CONTRIBUTION OF MINISTRY OF HEALTH MALAYSIA TOWARDS PROMOTING HEALTHY FOOD CHOICES

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OVERWEIGHT & OBESITY

☐ Adult
>18 years olds - 48% (1:2)

☐ School Children
7-12 years olds - 31.8% (1:3)

13-17 years old - 24.4% (1:4) (NHMS, 2015)

NUTRITIONAL DEFICIENCY

Protein-Energy Deficiency

☐ Children <5 years

- Underweight – 12.4%
- Stunting – 17.7%
- Wasting – 8.1% (NHMS, 2015)
**Workplace: Healthy Catering at Meetings**

**Aim:**
- To practice healthy eating at meetings especially in government agencies.
- Give healthier options and promote healthy eating to the employees.

**Activities:**
- Calorie tagging
- Separation of sugar and low fat milk for hot beverages
- Serving of plain water
- Serving of fruits and vegetables in small portions

**Healthy Cafeteria**

**Recognition of Healthy Cafeteria:**

**Aim:**
- To provide a supportive environment for healthy eating in the community.

**School Canteen**

**Healthy Eating Guide:**
- 277 items that can be sold
- Monitoring by Nutritionist

**Office to ensure compliance**
- Display of calorie content of foods and beverages sold in school canteens

**Nutrition Promotion for School Children**

**Comics and Healthy Eating Posters for Primary School Children**
Healthy Catering Training For Food Handlers

Aim:
To increase knowledge and skill about healthy eating and practice of healthy and safe food preparation among food handlers in Malaysia.

Reformulation of Food Products

- More food products with less energy/fat/sodium/sugar or higher fibre.
  Product reformulation from January 2013-December 2015
  - Less energy - 71
  - Less fat - 60
  - Less sodium - 84
  - Less sugar – 174
  - Increase fibre – 74

Healthy Eating Through Healthy Shopping

Aim:
To increase knowledge and skill on healthier food selection and purchasing among consumer during food shopping.

Activities in the supermarket:
- Dissemination of nutrition information in the supermarket through posters and shelf talker.
- Nutrition education through supermarket tour.

Scope:
- Serving Sizes
- Nutrient
- Food Safety
- Food labelling

Healthier Option At Fast Food Restaurant

- Encourage healthy eating practice at fast food restaurants.
- Reduced portion size.
- Plain water.
- Healthier food option – less fat, sugar & salt (sodium) and high fibre.
- Nutrition labelling.
Community Empowerment - KOSPEN

- Separating sugar from hot drinks.
- Serving vegetables and fruits during functions.
- Ensuring plain water is available.

NUTRITION PROMOTION THROUGH ICT

1. Nutrition Division’s Website:
   http://nutrition.moh.gov.my

2. MyNutri:
   i. Access through website:
      b. MOH Portal: www.moh.gov.my
      c. Nutrition Division’s website:
         http://nutrition.moh.gov.my
   ii. MyNutri Apps can be downloaded to smartphones

THANK YOU

Website: nutrition.moh.gov.my atau www.moh.gov.my