

## Minutes of the 53<sup>rd</sup> Nutrition Working Group Meeting

14:00 – 16:30

Wednesday, 13 September 2017

Venue: National Institute of Nutrition

1. Introductions
2. Programme updates
  - 1) Updating process of NPAN approval
  - 2) Preparing HPG meeting
  - 3) Introducing slogan for nutrition and development week
  - 4) Lesson learnt from the NIN 2017 assessment survey on disaster situation and damage recovery
  - 5) Review of nutrition policies on ethnic children
  - 6) Updating current status of Little Sun e-learning program
  - 7) Review of Food security and Nutrition model for ethnic children
3. Discussion and AOB

### Discussion and Action points:

Agenda item	Discussions	Action points
<b>1. Introduction</b>	<b>Raising the main agenda above for today's discussion by Dr Mai (NIN)</b>	
<b>2. Programme updates</b>		
<b>1) Updating process of NPAN approval</b>		
	<p><b><u>Dr. Phuong (NIN)</u></b> The proposed period of NPAN was initially 2017-2020, which is only about 3 years left from now on. The Vice Minister of Health requested to extend the period to 2025. It is in line with other health proposals of the MOH submitted to the government. New Objectives were updated for the period 2017-2025. The Minister of Health, Madam Nguyen Thi Kim Tien, already signed the submission of the NPAN to the Deputy Prime Minister for endorsement.</p> <p>The first 1000 days with multi-sectoral coordination was highlighted with the priority in the disadvantaged area to control stunting, overweight, obesity, and NCD, to improve</p>	

quality and quantity of population diet especially for the ethnic minorities in the rural or mountainous area to close the gap between the malnourished and the nourished.

- There is an addition of the indicator- the optimal goal of the height for adults.
- The prevalence of overweight and underweight should be kept at 5% in rural and at 10% in urban areas.
- There were 6 objectives previously, but now they are combined and decreased to 5 objectives.
- Guidelines on the reduction of stunting were given to the different levels ranged from the institution to the grassroots level. Strengthening multi-sectoral collaboration was highlighted with some solutions on the techniques on food fortification, school nutrition, etc.
- Technical guideline is developed at the facility to improve capacity for nutrition surveillance system and M&E technical solution.
- Resources available are from the grassroots level to the specialised academic level and media. Financial resource from the government is only for the regular spending, otherwise more ODF funding should be requested as well as additional funding from international governments, insurance sectors and social mobilisation.
- Implementation strategies are strengthened for nutrition activity using mobile technology and internet-basis platform.
- The estimation for other investment sources is from 63 provinces, in the presence of the new proposal for the ECD, not only from the health sectors but also from other sectors.
- Exclusive breastfeeding should be promoted to at least 50%.

**Dr. Quang (UNICEF)**

- Quang questioned to clarify if the submission of the NPAN was together with a guidance/directives on the establishment of multi-sectoral coordination committee. Despite the discussion and expectation of the whole drafting team from the early stages, it is anticipated that a National Coordination Body, on a national mechanism for collaboration, will not be approved. There is no report on this, because the central government doesn't want to establish such a co-ordination body to avoid an excessive bureaucracy. Thus, the concern remains on how effectively the multi-sectoral collaboration would work on the implementation of NPAN.

	<p><b><u>Dr. Phuong (NIN)</u></b></p> <ul style="list-style-type: none"> <li>• This is a multi-sectoral plan. It can take time to develop an effective coordination mechanism framework. The Plan has to stay simple. If it is too technical and health-focused, other sectors cannot catch the meanings of all technical terminology. That has been a basis of the development of the indicators for the multi-sectoral plan; simple, easy to be understood by different ministries.</li> <li>• Different age group ranges were set on the pick of the height for an adult. There is no target, because the pick of the height changes each year.</li> <li>• At a provincial level, the presence of the Provincial People’s Health Committee will take the role of multi-sectoral collaboration in implementation of the NPAN.</li> <li>• At the national level, the MOH will be the focal point for the multi-sectoral committee.</li> </ul>	
<p>2) Preparing for SUN launching and HPG meeting  3) Introducing slogan for nutrition and development week  4) Lesson learnt from the NIN 2017 assessment survey on disaster situation and damage recovery</p>		
	<p><b><u>Ms. Phuong (UNICEF)</u></b></p> <ul style="list-style-type: none"> <li>• UNICEF would send two letters: one to Minister of Health to thank her for approval of the submission of the NPAN to Deputy Prime Minister Office and request the leadership in the SUN launching and another letter to Deputy Prime Minister, Vu Duc Dam on endorsement of the NPAN, which will be followed by SUN launching. We are working on the date and will update members of NWG when the date is confirmed.</li> <li>• NIN and UNICEF had a meeting with HPG secretariat and WHO to discuss the organisation of upcoming HPG meeting with a theme on “nutrition”. It was agreed that the HPG meeting will be organised after the SUN launching is held. The objectives of the HPG meeting are: <ol style="list-style-type: none"> <li>1. To introduce the National Plan of Action for Nutrition, which was signed by the Deputy Prime Minister</li> <li>2. To introduce about the SUN (Scaling Up Nutrition) movement – how SUN principles can support the implementation of the Plan</li> <li>3. To mobilise Deputy Prime Ministers’ commitments to support the Plan implementation and to raise the awareness of the whole society on the importance</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• <u>UNICEF and NIN to update the dates and preparation for SUN launching and HPG meeting</u></li> </ul>

of investing in nutrition.

**Ms. Phuong ( Nutrition education department – NIN)**

***Introducing slogan for nutrition and development week: World Food Day 2017 – October 16-23***

- Ensuring food security and developing nutrition strategies to reduce the impact of climate change in children and women.
- **Theme of nutrition and development 2017: sustainable development for nutrition.**
- **Messages:** caring children for early nutrition in their first 1000 days to grow them in optimal physical and mental health.
- Main activities with nutrition and development media campaign.
- Sending the content and guidance of implementation activities to local health centre system for invitation.

**Dr. Quang (UNICEF)**

- The slogan aligns with the Global Conference on food security especially focusing on minority population
  1. VAC (Vitamin A capsule supply)
  2. 1000 days – reduction of malnutrition
  3. Physical activities (obesity reduction )
  4. Disaster prevention
- The coverage of the topics is a bit extensive and too much to be completed within 1 week. It is advised to make it clear on who would be the main audiences and to narrow the objectives and activities. The covering areas should be more focused.

**Nhat (FAO)**

- Too many events and repeated slogan – the slogan should be specific, more focused and distinct from other campaign, not repeating slogans from other campaigns.

**Dr. Son (NIN)**

***Review of Food security and Nutrition model for ethnic children***

Disasters such as flood and storm in Vietnam are coming to the northern Vietnam due to

- NIN to be the focal point for this activity and keep members of NTWG involved in the campaign and updated on the results

	<p>climate change. <i>Lesson learnt from this severe situation will be shared now:</i></p> <ul style="list-style-type: none"> <li>• Provincial data on damage of human, injuries, death, houses, agriculture, school, in Son La and Yen Bai were collected to provide how to support these provinces affected by the natural disaster. This will be a long term consequences to recover.</li> <li>• After a month of draught, the road were destroyed and it is still difficult for citizen to commute. Affected number of women, children under 5, and children under 2 were surveyed.</li> </ul> <p><b>Quick Strategies</b></p> <ul style="list-style-type: none"> <li>• Electricity system destroyed but expected to recover it by early September.</li> <li>• Some instant noodles were supplied. – Refusal of repetition.</li> <li>• Imbalance of the diet – people don't like variety of foods as well.</li> </ul> <ul style="list-style-type: none"> <li>• Assessment of the two districts revealed that underweight and stunting prevalence are all high in the selected districts indicating economy burden and acute malnutrition.</li> <li>• Lao Chai district had the highest prevalence of wasting. Securing enough meal per day before and after the disasters is important with HEBI supported by NIN.</li> <li>• Food availability has been reduced and 74% had to move to the new places. Poor hygiene, lack of water, immunisation rate, and Acute Respiratory Infection rate were high as 25 % in one district.</li> <li>• This survey will become a basis on the nutrition efficiency program for giving multivitamin, and training on food security and hygiene.</li> <li>• This survey will help assess prolonged consequences and effectivities of the current interventions.</li> </ul> <p><b><u>Dr. Quang (UNICEF):</u></b></p> <ul style="list-style-type: none"> <li>• This is the first time that NIN shared the report of the rapid assessment on micronutrient supplement within one month after the assessment was conducted. Previously, it was very common for the assessment report to be sent out very late, often 2-3 months after the completion of field assessment. However, one month is still late compared to the usual and optimal time it takes - 3 days to a week after</li> </ul>	<ul style="list-style-type: none"> <li>• <u>NIN to report on the monitoring of the distribution of the nutrition supplements, which NIN already provided to the target women and children in affected communes.</u></li> </ul>
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	<p>the completion of assessment.</p> <ul style="list-style-type: none"> <li>• NIN should carefully monitor the distribution of the nutrition supplements that NIN has already provided to the target women and children in the affected communes. This is important to ensure that the interventions are in line with the standards, since multiple micronutrient supplementation is a comprehensive intervention.</li> <li>• There were 22 members of nutrition emergency working group, who received basic training on emergency nutrition, temporally led by NIN (and co-led by UNICEF). All members are in the mailing list of Nutrition Technical Group. It is requested for the working group members to pay more attention in all the reports /messages sent out regarding emergency nutrition, and to response to this when receiving messages to call for comments/inputs or actions from the group. A rapid assessment report is only useful when it is timely to trigger immediate actions, otherwise it does not fit for the purpose.</li> </ul>	
<p><b>5) Updating current status of Little Sun e-learning program</b>  <b>6) Review of nutrition policies on ethnic children</b></p>		
	<p><b><u>Dr. Phuong (NIN)</u></b>  <b><i>Updating current status of Little Sun E-Learning Programme</i></b></p> <ul style="list-style-type: none"> <li>• Online e-learning Nutrition Class is free for community health workers and people working at the facilities. The programme was edited by NIN and lectured in Vietnamese. The whole programme has 20 lessons and 40 hours of teaching, with a little fee to manage the programme. The programme can be accessed through a smartphone app ‘Infant and young child feeding (in Vietnamese)’.</li> <li>• On the 31 of August, the introductory letter to the provinces to register was sent out to IYCF counsellors and any interested health workers in provincial health centres and commune health centres.</li> <li>• NGOs also have a training in this way.</li> <li>• NGOs which already developed the technical guidance will be able to extend the content and extend the target audience – to increase the coverage and decrease cost of training.</li> </ul> <p><b><i>Review of nutrition policies on ethnic children</i></b></p> <ul style="list-style-type: none"> <li>• Save the Children Bangkok region suggested the review of our nutrition policies and nutrition-related polices especially on ethnic minority children.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Save the Children, World Vision and NIN co-organised the review process and situation analysis of nutrition policies on children under five.</li> <li>• The proposal is already submitted to the WHO to improve nutrition status of ethnic minority children under 5. NIN developed a proposal and submitted to MOH and WHO to act on this proposal.</li> <li>• All official documents related to nutrition policy to target the ethnic minority children are reviewed. The future activities are organisation of meeting for selecting what official documents to review, drafting summary report, and meeting with experts from multi-sector to receive comments on the report before finalisation. Involvement of multi-sectors will expand the policy area to other sectors including agriculture, education, and social welfare.</li> <li>• After a systematic review process, NIN will summarise it and organise several workshops with the partners to receive comments from the NTWG members and other experts.</li> <li>• Ethnic minority will participate in the development process of the new nutrition policy.</li> <li>• It is important to decide the title of the workshop to review the nutrition policy with clear objectives. Qualitative surveys are also possible if funding is allowed.</li> <li>• The final aim of the policy review process is to revise and develop a suitable model.</li> <li>• MOH asked Dr. Phuong (NIN) to write the first chapter on development and promoting health related to infectious disease and non-communicable disease after reviewing the nutrition policies including ‘nutrition for the first 1000 days’, school nutrition, nutrition for NCD, nutrition for adults, nutrition for elderly, and marketing food especially of ethnic minority.</li> <li>• Based on the objective, the documentation should be holistic involving all the collaborative works with different sectors.</li> </ul> <p><b><u>Mr. Matthew (Ryerson/NIN)</u></b></p> <ul style="list-style-type: none"> <li>• Is the focus of making this app on the smartphone or just on the website?</li> <li>• Would the app be used for counselling as well in the future?</li> </ul> <p><b><u>Dr. Phuong (NIN)</u></b></p>	<ul style="list-style-type: none"> <li>• <u>NIN to share the draft of first chapter on development and promotion of health related to infectious disease and non-communicable disease after reviewing the nutrition policies</u></li> </ul>
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	<ul style="list-style-type: none"> <li>• App is for teaching only for now, but later it will also be used for counselling as well. UNICEF is working on the mobile-based health information system. We will discuss further this matter and update to our group members.</li> </ul>	
<b>7) Review of Food security and Nutrition model for ethnic children</b>		
	<p><b><u>Ms. Nga (Health bridge)</u></b>  <b><i>Review of Food security and Nutrition model for ethnic children</i></b>  <b><i>Diversity Club: a successful innovation to scale-up:</i></b> improving dietary diversity and diet quality through systems innovation: a pilot study in Vietnam involving home gardening in mountainous areas.</p> <ul style="list-style-type: none"> <li>• <u>Nutrition interventions - 1 year of randomised cluster control trial 2015- 2016 in Son La province in Western districts. 177 children were included</u></li> <li>• <u>Diversity Club meetings were organised by village health worker who are trained for capacity development.</u></li> <li>• Indicators for assessment were consumption of nutrient rich food groups, food and nutrient intakes, diet variety diversity, EAR of iron and vitamin A, and mean intakes of vitamin A rich fruits and vegetables.</li> <li>• Diversity Club meetings facilitated by village health workers delivered cooking demonstration in a Diversity Club meeting.</li> <li>• Farmers were encouraged to keep the first seeds to plant for the next year. The demonstration included how to cook the complementary foods for children from the locally available foods. Although many women thought that they don't have time to cook, it is not really time consuming for cooking and actually quite simple to diversify the number of food sources.</li> <li>• Many of the participants in this study speak Thai language, thus translation of language was needed in the education session.</li> <li>• Participation increased the meeting progresses, mean quantity of promoted food groups consumed by children in gram per day increased after 7 sessions of participation by the mothers.</li> <li>• The level of iron and zinc also increased as well which were not indicators of intervention. The level of vitamin A and folate, which were indicators, increased</li> </ul>	



	<p>as well.</p> <ul style="list-style-type: none"> <li>• The percentage of children reaching Minimum Dietary Diversity requirement also increased.</li> </ul> <p><b>Conclusion:</b></p> <ul style="list-style-type: none"> <li>• Food and nutrition knowledge has improved as well as diversity of diet of 1-2 year old children and women.</li> <li>• Potentially this project can be scaled up to other parts of the countries by working with other health and nutrition research groups. This approach can be adapted to other ethnic minority after researching on their own culture and language of different ethnic minorities. Recipe can be simplified for ease of cooking.</li> </ul>	
<b>3. Discussion and AOB</b>		
	<p><b><u>Dr. Friday (UNICEF)</u></b></p> <ul style="list-style-type: none"> <li>• There are many policies present, but it is not certain whether they all really work. This research will provide some evidence on the efficacy and feasibility of this pilot programme to develop a national programme.</li> </ul> <p><b><u>Ms. Phuong (UNICEF)</u></b></p> <ul style="list-style-type: none"> <li>• There has been a few requests from a private sector to become a member of NTWG. NTWG purely works for the public health. Addition of private sectors may bring conflicts of interest. To screen for members of the nutrition working group in the future, there should be criteria on the memberships. Individuals or organisations working for baby food companies are not recommended to be a member of NTWG due to a conflict of interest.</li> <li>• Certain mechanism is needed to screen the private sector before letting them participate in our meeting.</li> <li>• It should be considered that if there is a need to create a new group/ forum for them or if it is acceptable to share the same group/ forum with them.</li> </ul> <p><b><u>Dr. Friday (UNICEF)</u></b></p> <ul style="list-style-type: none"> <li>• The involvement of the private sector is a very sensitive issue. For example, private sector may propagate or promote breastmilk substitutes. There should be a</li> </ul>	

debate on whether the NTWG would allow this or not.

**Dr. Tuan (A & T)**

- Because of the conflict of interest - including sugar company - not only private sector but if any other sectors have a chance to involve in, they also have their opinion to share for certain activities, but also they have to be informed by our activities.

**Dr. Phuong (NIN)**

- The private sector should be taken into account. SUN also encourages the involvement of private sector through SUN business network. Currently, other sectors are not involved in our NTWG meetings. A level of sharing can be considered to private sector if they involved.

**Dr. Friday (UNICEF)**

- Private sector is a part of the nutrition network and has to be taken into account. The discussion with MOH should be made on how to engage the private sector into our nutrition group meaningfully.
- Following the SUN Launching event, there will be an HPG meeting. HPG meeting is critical one, so full participation is encouraged for much higher level of advocacy.

**Ms. Phuong (UNICEF)**

- Private sector does not mean every companies are eligible to join SUN business network. A criteria to screen and accept the memberships is conflict of interest and the purpose of our partnership with them should be clearly set. If there is conflict of interest, what are our expectations from the partnership with the private sector?
- Next meeting would take place before the SUN launching. The 11<sup>th</sup> of October is a tentative date for the next 54<sup>th</sup> NTWG meeting.

## Attendees

No	Organization	Name	Email
1	Dr. Friday Achilefu Nwaigwe	UNICEF	<a href="mailto:fnwaigwe@unicef.org">fnwaigwe@unicef.org</a>
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8	Matthew Brown	Ryerson/ NIN	
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