Myanmar

Pediatric Hospitals, D/o Medical service
Department of Medical Research
NNC, Department of Public Health
Research Fellow
National Nutrition Program (NNC, since 1954)
"Attainment of nutritional wellbeing to support health and longevity of live for every citizen "

The ways forward

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

NPAFN (Direct & Indirect Nutrition) by Multisectoral approach

Direct Nutrition by Primary Health care approach

Comprehensive Approach for 2030 SDG targets
National Nutrition Centre, DoPH

**Functions**
- Nut. Interventions, S& E
- Training & education
- Nut. Surveillance
- Nut. Lab
- Office work

**New Organization set up**
- At central level (56 p)
- State/ regional level (7 p each)
- Just approved to expand to District level & Township level
# Nutrition targets

<table>
<thead>
<tr>
<th>Indicator</th>
<th>SUN (by 2020)</th>
<th>Global (by 2025)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunted under-five children (35.1%, 2009)</td>
<td>30% reduction</td>
<td>40% reduction (21%)</td>
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<tr>
<td>Wasted under-five children (7.9%, 2009)</td>
<td>&lt; 5%</td>
<td>Less than 5%</td>
</tr>
<tr>
<td>Low birth weight (8.6%, 2009)</td>
<td>20% reduction</td>
<td>30% reduction (6%)</td>
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<tr>
<td>Overweight &amp; obesity under 5 Children (2.6%)</td>
<td>No increase</td>
<td>No increase</td>
</tr>
<tr>
<td>EBF upto 6 m (23.6%)</td>
<td>At least 40%</td>
<td>At least 50%</td>
</tr>
<tr>
<td>Anemia in RAW (45%, 2001)</td>
<td>40% reduction</td>
<td>50% reduction (23%)</td>
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</tbody>
</table>
Some progress on reducing **Stunting**: 3 countries on course to meet World Health Assembly Targets for 2025

![Prevalence of under-5 stunting (%)](chart)

<table>
<thead>
<tr>
<th>Country</th>
<th>Year</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thailand</td>
<td>2012</td>
<td>16</td>
</tr>
<tr>
<td>Malaysia</td>
<td>2006</td>
<td>17</td>
</tr>
<tr>
<td>Viet Nam</td>
<td>2013</td>
<td>19</td>
</tr>
<tr>
<td>Brunei Darussalam</td>
<td>2009</td>
<td>20</td>
</tr>
<tr>
<td>Philippines</td>
<td>2013</td>
<td>30</td>
</tr>
<tr>
<td>Cambodia</td>
<td>2014</td>
<td>32</td>
</tr>
<tr>
<td>Myanmar</td>
<td>2009</td>
<td>35</td>
</tr>
<tr>
<td>Indonesia</td>
<td>2013</td>
<td>36</td>
</tr>
<tr>
<td>Lao People's Democratic Republic</td>
<td>2011</td>
<td>44</td>
</tr>
<tr>
<td>Singapore</td>
<td>2012</td>
<td>0</td>
</tr>
</tbody>
</table>

- **On course**
- **Off course, some progress**
- **Off course, no progress**
- **Not enough data to make assessment**
National Plan of Action for Food and Nutrition (NPAFN) => National SUN plan

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 SAM with RUTFs
   + VB1 control program

Nutrition Sensitive Interventions (Indirect Nutrition interventions)

Health
WASH
Agriculture
Food
Livelihood
Education

Governance
Research (Biocofrtification, increasing yields of nutrient-rich foods)
Increasing policy coherence

C4D, BCC, Media
Making progress - Liguria prize for Joint Nut. Support

Program thru’ PHC approach (1991)

Increasing Government budget for H including Nutrition

Order of marketing of Formulated foods for infant and young child (22/14) & strengthening BFHI

Sub –national (SUN) Integrated plan for Nutrition improvement

Extension of maternity leave

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

Home fortification with MN sprinkles

Upgrading Nut lab

Initiation of rice fortification

Birth defects surveillance
M & E

• Monitoring by
  – HMIS reports, Nut. Promotion Month reports
  – Supportive supervision
  – Nut. Surveillance at S/R capital cities
    • Food availability & consumption data
    • 0-18 y Nut. Status
    • Diet survey

• Annual evaluation
  – Com. H Care evaluation
  – Annual report /evaluation by S/ R NT
M & E (cont)

- Surveys
  - Formative, operational, impact studies by NNC
  - Nut. Surveys
    - DHS (2016, every 5y)
    - Nutrition Research (Basic, Applied, Social Science)
      by DMR
  - Preparatory phase of Micronutrient & Food consumption survey
Thank you for attention