FrieslandCampina

Institute
for dairy nutrition and health

New research for a positive impact on tomorrow's society

RESULTS OF SEANUTS II

Purpose

The SEANUTS II study aims to provide up-to-date information on the nutritional status, dietary intake, and lifestyle behaviours of children in the Southeast Asian region.

How SEANUTS II builds on SEANUTS I

Next to measuring dietary intake, nutritional status and environmental circumstances, we also looked at dairy intake, physical fitness levels, blood analysis and the impact of COVID-19.

Importance of nutrition

Good nutrition plays a vital role in supporting childhood growth and development. The world makes progress in improving some forms of malnutrition, but is not on track to achieve any global nutrition targets by 2030.[1] That's where SEANUTS II comes in. Its findings will help develop targeted nutrition programs and solutions.

S·E·A·N·U·T·S II
SOUTH EAST ASIAN NUTRITION SURVEYS

Academic partners

Principal Investigators from leading universities, together with their expert teams and local mobile field teams, were responsible for study design and data collection.

National Institute of Nutrition, Vietnam

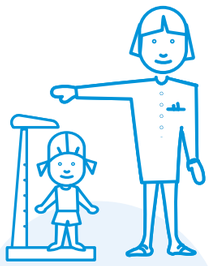
Mahidol University, Thailand

Universiti Kebangsaan Malaysia, Malaysia

University of Indonesia, Indonesia

Participants

Nearly 14,000 children aged between 6 months to 12 years were recruited from urban and rural schools, commune health centers and sub-district administrative organisations.



Impact of SEANUTS I

Results of SEANUTS I led to development of dairy products that meet the nutritional needs of children, initiation of school milk programs and better partnering with governments to encourage a well balanced diet and active lifestyle.

First results of SEANUTS II. More results will be available soon!

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Key outcomes

OVERVIEW OF THE FIRST RESULTS FROM THE SEANUTS II COUNTRIES; INDONESIA*, MALAYSIA*, THAILAND AND VIETNAM

Results show a 'triple burden' of malnutrition; the coexistence of undernutrition, micro-nutrient deficiencies and overweight and obesity.

Stunting

IN CHILDREN YOUNGER THAN 5 YEARS OLD

Stunting (impairment of growth) is a primary manifestation of malnutrition and is especially prevalent in young children. Children with stunting are at risk of poor child development, poor school performance, and reduced intellectual capacity.[2]

Indonesia: **1 in 3.5**

Malaysia: **1 in 7**

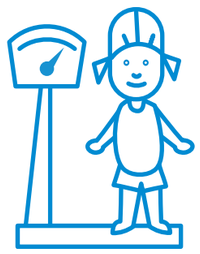
Vietnam: **1 in 10**

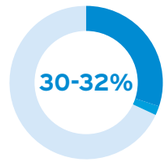
Thailand: **1 in 16**

Overweight & obesity

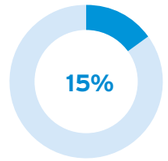
IN CHILDREN 7 - 12 YEARS OLD

Childhood obesity is associated with higher chances of obesity in later life.[3&4] Being overweight or obese is a risk factor for developing non-communicable diseases, like cardiovascular diseases and diabetes. [3&4]





In Malaysia, Thailand & Vietnam 30-32% of children aged 7 - 12 years are overweight or obese.

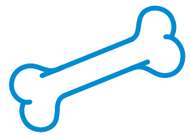


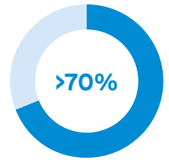
In Indonesia 15% of children aged 7 - 12 years are overweight or obese.

Calcium & vitamin D**

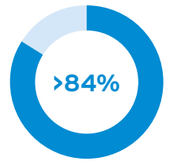
IN CHILDREN 0.5 - 12 YEARS OLD

The majority of all children in the four countries did not meet the Estimated Average Requirement of calcium and vitamin D. Calcium and vitamin D are important for growth and development of bones.[5] In addition, vitamin D is an important nutrient for supporting the functioning of the immune system.

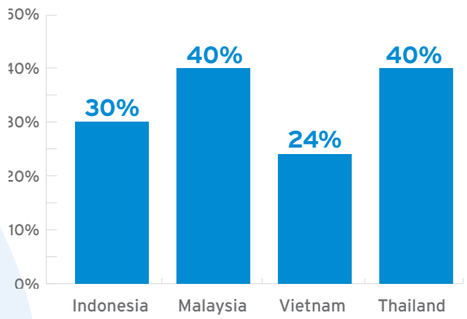




In all 4 countries >70% of children aged 0.5 - 12 years did not meet the average needs for **calcium**.



In all 4 countries >84% of children aged 0.5 - 12 years did not meet the average needs for **vitamin D**.



Anemia

IN CHILDREN YOUNGER THAN 4 YEARS OLD

Study results show that >24% of children younger than 4 have anemia. Anemia is a condition where the blood has reduced ability to carry oxygen in the body. Anemia can impact children's cognitive development, physical growth and immunity.[6]

* Results are representative for Peninsular Malaysia and Indonesia for Java and Sumatra
** Results are based on an one-day 24-hr recall

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