

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

<u>Cause</u> Bad balanced diet Lack interest in balanced diet



The reason for strong attention of Workplace Nutrition

- 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 nutritionbalanced 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;

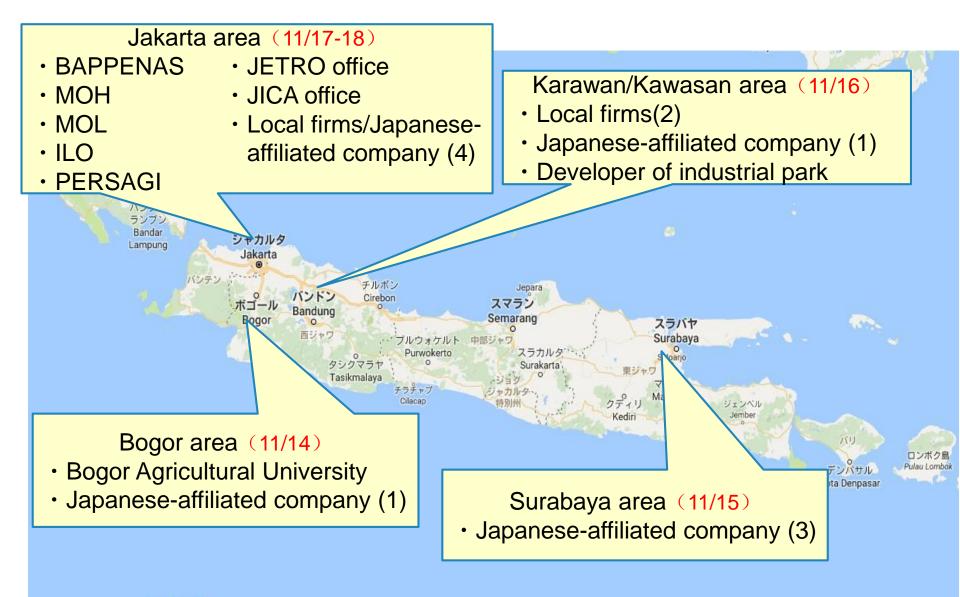
- To visit Japanese-affiliated factories in Indonesia to investigate a situation of serving meal at workplace and nutritional issues.
- 2. To investigate a situation of catering company which provide meals to factory

3. To clarify nutritional issues for Indonesian women

4. To collect related information from Ministry of Health and SUN BN



On-site survey





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.

 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