

**Agenda Item 9**

CX/ASIA 12/18/11

**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)***(Indonesia, Japan and Philippines)****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*.

**INDONESIA**

Nutritional Issues : Underweight, Stunting, Wasting, Iron Deficiency Anemia (IDA), Vitamin A Deficiency (VAD), Iodine Deficiency Disorder (IDD), low coverage of exclusive breastfeeding, early breastfeeding initiation, NCD such as hypertension, obesity and diabetic.

Public health-oriented action: fortification, National Food and Nutrition Action Plan, School Feeding, Multi Micro nutrition Fortification and Balance Diet, Regulation on nutrition labelling and nutrition and health claims, and Regulation on exclusive breastfeeding.

**JAPAN**

Nutrition and dietary habit are regarded as playing important roles in controlling non-communicable diseases, e.g. obesity, diabetes, hyperlipemia and hypertension.

A national nutrition and dietary survey, which was commenced in 1945 by the MHLW, is continued to annually investigate changes of food and nutrient intake among populations. This survey also obtains health data including information on state of health and lifestyles of respondents in general population as well as vulnerable or sub-populations i.e. pregnant women, infants, elderly and patients.

Based on its survey results, the Dietary Reference Intakes for Japanese are revised every five years, so as to guide people to balanced intake of nutrient and energy for improving their health.

The MHLW has developed a policy called “*Policy on Health and Nutrition for 21st Century in Japan*” to address number of challenges concerned and respond demands of people for more information on nutrients in foods by labelling and health claims. Enhancement of relevant education and awareness programs is also included.

The Consumer Affairs Agency (CAA), which is in charge of nutrition labelling system, has reviewed mandatory nutrition labelling since December 2010, and also been addressing a project to unify the existing several laws regarding food labelling regulation now into one. The CAA has been preparing to introduce mandatory nutrition labelling within five years after the new law being in effect.

In order to establish new framework for nutrition labelling system, the CAA has considered issues raised by policies on national health and nutrition based on the Dietary Reference Intakes for Japanese and results of

the National Health and Nutrition Survey in Japan, and has referred to WHO World Strategy on Diet, Physical Activity and Health, matters of discussion at the Codex Committee, and actual experiences of foreign countries where already being introduced mandatory nutrition labelling.

### **PHILIPPINES**

#### Nutritional Issues:

- Persistence of Micronutrient Malnutrition Problem: Iron Deficiency Anemia (IDA), Vitamin A Deficiency (VAD) and Iodine Deficiency Disorders – a survey on incidence has been carried out by the Department of Science and Technology – Food and Nutrition Research Institute (DOST-FNRI). The Department of Health's offices such as National Center for Disease Prevention and Control (DOH-NCDPC), National Nutrition Council, National Center for Health Promotion and the Food and Drug Administration have programs to address the malnutrition problems.
- Increasing obesity
- Rising cases of degenerative diseases (coronary heart diseases, hypertension, diabetes, etc.) due to unhealthy lifestyle.

The Philippines Food Fortification Program (FFP) i.e. Republic Act 8976 and Republic Act 8172 addressing micronutrient deficiencies are being reviewed by the DOH to determine possible revision/amendment of policy in accordance with the current nutritional data.