

## SUMMARY OF MAIN FINDINGS OF GENERAL NUTRITION SURVEY AND NNS

- In 2010, the prevalence of underweight (Weight-for-Age Z-score < -2.00) among preschool children was 17.5%. Of which, mild, moderate and severe underweight were 15.4%, 1.8% and 0.3%, respectively. 20 out of 63 provinces/cities had prevalence of underweight higher than 20%, considered at high level by the WHO's classification.

At present, stunting (Height-for-Age Z-score < -2.00) affects 29.3% of children under 5 years old. The prevalence of stunting in 2 provinces was very high level ( $\geq 40\%$ ) and was high level (30-39%) in 31 provinces. The average rate of reduction was 1.3 percentage points per year from 1995 to 2010. The prevalence of wasting among children under fives (Weight-for-Height Z-score < -2.00) was 7.1%.

Rate of overweight and obesity among children under fives years old was 5.6% (6.5% and 4.2% for the urban and rural, respectively). The current rate is 6 times higher than that in the year of 2000.
- Iron Deficiency Anemia affected 29.2% among children under 5. Prevalence of Iron Anemia in non-pregnant women and pregnant women were 28.8% and about 36.5%, respectively.

Subclinical Vitamin A deficiency ( $<0.70 \mu\text{mol/L}$ ) in Vietnam is now mainly subclinical which is still prevalent in 14.2% in children and about 35% in lactating mothers (Result from survey 2008). The Vitamin A capsule coverage rate was 79.5% and 51.4% in children and lactating women after delivery, respectively.
- The current attained height is reached between 22-26 year of age for both males and females. The average height of Vietnamese males was 164 cm and 154cm in females.
- Daily household food consumption has had remarkable changes in comparison with previous time. There has been no significant changes of the average energy intake since 1985( 1925 kcal in 1981 and 1925.4 kcal in 2010) but the proportion of total energy from protein, lipids, carbohydrate has changed. In the energy composition was made up by the ratio of Protein: Lipids: Carbohydrate as following 11.2: 6.2: 82.6 (1983) and 15.9: 17.8: 66.3 (2010).

Amongst children 2-5 years old, food consumption provided an average energy intake of 97% compared to the recommended standard of National Institute of Nutrition (NIN). The total protein intake was 49 gram per day and it provided 17% energy intake of food consumption which met the recommended standard of NIN. Dietary iron intake in children between 24-35 months of age currently meets only 56% of dietary reference intake (DRI).
- The percentage of reproductive aged women with low Body Mass Index (BMI < 18.5) was 18%. Meanwhile, the proportion of reproductive aged women with BMI  $\geq 25$  was 8.2% (overweight and obesity).
- Nationally, 82.1% of consumers have known about food safety knowledge over communication mediums. This prevalence was equivalent among Red River Delta, North Central and South Central Coast, Central Highland and Southeast but lowest in Northern mountainous and Midland and Mekong River Delta ( 75.1% and 75.6%, respectively). 69.7%-73.6% people can identify two typical symptoms of food poisoning.
- On February 22, 2012, The Prime Minister of the Socialist Republic of Vietnam signed a Decision No 226QD/TTG to ratify National Nutrition Strategy period 2011-2020 and vision 2030. The Strategy asserts that the duty of improving nutrition is the responsibility of all ministries and all people. The aims of strategy is enhancing totally the physical and intelligence of Vietnamese people as well as improving life condition by ensuring the balancing and appropriate nutrition. The strategy content includes six main objectives: 1. Improving quality and amount of people meal. 2. Improving maternal and child nutrition status. 3. Improving micro-nutrient status. 4. Controlling overweight and obesity situation and chronic diseased elements related to nutrition of adults. 5. Enhancing appropriate nutrition knowledge and practices. 6. Strengthening ability and efficiency of nutrition network at communities and health facilities