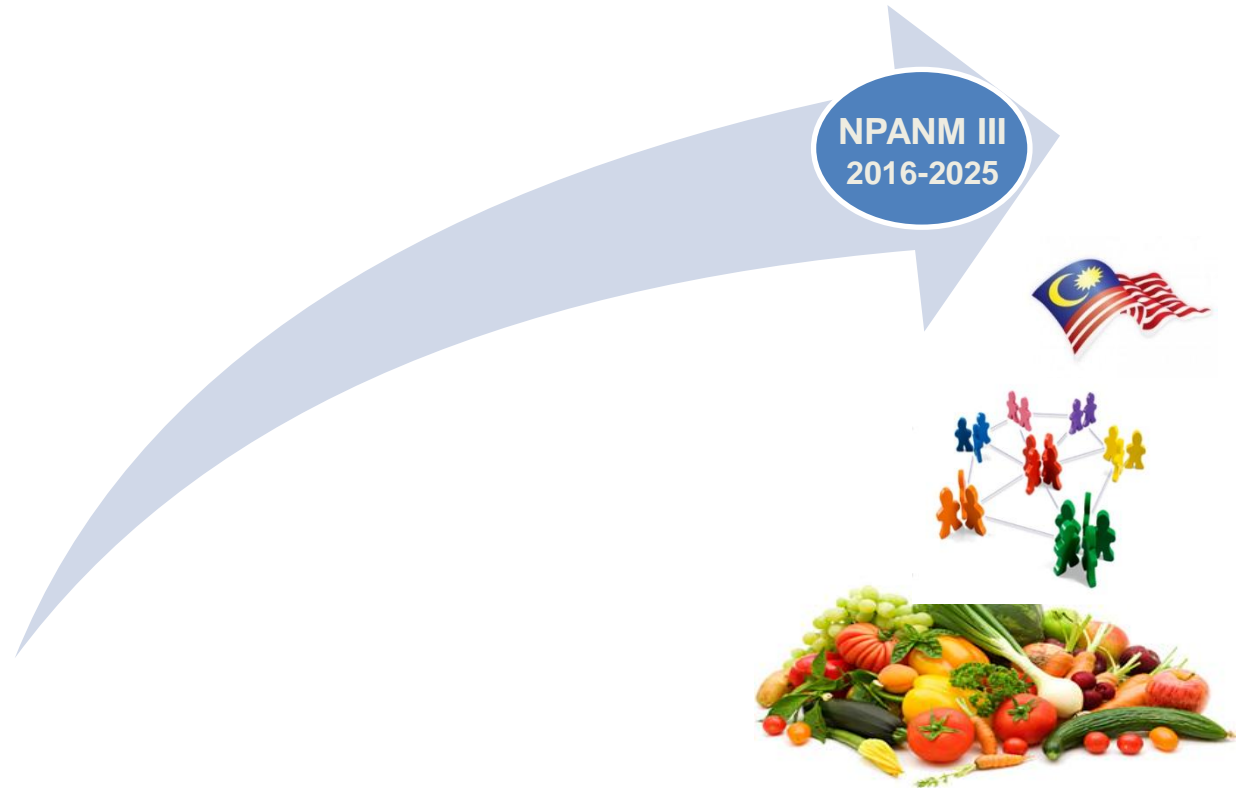


# Meeting the challenge of a new era for achieving healthy diet and nutrition

Nutrition policies and actions in **Malaysia** to address all forms of malnutrition

# Nutrition policies in Malaysia

- Comprehensive nutrition plans:
  - **National Plan of Action for Nutrition 1992, 2006, 2016**
- Other nutrition plans:
  - Policy Options to Combat Obesity in Malaysia (2016)
  - Breastfeeding Policy (1992, revised in 2006)
- Nutrition in other plans:
  - Health Strategic Plan (2016)
  - Country Programme Action Plan (2016)
  - Sustainable Consumption and Production Blueprint (2016)
  - MOH POA 2016-2020
  - NSP-NCDs 2016-2020



# **The Third National Plan of Action for Nutrition of Malaysia (NPANM III), 2016-2025**

# Background of NPANM

*International Conference on Nutrition (ICN1), Rome 1992*

**NPANM (1996-2000)**

**National Nutrition Policy of Malaysia  
(Endorsed by the Malaysia Cabinet in 2003)**

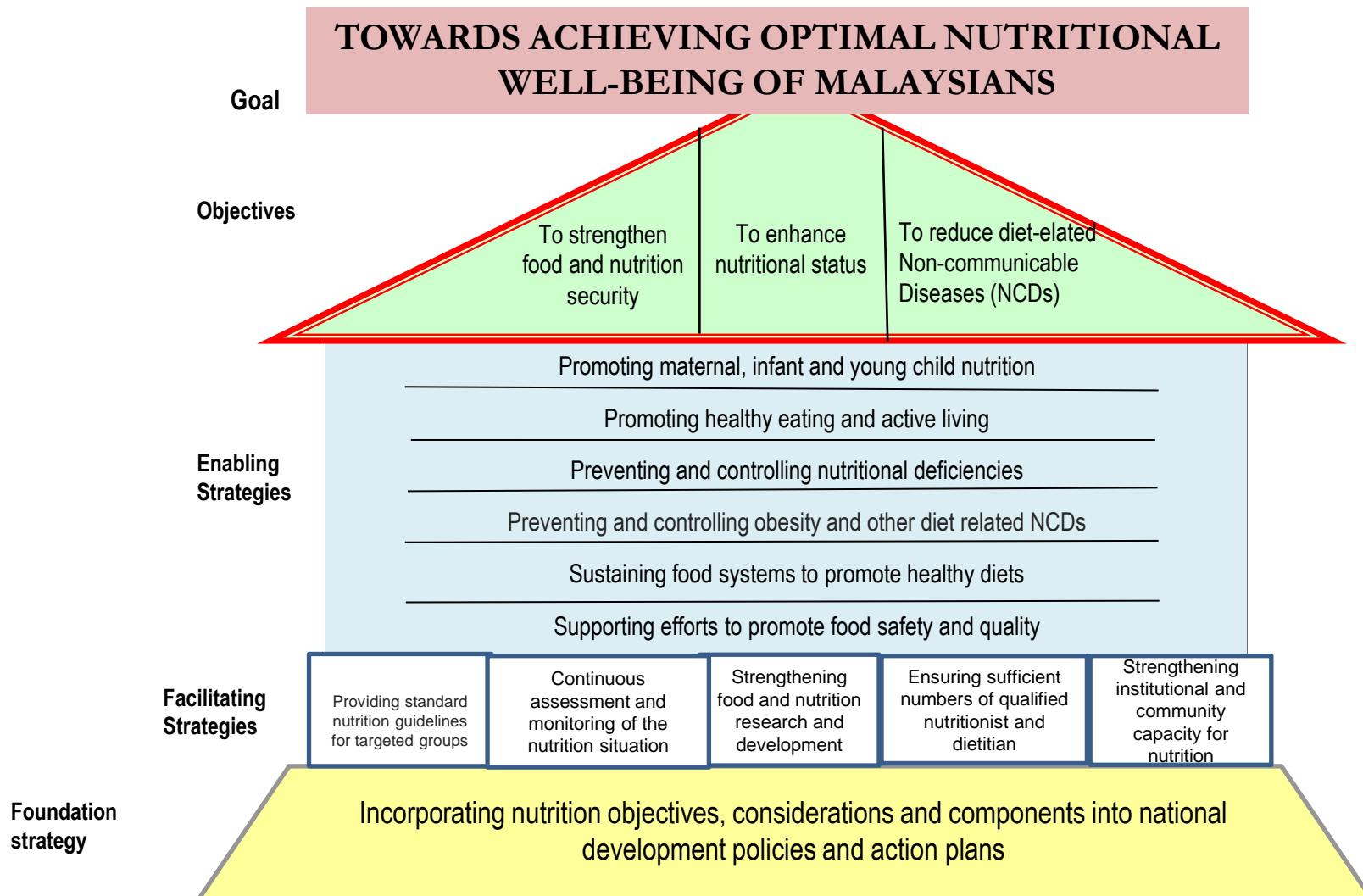
**NPANM II (2006-2015)**

- 12 Strategies based on the National Nutrition Policy

**Mid-term Review of NPANM II  
(2006 – 2015)**

*International Conference on Nutrition (ICN2), Rome 2014*







**Under  
nutrition and  
Food &  
Nutrition  
Security**

**NPANM III, 2016 – 2025**

**- 47 indicators**

**- 198 activities**

**- More than 70 ministries  
& agencies involved**



**Maternal,  
infant &  
Young child  
nutrition**



**Healthy Eating**



**Overweight, obesity &  
NCDs**

# Global targets covered in the policies

## Global Nutrition Targets

Stunting	✓
Anaemia (WRA/PW)	✓
Low birth weight	✓
Overweight children	✓
Exclusive breastfeeding	✓
Wasting	✓

## Global diet-related Targets for NCDs

Salt/sodium intake	✓
Blood pressure	✓
Diabetes	✓
Overweight adults/adolescents	✓



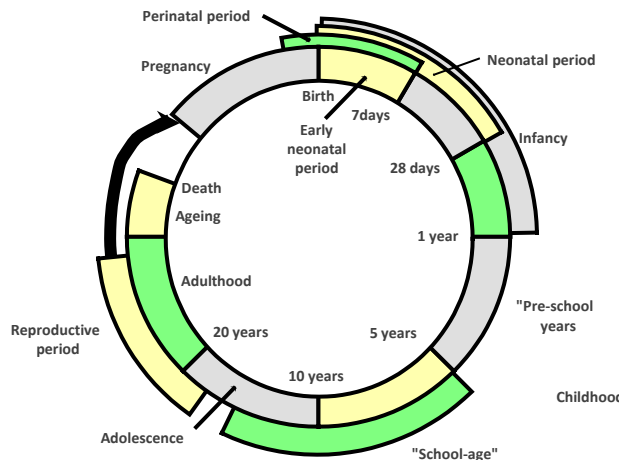
# Nutrition actions in the lifecycle: 1,000 days and beyond

## Pregnant women

- Nutrient and food based dietary guidelines
- Iron-folic acid & multiple micronutrients supplementation
- Deworming

## Infants and young children

- Nutrient and food based dietary guidelines
- Breastfeeding counselling in ANC & PNC, BFHI, protocols for LBW, HIV, emergencies
- Complementary feeding counselling in ANC&PNC
- Nutritional care and support to HIV+ children < 2 years



## School children

- Nutrient and food based dietary guidelines
- School health & nutrition programmes addressing both under- and overweight
- Deworming

## Preschool-age children

- Nutrient and food based dietary guidelines
- Growth Monitoring and Promotion
- Mgt. of moderate and severe acute malnutrition children 6-59 months
- Deworming



# Actions to protect and support healthy diets (1)

- Mandatory measures
  - Nutrient declaration and regulation of nutrition and health claims
  - Fortification of salt with iodine
  - Wheat flour fortification (iron, folic acid)\*
- Voluntary measures
  - Front-of-pack labelling (energy button – energy content & proportion of daily energy intake)
  - Positive front-of-pack labelling – Healthier Choice Logo (HLC)
  - Reformulation of selected foods to reduce sugars, salt, fats
  - Regulation of marketing of foods and non-alcoholic beverages to children <12 years
  - Calorie labelling on menu – schools, workplace, food outlets, community (KOSPEN, Healthy Community, Empower the Nation)
  - Recognition:
    - Healthy Cafeteria
    - BESS (Bersih, Selamat, Sihat – Clean, Safe & Healthy)

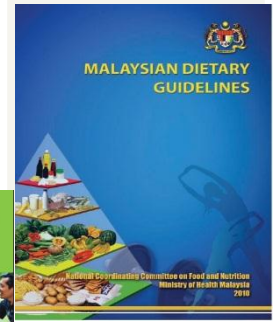
\*Mandatory fortification regulations forthcoming 2017

# Actions to protect and support healthy diets (2)

- Dietary guidelines and informational measures

- Nutrient and food based dietary guidelines for different target groups

- Adults
    - Children & Adolescent
    - Elderly
    - Pregnant Women
    - Vegetarian



- Media campaign to reduce sugars, salt and fat intake

- Nutrition education and counselling at the clinic levels - reduced sugars/fats/salt intake, portion sizes

- Smart phone application – MyNutriDiari

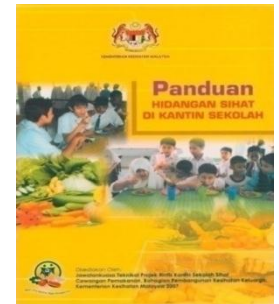


- Fiscal policy measures

- Removal of sugar subsidies, reduction of oil subsidies

# Actions to protect and support healthy diets (3)

- School health and nutrition programmes
  - Guide for Healthy School Canteen Management
  - Guidelines on the Prohibition of Sales of Foods Outside School Perimeters
  - Monitoring of foods sold in school canteen
  - Empowerment of PTA to promote healthy eating in schools
  - Food supplementary programme
  - School Milk Programme
  - Pilot project and proposal for a placement of nutritionist at the District Education Office
- Continuous engagement with private sectors
  - Food producers
  - Food outlets & service
  - Supermarkets
  - Highway concessionaires



# Conclusion

Many things that have been done

BUT

We need to do MORE

We need SUPPORT and COOPERATION

from national agencies (other ministries, agencies,  
universities, NGOs, Prof Bodies & industries)

& international agencies