

PROFILING UNDERNUTRITION: INDONESIA



FAST FACTS ON GOOD NUTRITION

➤ In 2013, more than six million children died around the world before their fifth birthday.

➤ **Undernutrition is responsible for an astonishing 45% of these deaths**, representing 3 million deaths each year.



➤ Yet we know how to **end preventable child deaths** and the damage caused by undernutrition.

➤ The first 1,000 days of life – from conception to your second birthday – are the most important for growing a healthy body and brain.

➤ Giving children the right nutrition early in life helps them perform better at school, grow into healthy adults, earn more at work and provide their own children a healthy start to life.

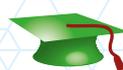
➤ INVESTING in improved nutrition during the first critical 1,000 days of life can:



+ **Directly save more than 1 million lives each year;**



+ **Boost a country's GDP by at least 2-3% annually;**



+ **Build self-sufficiency: well-nourished children are more likely to continue their education, have higher IQs, and earn up to 46% more over their lifetimes; and**



+ **Help end hunger and break the cycle of poverty: well-nourished children are 33% more likely to escape poverty as adults.**

➤ Investing in nutrition delivers the biggest bang for our aid buck.

\$1 → \$138

For every dollar spent, up to \$138 worth of benefits are gained in better health and increased productivity.

Despite all this evidence, **ONLY 0.4% OF ALL AID** from donor countries goes to nutrition-related projects, and most donors (including Australia) do not prioritise nutrition.

UNDERNUTRITION IN INDONESIA

Did you know?

- + In 2012 more than 150,000 children under 5 died in Indonesia, and rates of undernutrition are high
- + More than one third (36%) of all Indonesian children have had their growth permanently stunted by undernutrition
- + Around 14% of children are underweight for their height (or wasted) because they do not have enough food
- + Nutrient deficiencies are very common
- + Significant regional and income inequalities exist
- + Indonesia is making slow progress towards the child health Millennium Development Goals, and has met the hunger goal

Population	246.8 million
Gross National Income (GNI) per person	US\$3,420
Average annual GDP growth rate, 2004 to 2013 inclusive	5.8%
Life Expectancy at birth	71 years
Babies born with low birthweight	9%
Population with access to clean water	84%
Population using sanitation facilities	58%
Stunting in children under 5	35%
Wasting in children under 5	14%
Human Development Index Ranking	108
People living on less than US\$2 per day	43%

WHAT ACTION IS NEEDED?

There are 10 simple nutrition interventions proven to have a significant impact on maternal and child health if provided to everyone. About one fifth of the existing burden of stunting can be completely averted if we use the following approaches:

1. Use iodised salt in food
2. Provide pregnant women with micronutrient supplements including iron and folate
3. Provide pregnant women with calcium supplements
4. Ensure pregnant women have additional nutritional intake especially balanced in protein
5. Provide children with vitamin A supplements
6. Provide children with zinc supplements
7. Promote breastfeeding
8. Provide education for mothers on good food and nutrition practices for children weaning from breast milk to family foods
9. Provide weaning children with food supplements with extra nutrients
10. Improve clinical management of severe undernutrition

IN 2012 MORE THAN 150,000 CHILDREN UNDER 5 DIED IN INDONESIA

More than one third (36%) of all children under five in Indonesia are too short for their age, or stunted

This means they have suffered **long-term insufficient nutrient intake** and frequent infections, stunting their growth. Stunting generally occurs before age two, and effects (including delayed motor development, impaired cognitive function and poor school performance) are largely irreversible. Stunting contributes to almost 15% of child deaths each year.

Around 14% weigh less than they should considering their height (known as wasted)

Wasting is usually the result of significant food shortage, or a serious disease. A child with wasting is nine times more likely to die than a well-nourished child.

Nutrient deficiencies are very common

A lack of vitamin A, iron, zinc, and other nutrients during early childhood puts children at higher risk of experiencing chronic disease, delayed cognitive development, delayed enrolment in school, and reductions in academic achievement and future earnings. Nutrient deficiencies in Indonesia are very

common. **Nearly 1 in 6 children in Indonesia are vitamin A deficient**, which makes them more susceptible to diarrhoea, measles and respiratory infections. **Nearly 1 in 3 children under five suffer from zinc deficiency**, which can impair immune function, delay growth and can make diarrhoea a life-threatening disease.

Significant regional and income inequalities exist

Strong economic growth has gradually reduced overall poverty in Indonesia. However, substantial inequalities remain, particularly in geography and income inequality. Income inequality is rising, and poorer families have two to three times the mortality rate of higher income families.

Indonesia is making slow progress towards the child health Millennium Development Goals, and has met the hunger goal

Since 1990, Indonesia has more than halved the proportion who go hungry to 8.6%. However, that has not translated into improved child nutrition. Since 2007, the stunting rate has actually slightly increased, and the mortality rate has not significantly changed.