

INTERNATIONAL SYMPOSIUM ON  
**Understanding the Double Burden of  
Malnutrition for Effective Interventions**

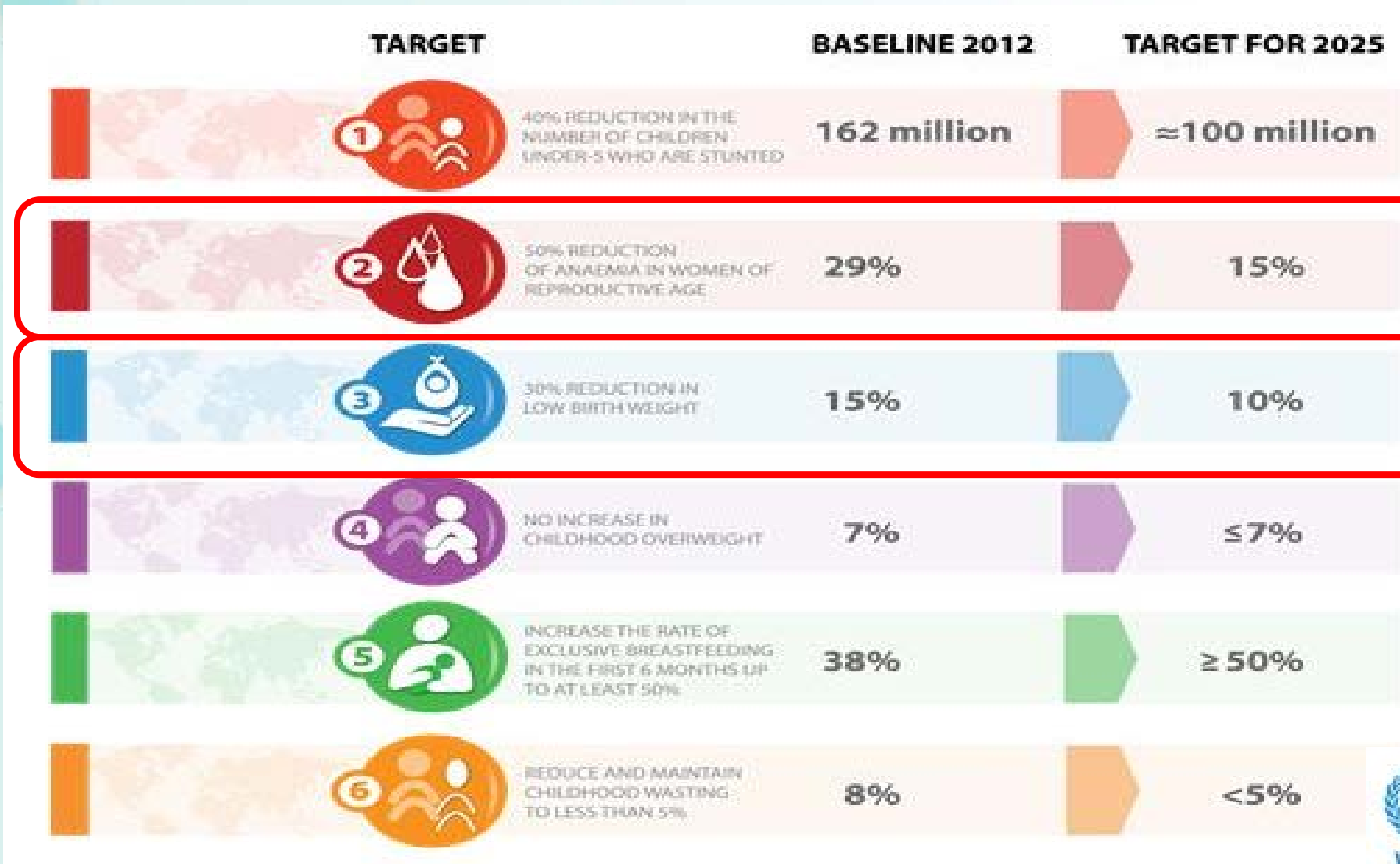
# Maternal Nutrition in Western Pacific Region

Dr. Juliawati Untoro  
Technical Lead Nutrition  
WHO Regional Office for Western Pacific

# COUNTRIES AND AREAS OF THE WHO WESTERN PACIFIC REGION



# Global Nutrition Target 2025

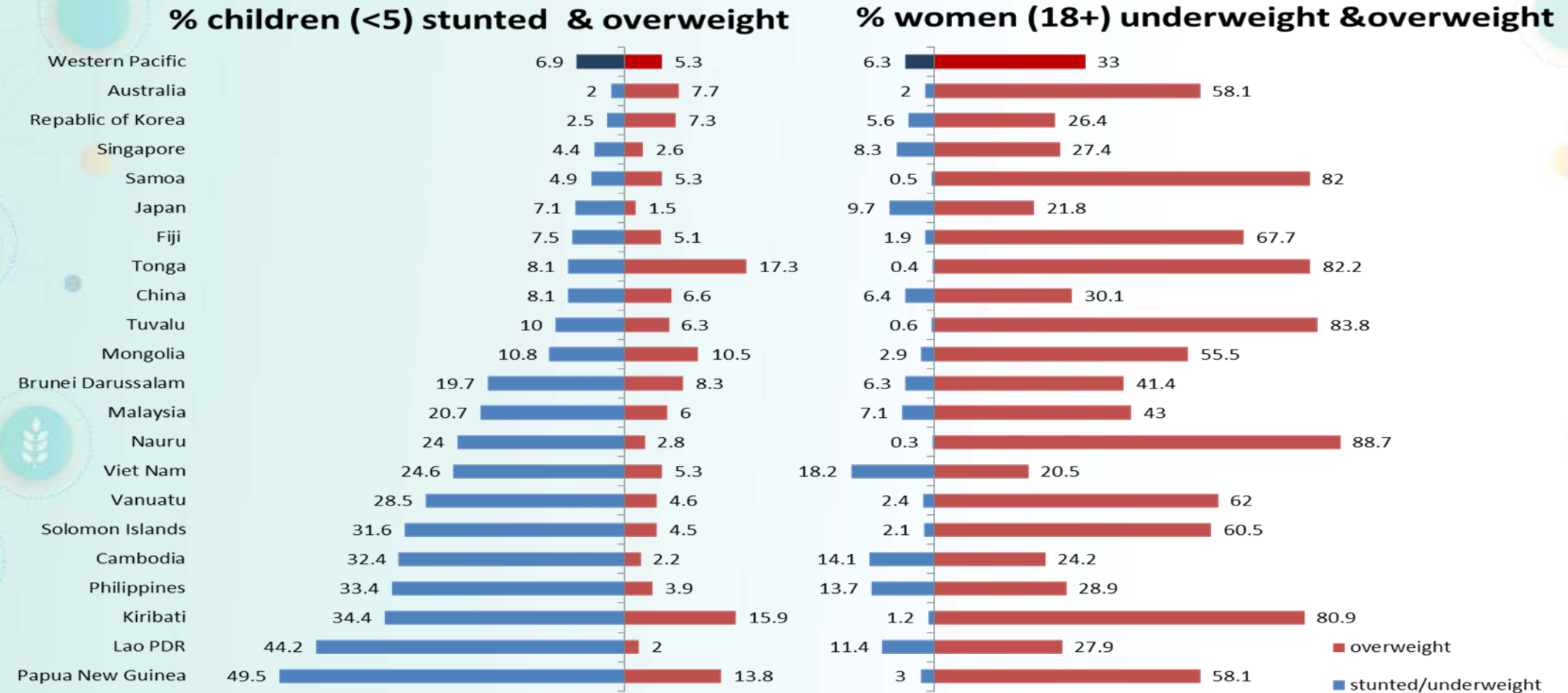


# Global NCD Voluntary Target 2025

- **Target 4:** A 30% relative reduction in mean population intake of salt/sodium.
- **Target 7:** Halt the rise in diabetes and obesity.



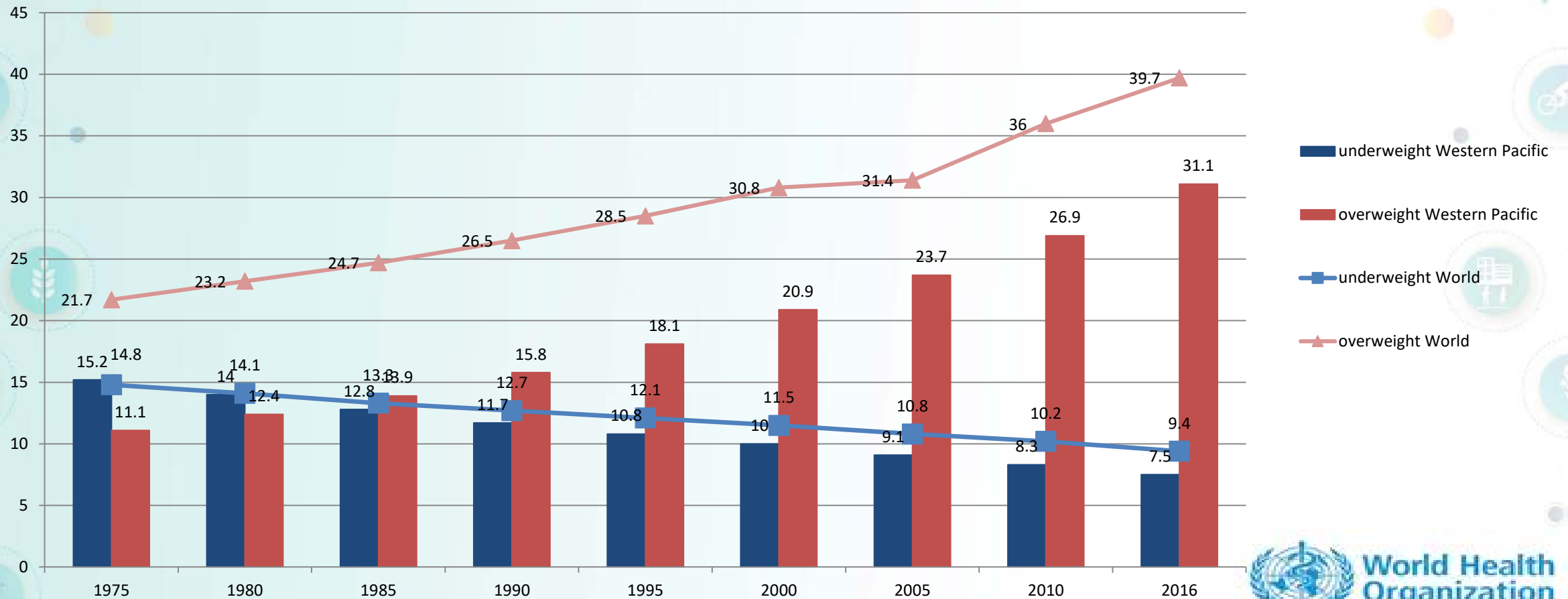
# Double Burden of Malnutrition affects most countries in the region



Source: UNICEF/WHO/WB(2018), WHO; GHO(2018), WHO; GHO(2017)

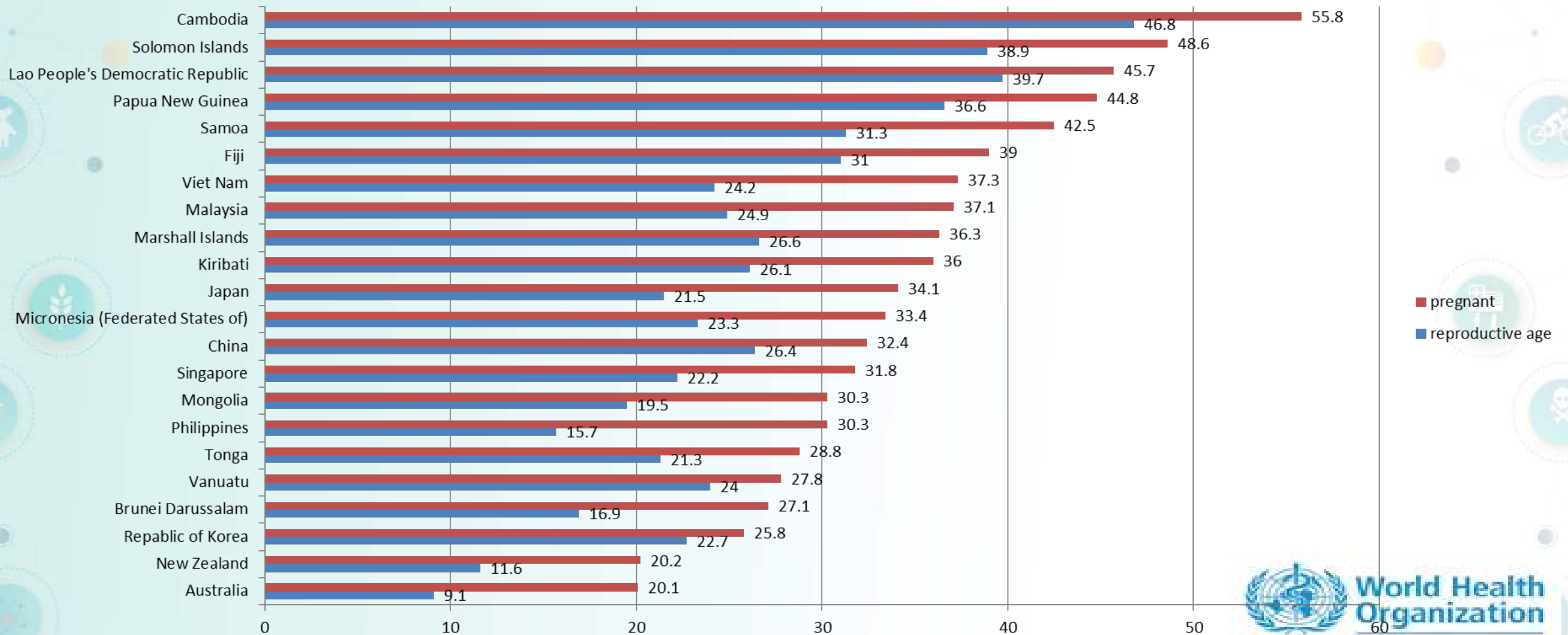
# Trend of DBM among Women in Western Pacific (18+ years)

Trends, % underweight & overweight among women (18+)



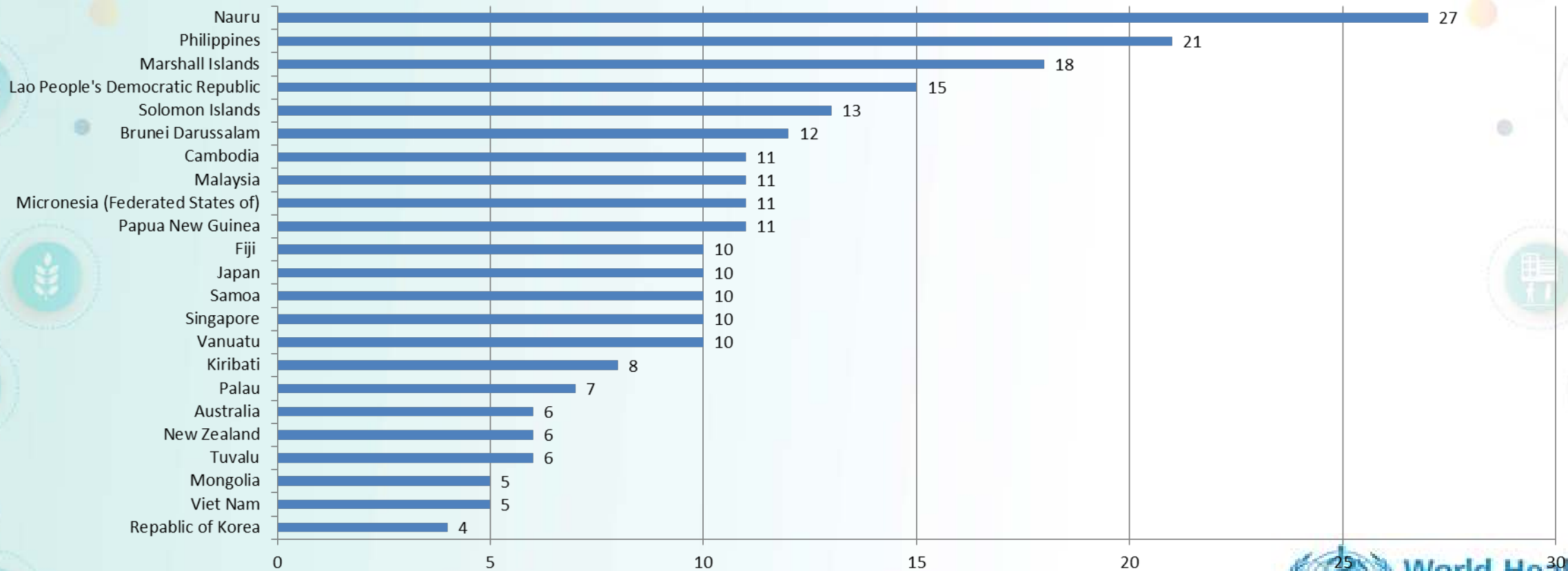
# Prevalence of Anaemia

% anemia in pregnant and reproductive age women



# Low Birth Weight Rate

low birthweight rate (%)





# Interventions to address maternal Nutrition

## Nutrition Specific Programmes

- Supplementation (micronutrient, energy/protein)
- Fortification
- Nutrition education and counselling

## Nutrition Sensitive Programmes

- Food security
- Water, sanitation & Hygiene strategies
- Reproductive Health
- Women's empowerment
- Disease prevention and control

# Service delivery platform

- **Primary health care system & ANC**
- **Community-based programs**
- **Campaigns (i.e. child health days)**
  - Settings where service outreach is very limited
- **Emergency assistance**
  - Fortified food supplements for pregnant women
- **Social protection/Safety net programs**
  - Targeted cash and/or food supplementations
- **Agriculture sector**
- **Education**

# Programmatic Challenges

- Lack of coordination
  - Lack of policy coherence
  - Poor integration of programme design and implementation.
  - Uncoordinated community based systems
- Lack of resources: financial and human resources.
- Weak supply and distribution systems
- Lack of demand
  - Low compliance
  - Low utilization of ANC, late during pregnancy
- Barriers to access
- Inadequate monitoring.

# Key actions to address maternal nutrition

Program Areas	Scope
<b>Adolescent health and nutrition</b>	<ul style="list-style-type: none"><li>• Reduction of early pregnancy: Inclusion of family planning as part of comprehensive package of interventions targeting adolescent girls</li><li>• NCD prevention</li></ul>
<b>Quality of maternal and newborn care</b>	<ul style="list-style-type: none"><li>• Initiatives to improve quality of care during pregnancy, childbirth and first 28 days of life</li></ul>
<b>Equitable access to primary health care</b>	<ul style="list-style-type: none"><li>• Strengthening primary health care platforms to deliver core packages of multi-sector interventions and services for maternal nutrition</li></ul>
<b>NCD prevention</b>	<ul style="list-style-type: none"><li>• Integrated health and nutrition programs addressing key risk factors for NCDs (nutrition, physical activity)</li></ul>



# Summary

- The progress on key maternal nutrition indicators over the past two decades have been slow. Most countries in the Region are off-track of global targets.
- Evidence based interventions exist which can make a difference to maternal and fetal nutrition and also impact on LBW.
- Scale up maternal nutrition interventions as part of an integrated health service delivery system is needed.
- Double-duty actions such as integration of counselling on maternal diet and weight gain during pregnancy as well as monitoring of progress in maternal nutrition, into the existing health system service delivery should be strengthened.
- Most countries, interventions have been focusing on children and women. Addressing the nutrition needs of adolescents could be an important step towards breaking the vicious cycle of intergenerational malnutrition.

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**THANK YOU!**

