Key Considerations in Micronutrient Fortification Process: From Design to Implementation

Biography

Ms. Dora Panagides is Team Leader for the EC-funded Food Fortification Advisory Services (2FAS), implemented in partnership between Landell Mills and the Global Alliance for Improved Nutrition (GAIN). Dora has over 25 years’ experience in international nutrition. Before joining 2FAS, Dora served as Food Fortification Advisor at the World Food Programme headquarters and as Senior Food Fortification Manager at GAIN in Geneva. Before joining GAIN, she worked extensively in Asia and Africa where she served as Deputy Regional Director for Helen Keller International and was their Country Director in Bangladesh, Cambodia and Zimbabwe. She holds an M.Sc. in Health Science from the Johns Hopkins Bloomberg School of Public Health, USA.

Abstract

Food fortification is widely implemented in the ASEAN region. Various food vehicles are being fortified, whether voluntarily, or mandated by law. These include staples such as rice, oil, and wheat flour; and condiments such as fish sauce, soy sauce and salt.

The overall goal of food fortification is to achieve a public health impact, by ensuring that the target population is consuming sufficient nutrients.

Ensuring that programs are designed to make a difference requires a good understanding of the situation. Data on population groups affected by deficiencies, consumption patterns, and industry capacity are important for program design.

Moving to implementation requires a strong commitment by various stakeholders including government departments (e.g. food control and industry) and food producers.

This presentation will discuss some of the key factors in the design and implementation of food fortification programs and share some examples.