

# Brief on Thailand context in nutrition

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# Thailand: Current situation



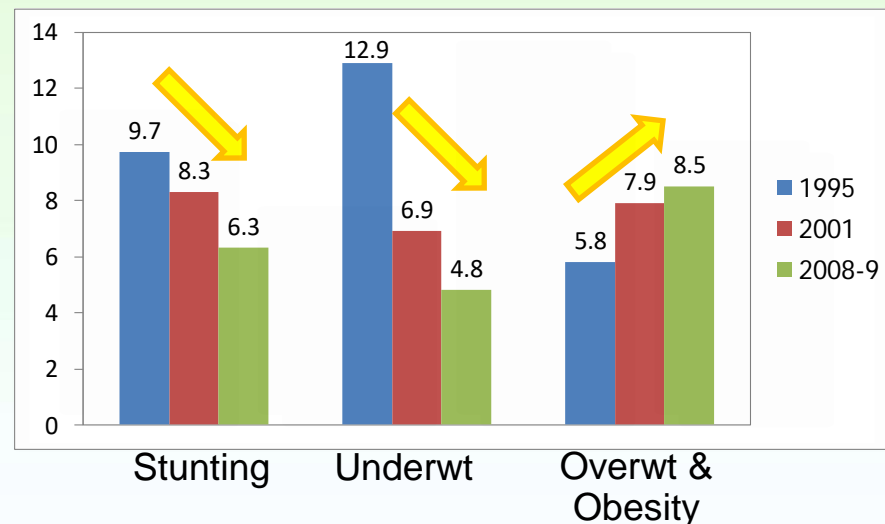
- Population of 68.3 m.
- Area of 514,000 sq. kilometers
- Success in reduction of maternal and child malnutrition since the eighty under the Poverty Alleviation Plan (PAP)
- Currently facing with double burden of malnutrition (DBM), a coexistence of under and over nutrition, and related non-communicable diseases (NCDs)
- Thailand has been a major food exporter

# Improvement of maternal & child nutrition, Thailand

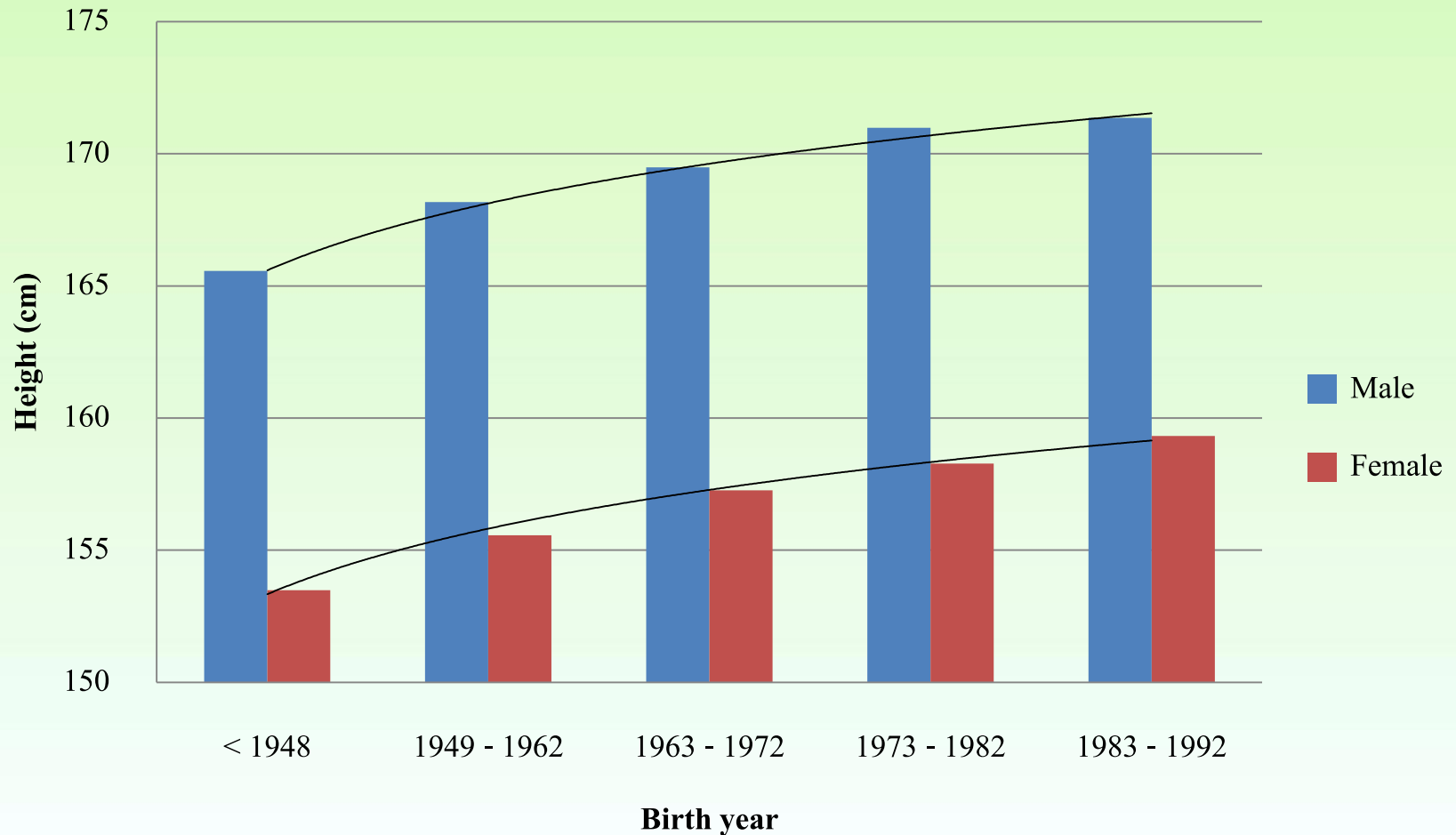
	1980	1990	2006
<b>ANC coverage %</b>	35	75	95
<b>Anemia in pregnancy %</b>	50-75	18.8	10 ?
<b>LBW %</b>	16	10	<10
<b>Underweight of under 5 %</b>	51	20	<10

## Recent trend of nutritional status of under 5\*

\* Source: NHES 2; Holistic Development of Thai Children; NFNS 5; NHES 4

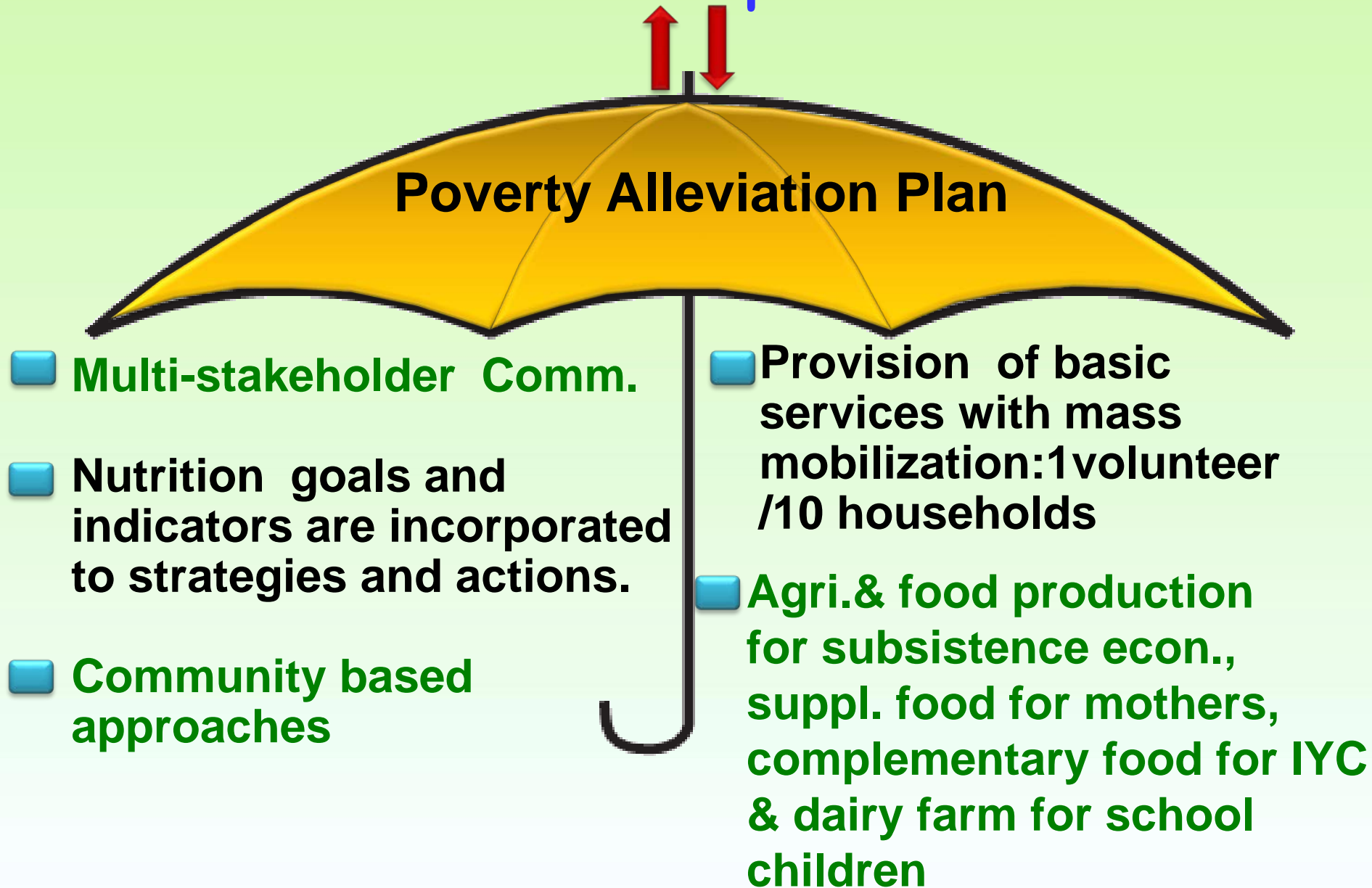


# Average heights of Thai males and females born in different years\*



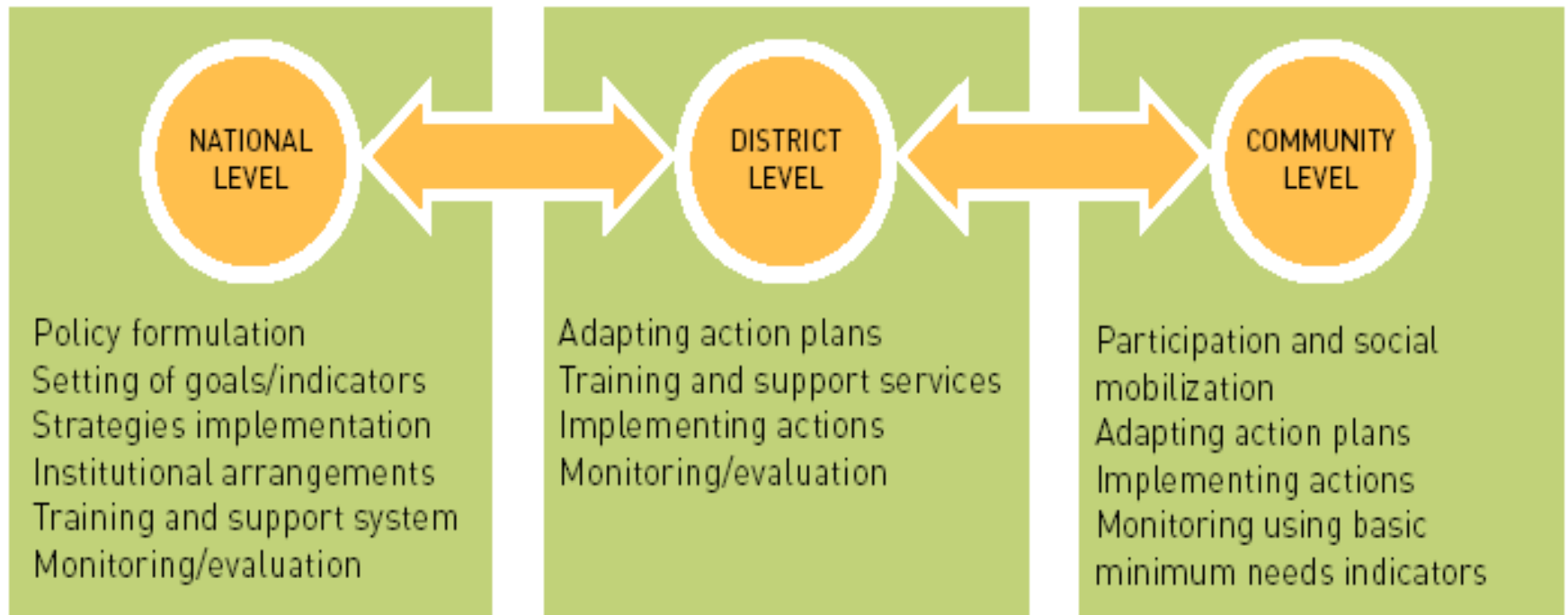
\*Modified from: [http://www.size-thailand.org/region\\_all.html](http://www.size-thailand.org/region_all.html)

# National Rural Development Committee



# Forging the Link Between *National and Community levels* (Macro and micro linkage)

Fostering interaction between the levels



Source: FAO

# Components of a successful community based program

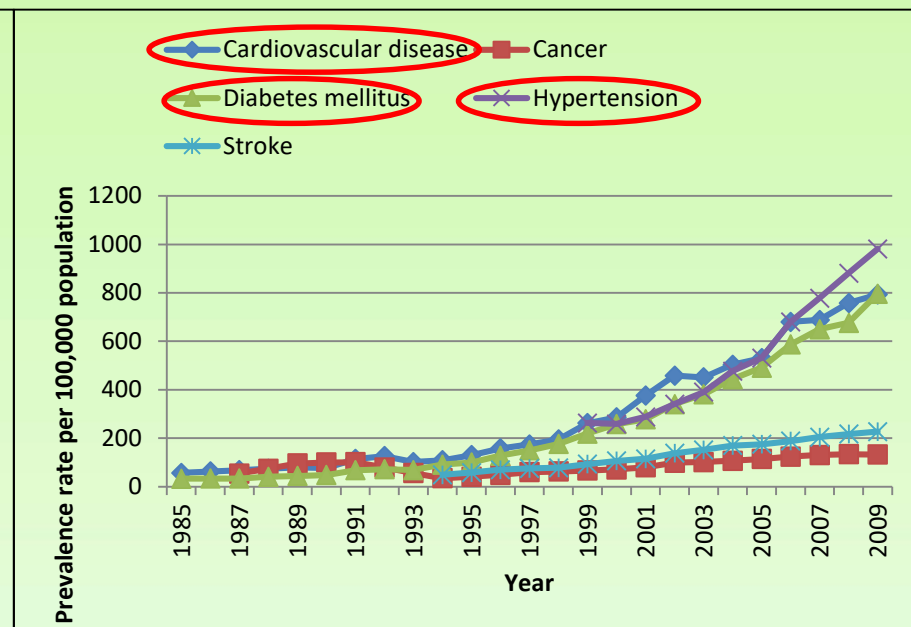
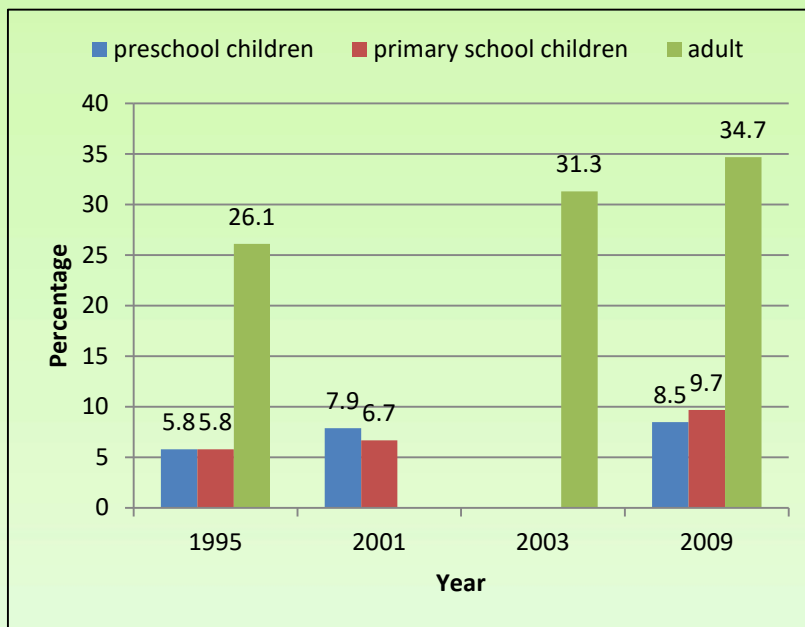




# Community-Based Approaches

- Is an *integrated program* implemented at local level (district level and below)
- *National commitment* with sound nutrition improvement strategies and goals
- *Community actions*: basic services, mass mobilization, mutual efforts/actions to reach all people and to prevent malnutrition





**Figure 6** Prevalence of **overweight and obesity** in the Thai population

Source: Bureau of Policy and Strategy (1996); Bureau of Policy and Strategy (2006); Aekplakorn et al (2011b)

**Figure 7** Increase in prevalence of **non-communicable diseases** in Thailand

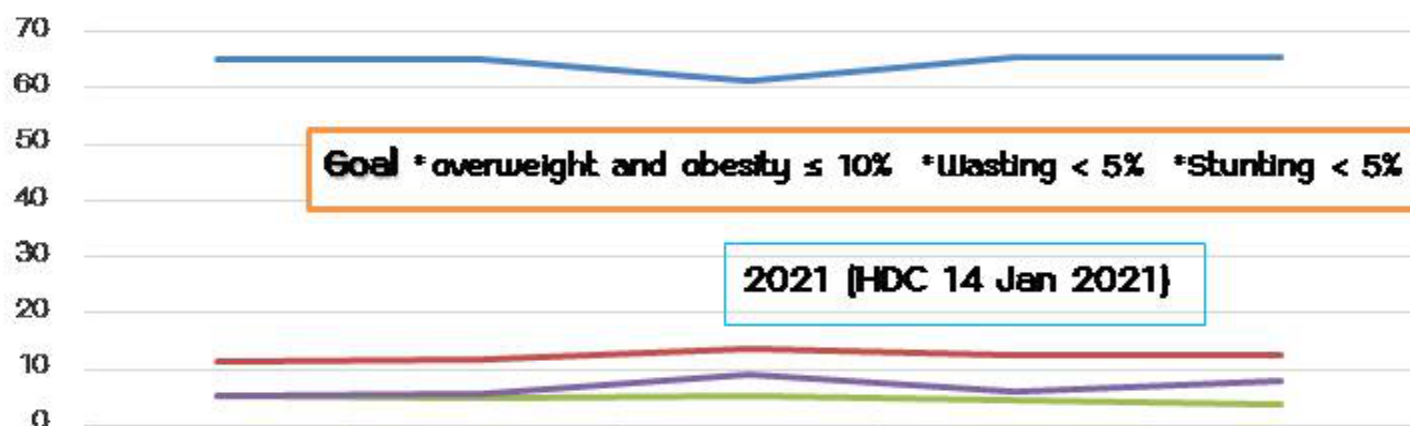
Source: Bureau of Policy and Strategy (2011)

Thai males consume fruit and vegetable daily only 268 g and females 283 (Aekplakorn *et al.* 2011)

Medical expenses for treating and managing NCDs were estimated at 140 billion Baht

Several organizations and agencies are conducting projects/programmes focusing especially on nutrition education and public campaigns.

# Nutritional situation of children aged 6 – 14 years, 2017-2021



	2017	2018	2019	2020	2021
optimal growth	65.2	65.5	61.5	65.7	65.7
overweight and obesity	11.1	11.7	13.6	12.5	12.5
wasting	5.0	4.7	5.1	4.4	3.8
stunting	5.1	5.5	8.9	6	7.6

Goal	-	68	68	66	66
Number of children whose weight and height measured (person)	3,977,135	4,319,088	4,702,119	3,166,637	1,957,291

source :health data center (HDC), MOFH, Thailand 2017-2020 First semester , \*2021 at second semester 2020

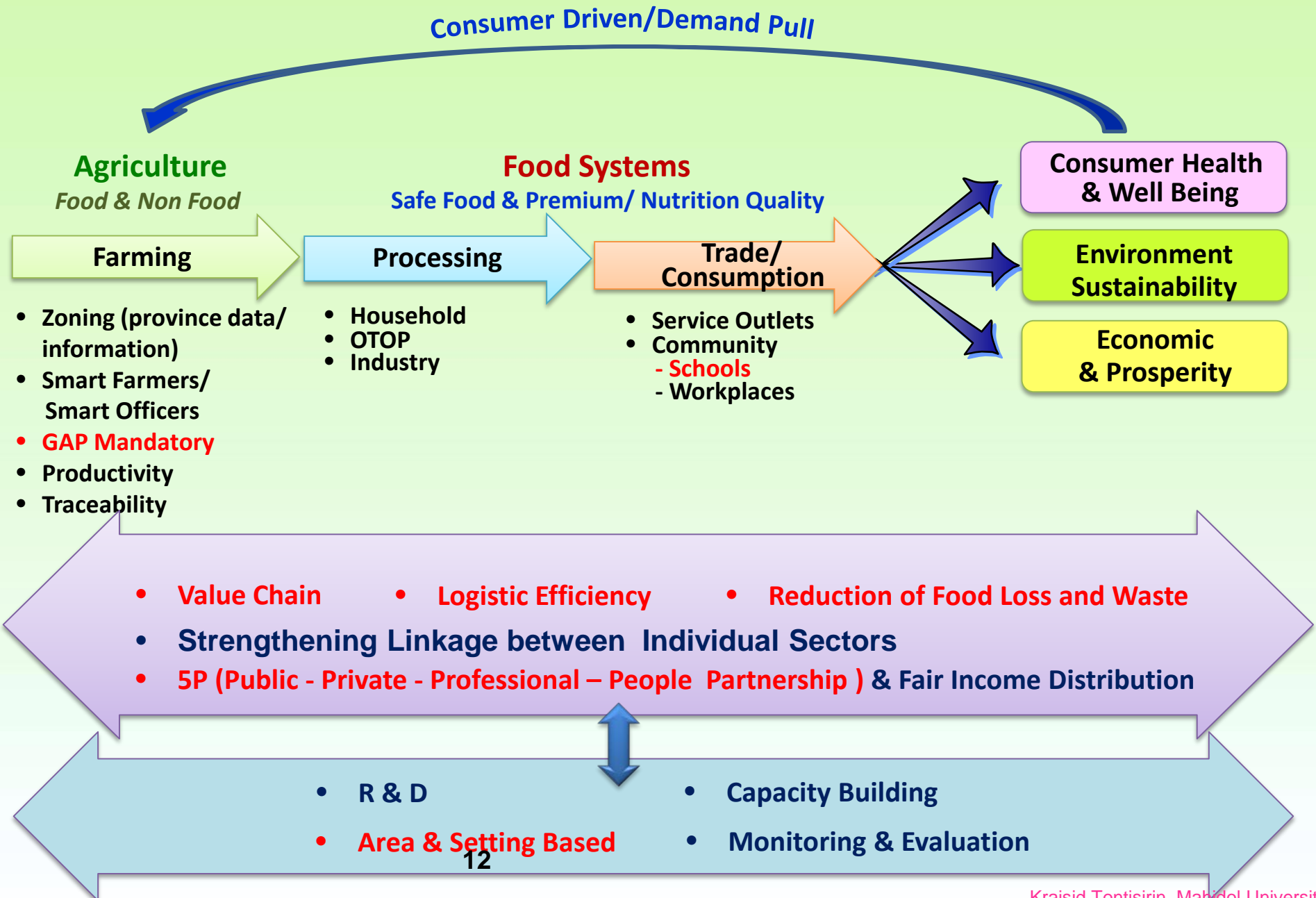
# National Food Committee



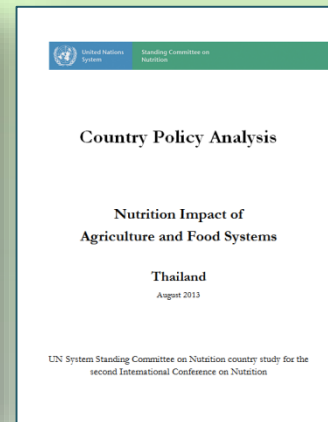
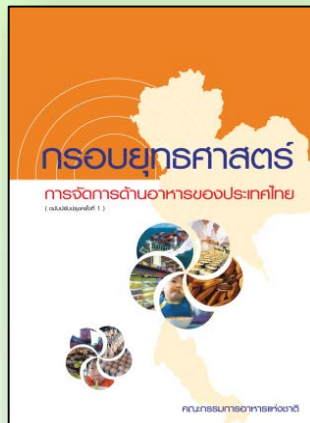
## Str Framewk for Food Mgt (SFFM)

- Multi-stakeholder approaches
- SFFM covers: Food Security, quality & Safety, Education & research, and Management
- Linking of food, nutrition & health implemented at central & community levels for nutrition and p/c of NCDs
- Roles of agriculture and food systems:
  - .Ensuring nutritious and safe food supply i.e fruits & veg; low sugar, fat & sodium food; legume & fishes, milk ...etc
  - .Facilitation of trade and tourism
  - .Caring of environment & sustainable agriculture.

# Holistic Approach for Food Management in Thailand



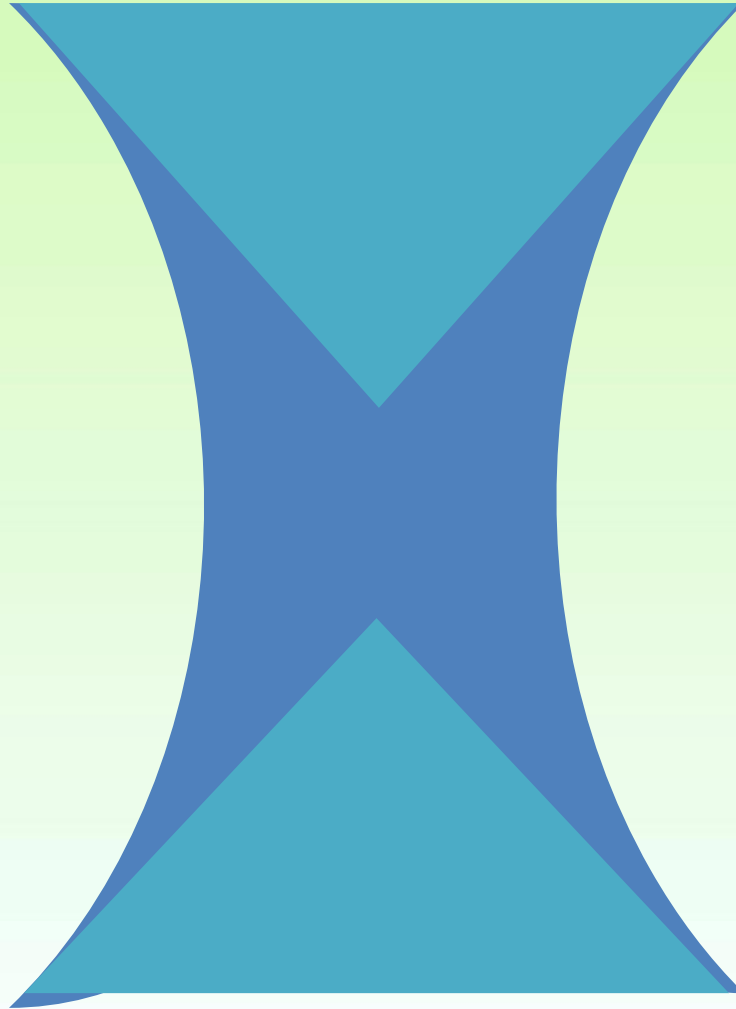
# Key Elements of Strategic Framework for Food Management in Thailand



Prepared by  
The Secretariat of The National Food  
Committee

# Strategies/actions to prevent and control of malnutrition

- **Supplementation** with food/micronutrients
- Food **fortification**
- Food regulation/food law
- Food and Nutrition **education**/communication
- Right to food (and nutrition)
- **Food based approach**: ensuring food security/consumption of safe and nutritious food
- **Public health measures**: basic services, immunization, sanitation, water supply, deworming
- **Community based** (integrated) approaches
- Others: M&E, R&D, Capacity Building (CB)





# Community based program for food and agriculture

## Minimum Basic Services (Agr. Extension, Education, Health)

### Menus (Activities)

- Well managed Cooperatives
- Smart farmers/ farming
- Appropriate technologies
- GAP
- Basic hygiene and sanitation
- Application and Tele agriculture
- Food and nutrition education
- Food processing
- E-commerce
- Other activities

### Supportive System

- Training
- Funding
- Problem Solving
- Supervision

### Interface

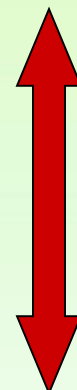
(service providers and community leaders)

- Plan/goals
- Implementation
- Monitoring/evaluation

Community Leaders  
Family  
Individual

→ Facilitators

→ Volunteers  
(1:20 households?)



Productivity of high quality, nutritious and safe food

# Global Nutrition Targets 2025 in 2012 WHA Resolution 65.6

- achieve a 40% reduction in the number of children under-5 who are **stunted**;
- achieve a 50% reduction of **anaemia in women** of reproductive age;
- achieve a 30% reduction in **low birth weight**;
- ensure that there is no increase in **childhood overweight**;
- increase the **rate of exclusive breastfeeding** in the first 6 months up to at least 50%;
- reduce and maintain childhood **wasting** to less than 5%.

# Food and nutrition development require multi-system approaches



# Food regulations

**Promotion and enforcement of Codex and national food standards, guidelines and codes for food safety and quality.**

## Possible measures:

- **Nutrition labelling** of food:
  - Standard & short labelling
  - **Front of Pack Labelling: Healthier Logo** as a tool for IEC for consumers and for a better formulation of industrial foods
- **Advertising** of food aim at children
- **Quality control** of food for children in schools and other government facilities

# Food and nutrition education/ communication

- Based on **scientific evidences** of the link between diet, nutrition and health in human life course
- Promotion of **good practices** in agriculture, food supply and nutrition
- **Implement** through agriculture, health and education services system, and public

# NUTRITION FLAG



For good health

"Eat a variety of foods in appropriate amounts"



Prepared by: Working Group on Food Based Dietary Guidelines for Thai People  
Distributed by: Nutrition Div., Dept. of Health, Ministry of Public Health, 2001

## Thailand Food Guides





**Thanks for your  
attention**