



**JOINT FAO/WHO FOOD STANDARDS PROGRAMME
FAO/WHO COORDINATING COMMITTEE FOR ASIA**

Eighteenth Session

Tokyo, Japan, 5 – 9 November 2012

NUTRITION ISSUES WITHIN THE REGION

(REPLIES TO PART C OF CL2012/14-ASIA)

(Replies of India and Malaysia)

Question 6: Nutrition Issues within the Region

Please describe any update regarding issues related to nutrition, such as: obesity, overweight, underweight, micronutrient deficiencies and any public health-oriented actions undertaken, including nutrition profiles, nutrition education and the use of nutrition labelling and claims and implementation of the WHO *Global Strategy on Diet, Physical Activity and Health*.

INDIA

Nutritional Issues:

India is facing the issues of undernutrition as well as obesity. The various non communicable diseases prevalent in India are:

- Prevalence of Underweight, stunting, wasting among rural population
- Prevalence of overweight and obesity among urban population
- Prevalence of diabetes
- Prevalence of hypertension and Cardiovascular diseases

MALAYSIA

Like most developing and some developed countries, Malaysia continues to face the double burden of malnutrition. Whilst undernutrition such as protein energy malnutrition, iron deficiency anemia and iodine deficiency disorders still persist, Malaysia also faces challenges related to overnutrition as observed in the rising trends of obesity and non-communicable diseases. The public-health actions taken are multi-pronged involving various government and non-government sectors. These include the promotion of healthy eating through various interventions and food supplementation for rehabilitation. These multi-sectoral enabling and facilitating strategies with relevant indicators and close monitoring are clearly defined in the National Plan of Action for Nutrition of Malaysia which is an outcome of the FAO/WHO International Conference of Nutrition held in Rome in 1992.

The Ministry of Health Malaysia has also identified a number of supporting strategies in the National Plan of Action on Food Safety (2010-2020) to educate and protect consumers in food quality and safety in collaboration with other ministries, professional bodies and food industries. Strengthening the provision on nutrition labelling and educating consumers on food labelling are some of the adopted efforts to operationalise these strategies. Efforts are also being undertaken to ensure a more supportive environment, through a whole of government and whole of society approach, to make available healthier food choices and to improve the ‘built environment’. Regular dialogues are being held with the food and beverage industries to encourage re-formulations or new product formulations in congruence with the Malaysian Dietary Guidelines for less/low salt, sugar and fat and more fibre content food products.