Trends, Interventions and Challenges Faced in Tackling Low Birth Weight and Stunting in Vietnam

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The President of Vietnam Nutrition Association

Trends of Birth Weight

<table>
<thead>
<tr>
<th></th>
<th>Male BW (kg)</th>
<th>Female BW (kg)</th>
<th>Male Birth Length (cm)</th>
<th>Female Birth Length (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOH 1975</td>
<td>3.07</td>
<td>3.03</td>
<td>48.6</td>
<td>48.3</td>
</tr>
<tr>
<td>Hanoi 1981-1984</td>
<td>3.03</td>
<td>2.93</td>
<td>48.6</td>
<td>48.3</td>
</tr>
<tr>
<td>Hanoi 1997-1998</td>
<td>3.22</td>
<td>3.14</td>
<td>49.9</td>
<td>49.5</td>
</tr>
</tbody>
</table>

Trends of Low Birth Weight and Stunting 1975-2015

ILSI SEA Region Seminar and Workshop on Maternal, Infant and Young Child Nutrition, November 13-14, 2018, KL, Malaysia
**Prevalence (%) of LBW (<2500g)**

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hanoi 1981-1984</td>
<td>8.2</td>
<td>10.7</td>
</tr>
<tr>
<td>Hanoi 1997-1998</td>
<td>4.3</td>
<td>6</td>
</tr>
<tr>
<td>Bacgiang 2010-2011</td>
<td>10.2</td>
<td>11.5</td>
</tr>
</tbody>
</table>

MOH data: 4-6 %

**Underweight**

1999
36.7%

2010
17.5%

Figure 4: Trends in prevalence and numbers of children with stunted growth (HAZ < -2), by selected UN regions and globally, 1990-2015, and projected to 2025 on the basis of UN prevalence estimates.

Prevalence of Stunting (%)
(HAZ< -2SD) in children under 5 in Asia Pacific Countries

Least developed countries

Stunting Map
2010
29.3%

Trends of malnutrition
Period 1985 - 2015

- 1/7 of <5 children was underweight.
- 1/4 of <5 children was stunting

Prevalence of vitamin A deficiency (SEANUTS)

Vitamin A deficiency based on serum retinol < 0.7 μmol/l, borderline 0.7 μmol/l < serum retinol < 1.05 μmol/l, sufficient serum retinol > 1.05 μmol/l
The nutrition interventions in Vietnam
– ICN2 (2014)
– SUN (Scaling Up Nutrition)
– Sustainable Development Goals (SDGs) 2030
– UNITED NATIONS DECADE OF ACTION ON NUTRITION
– Joint Statement of ASEAN leaders on combating of all malnutrition forms (Manila, Phillipin 2017)

The nutrition care for pregnant women and young children (PEM Control Project)

<table>
<thead>
<tr>
<th>Nutrition education for pregnant women</th>
<th>0-6 months: BF, EBF, Exc. of BF for 6 months</th>
<th>6-24 months: Supplementary feeding + BF</th>
</tr>
</thead>
</table>
The School Nutrition Project
(Approved by Gov. 2011)

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
  - Others foods: Noodle, biscuits, fish sauce and soya sauce fortified with iron...

Dissemination of “VIETNAM FOOD-BASED DIETARY GUIDELINES” for period of 2011 – 2020
Summary and Conclusions

- Nutritional status of children and women was improved
- Nutrition Policy/NNS was approved by Gov. – NPAN 2012-2017 and 2018-2020 was developed/

Challenges remain

- LBW and Stunting rate was still high, gap of data collection and reporting of low birth weight
- Micronutrient deficiencies: Anemia, Zn Deficiency
- Start facing with double burden of malnutrition
- Capacity building for nutrition should be strengthened
Thank You!