

The Quarterly Newsletter for Nutrition Research in Lao PDR

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NPAN Review



7th National Nutrition Forum Held

On the 16th of February, the Lao PDR held the seventh National Nutrition Forum bringing together leadership from across the Government of the Lao PDR as well as key development partners to reflect on challenges and commit to further action. The forum, organized by the National Nutrition Committee, was chaired by the Deputy Prime Minister of Lao PDR, H.E. Dr. Kikeo Khaykhamphithoune and co-chaired by H.E. Ms. Ina Marčiulionytė, the European Union Ambassador to Lao PDR, and Dr. Pia Rebello Britto, UNICEF Representative to Lao PDR. Leaders gathered from Ministries of Health, Agriculture, Education, Planning and Investment to review progress and set priorities for further efforts. Representatives of the private sector, youth, and Lao Women's Union, and Lao civil society all added their voices calling for greater investment in addressing malnutrition. Dr. Bounthom Samountee, Director of University of Health Science shared how universities in Laos creating new courses and degrees to meet the growing need for Lao technical expertise in nutrition and explained the need to invest in specialized higher education to ensure the success of the ambitious National Plan of Action on Nutrition.

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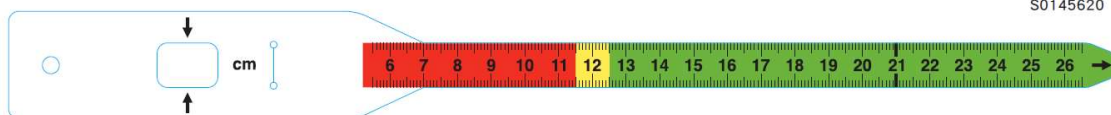
Research Grants Awarded

The \$5000 awards are the start of a year-long mentorship program to foster quality nutrition research by Lao research teams.

LaoTPHI, UHS, and Center of Nutrition affiliated researchers submitted 12 proposals on topics related to key nutrition priorities. The winning teams have been matched with mentors at Purdue and Indiana Universities in the US to encourage greater collaboration on quality research needed in the Lao context. Investigations center around the diets and needs of Lao preschoolers, adolescents, and lactating mothers.

	Investigators	Key Issue of interest
CN	Souphaxay Khamphanthong, Vilasith Mikhasith Maikho Vongxay Phonepaserth Southalack	Factors associated with the effectiveness of breastfeeding protection, promotion and support during the COVID-19 pandemic in Vientiane province.
UHS	Souksamone Thongmyxay Chandavieng Phimmavong Ladsamee Rajsavong	Nutrient intakes and adequacy among preschool children under 5 years in Vientiane Province
UHS	Viengnakhone Vongxay Vilamon Chanthaleuxay Phonevilai Santisouk Kokasia Nengmongvang	Vitamin A deficiency among Pre-School Children in Vientiane Province: A Mixed Method Community-Based Study
UHS	Vathsana Somphet Vassana Thammavongsa Onanong Setthavanxay	Nutrition diets knowledge and practice among urban adolescents' girls and their parents in secondary high schools, Lao PDR
LaoTPHI	Somphone Soukhavong Hongkham Xayavong Thaidalat Phunthavong	Food Consumption Survey among Adolescents aged 10 - 19 years in Vientiane Capital 2022
LaoTPHI	Kethmany Ratsavong Bounhome Soukxhaphone Nialoune Vongpraseuth Micko Phengmalar Lattin Phanthavong	Identify the food preference and <i>its'</i> associated with salt/sugar intake and risk of NCD Adolescence in Laos

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Anthropometry Resources

New resources will soon be available to ensure quality and consistency in measuring nutrition and growth status in Lao PDR

- The CN/ANRCB Anthropometry Training Course is a complete teaching kit (slides, pre/post test, facilitation guide, and video) intended to explain the how and whys of nutritional assessment for infants, children, and adults. It is suitable for training researchers, clinicians, and practitioners.
- Videos showing correct techniques to assess weight, height, MUAC, and head circumference have been produced to complement the training or as standalone self-study resource.
- UNICEF & Lao Friends Hospital for Children will soon release a series of videos for healthcare workers identifying and treating acute malnutrition in infants and children intended to support care of infants and children suffering from acute malnutrition.

Organizations planning to conduct anthropometric research can contact **Center of Nutrition** to request equipment rental and technical support.

In Lao PDR, malnutrition continues to be a strong driver of poverty and inequity in the development of the country. It is estimated that malnutrition results in an annual loss of 481.66 million USD

You can follow the latest findings of the National Surveillance Survey (NSS) at: <https://nipn.lsb.gov.la/dashboard/nutrition-surveillance.html>

Practitioner News

Have you heard of SUN CSA?

Scaling Up Nutrition Civil Society Alliance (SUN CSA) is a formal network that aims for sustainable improvement of the nutrition status of Lao people, in particular women and children in their first 1,000 days of life. It coordinates these efforts in civil society through capacity building and establishing best practices. The network was formed in 2014 and currently has 69 members, including 22 INGOs, 39 NPAs, and 8 networks or social enterprises.

The bilingual SUN CSA Website features the most extensive nutrition library in Lao PDR, including research, policy, training kits, posters, and multimedia resources.

<http://www.suncsalaos.org/>



SNV Laos' ENUFF project learning brief no. 5 details the impacts of nutrition-sensitive agriculture innovations. Access Nutrition-Sensitive Agriculture for improved dietary diversity (2021) is available at:

<https://suncsalaos.org/document/enuff-learning-brief-5/>



Center of Nutrition and WFP's Nutrient Dense Food Crop Book - The resource provides the nutritional values and cultivation profiles for 34 crops that are important in Lao diets, produced by WFP and CN.

English:

https://issuu.com/.../eng_nutrient_dense_food_crop_book_m...

Lao: https://issuu.com/.../lao_nutrient_dense_food_crop_book...

Local therapeutic food study underway

RESEARCH SPOTLIGHT



Connect with the researchers via:
franck.wieringa@ird.fr

New research seeks to develop local RUTF products to improve treatment for acute malnutrition amongst Lao children

The prevalence of acute malnutrition among children under 5 years of age in Lao PDR remains high and has most likely increased recently due to a rise in food insecurity during the Covid-19 pandemic. Most children can be treated at home with so-called Ready-to-Use-Therapeutic foods (RUTF), the most well-known example being PlumpyNut, a peanut-based fortified spread. There is no local production of RUTF in Laos –all supplies are currently imported. But before starting local production, more information is needed on the taste preferences for a RUTF in Laos. Therefore, with support from UNICEF, the CN and LaoTPHI and the French National Research Institute for Sustainable Development (IRD) performed an acceptability study among 80 mother-child pairs in Phongsaly and Attapeu province in January this year. Four different RUTFs were tested for acceptability by mothers and children, and intake over 3 days periods was measured. Results will be used to guide the development of the IMAM program in Laos as well as initiate the development of locally produced foods that can be used in the fight against malnutrition.

A review of The National Plan of Action on Nutrition (NPAN) 2021-2025

Dr. Gerald Shively, Associate Dean and Professor of Agricultural Economics, Purdue University (USA)

The National Plan of Action on Nutrition (NPAN) 2021-2025 was released by the National Nutrition Committee in December 2021 and is a comprehensive document outlining the Lao government's strategy for addressing the important problem of malnutrition in Lao PDR. Developed with input from a broad coalition of government and partner agencies, it serves as a useful and important update to the 2016-2020 Plan of Action and constitutes a key resource for private- and public-sector nutrition stakeholders. As such, it is essential reading for those in the nutrition community who seek to align their activities with the Lao government's goals and strategies. Among the important aspects of the NPAN are its clear commitment to adopting a multisectoral approach to nutrition, an updated conceptual framework, and a streamlined strategic framework consisting of 8 high-level Indicators and 13 Strategic Objectives (SOs). The USAID-supported ANRCB project is contributing to multiple SOs, including SO6 (strengthening institutional capacity) and SO7 (strengthening human resources). These SOs directly relate to Component 3 of the NPAN, which calls for "addressing basic causes of malnutrition, creating an enabling environment, and promoting multisectoral action." Several other SOs also fall within the purview of the ANRCB project, including promoting equity and inclusion, especially gender equity, in all aspects of the project.

📍 **ສອບຖາມຂໍ້ມູນເພີ່ມເຕີມ ກະລຸນາຕິດຕໍ່ / For more information please contact:**

ສາມາດຕິດຕໍ່ກັບໂຄງການພວກເຮົາໄດ້ທີ່ ສູນໂພຊະນາການ, ຊັ້ນ 2, ບ້ານຊຽງດາ ເມືອງໄຊເສດຖາ ນະຄອນຫລວງວຽງຈັນ
ພາກສ່ວນທີ່ກ່ຽວຂ້ອງກັບວຽກງານໂພຊະນາການ ແມ່ນສາມາດນໍາໃຊ້ສະຖານທີ່ອີບອີມ LANI ໄດ້. ກະລຸນາຕິດຕໍ່ທີ່ ANRCB@crs.org
Location: Center of Nutrition, 2nd floor, Xiengda Village, Saysettha District, Vientiane Capital, Lao PDR.
The LANI training space is available for use by nutrition stakeholders. Please contact ANRCB@crs.org.