

Promoting Edible Garden Initiatives In Sabah : Nutritionist In Action.

Susilia Sinner

#PertandinganEdibleGardenJKNSabah #TanamSendiriJakBah

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Introduction

Based on the 2019 Poverty Line Income (PGK) : Sabah ranks first as the poorest state in Malaysia with 19.6%, compared to 5.6% of the national poverty rate.

Sabah recorded the highest incidence of absolute poverty at 25.3% - more than a quarter of Sabahans live in absolute poverty.

Source: Household Income Estimates and Incidence of Poverty Report 2020 by Department of Statistics Malaysia

Five districts in Sabah recorded the highest poverty, 2019 :

1. Tongod - 56.6%
2. Pitas- 53.6 %
3. Kota Marudu- 46.1%
4. Beluran- 45.0%
5. Telupid - 40.7%



***The three poorest districts in Malaysia are located in Sabah**

Indicator	NHMS 2015 (%)	NHMS 2019 (%)	Sasaran NPANM III (%) (pada 2025)
Prevalence of Adults Meeting Recommended Serving for Fruits and Vegetables	Sabah & Labuan : 2.0	9.0	15.0

Indicator	MANS 2014 (%)	Sasaran NPANM III (%) (pada 2025)
Prevalence of Adults Meeting Recommended Serving for Cereal, Cereal Products and Tubers Intake	44.3	65.0
Prevalence of Adults Meeting Recommended Serving for Meat, Poultry and Egg	62.3	70.0
Prevalence of Adults Meeting Recommended Serving for Fish, Fish Products Intake	30.3	50.0
Prevalence of Adults Meeting Recommended Serving for Legumes and Nuts	15.5	47.0
Prevalence of Adults Meeting Recommended Serving for Milk & Milk Products	26.7	66.0

“Sabah Nice” Community Feeding Program

Community is empowered to self-sustain, not dependent on the food aid.

Originally Inspired by:
Yang Berbahagia
Datuk Dr. Christina Rundi,
Sabah State Health Director

**At the Closing Ceremony of
Corporate Social Responsibility (CSR)
Initiative For The Rehabilitation
Programme Of Malnourished Children
(PPKZM)
between PETRONAS
and
Sabah State Health Department
For Jul 2017-Dec 2019**





The Roles of Nutritionist In Promoting Edible Garden Initiatives



Twigs & leaves :
4. Collaborate to continue growing and blooming.

Branches :
3. Assure actionable information and sources are accessible to project coordinators

Trunk :
2. Secure the commitment from vital stakeholders

Roots :
1. Provide the evidence to verify the magnitude of nutritional problems.

1. Provide the evidence to verify the magnitude of nutritional problems.



Among <5 children in Sabah : 14.1% underweight, 21.2% stunting and 7.3% wasting (NHMS, 2016)



Only 64% of the new cases receiving food basket in The Rehabilitation Programme Of Malnourished Children (PPKZM) have shown increment in body weight. (KPI PPKZM, 2021)



66% from hardcore poor, 29% from poor and 4% from B40.



87.5% of anemic antenatal mothers are from the hardcore poor, poor and B40 household who have limited ability to obtain foods high in iron, folic acid and vitamin C. (2021)



2. Secure the commitment from vital stakeholders



Appoint the Head of Family Nutrition Section in JKN Sabah as the state coordinator.



Prepare the document needed to gain official approval from the Director of Health at JKN.



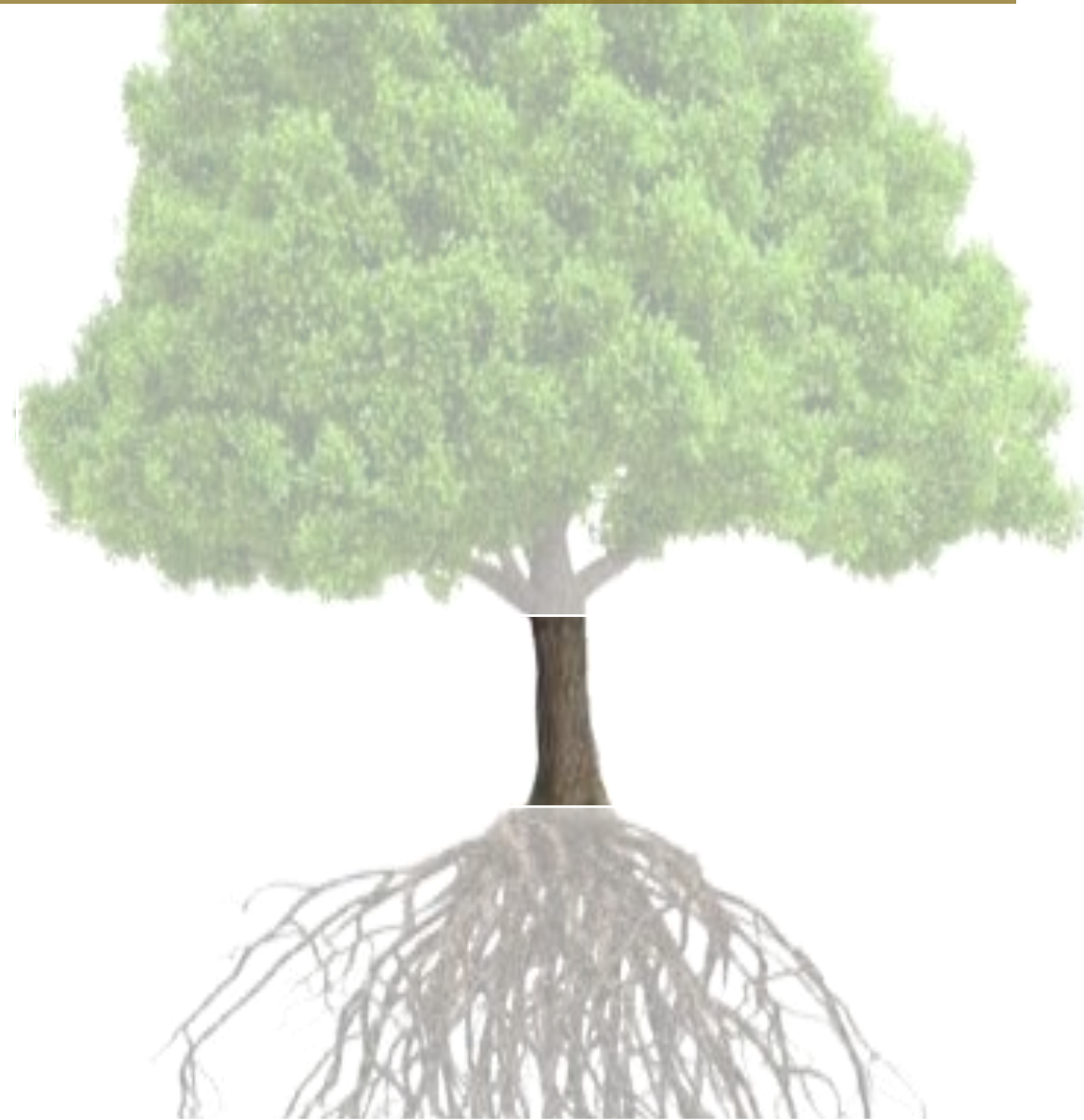
Formulate a strategic plan of action to execute the directive with the help of Deputy Director of Health.



Communicate the POA to all key personnel at district level i.e Health District Officer & District Nutritionist.



Initiate smart partnerships with other relevant gov agencies, NGOs & community leaders.





**Visiting the potential
edible garden project sites to
assess the implementation issues.**

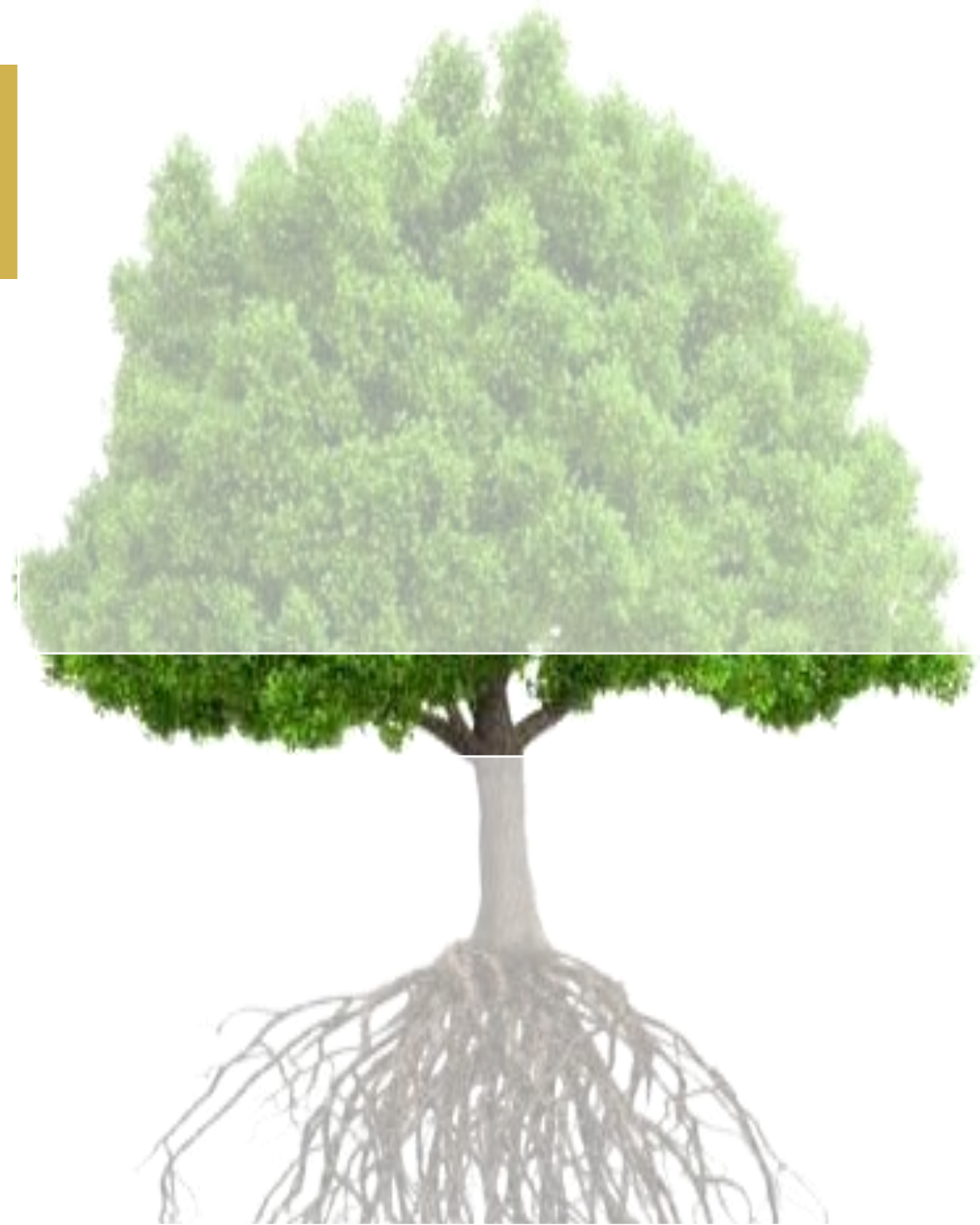
**Invite stake holders @ VIPs
to officiate new gardens to
secure their commitment**



3. Assure actionable information and sources are accessible to project coordinators



**Organize series of training :
online @ in person @ hybrid.**





**Latihan Kemahiran *Edible Garden*
Peringkat Negeri Sabah 17-18 Jun 2019**

Hand icon

KK SANDAKAN

SN RAZLIENAH

Susilia JKN Sabah

Maslia Naim Kk...

Isabel

Asni Tuan

Laila

Noor Afizah

Malina (Pernakana...

PSP Jeadli Sldin- BE

kk tambisan

Senny Jimin

JM Nurhara KD...

Shahrulniaz

Miza

Shazwani Rahim

alif Ismail

PKK Kinabatang

Chan Seng Fui

Arlanrie Charles

Jenny Jouti

Noranisah Amat

Muhammad Nai

Eravinnia Laci...

nurfushella

KK INANAM

PKD SEMPORNA

Rosnah Japli

Maria

Siti Faridah binti

Celestina

KK TONGOD

Dr. Halizi PKD P...

PKD Sem4na M...

Jmk suplah mar...

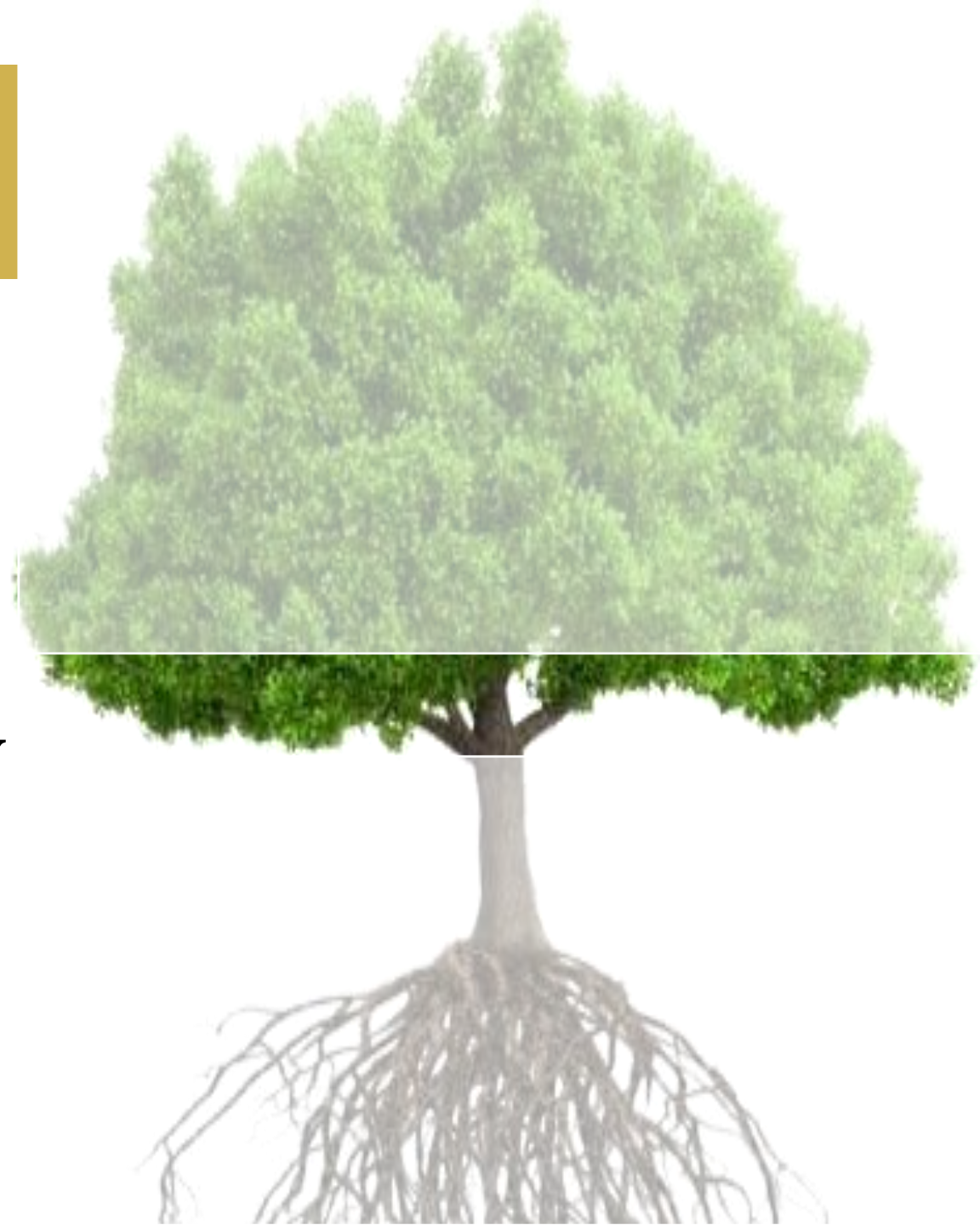
**STATE LEVEL ONLINE TRAINING FOR THE IMPLEMENTATION OF
HYDROPONIC FARMING AT HOUSEHOLD SCALE ON JANUARY 27, 2021**

**FERTIGATION PRACTICAL SESSION FOR THE IMPLEMENTATION OF
NUTRITION STRATEGIC ACTION PLAN IN SABAH STATE 2018-2025
AT LUYANG HEALTH CLINIC ON MARCH 3, 2021**



3. Assure actionable information and sources are accessible to project coordinators

- 🍒 Organize series of training :
online @ in person @ hybrid.
- 🍒 **Provide online reference &
support as self-help guide to DIY
sustainable garden.**
- 🍒 **Formulate the guidelines to
implement the EGI state wide.**





Edit

**Edible Garden JKN Sabah,
#TamanKitaMakananKita**

**EGI online support group
for beginners**



+ Invite



Unit Pemakanan, Pejabat Kesihatan...

7 h • 🌐

Hi hi gaiss..hari ni kami mahu kongsi video demonstrasi masakan yang dibuat oleh anggota kesihatan klinik desa banting, sipitang..khas untuk kamu semua terutamanya kepada ibu yang sedang menyusukan bayi dan ibu mengandung.. sedaapp tau.. Bukan saja sedaapp tapi juga berzat ok gaiiss.. Jadi pa lagi.. Mari la tengok ramai-ramai.. 😊👉

Music source:

https://youtu.be/_GunbSE2yrQ

<https://youtu.be/rhLdALHXUv0>

#nutritionistpkkbeaufort

#KDBanting

#ediblegarden

#fromfarmtotable

#makansecarasihat

#IBUHAMIL

#laktasi



Unit Pemakanan, Pejabat Kesihatan...

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#IBUHAMIL

#laktasi



4. Collaborate to continue growing and blooming.



Coordinate state level EG competition



Edible Garden Initiative Competition by Sabah State Health Department



#PertandinganEdibleGardenJKNSabah #TanamSendiriTakBah



Edible Garden Competition

Actionable alternative to self-sustaining food production at household & community level.



Community Empowerment

#PertandinganEdibleGardenJKNSabah

Try to do it yourself, encourage others to try to do it together.

Learn one teach one.



Sustainable Food Availability

Help to diversify sources of food supply for households.

Focus on growing food sources of CHO, Protein, Vitamins & Fibers.



Environmentally Friendly

Use as many recycle / repurpose / upcycle materials as possible.

Low cost, minimize waste, more harvest.

Innovation & Technology

Utilize techniques that can save the use of land, water, electricity, labour and other resources

I.e: self-watering pot, vertical garden, roof-top garden, floating garden, fertigation etc...



Strategic Action Plan for Nutrition Services in the State of Sabah for 2018-2025

4. Collaborate to continue growing and blooming.

 Coordinate state level EG competition

 **Execute smart partnerships
with other relevant gov agencies,
NGOs & community leaders.**



**“Water Village of the sea people”
Limited space, water & no soil.**



North Borneo Herb Growers Association Sabah



Learn to identify edible & nutritious native wild plants & flowers

4. Collaborate to continue growing and blooming.



Coordinate state level EG competition



Execute smart partnerships with other relevant gov agencies, NGOs & community leaders.



Advocate with UMS in evidence-based decision making to prioritize the initiative among underprivileged community





SMART PARTNERSHIP

Evidence-based, prioritized target group for community intervention

OPERASI BANTERAS KURANG ZAT MAKANAN KOMUNITI PULAU DI NEGERI SABAH

#AnakSabahSihatSejahtera
#TanamSendiriJakBah
#AkuSudahKoBila



#NutritionistSabah





ROYAL MALAYSIAN NAVY

to transport the team to run

Nutrition Summer Camp In Mantanani Island on 20-22 June 2023

Mount Kinabalu Expedition to assess the challenges of providing natural and healthy food in a world heritage site.



**Laban Rata
Restaurant,
Mount Kinabalu.**

Ariannie Charles



Results

Promoting Edible Garden Initiatives In Sabah

Evaluation via DSA

Edible Garden Competition

Engagement with the target group

Monitoring and maintenance

Training & advocacy

Phase 1 : 2020



Phase 2 : 2021-2022



Phase 3 : 2023



Numbers of Edible Garden Project Sites In Sabah

No.	District	Numbers of EG sites			
		2021	2022	2023	Notes
1	Beaufort	1	1	1	Health facility
2	Beluran	1	1	1	Health facility
3	Keningau	2	1	1	Health facility
4	Kinabatangan	1	1	1	Health facility
5	Kota Belud	2	2	1	School
6	Kota Kinabalu	6	4	2	Health facility, MKA, Farmacy, Individual
7	Kota Marudu	1	1	1	Health facility
8	Kudat	1	0	1	Health facility
9	Kunak	1	0	1	Health facility
10	Nabawan	1	1	1	Health facility
11	Papar	1	1	0	Health facility
12	Penampang	1	1	1	Health facility

Numbers of Edible Garden Project Sites In Sabah

No.	District	Numbers of EG sites			
		2021	2022	2023	Notes
13	Ranau	1	1	1	Health facility
14	Sandakan	1	0	0	Health facility
15	Semporna	2	1	1	Community
16	Sipitang	2	1	1	Health facility
17	Tambunan	1	1	1	Health facility
18	Tawau	1	2	1	Health facility, Individual
19	Tenom	2	1	1	Health facility
20	Tongod	1	1	1	Health facility
21	Tuaran	3	2	3	Health facility, School, Community
SABAH		35	24	22	

Numbers of Coordinator In Edible Garden Initiatives In Sabah

No.	District	Numbers of coordinator trained	Notes
1	Beaufort	2	Health staffs
2	Beluran	3	Health staffs
3	Keningau	24	Health staffs
4	Kinabatangan	1	Health staffs
5	Kota Belud	19	Health staffs (4), Public (15)
6	Kota Kinabalu	5	Health staffs
7	Kuala Penyu	1	Health staffs
8	Kudat	29	Health staffs (13), Parents/Guardian of KZM case (6), Mothers (10)
9	Kunak	1	Health staffs
10	Lahad Datu	2	Health staffs
11	Nabawan	2	Health staffs

Numbers of Participants In Edible Garden Initiatives In Sabah

No.	District	Numbers of coordinator trained	Notes
12	Papar	15	Health staffs (10), Parents/Guardian of KZM case (3), Mother (2)
13	Penampang	8	Health staffs
14	Pitas	1	Health staffs
15	Ranau	3	Health staffs
16	Sandakan	3	Health staffs
17	Semporna	1	Health staffs
18	Sipitang	6	Health staffs (3), Parents/Guardian of KZM case (1), Public (2)
19	Tambunan	1	Health staffs
20	Tawau	2	Health staffs
21	Tenom	33	Health staffs (3), Parents/Guardian of KZM case (10), Mothers (10)l (10)
22	Tongod	1	Health staffs
23	Tuaran	7	Health staffs (5), Mothers, (2)
SABAH		170	



EDIBLE GARDEN

Klinik Desa Batu Batu



POSITIVE FEEDBACK FROM THE DISTRICT COORDINATOR



The sharing of sweet potatoes harvest from one of the children suffering from malnutrition.

Her mother took cuttings of sweet potatoes grown in the clinic to plant in her own garden. Her mother successfully planted sweet potatoes and got the harvest after 3 months.

Her mother was very happy and shared the sweet potato yield with the clinic staff.

It is a very rewarding feeling to see that the community has successfully planted and benefited from this edible garden project.

- **JMK ROSLINE JARIP, KD BATU-BATU**

POSITIVE FEEDBACK FROM THE COMMUNITY



KEBUN C-HAT IN SK BAWANG, TAMPARULI, TUARAN.



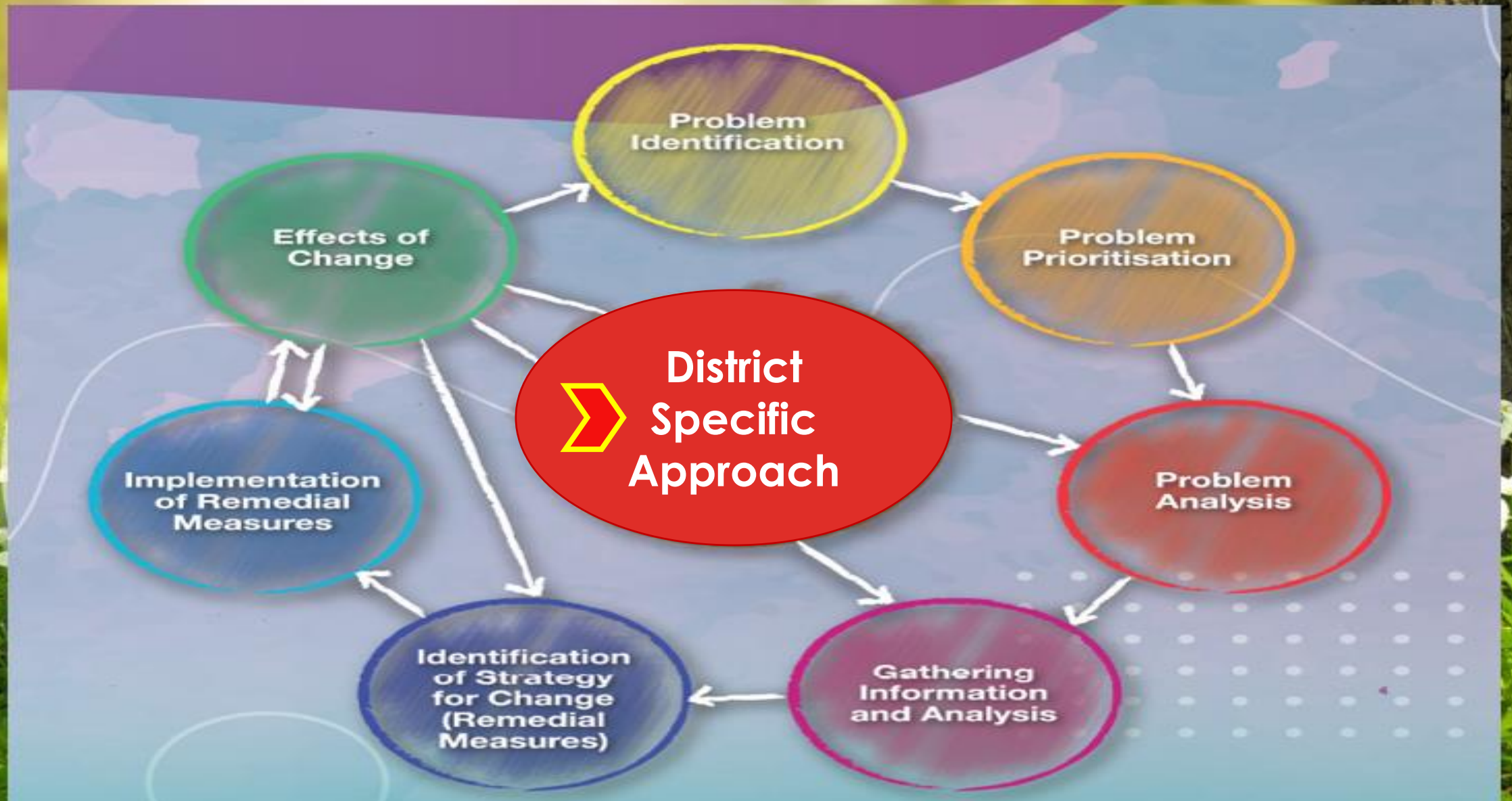


From school edible garden to school kitchen



Recommendations





EVALUATION :
Promoting Edible Garden Initiatives In Sabah



Continue To Engage With Local Authorities

GROW MORE FOOD



WE NEED LESS OF THIS



AND MORE OF THIS



**More
community garden
please!**

This is America's first urban "agrihood" in Detroit. it feeds 2,000 households for free from this 1280 acres garden and a fruit orchard with 200 trees. They also supply food to local markets, restaurants, and food pantries. It also has a sensory garden for kids.



**IF WE EACH GROW
A LARGE CROP OF
DIFFERENT FOOD...**

A **Grow Free** food sharing cart for residents to exchange food they have grown with each other for free. It has the simple rule, take what you need, give what you can.

Adelaide, Australia



**WE COULD ALL TRADE WITH
EACH OTHER AND EAT
FOR PRACTICALLY FREE.**



Natural Food Bank

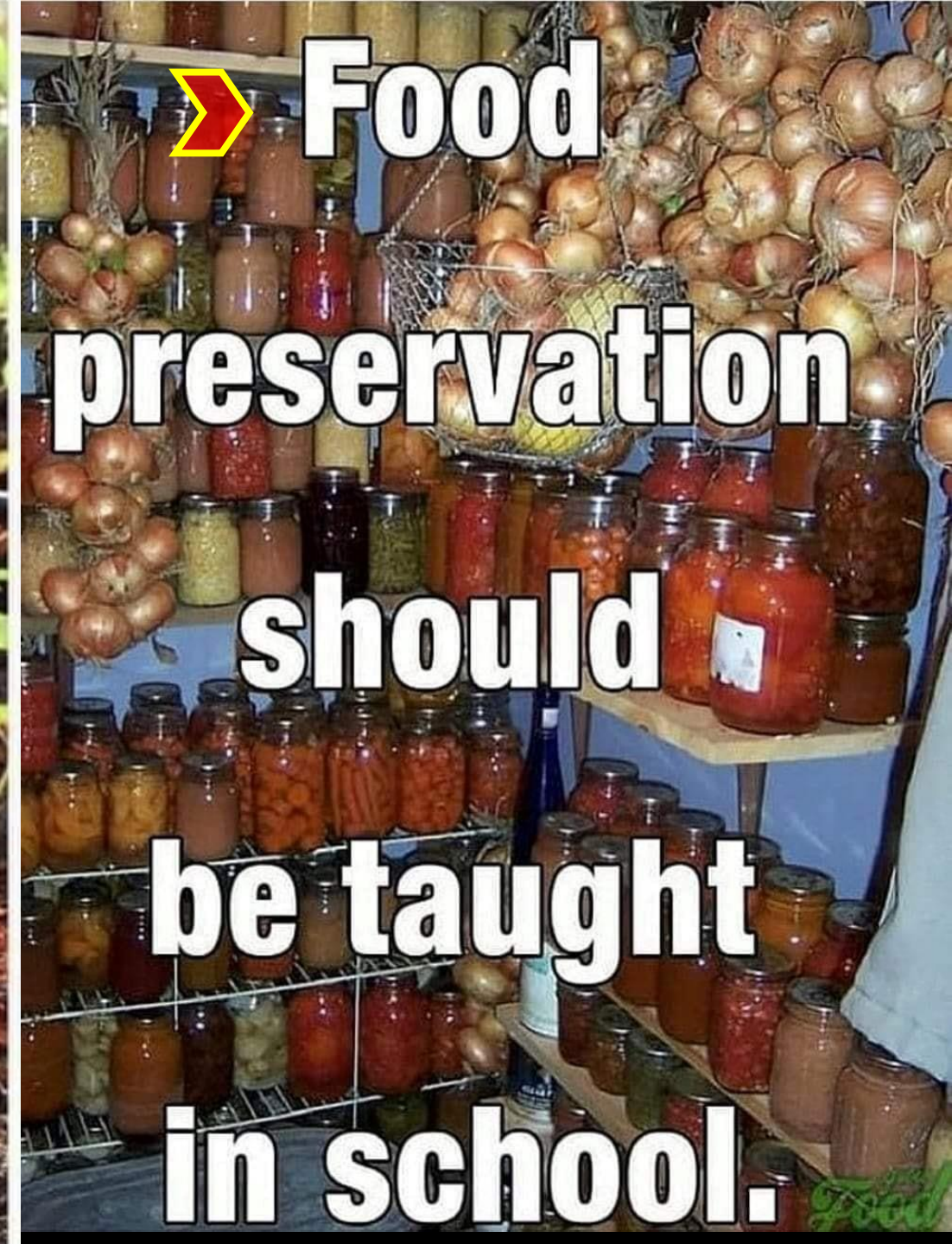
Put a fitted crib sheet over the pack 'n play to keep the bugs and direct sunlight away from the baby. So smart!



» Baby friendly edible garden



➤ Every school should have an organic garden that is maintained by a gardening class, while the food grown is used to feed the students.



➤ Food preservation should be taught in school.



Hydroponic

Fertigation

Conventional



Edible Garden Initiatives

**START WHERE YOU ARE,
USE WHAT YOU HAVE,
DO WHAT YOU CAN.**

*An empty space
is a wasted space.*

Tubers

Cereals

Vegies

Fruits

Nuts

*Minimize waste,
maximize yields.*



THANK
YOU