



FrieslandCampina nl

Institute

for dairy nutrition and health

SEANUTS II results

Key outcomes from Vietnam

SEANUTS II is a study which provides one of the most comprehensive views of child nutrition and health status in South East Asia, including Vietnam. It is initiated by FrieslandCampina and in Vietnam, the survey is conducted in collaboration with the National Institute of Nutrition. This study with 4001 children of 0.5 - 12 years, from Vietnam, highlights an important issue known as the 'triple burden' of malnutrition. This is the coexistence of undernutrition, micro-nutrient deficiencies and overweight/obesity. Find below a summary of the SEANUTS II insights.¹

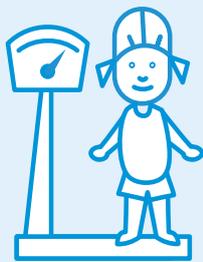


Stunting

Stunting (impairment of growth) is a primary manifestation of long-term malnutrition. It is a medium public health burden in Vietnam.²

11%

of children younger than 5 years is too short for their age.



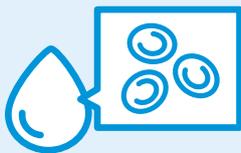
Childhood obesity

Childhood obesity is associated with higher chances of obesity in later life. Being overweight or obese is a risk factor for developing non-communicable diseases, like cardiovascular diseases and diabetes.^{3&4}

33%

of children 7 - 12 years old suffer from overweight or obesity.

In children younger than 5 years, 7% suffer from overweight or obesity.



Anemia

Anemia is a condition where there is insufficient healthy red blood cells to carry oxygen in the body and it can impact children's cognitive development, physical growth and immunity.⁵

15%

of children 1 - 4 years old have anemia.

While 39% and 8% of children between 0.5 - 0.9 and 7 - 12 years respectively have anemia.



Calcium & vitamin D

Calcium and vitamin D are important for physical growth. In addition, vitamin D is an important nutrient for supporting the immune system.⁶ The intake of these nutrients are low.

81%

of all children 0.5 - 12 years did not meet the recommendations* for calcium.

95%

of all children 0.5 - 12 years did not meet the recommendations* for vitamin D.

Other micronutrients

Children from 0.5 - 12 years, who do not meet the recommended*/** amount for the following micronutrients:

Vitamin A**:

56%

Vitamin C**:

66%

Vitamin B12**:

32%

Iron*:

59%

Zinc*:

37%

For all micronutrients stated, we find the highest percentage in children 7 - 12 years not meeting the recommendations*/**.



* Recommended Dietary Allowances

** Estimated Average Requirement

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