

Workplace Nutrition Project in Indonesia

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Social issue to be solved

Malnutrition/Double burden

Nutrition deficiency and Nutritional excess
(Coexistence problem in one group)

For example

Iron-deficiency anemia, and obesity/diabetes
by overdose of calorie and lipid

Cause

Bad balanced diet
Lack interest in balanced diet

The reason for strong attention of Workplace Nutrition

1. Since many young workers, especially **women in the reproductive age group** as the main target work at the same workplace, it is suitable for the place to provide **nutrition-balanced diet** and **nutrition education**, and to introduce effectively **behavior change**.
2. As a result of **nutrition improvement**, it leads **improvement of labor productivity** (reduction in absenteeism). Then the incentive for business serves as the driving force in nutrition improvement

Background/progress

As a NJPPP project, the following **baseline examinations** are explored to launch the project;

1. To visit **Japanese-affiliated factories** in Indonesia to investigate a situation of serving meal at workplace and nutritional issues.
2. To investigate a situation of **catering company** which provide meals to factory
3. To clarify **nutritional issues** for Indonesian women
4. To collect **related information** from Ministry of Health and SUN BN

On-site survey

Jakarta area (11/17-18)

- BAPPENAS
- MOH
- MOL
- ILO
- PERSAGI
- JETRO office
- JICA office
- Local firms/Japanese-affiliated company (4)

Karawan/Kawasan area (11/16)

- Local firms(2)
- Japanese-affiliated company (1)
- Developer of industrial park

Bogor area (11/14)

- Bogor Agricultural University
- Japanese-affiliated company (1)

Surabaya area (11/15)

- Japanese-affiliated company (3)

Japanese-affiliated factories

1. Many factories provide **meal serving** between 10K to 15K(IDR).
2. **Palatability and hygiene** are likely to be **emphasized** to select catering company. There are many cases to provide meals **without consideration of nutrient balance** (many fried foods, overdose of carbohydrate, and few intake of vegetables).
3. In the case of **PT Panasonic Manufacturing as advanced good example**, they consider nutrient balance, and prepare special meals for overweight/obesity and hypertension worker. The efforts of improvement of workplace meal and its enlightenment lead **reduction in absenteeism** and **improvement of labor productivity**.
4. Intervention study for workplace nutrition stands in need of **commitment of management**.

Example of menu



- As for menu pattern, many of firms provide it in **weekly cycles**.
- **Survey** (menu variety, palatability and volume) is regularly conducted.
- Basically satisfied with current menu owing to **calorie-focused menu**

Situation of catering company

1. Give consideration to **delicious and hygiene**, but not to nutrition balance.
2. Lack interest in nutritional quality.
Focus solely on **calorie** (whether it meets national requirement)
Have a person in charge of menu development, but **no nutritionist**.
However, some companies are beginning to be interested in consideration of nutrition.
3. Should select the catering company which is interested in consideration of **nutrition balance**.

Nutritional issues in Indonesia

Many young people become a **chronic energy deficiency**, on the other hand, **overweight and obesity** are increasing along with advancing age and income.

The ration of **anemia** is more than 20%, especially 37% of **pregnant female**. It remains a big problem. It is decreasing along with income growth.

Intake of vegetable and fruit is at extremely low rate, in young people is no more than 20% of recommend amount, and 10-40% in adults.

Information from Ministry of Health and SUN BN

MOH: In order to solve **nutrition issue** (Double burden of malnutrition), it is recognized that **behavior change** in young generation, especially adolescent female is important.

SUN BN: It deals with Workplace Nutrition, and introduce healthy menu and engage in enlightenment activities to several factories

Future tasks

1. To **find a test factory** which introduce an intervention research.
2. To approach introduction factory.
3. To facilitate the project in line with **local government policy**.

*Ask for your cooperation to fill
out the Questionnaire.*

Thank you