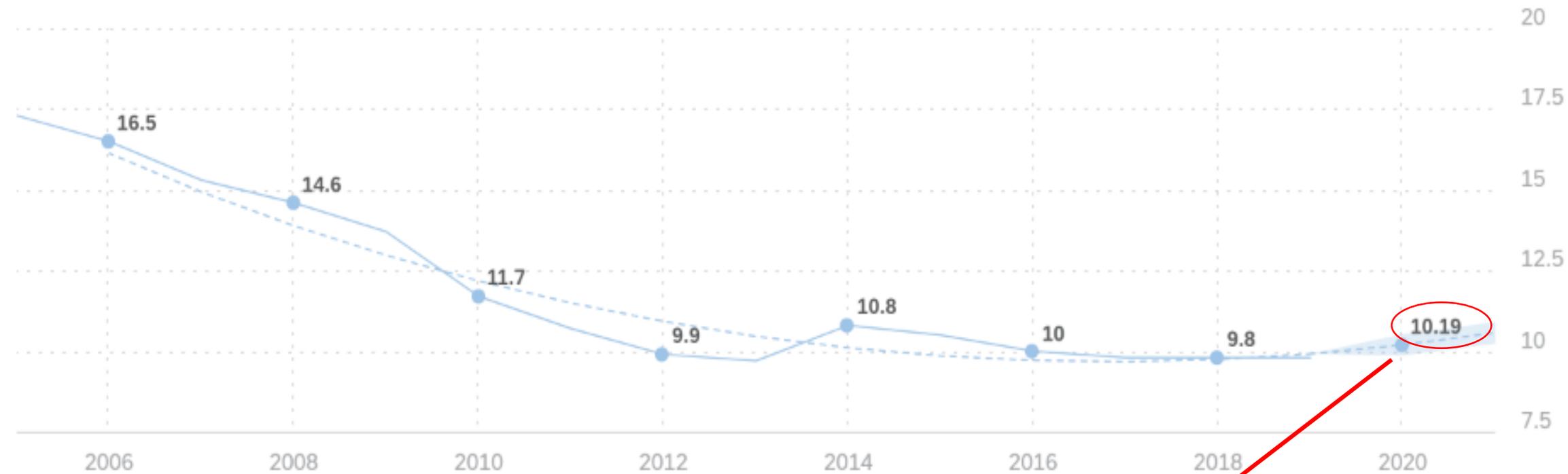
Finding 3: The upcoming for Nutrition

Uncertain Forecast

Analyze how **Prevalence of Undernourishment (Percent)** has been trending over time.

📍 | 📉 | 📈 Forecast

1M 3M 6M YTD 1Y All



Source: FAO

Unpredictable situation



COVID-19



- Taking COVID issue into account, undernutrition would be worse
- Service's delivery, every processions or projects will delay or stop

Recommendation:



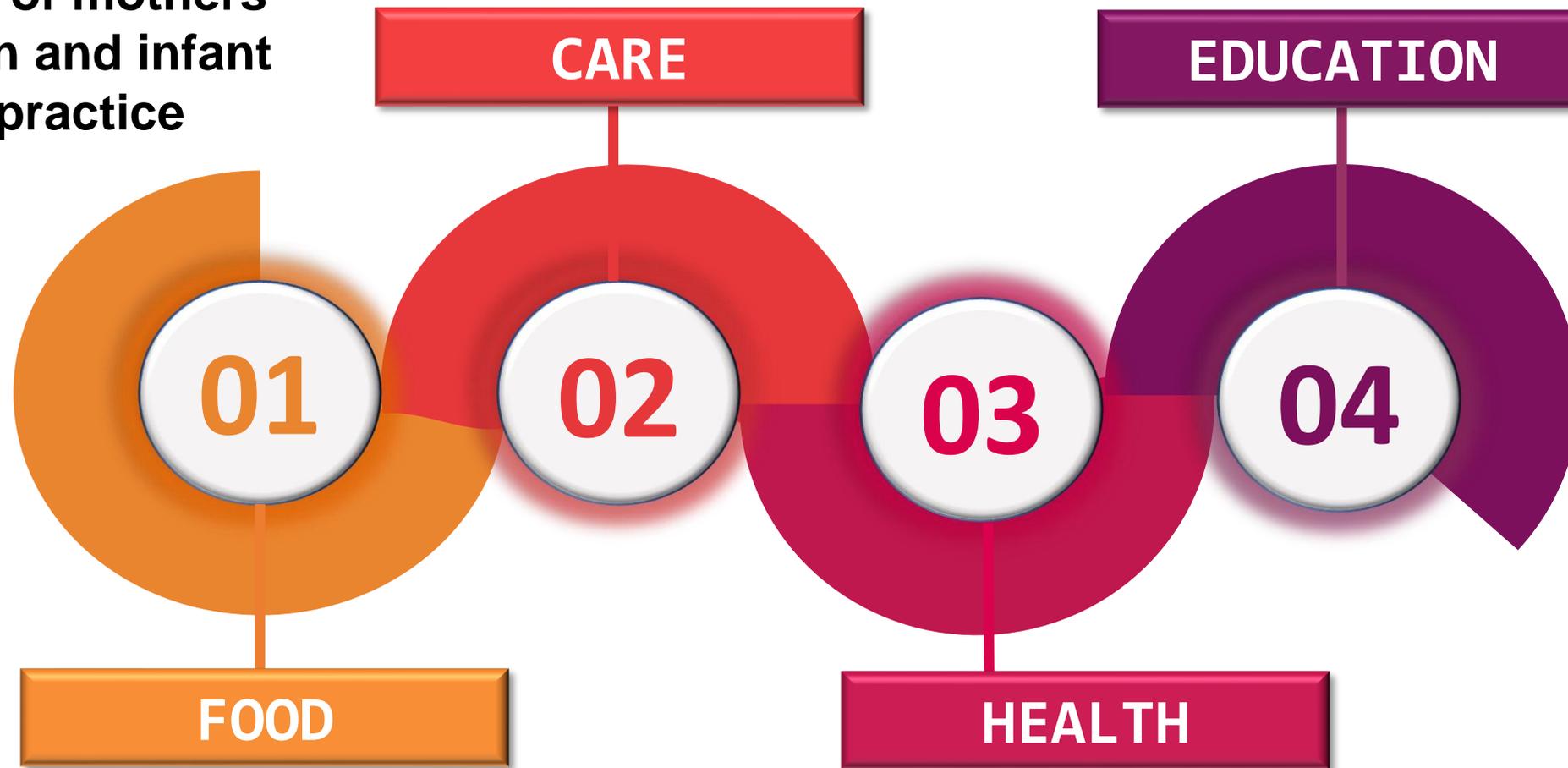
Proper care of mothers and Children and infant feeding practice

What to be concern for stakeholder:

- Governments
- Development partners
- Households



Ensuring children can access to education especially, women and enhancing nutrition education



Access to affordable, nutritious food sufficiently



Improve quality and quantity of health service and healthy household environment (safe water, sanitation)

Recommendation 1: Food system

Food supply chain:

- ❖ organic producing food
- ❖ improve storage and distribution
- ❖ improve processing and packaging
- ❖ retail

Change behavior of care giver children and adolescent:

- ❖ socioeconomic characteristic
- ❖ understand intra household dynamics
- ❖ improve the desirability of healthy food
- ❖ food preparation and eating pattern

External food environment:

- ❖ availability of food
- ❖ price of food
- ❖ marketing and regulation of unhealthy food
- ❖ labelling and nutrition information

Personal food environment:

Improving individual and household

- ❖ accessibility of food
- ❖ affordability of food
- ❖ convenience of food



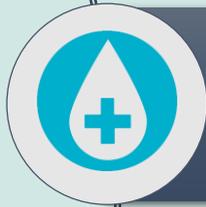
Recommendation 2: Health Care



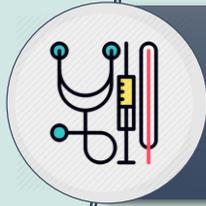
Health service delivery (access to health services)



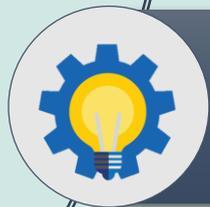
Promoting optimal nutrition practices: maternal, optimal breastfeeding and complementary practice



Safe water, hygiene and sanitation facilities to protect children from infection



Subsidy to supplies and health-care equipment



Invest on Innovation Nutrition (Digital height board)



Use good-quality data and evidence regularly to guide action and track progress

Recommendation 3: Education

Providing Food and School Nutrition Program

1

Increase girl's participation in schooling

- ✓ Reduce adolescent pregnancy
- ✓ Raise the age of marriage
- ✓ Reduce total fertility
- ✓ Promote gender equity

2

Provide nutrition education and nutrition services in school

- ✓ Encourage healthy eating and exercise (activities)
- ✓ Build healthy food environment
- ✓ Train teachers in health promoting
- ✓ Diseases are highly prevent

3

Make school meals a nutrition intervention

- ✓ Education achievement
- ✓ Improve cognitive ability
- ✓ Support agricultural sector
- ✓ Nutrition supplement

Conclusion

Undernourishment disaster

ASEAN face with undernourishment disaster (developing countries)



Socio-economic impacts

Cause tremendous impact on countries, but it is still a neglected area



Brighter future

Tackling the barrier in deducting malnutrition together



Thank You



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