



**SEAMEO TROP MED
REGIONAL CENTRE FOR COMMUNITY NUTRITION
UNIVERSITY OF INDONESIA**



**REGIONAL TRAINING
Food and Micronutrient Intervention
March 3 – 13, 2009**

TRAINING OUTLINE

I. Background

Protein-energy malnutrition, resulting in people being wasted, underweight or stunted continues to be a major nutrition problem in many developing countries. This problem is often accompanied by micronutrient deficiency problem. Malnutrition prevents as many as one third of people in the world from reaching their optimal physical and mental potential. Many intervention approaches such as fortification, food formulation, nutrition education can be done to prevent and overcome this problem. However, to be able to select and apply appropriate approach, it is needed to have an ample knowledge and experience toward this intervention.

SEAMEO-TROP MED Regional Center for Community Nutrition (RCCN) University of Indonesia in Jakarta, is offering a Master of Science training Program in Community Nutrition. The course of Food and Micronutrient Intervention is one of the series of courses given in the Master Program that will take place from March 3-13, 2009. As the Center's vision to strengthening regional understanding and cooperation in education and training, the course is designed in form of Regional Training that may involve nutritionists and health professionals from the South East Asian region. Sharing and learned experiences from nutritionists and health professionals from countries with similar setting is expected to amplify the sight about nutrition intervention. This course will cover some insight on malnutrition problem in developing countries and provide some know ledges on possible approach of food and micronutrient intervention.

II. General objective

By the completion of the course, participants will increase their knowledge and skill on different types of nutritional problems and food and micronutrient interventions.

Specific objectives:

At the end of the course participants will be able to:

1. Explain the major nutritional problems, its causes, consequences and public health indicators.
2. Explain the interaction between micronutrients and possible consequences for intervention strategies.
3. Explain approaches applied in controlling malnutrition of different situations including its weakness and strength.
4. Select and analyze the appropriate approach in controlling malnutrition of different situations.
5. Design plans of food and/ (or) micronutrient intervention programs and propose its evaluation.

III. Course Topics

1. Major nutritional problems: PEM, obesity, iron deficiency, vitamin A deficiency disorders, iodine deficiency disorders, and other emerging micronutrient deficiency (zinc, folate acid, calcium, etc).
2. Micronutrient interactions and its consequences for intervention programs.
3. Various approaches to control malnutrition:
 - a. Food based approaches:
 - Supplementary feeding
 - Food Formulation
 - Food Fortification
 - Bio-fortification
 - Food subsidy and food for work
 - Nutrient supplementation
 - b. Other approaches:
 - Public health approach
 - Advocacy of nutrition intervention program
 - Nutrition education
4. Planning a food and/ (or) micronutrient intervention program.

IV. Methods

- Lecture
- Journal reading
- Discussion
- Group work
- Case study
- Field visit
- Seminar and presentation

V. Schedule

The training will be held for 2 weeks: March 3-13, 2009, with the following schedule:

Week I:

1. Introduction to Malnutrition
2. Macronutrient Malnutrition: Protein Energy Malnutrition & Overweight and Obesity
Micronutrient malnutrition: Iron deficiency Experience from a to Z micronutrient intervention project
3. and anemia, Iron, Vitamin A, Iodine, Zinc and Folic acid, Calcium and other emerging micronutrient deficiency and their deficiency disorders
4. Interaction of micronutrients
5. Journal reading
6. The Lancet's series on maternal & child under nutrition executive summary
7. Approach to control malnutrition:
Food-based approach: Supplementary feeding, food formulation, food fortification, biofortification
8. Tool for study in nutrition: Food Exchange List
9. Approach to control malnutrition in emergency setting
10. Experience from A to Z micronutrient intervention project

Week II:

1. Approach to control malnutrition:
Food-based approach: food subsidy and food for work, nutrient supplementation
Other approach: Public health approach, advocacy of nutrition intervention program, nutrition education
2. Field visit
3. Journal reading
4. Special Topic in Nutrition (STN)
5. Case study
6. Presentation and discussion of case studies

VI. Venue

The program will be held at SEAMEO - TROPMED Regional Center for Community Nutrition Campus, University of Indonesia
Salemba Raya 6 Jakarta 10430 Indonesia
Phone: 62 21 391 3932; 3193 0205; 3190 2950
Fax: 62 21 3190 2950

- VII. Who should attend
Participants from the South East Asian region with the following eligibility criteria:
- hold at least bachelor degree in health/nutrition-related sciences
 - be responsible in planning/implementation of nutrition intervention program or in teaching nutrition intervention related topics
 - have interest or experience in food and micronutrient intervention program/course/training
 - affiliated in a government or non government institution (governmental affiliated will be more prioritized)
 - have sufficient English proficiency
 - maximum age: 45 years old
- VIII. Participants:
- a. Internal participants:
 - Master students of SEAMEO TROPMED RCCN UI : 7 participants
 - PhD students of SEAMEO TROPMED RCCN UI : 2 participants
 - b. External participants:
 - Indonesian government (Academe/ Programmer/ Policy maker) :7 participants
 - Participants from other South East Asian countries : 8 participants
- IX. Course coordinators:
Andi Mariyasari Septiari, MSc.
Rina Agustina, MD., MSc
- External consultant:
Corazon VC. Barba, PhD.
Professor Emeritus
Institute of Human Nutrition and Food,
University of the Philippines Los Banos
- X. Financial arrangement
For external participants The Government of Indonesia through SEAMEO TROPMED RCCN UI will provide cost for ticket and hotel. Other expenses have to be covered by the participants.
- XI. Deadlines
Those interested should send their complete CV together with the application form not later than 6 February, 2009.
Candidates eligible for sponsorship will be informed formally within the second week of February 2009
- XII. Further information
Soraya Soleha / Evi Ermayanti
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