



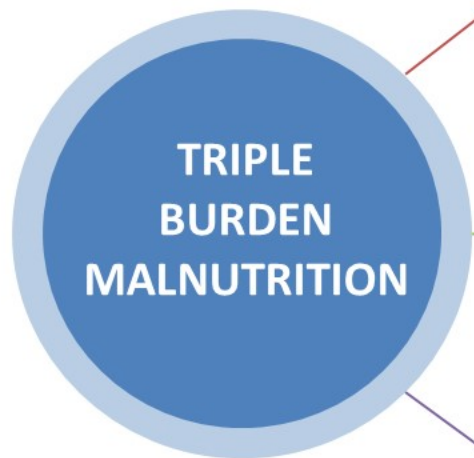
FROM HIDDEN HUNGER TO OVERNUTRITION: NEW CHALLENGE TO IMPROVE NUTRITION IN INDONESIA

Directorate General of Public Health,
Ministry of Health



OUTLINE

- Overview Food & Nutrition in Indonesia
- Nutrition Improvement Policy
- Challenges in Covid-19 Issues
- Dietary Guidelines – Balance Diet
- Meet the need of micronutrients



Undernutrition



27.67%*
CHILD STUNTING
Low Height for Age



10.2%
CHILD WASTING
Low Weight for Height



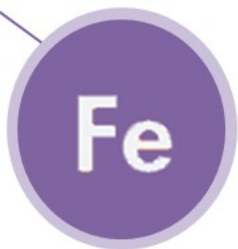
**Overweight &
Obesity**



8%
CHILD OVERWEIGHT
High Weight for Height



21.8%
**ADULT
OBESITY**



**Micronutrient
Deficiencies**



48.9%
ANEMIA
in Pregnant Woman



34.1%
HYPERTENSION



10.9%
STROKE

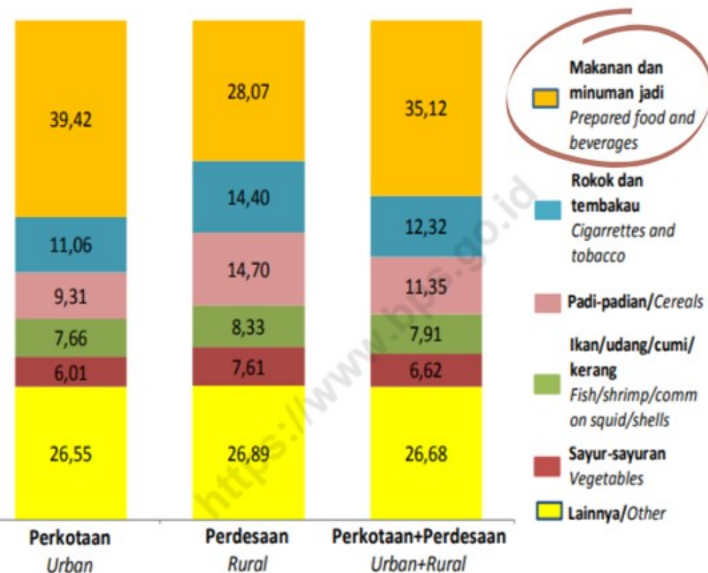


8.5%
DIABETES

*SSGBI 2019
Other source : Riskesdas 2018

Monthly Average Expenditure per Capita (Rupiahs) by Commodity Food Group and Urban Rural Classification

Gambar 1.3
Figure 1.3
Persentase Pengeluaran per kapita Sebulan menurut Kelompok Komoditas Makanan dan Daerah Tempat Tinggal, Maret 2019
Percentage Monthly Average Expenditure per Capita by Commodity of Food Group and Urban Rural Classification, March 2019



"The highest percentage of food groups is processed food and beverages"

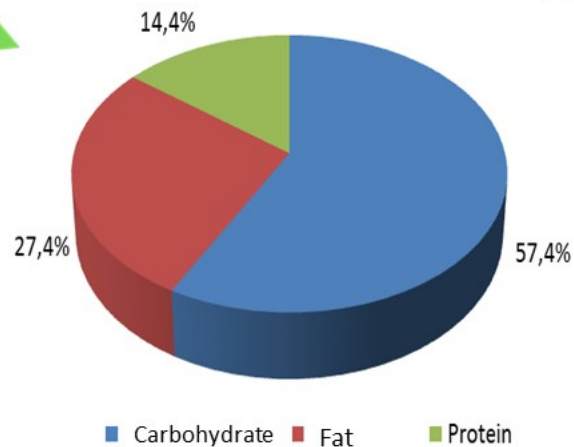
Proportion of population
≥ 5 years old with lack of fruit/
vegetables consumption

95,5%

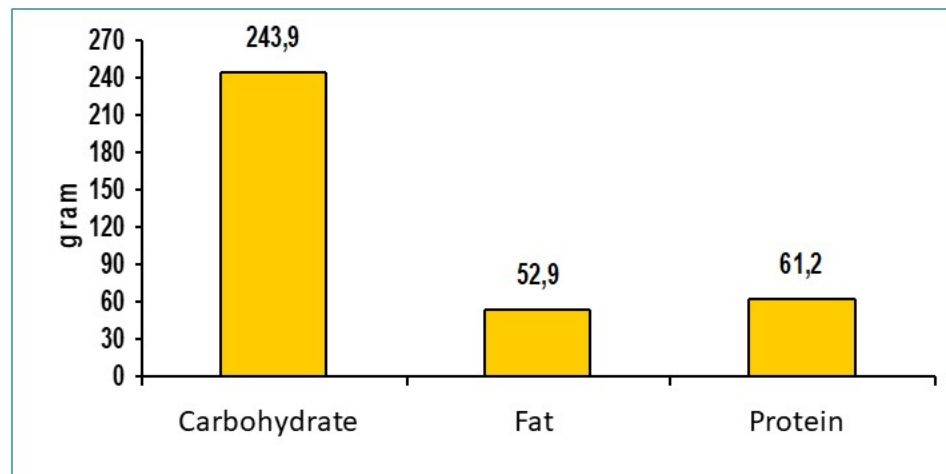
Riskesdas, 2018

TOTAL DIET STUDY 2014

Proportion of Carbohydrate, Fat, & Protein from total energy intake



Average of Carbohydrate, Fat, & Protein Intake (gram)



FOOD & NUTRITION STRATEGIC POLICY

PRESIDENT DECREE 83/2017

STRATEGIC POLICY

FOOD & NUTRITION
ACTION PLAN

MONITORING,
EVALUATION, &
REPORTING SYSTEM

BUDGETING



5 PILLAR

1. COMMUNITY NUTRITION IMPROVEMENT
2. ENHANCE ACCESSIBILITY & FOOD DIVERSITY
3. FOOD QUALITY & SAVETY
4. CLEAN & HEALTHY LIFE BEHAVIOUR
5. COORDINATION IN FOOD & NUTRITION



- **Promoting nutrition education**
- Nutrition supplementation
- Nutrition and Health Services
- **Community empowerment in food and nutrition**
- Social security to support Early Childhood Education Program

“HEALTHY LIVING COMMUNITY MOVEMENT”

President Instruction 1/2017

- ✓ Increased physical activity
- ✓ Environmental quality improvement
- ✓ Strengthening education and healthy living behaviour
- ✓ Provision of healthy food and nutrition improvement
- ✓ Improved prevention & disease early detection

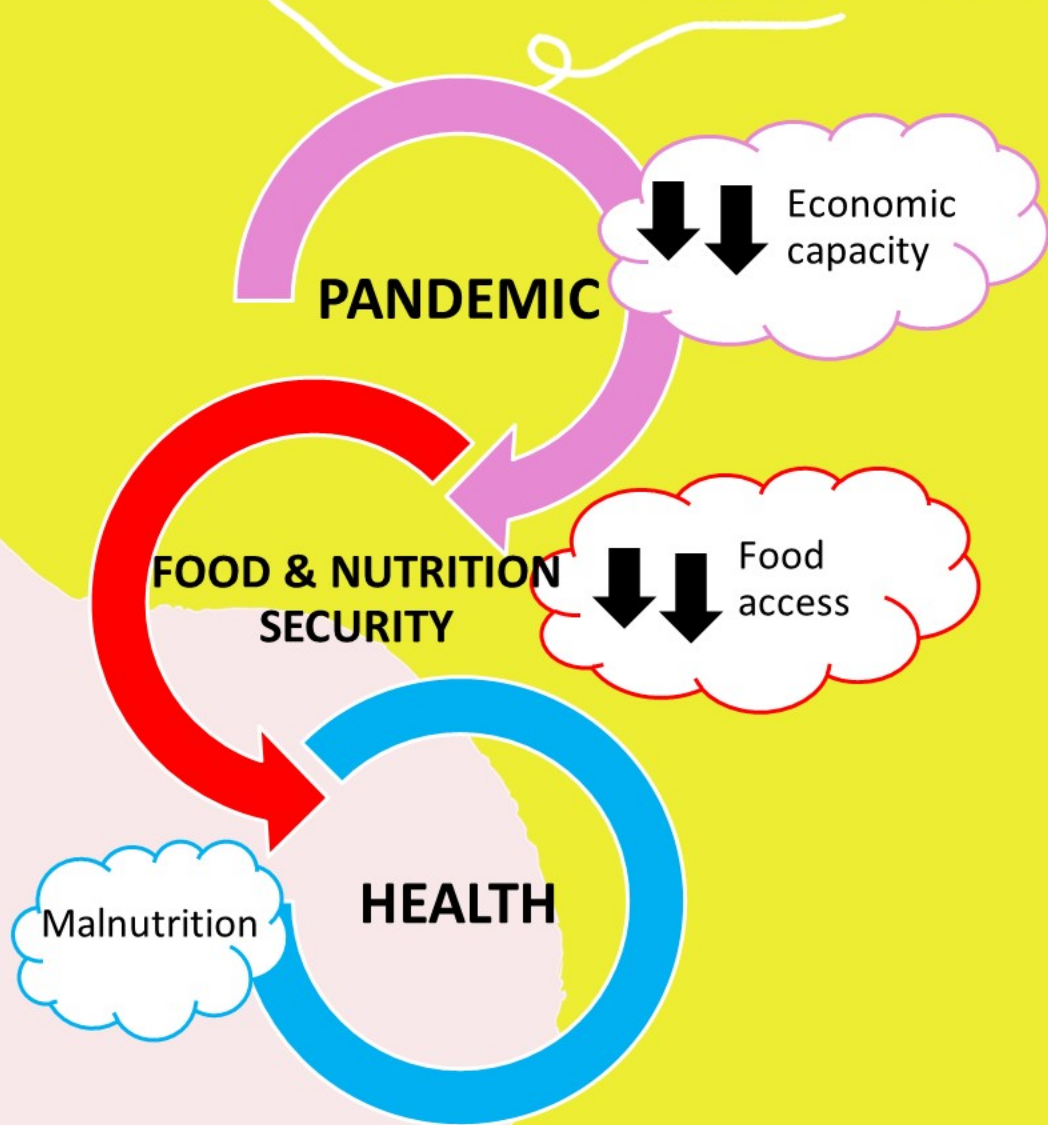


Healthy behavior

to support better parenting in order to enhance life quality and prevent nutrition problem

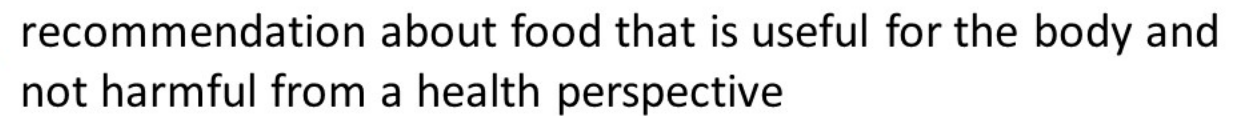


FOOD & NUTRITION SECURITY





The messages are directed to the general public, but the guide includes specific advice for groups through the life cycle.



it is important to consume **good and quality food**
consuming food to meet the recommended dietary allowance

HEALTHY LIFESTYLE

with **BALANCED NUTRITION**

1st Pillar
Diverse Food

4th Pillar
Weight
Monitoring

2nd Pillar
Clean and
Healthy
Life Behaviour

3rd Pillar
Physical Activity



*visualization of balanced nutrition
in one meal serving*

10 MESSAGES OF BALANCED NUTRITION



Eat variety of foods



Eat plenty of vegetables and fruits

- 150 grams fruit (ex. 3 bananas / 3 oranges a day ;
- 250 grams of vegetables (about 2 ½ portion / glass of cooked vegetables)



Eat high-protein foods

- Animal sources 2-4 portion per day (ex, 2-4 med. slice of meat)
- Vegetable sources 2-4 portion per day, (ex. 4-8 med. slice of tempeh)



Eat a variety of staple foods

- about 3-4 portion/day or equal to 100 g rice or ¾ glasses in a dish



Limited consumption of sweet, salty, & fatty foods

4 table spoon of **SUGAR**
1 table spoon of **SALT**
5 table spoon of **FAT** from oil



Do Breakfast everyday

- Breakfast between wake up time until 09.00 in the morning to fulfill 15-30% daily nutritional needs.



Drink enough safe water

- Consumption water as a macro essential nutrition is recommended about 1,5 L/day or equal to 8 glasses/day.



Read food labels



“PILIHAN LEBIH SEHAT” LABEL



Wash your hands with soap and running water



Perform adequate physical activity and maintain a normal weight



MICRONUTRIENT SUPPLEMENTATION

IFA, Vitamin A, Mineral Mix, Sprinkle

INDONESIAN FORTIFICATION PROGRAMME



Salt Fortification
(Iodine → KIO₃ 30 ppm)

- Since 1994
- President Act 69/1994
- Challenge : Salt quality in rural area



Flour Fortification
(Fe, Zn, Folic Acid, B1, B2)

- Since 2001
- SNI 01.3751-2000
- Revised SNI in 2017 with type & compound of Fe based on WHO standards



Palm Oil Fortification
(Vitamin A → 45 IU)

- Since 2012
- SNI 7709:2019 → volunteer
- To protect 15% vulnerable under-five children from Vit A deficiency (especially for poor family)



Rice Fortification

20 September 2019, launched
“FORTIVIT”
by Indonesian Bureau of Logistic
→ Premium Rice



Opportunities to improve access
to nutritious food for
underprivileged people through
“Non Cash – Food Aid”

Academics can play a central play in

1

EDUCATION

- Integration lessons related healthy lifestyle at relevant study programs and evidence-based learning from the field
- Develop knowledge and technology, new concepts and theories for food and nutrition security

2

RESEARCH

- Provide evidence specifically related to improving food and nutrition security which effective and efficient through scientific research

3

COMMUNITY DEDICATION

- Thematic practices for assisting the community
- The development of fostered areas that are focused and sustainable
- Coordination with regional governments in initiate and ensuring the sustainability of development policies

THANK YOU!

bit.ly/PedomanGiziMasyarakat

