Nutrition -
Comprehensive approach to improve Health and Development

Dr. May Khin Than
Director
National Nutrition Centre
Department of Public Health

Concepts:
1. Good nutrition is **BASIC** for Positive Health & **CENTRAL** to Sustainable Development

2. Nutritionally at-risk groups (1st 1000 ds)

Myanmar Health Forum 28-29 July 2015
3. Malnutrition Nature: multifaceted

- Insufficient access to affordable, nutritious FOOD throughout the year
- Lack of good CARE for mothers & children & support for appropriate IYCF practices
- Inadequate access to HEALTH sanitation & clean water services

ROOTED IN
Political & Cultural Environment
Poverty
Disempowerment of women
Environmental Degradation

Myanmar Health Forum 28-29 July 2015

4. Solution: - multidisciplinary “Involvement of all sectors”

5. Sound bases for programs

6. Monitoring, evaluation, and surveillance

Myanmar Health Forum 28-29 July 2015
Global trend of malnutrition

• Prevalence of undernourishment has declined

• Chronic undernutrition (stunting) has declined

• Undernutrition (wasting) is often aggravated due to unsafe food supplies

• Micronutrient deficiencies have not improved

• Obesity in children and adults has been going up quickly

Myanmar Health Forum 28-29 July 2015

Myanmar Nutritional status

Food security

• Secured at national level however food poverty incidence was 10% in 2005 and 5% in 2010

(IHLCA surveys 2005, 2010, CSO)

Nut problem

• Decreasing trend

• Stunting is 35.1% and wasting is 7.9% (2.1% severely acute malnourished) (MICS 2009)

• 20.5% of men and 21.7% of women were low BMI

• 7.2% of men and 14.5% of women were overweight (BMI>25), and 1.4% of men and 3.7% of women were obese.

Myanmar Health Forum 28-29 July 2015
Myanmar Nutritional status (cont)

Maternal & Child Health status

<table>
<thead>
<tr>
<th>MMR</th>
<th>MM Ratio/100,000LB</th>
<th>IMR &amp; U5MR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>IMR/1000LB</td>
</tr>
<tr>
<td>1990</td>
<td>420</td>
<td>70.3</td>
</tr>
<tr>
<td>1995</td>
<td>350</td>
<td>68.3</td>
</tr>
<tr>
<td>2000</td>
<td>290</td>
<td>62</td>
</tr>
<tr>
<td>2005</td>
<td>250</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>240</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Myanmar Health Forum 28-29 July 2015
Causes of children U5 deaths in UNICEF East Asia Pacific region

Total number of deaths: 1.265 million

Undernutrition 53%

Pneumonia *
Diarrhoea *
Malaria *
Neonatal
Injuries
Others
Vaccine-preventable diseases*

Ref: WHO causes of death database & Undernutrition as an underlying cause of child deaths associated with diarrhoea, pneumonia, malaria and measles, Caulfield et al, 2004

Myanmar Health Forum 28-29 July 2015

National Nutrition Program (NNC, since 1954)
"Attainment of nutritional wellbeing to support health and longevity of live for every citizen "

SUN Plan (Direct & Indirect Nutrition) by Multistakeholder Platform & networks

The way forward

Comprehensive Approach for 2030 SDG targets

Direct Nutrition by Primary Health care approach

NPAFN (Direct & Indirect Nutrition) by Multisectoral approach

1954
1995
2013

Myanmar Health Forum 28-29 July 2015
### National Plan of Action for Food and Nutrition (NPAFN)

#### Nutrition Specific Interventions (Direct Nutrition Interventions)

1. Breastfeeding
2. Complementary feeding
3. Improved hygiene practices
4. Periodic Vitamin A supplements
5. Therapeutic zinc supplements for diarrhea management
6. Multiple micronutrient powders
7. De-worming
8. Iron-folic acid supplement for pregnant women
9. Salt iodization
10. Rice Fortification
11. Prevention or treatment for moderate undernutrition
12. Treatment of severe acute malnutrition with ready to use therapeutic foods

#### Nutrition Sensitive Interventions (Indirect Nutrition interventions)

Health
WASH
Agriculture
Food
Livelihood
Education
Governance
Research (Biofortification, increasing yields of nutrient-rich foods)
Increasing policy coherence

C4D, BCC, Media

---

**Organogram of Food and Nutrition Programme**

- **Government Convening Body**
  - Chaired by MOH
  - Members – more than 15 Ministries

- **Central Board for Food and Nutrition (CBFN)**

- **Advisory Group Inc. MNTN**

- **Government Overarching Comprehensive Plan**

- **National Plan of Action for Food and Nutrition (NPAFN)**

- **Networks and Coordination**
  - Gov.
  - UN
  - Donor
  - CSA
  - Business

- **Implementers**
  - Government
  - UN
  - NGOs
Making progress – in Myanmar

**Increasing Government budget for H including Nutrition**

**Order of marketing of Formulated foods for infant and young child**

**Sub-national (SUN) Integrated plan for Nutrition improvement**

**Extension of maternity leave**

**National Zero Hunger plan with 5 pillars including “Reduction of stunting”**

**Initiation of rice fortification**

Myanmar Nutritional status

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Baseline</th>
<th>Post 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Households with adequate calorie intake</td>
<td>70% in 1997</td>
<td></td>
</tr>
<tr>
<td>stunted under-five children</td>
<td>35.1% in 2009</td>
<td>Less than 10%</td>
</tr>
<tr>
<td>wasted under-five children</td>
<td>7.9% in 2009</td>
<td>Less than 5%</td>
</tr>
<tr>
<td>low birth weight</td>
<td>8.6% in 2009</td>
<td>Less than 10%</td>
</tr>
<tr>
<td>Overweight &amp; obesity under 5 Children</td>
<td>2.6% in 2009</td>
<td>No increase</td>
</tr>
<tr>
<td>EBF upto 6 m</td>
<td>23.6% in 2009</td>
<td>At least 60%</td>
</tr>
<tr>
<td>Anemia WRA</td>
<td>45 % in 2001</td>
<td>Below 30%</td>
</tr>
<tr>
<td>Anemia under five children</td>
<td>75% in 2003</td>
<td>Below 30%</td>
</tr>
</tbody>
</table>
Nutrition: Nourishing the body, Mind and Spirit properly.

- Experts economists agree that investing in Nutrition can increase GDP up to 3%.

- Investing 1 $ in Nutrition can result in a return of up to $30 in terms of increased health, schooling and productivity.

- Nutrition is everyone’s responsibility.

Myanmar Health Forum 28-29 July 2015

Thank You

Myanmar Health Forum 28-29 July 2015