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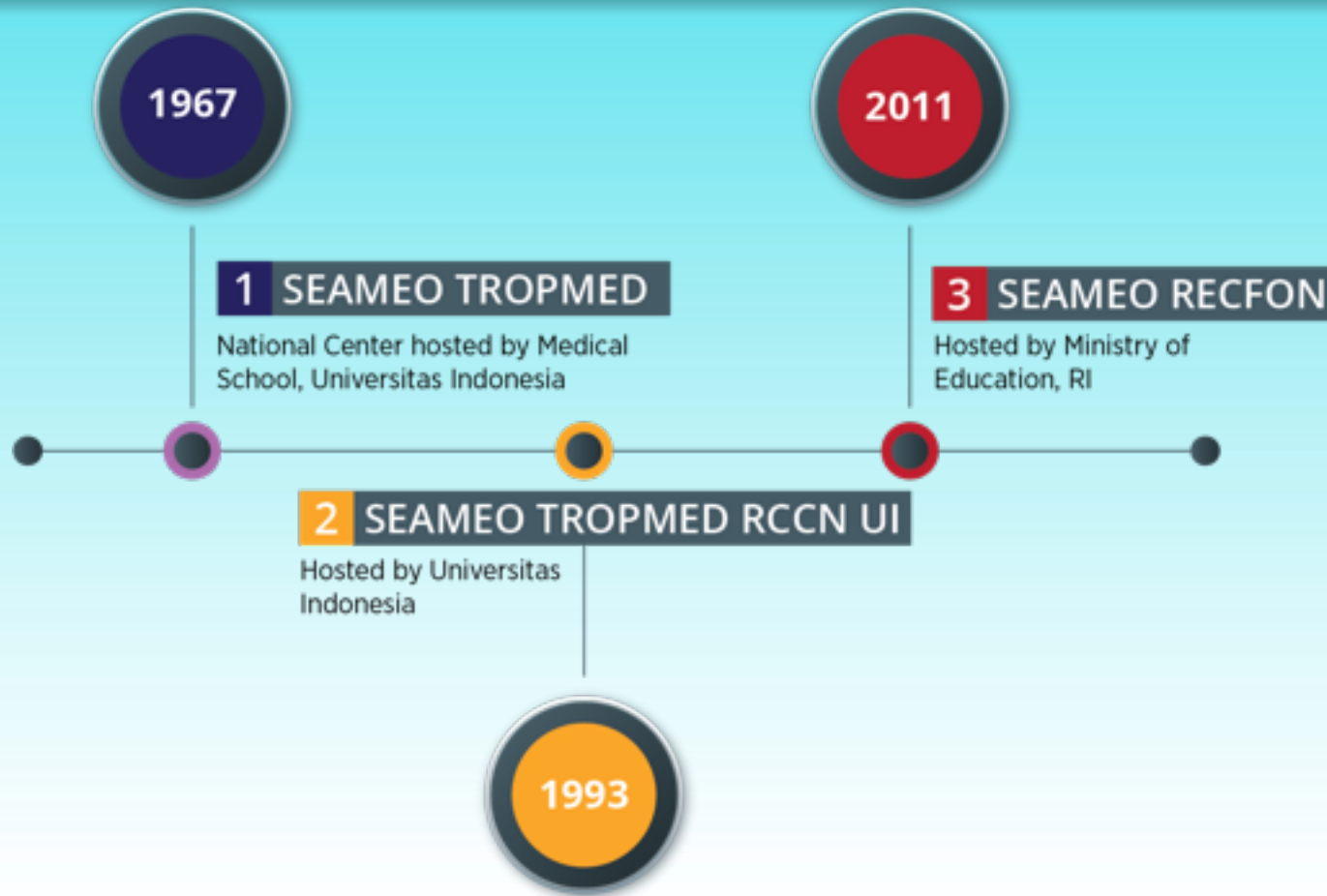
# Securing a Healthy and Nutrition- Conscious Young Generation through the School and Community Education System for Society 5.0

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SEAMEO RECFON

SEAMEO - The University of Tsukuba  
Symposium VIII  
13-14 February 2020  
Tokyo Campus, University of Tsukuba  
Japan



# A Brief on SEAMEO RECFON



- One of the 26 specialist centres of the Southeast Asian Ministers of Education Organization (SEAMEO)
- **Vision:** Be the center of excellence in human resource development in the area of food and nutrition in Southeast Asia
- **Mission:** To conduct education, capacity building, research and information dissemination in food and nutrition through partnership for sustainable human resources development



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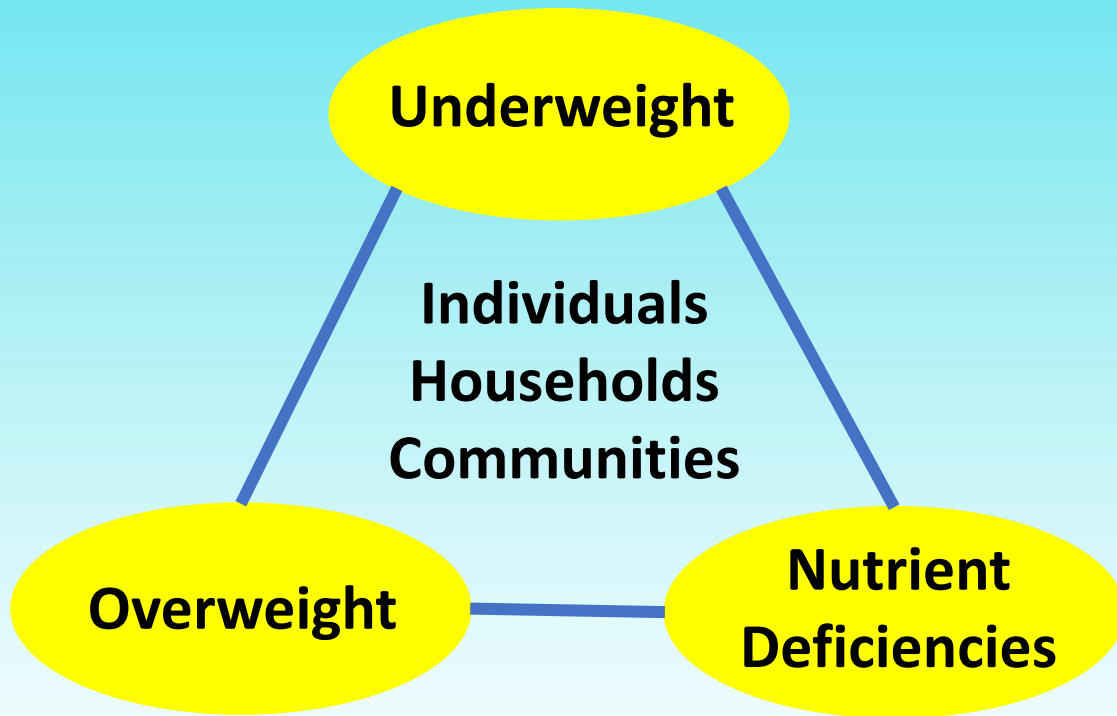


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# Malnutrition is global & multisectoral



**Triple Burden of Malnutrition**



**Target 2.2. “End malnutrition in all its forms”**

**2016-2025 as the Decade of Action on Nutrition**



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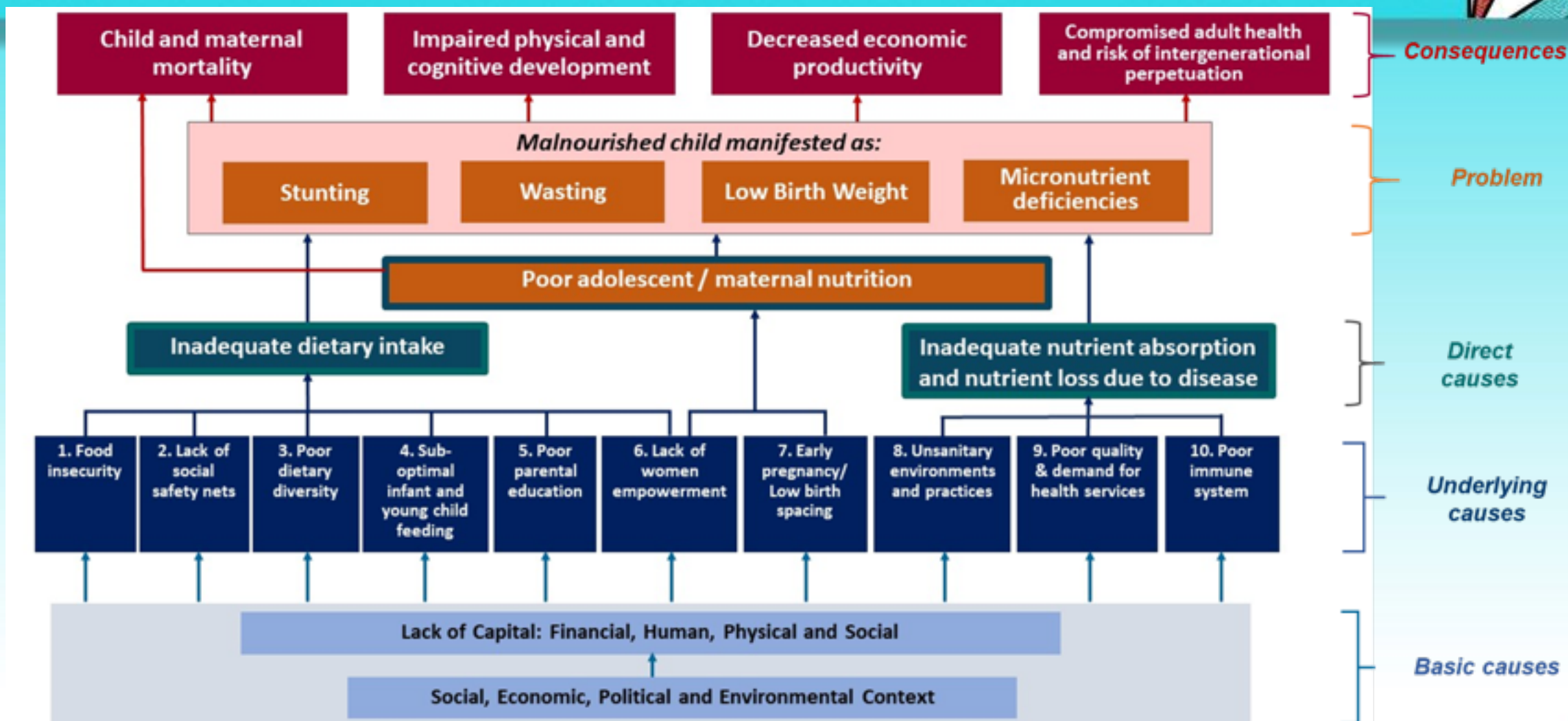


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# Malnutrition Framework



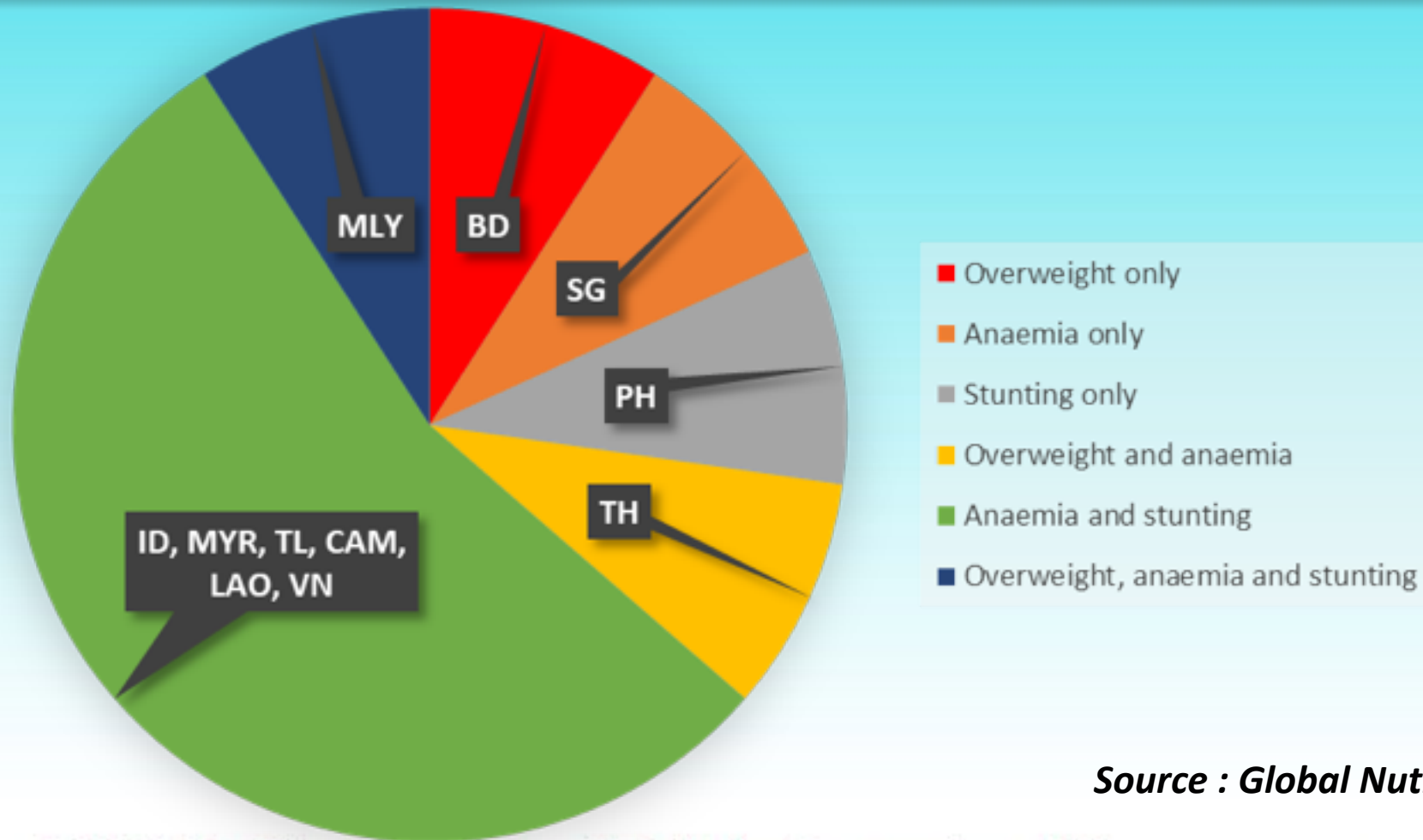
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# Malnutrition in Southeast Asia



Source : Global Nutrition Report 2018



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# Most Vulnerable Sector to Malnutrition: Under-Five and School-Aged Children



Malnourished children:

- slow or poor brain development
- poor school performance
- limited opportunities to find a decent job during adulthood
- affects the country's economic growth.



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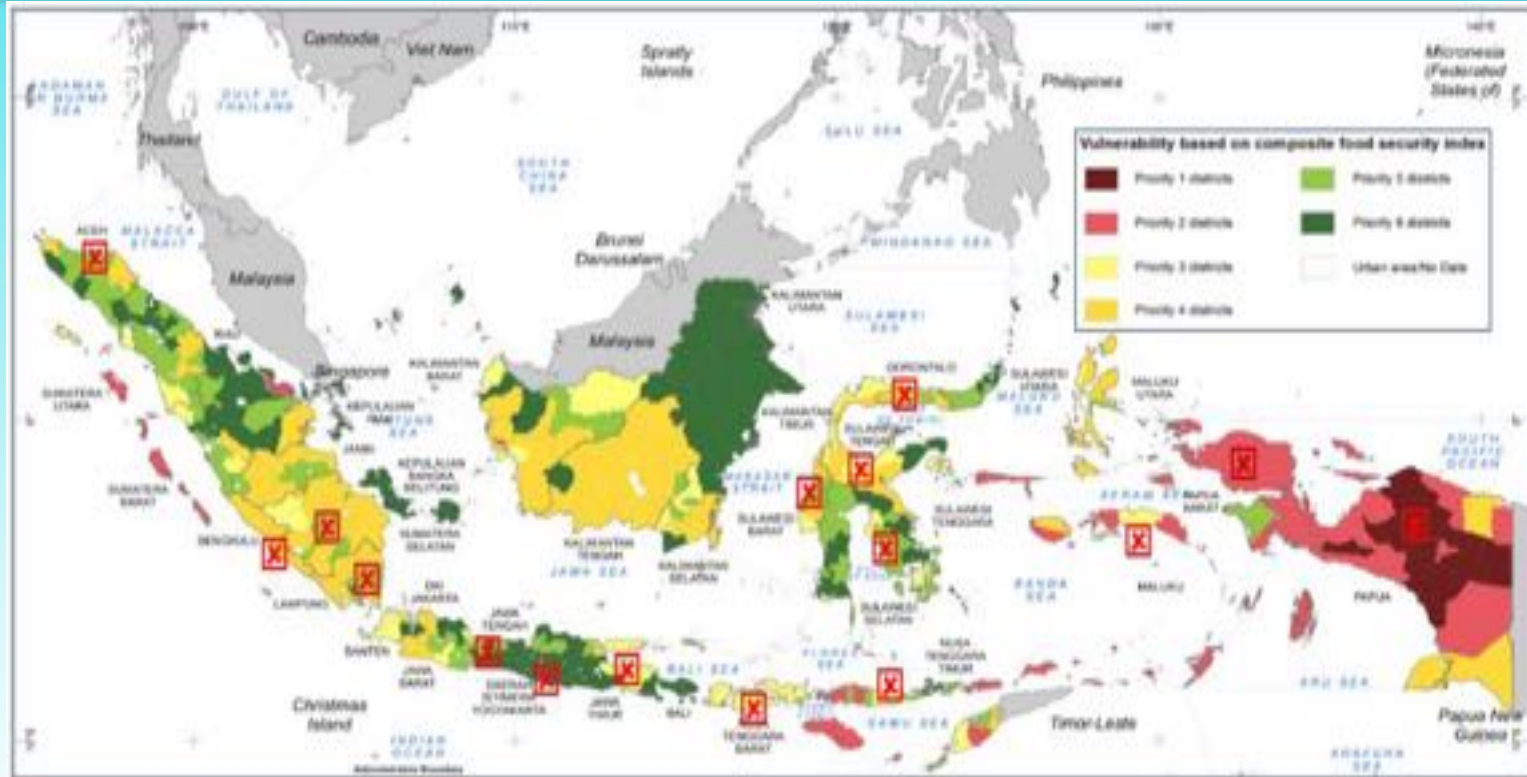


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# Malnutrition Overlapping in Indonesia among under-five children with high prevalence of stunting (Global Nutrition Report,2014)



## PROFILE OF INDONESIA

34 provinces

17.504 islands (BPS 2015)

514 districts

Population 237.641.326 (BPS 2010)

## NUTRITION PROFILE OF UNDERFIVE (Riskesdas, 2018)

30.8% stunting, 12.1% wasting, 10.2% underweight, 8% overweight

☒ Province with Percentage of Poverty 12.02% - 30.05% (Source: BPS, 2014)



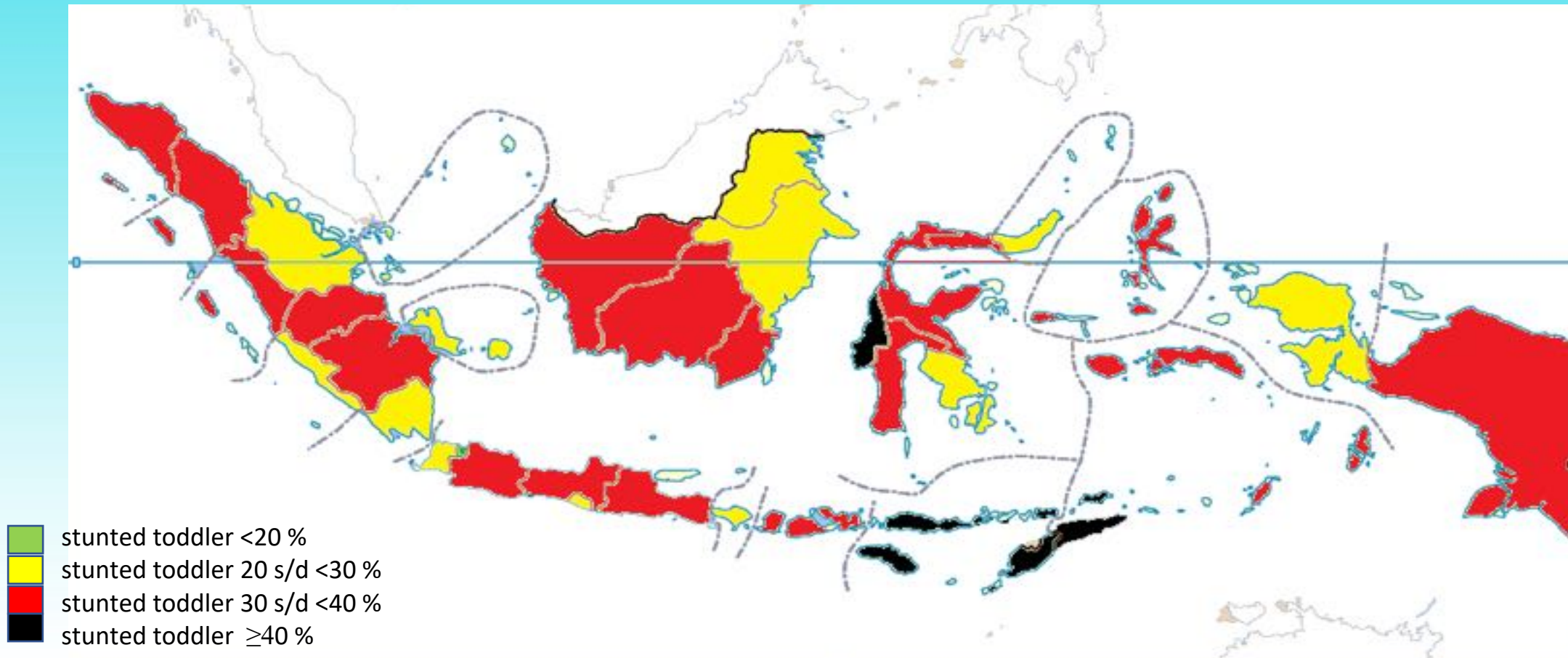
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# Stunting prevalence among under-five children in Indonesian, by province (2018)



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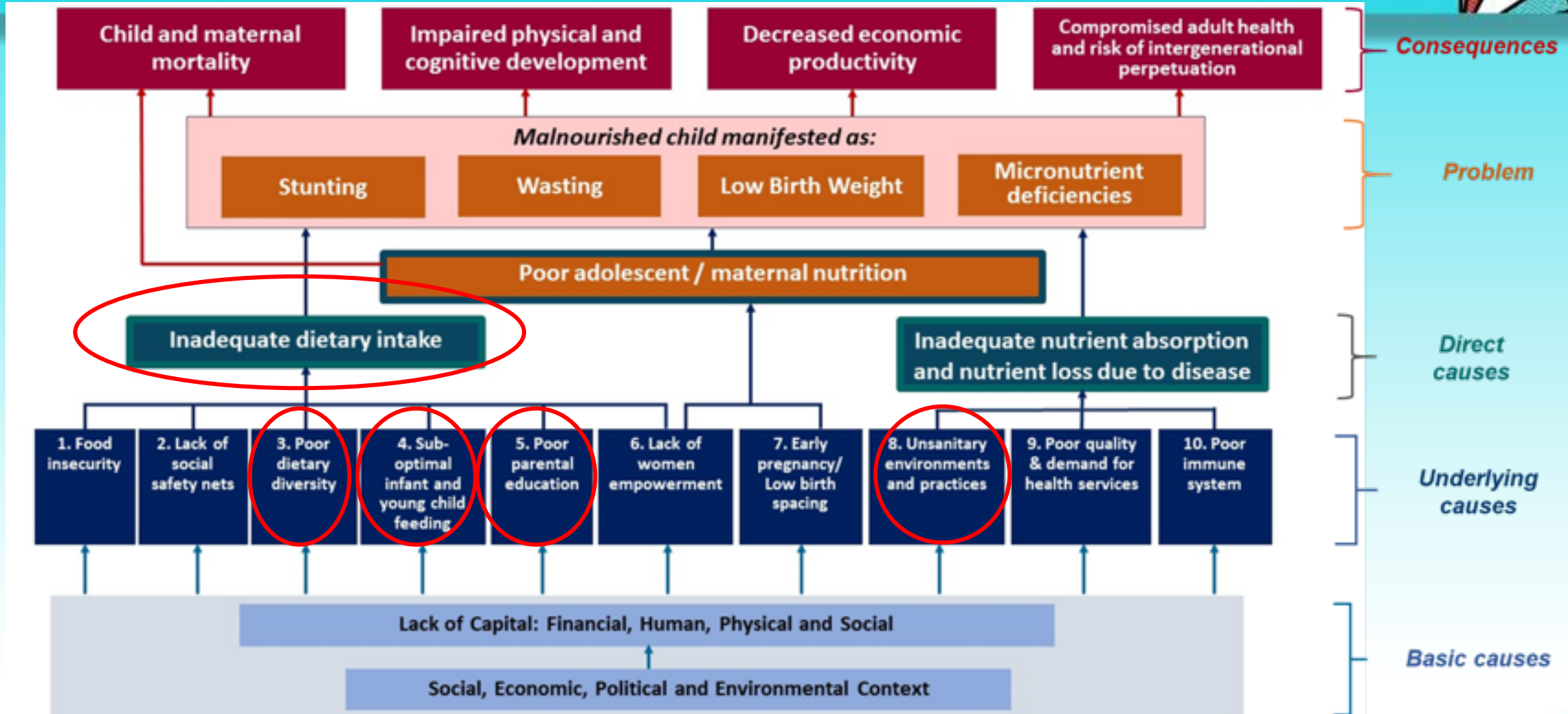


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# Malnutrition Framework



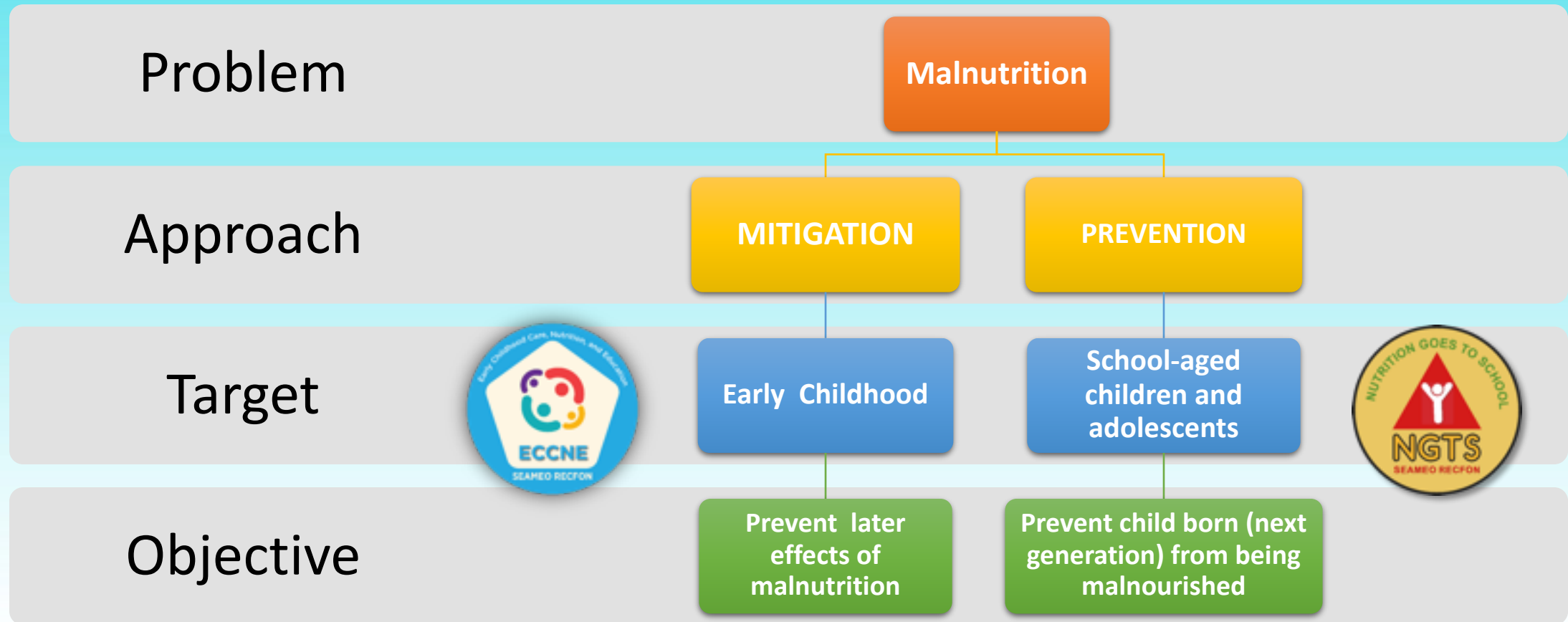
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# SEAMEO RECFON's Approach to Combat Malnutrition in SEA Countries



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# Brief Overview of SEAMEO RECFON's Flagship Programs



- A school-based multisectoral program emphasizing the role of schools as effective media for character building education that is centered toward good nutritional practices both in school and at home
- Aimed at improving students' learning outcomes and active participation in school activities by acquiring proper nutrition



- A community-based multisectoral intervention aimed at providing a model of integrated implementation of essential components of childcare and parenting to optimize child growth and development



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# NGTS & ECCNE Program Components



- **Nutrition**  
Education within and outside the classroom brings about **AWESOME School Children** together with the proper policy & management support, and conducive school environment



- a “house” which either represents a family, a household, a learning space, or a community wherein these components could and should operate.
- serves as a nurturing environment for a child to have optimal growth and development.
- symbolizes the protection and security needed by children.



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# Brief Overview of SEAMEO RECFON's Flagship Programs



**Target groups:** Elementary, Junior, Senior High, & vocational school students, teachers & principals

Coordinated with Ministry of Education and Culture of Indonesia

Other Partner Institutions: Ministry of Health, Ministry of Religious Affairs, SEAMEO BIOTROP, GIZ, UNICEF, Learning Institutions

Year Launched: 2017



**Target groups:** Kindergarten, nursery, daycare children, parents, community health workers

Coordinated with Ministry of Education and Culture of Indonesia

Other Partner Institutions: Ministry of Health, Ministry of Religious Affairs, SEAMEO CECCEP & TROPMED Network, ECE Teacher Professional Association, Learning Institutions

Year Launched: 2018



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# Where we are working at present



- Malang, East Java
- Sambas, West Kalimantan
- Klaten, Jogjakarta
- Cimahi, West Java
- Bogor, West Java
- Cirebon, West Java
- Timor Leste



- Malang, East Java
- Sambas, West Kalimantan
- Jambi, Central Sumatra
- East Lombok, West Nusa Tenggara
- Cambodia
- Lao PDR
- Myanmar



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# NGTS & ECCNE Types of Interventions & Activities



- Generation and implementation of food-based recommendations for from locally available nutrient-dense food sources
- Food Supplementation



- Mapping of Teachers' Competencies and School Readiness
- Learning Module Development
- Capacity building of stakeholders
- Advocacy on program mainstreaming thru partnerships
- Establishment of School Garden
- Establishment of Health School
- School-based Nutrition Promotion Working Group Formation and Functioning



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# Accomplishments Thus Far



- Trained 396 teachers from 114 partner-schools at all levels from all Program sites on nutrition, hygiene and sanitation education via face-to-face mode
- Trained 993 teachers from 105 schools via online mode on the same topics
- Conducted 8 research projects on food and nutrition at school settings



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- Produced 5 modules



## Accomplishments thus far



- Established the Indonesian School-based Nutrition Promotion (SBNP) Working Group
- Recognized 83 school teachers for implementing their lesson plans on incorporating NGTS components in their classroom and extra curricular activities



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## ACCOMPLISHMENTS THUS FAR



### Mapping of EC Educators' Competencies on ECCNE



- Only 22.7% received health & nutrition training
  - Median score of 25 (max 40) on knowledge about child nutrition
- Trained 8 nutritionists, 101 community health workers, 114 ECE teachers, and 480 mothers in all the Program sites
  - Established 3 ECCNE Models:
    - Health Centre-based ECCNE Model for Stunting Prevention
    - ECE Centre-based ECCNE Model for Stunting Prevention
    - ECCNE Model for Post-Disaster Recovery



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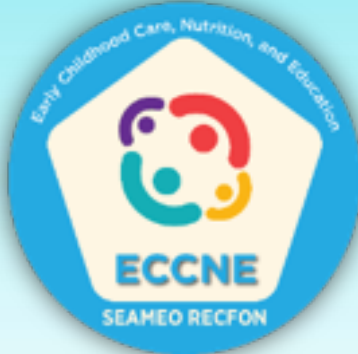




- Produced 4 modules for the 3 ECCNE models in 2019



# ACCOMPLISHMENTS THUS FAR



- Finalized the drafts of 8 new modules on Holistic and Integrative Early Childhood Care and Parenting for printing in 2020



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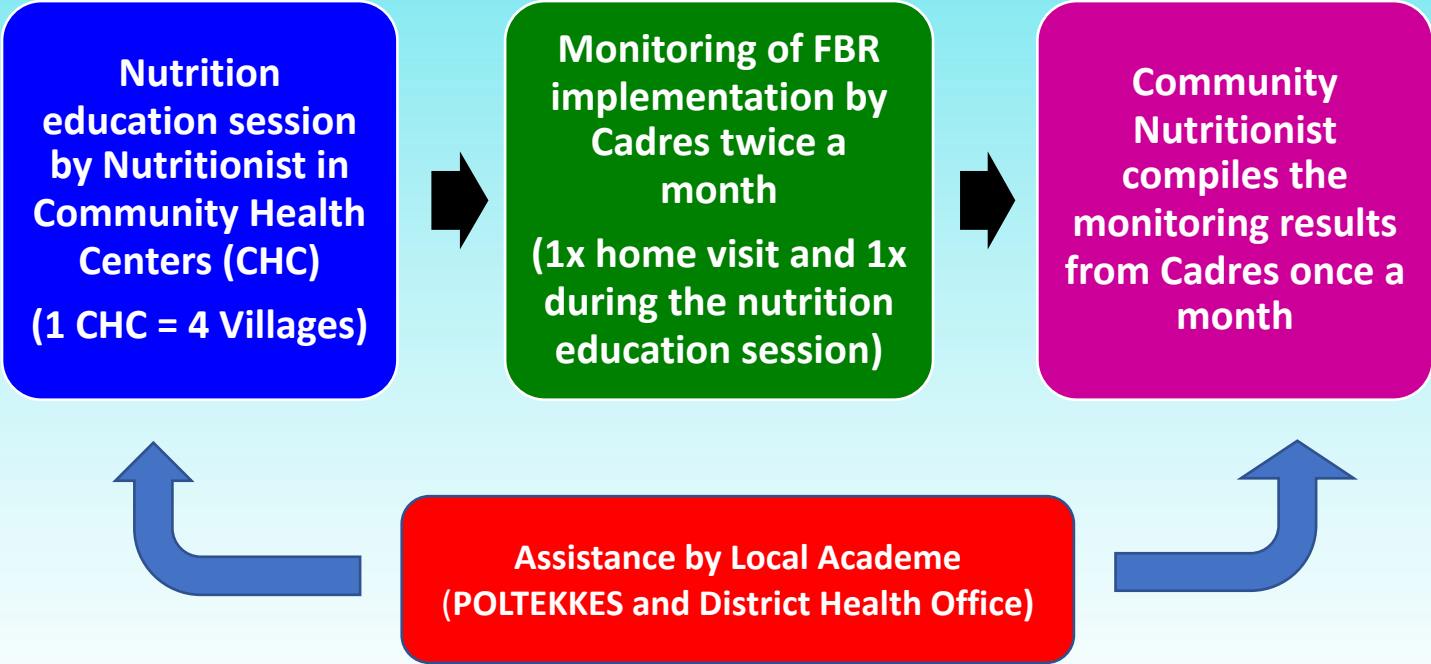
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- Formulated and promoted local specific food-based recommendations for stunting prevention in 2 Program sites for 2 different age groups

ACCOMPLISHMENTS  
THUS FAR



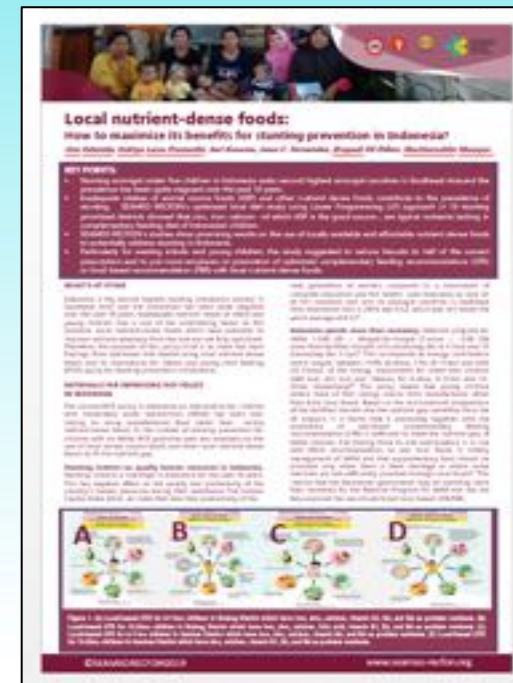




# ACCOMPLISHMENTS THUS FAR



- Produced a policy brief in 2019 from the results of the local FBR formulation and promotion in 2 Program sites



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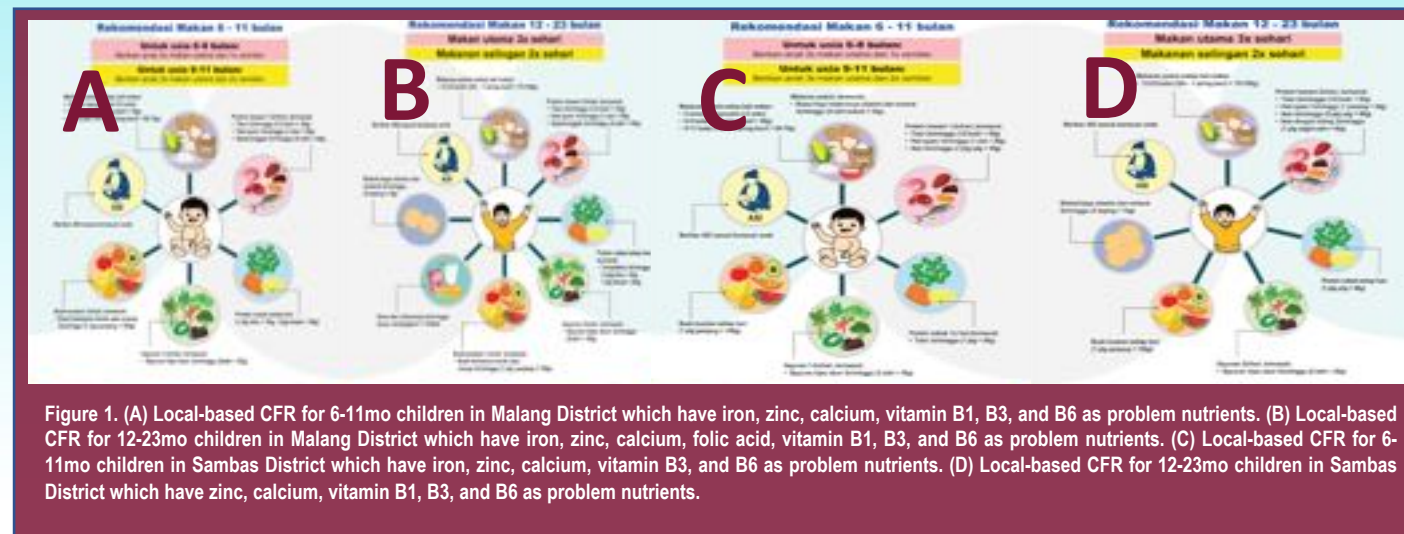


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**Optimized CFR developed using LP approach** for Malang and Sambas (Figure 1) has shown positive benefit in terms of improved dietary diversity score and nutrient intakes. Additionally, the positive and significant benefit of CFR in terms of anemia and linear growth was observed in Sambas district (West Kalimantan) where the ratio of animal protein from animal source foods (ASF) to plant protein is 3:1 as compared to Malang where the ratio is 0.9:1. At the end of 6mo promotion of optimized CFRs in Sambas, significant differences were found among children under control (C) and intervention (I) groups in terms of stunting cases (C=33.5%, I=23.9%) and anemia cases (C=43.5%, I=23.9%).







## ACCOMPLISHMENTS THUS FAR



- Formed and formulated the road map of the **Indonesian ECCNE Working Group** composed of representatives from the Ministries of Education, Health, and Social Services, local government units, academe, civil society organizations, regional organizations



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# Impacts Thus Far



- Directorate General of Early Childhood and Community Education of MOEC Indonesia endorsed the 8 new modules on Holistic & Integrative ECE and Parenting developed by ECCNE Program Team
- MoH Indonesia requested SEAMEO RECFON to develop 3 guidelines on stunting prevention for District/City Governments, Community Health Centers, & Integrated Family Planning and Health Service Centers
- ECCNE policy brief accepted, in principle, by MoH Indonesia



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# Impacts Thus Far



- Two district governments to formalize partnership with SEAMEO RECFON to implement ECCNE model on stunting prevention
- MoH Indonesia requested SEAMEO RECFON to train local academe from 37 priority districts for stunting prevention on formulating local specific FBRs for their respective localities
- Ministry of Religious Affairs Indonesia and SEAMEO RECFON agreed to train teachers of Islamic schools on holistic and integrative ECCNE implementation via online mode



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# Impacts Thus Far



- Nutrition concepts and principles integrated in lesson plans for classroom and extra curricular activities and documented by at least 83 schools that received NGTS trainings throughout Indonesia
- Universitas Muhammadiyah of Indonesia sought the partnership of SEAMEO RECFON to initiate NGTS program to Madrasah schools in Jakarta City in March 2020
- At least 7 partner-schools in 2 Program sites became finalists for the Healthy School Award at district/city, provincial and national levels in Indonesia



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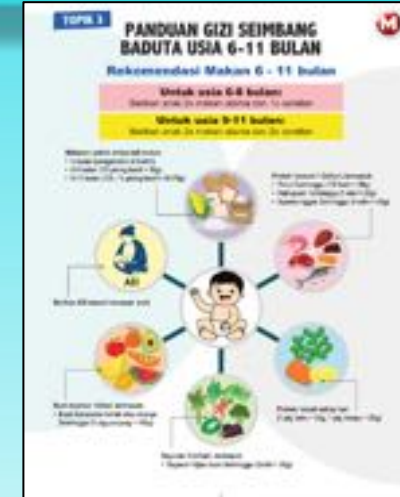
# Some lessons learned



Painting the bigger picture for stakeholders' buy-in



Clearer roles & MoU signing heighten ownership



Research for better evidence/ informed-based decision making



Continuous technical assistance using social media sustains interest



Recognizing efforts of school teachers/ EC educators deepens their personal commitment and advocacy



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Thank you

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