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Institute

for dairy nutrition and health



South East Asian Nutrition Surveys (SEANUTS) II results Key outcomes from Malaysia

SEANUTS II is a study which provides one of the most comprehensive views of child nutrition and health status in South East Asia, including Malaysia. It is initiated by FrieslandCampina and in Malaysia, the survey is conducted in collaboration with Universiti Kebangsaan Malaysia. This study# with 2989 children of 0.5 - 12 years, from Peninsular Malaysia, highlights an important issue know 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

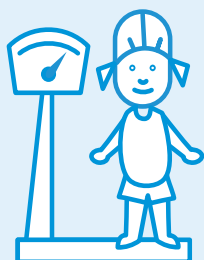


Stunting

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

14%

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



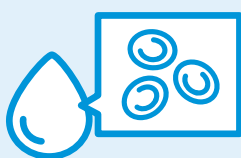
Childhood obesity

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}

31%

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

In children younger than 5 years, 3% 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

40%

of children younger than 4 years old have anemia.

While this is hardly present in older children.



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

70%

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

This is highest in children 7 - 12 years with 88% not meeting the recommendations*.

84%

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

This is highest in children 7 - 12 years with 92% not meeting the recommendations*.



Other micronutrients

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

Vitamin A:

16%

Vitamin B1:

24%

Vitamin B2:

12%

Vitamin C:

29%

Iron:

11%

For vitamin A, B1, B2 and C we find the highest percentage in children 7 - 12 years not meeting the recommendations*.



* Estimated Average Requirement

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