Trend of Dietary intake and Nutritional status of Non-pregnant and Pregnant women in Vietnam

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The President of Vietnam Nutrition Association

Vietnam
• The population: 93 millions
• 53 ethnic groups
• During the 1990’s: Vietnam was the poor country
• Now: Low to middle income country

Nutrition Program/activities 1980-1995
• Introduction of VAC Eco-System to alleviate the Household Food Insecurity
• PAM project (Food basket program)
• Since 1986: Nation-wide Vit. A distribution to children 6-60 mo in 1994, Vietnam was Xerophthalmia free
• Iron supplementation for pregnant women (pilot UNICEF project)

Period 1995-2000
• In 1995: The NPAN 1995-2000 was ratified by the Prime Minister; the Government asked authorities at all levels to integrate nutrition goals, reduction of malnutrition into their SE development plan.
NPAN 1995-2000

- The PEMC program (Government allocated budget to 63 provinces)
- Iron supplementation project for pregnant women (Supported by UNICEF)
- Providing In-service training for nutrition staff at provincial and district level

Period >2000

- In 2001: The NNS 2001-2010 was approved by the Government.

General objective

- By the year 2010, this strategy aims to ensure the significant improvement of nutritional status of the country’s population; primarily children and mothers. In addition, it will attempt to minimize emerging nutrition-related health problems.
GENERAL OBJECTIVES

By the year 2020, the diet of Vietnamese people will be improved in terms of quantity, and balanced in terms of quality, hygiene and safety; Child malnutrition will be further reduced, especially stunting, thus improving physical status and stature of Vietnamese people; Obesity/overweight will be managed, contributing to the control of nutrition-related chronic diseases.

1. The National Malnutrition Control Program

- Nutrition Education/ Behavior Change Communication
- Training for Health Staffs and Nutrition Collaborators
- Growth Monitoring

NPAN was approved by MOH of Vietnam

• NPAN 2012-2015
• NPAN 2016-2020
2. Micronutrient Supplementation

- Micronutrients day (June 1-2): High dose Vitamin A supplementation: 2 times/year
- Iron + Folic supplementation for WRA and Pregnant Women
- MMN sprinkles for children and Pregnant Women

The nutrition care for pregnant women and young children

Nutrition education for pregnant women

0-6 months: BF, EBF, Exc. of BF for 6 months

6-24 months: Supplementary feeding + BF

3. The School Nutrition Project (Approved by Gov. 2011)
4. Food Fortification Program (GAIN)

- Food fortification program: 16 food companies committed to fortify different foods
- Goal is to reach 30 million people in Vietnam:
  - Vitamin A fortified seasoning, edible oil, sugar,
  - Zinc + Iron fortified seasoning
  - Other foods: Noodle, biscuits, fish sauce and soya sauce fortified with iron

5. Overweight/Obesity Control Program (MOH, 2013)

- Nutrition Education and Counselling Program/Activities at school/community
- Pilot Interventions to control obesity among school children in HCM City and Hanoi
- Launching “Nutrition Month in Vietnam-May, 2015” with topic “Eat right, Move more to prevent Obesity and NCD” by VINUTAS

Dissemination of “VIETNAM FOOD-BASED DIETARY GUIDELINES” for period of 2011 – 2020
Dietary Intake of Non-pregnant and Pregnant women

Trends in food consumption 1985-2010

<table>
<thead>
<tr>
<th>Food groups</th>
<th>1985</th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>457</td>
<td>451</td>
<td>397</td>
<td>373</td>
</tr>
<tr>
<td>Other foods (noodle, bread...)</td>
<td>3,6</td>
<td>6,2</td>
<td>16,0</td>
<td>33,4</td>
</tr>
<tr>
<td>Oil/fat</td>
<td>1,7</td>
<td>3,0</td>
<td>6,8</td>
<td>8,3</td>
</tr>
</tbody>
</table>

Consumption of animal foods (gram/capita/day)

- Meat
  - 1985: 35 gr
  - 1990: 50 gr
  - 2000: 84 gr
  - 2010: 105 gr
- Fish
  - 1985: 10 gr
  - 1990: 20 gr
  - 2000: 40 gr
  - 2010: 60 gr
- Milk/egg
  - 1985: 5 gr
  - 1990: 10 gr
  - 2000: 20 gr
  - 2010: 30 gr
- Nut, sesame
  - 1985: 2 gr
  - 1990: 4 gr
  - 2000: 8 gr
  - 2010: 16 gr

Nutritional status of Non-pregnant and Pregnant women

Micronutrients and Calcium intake <RDA among women of reproductive age (WRA)

<table>
<thead>
<tr>
<th>Minerals &amp; micronutrient deficiency (%)</th>
<th>Hanoi 2012</th>
<th>Phutho 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Deficiency</td>
<td>Urban: 64.7 (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rural : 71.1 (%)</td>
<td></td>
</tr>
<tr>
<td>Iron Deficiency</td>
<td>87.3 (%)</td>
<td></td>
</tr>
<tr>
<td>Vitamin D deficiency</td>
<td>100.0 (%)</td>
<td></td>
</tr>
</tbody>
</table>

Nutritional Status of WRA 2000-2010
**The CED, overweight/obesity (%) of the Vietnamese adults (NIN, 2010)**

![Bar chart showing the CED (BMI<18.5) and Overweight/Obesity (BMI>25) for Rural and City areas in Vietnam.]

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**Prevalence of CED in adults over 19 years old in 2000 and 2010**

![Line graph showing the prevalence of CED in adults over 19 years old in 2000 and 2010.]

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**Prevalence of overweight and obesity in 2000 and 2010 surveys**

![Line graph showing the prevalence of overweight and obesity in 2000 and 2010 surveys.]

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**Prevalence of CED among mothers having children under 5 years old from 2000 to 2010**

![Bar chart showing the prevalence of CED among mothers having children under 5 years old from 2000 to 2010.]

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Prevalence of overweight and obesity among mothers having children under 5 years old from 2000 to 2010

Trends of Anemia among pregnant and non-pregnant women 1995-2015

The prevalence of anemia in reproductive age and non-pregnant women is 28.8% and in pregnant women is 36.5%. Only one fifth of the mothers with children under 5 years take iron tablets during last 6 months.
Prevalence of Zinc deficiency in 2010-2015

<table>
<thead>
<tr>
<th>Year</th>
<th>Pregnant</th>
<th>Non-pregnant</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>83</td>
<td>65</td>
</tr>
<tr>
<td>2015</td>
<td>63.6</td>
<td></td>
</tr>
</tbody>
</table>

Prevalence of Calcium deficiency among WRA (%)

<table>
<thead>
<tr>
<th>Year</th>
<th>Pregnant</th>
<th>Non-pregnant</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>99</td>
<td>96.7</td>
</tr>
<tr>
<td>2015</td>
<td>97.5</td>
<td>97.6</td>
</tr>
</tbody>
</table>

Summary

• The dietary intake of women and population in Vietnam has improved in terms of quantity of protein and lipid, the diet was more balanced; However, the Iron and Calcium intakes are lower compared to the RDA.

• The prevalence of CED in women was decreasing but overweight/obesity has increased.

• The prevalence of micronutrient deficiency was decreasing; however, it is still high among both non-pregnant and pregnant women.

Thank You!