

• Monotonous diets high in ultra-processed foods call for policy change in Indonesia

Anne-Marie Berenice Mayer, International Institute for Environment and Development abmayer17@gmail.com

• Alejandro Guarin, International Institute for Environment and Development Alejandro.guarin@iied.org

• Ninna Rohmawati, Jember University, Indonesia

Evaluation and impact

Sustainable Diets for All

Reframing the Food System Debate

<https://www.iied.org/dietary-indicators-need-overhauling-food-diary-study-finds>

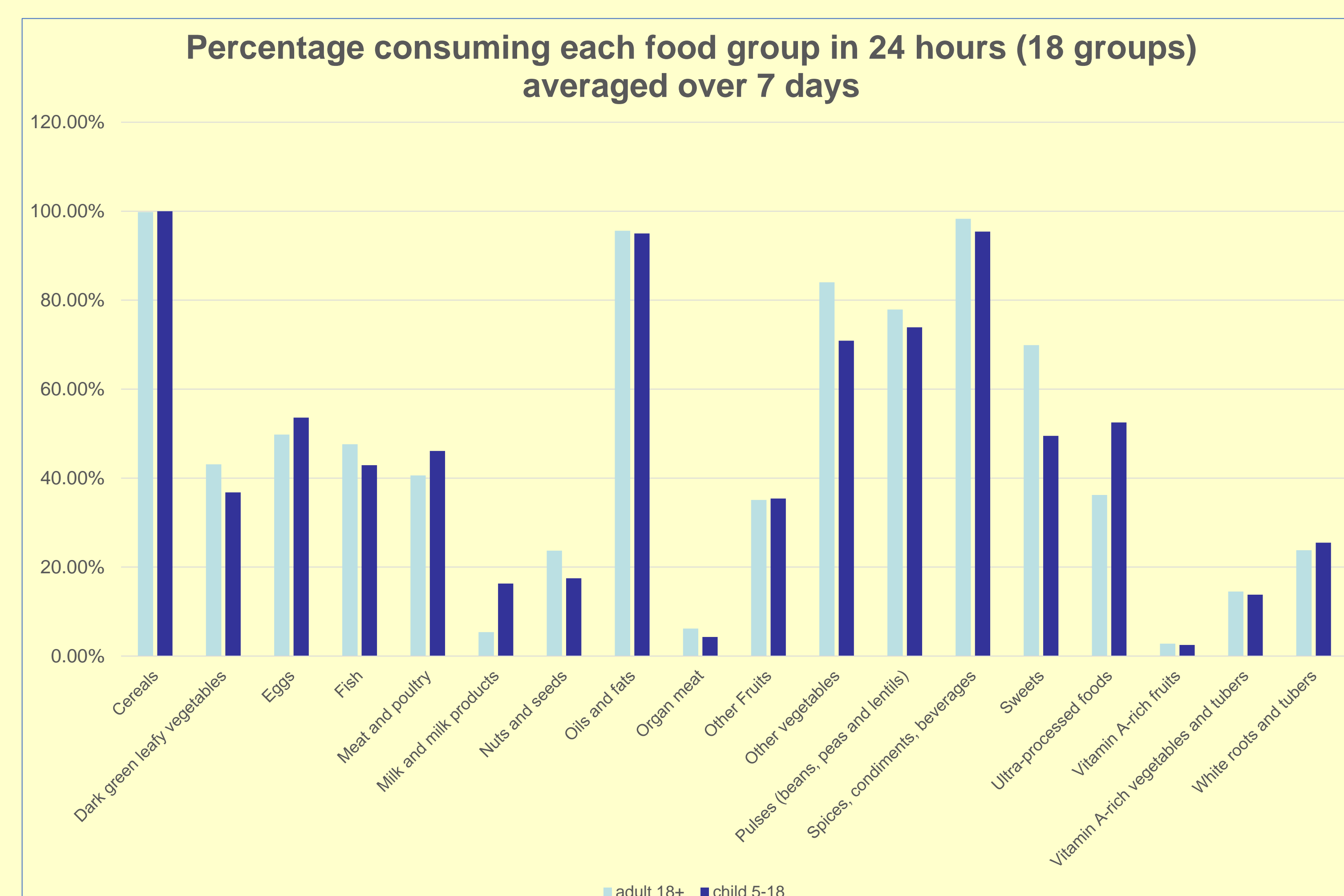
Objectives of Food Diaries Research

- Documenting & analyzing local diets through active community participation
- Promoting diverse, healthy, equitable & environmentally-friendly diets
- Influencing traders, schools and other stakeholders in the food system

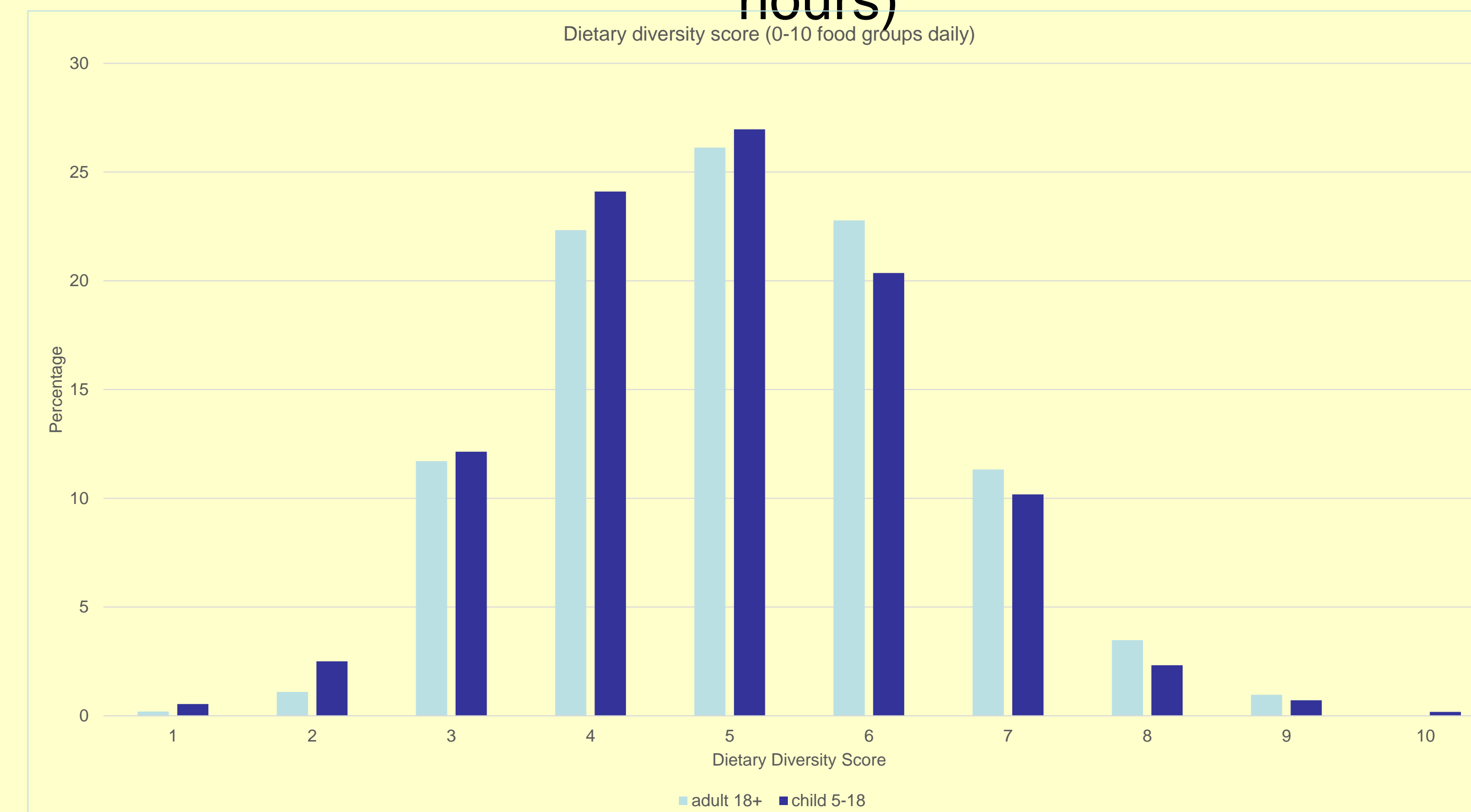
Methods

- Supported by University of Jember and Tanoker (NGO)
- Two stage random sampling of communities; 98 households, 328 individuals
- Foods and beverages consumed over 7 days (Jan-Feb 2018) were recorded by participants
- Followed up with in-depth interviews with 40 people – food diary participants + community leaders
- Data computerized and analysed by U of Jember; with follow-up analysis by IIED
- Each food categorized into 18 food groups (healthy and unhealthy foods) and 10 groups for calculation of Dietary Diversity Scores
- Unhealthy foods are reported separately because they are not included in Dietary Diversity Scores
- Dietary Species Richness – was calculated as the total of food species consumed WITHIN the 18 food groups

Results



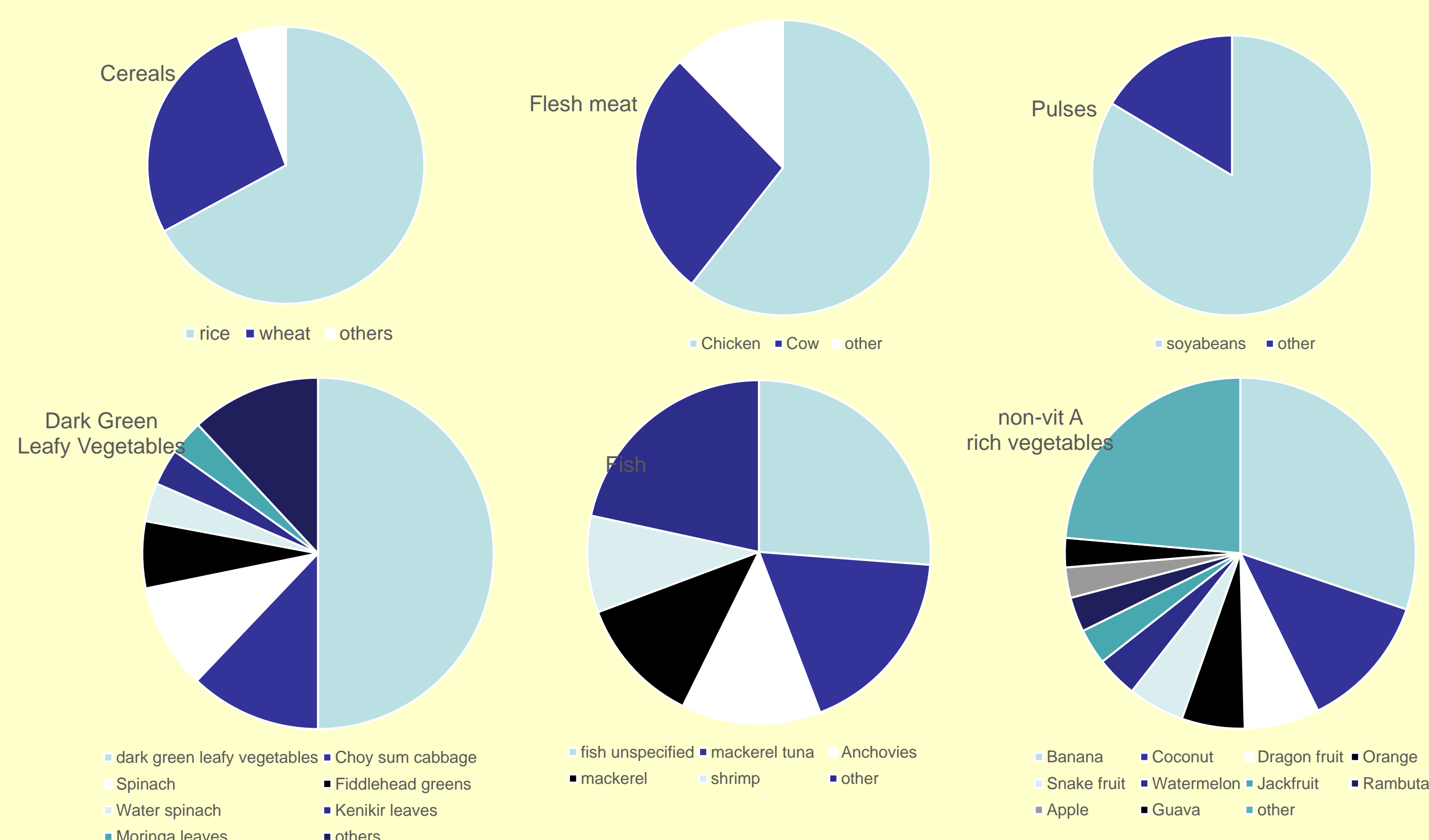
Dietary Diversity Scores over 7 days (0 to 10 food groups per 24 hours)



Ultra processed foods, sweets

- Ultra-processed foods
 - 51% of adults, 71% of children 5-18 and 73% of children under 5 consume at least 3 times per week.
- Sweet foods
 - 87% of adults, 69% of children 5-18 and 54% of children under 5 consume at least 3 times per week.

Within Food Group Diversity in Jember, Indonesia



- Participants' experience: Diaries easy to complete, informative, draw attention to aspects of diet which could be improved
- Researchers' experience: Research process was complex, resource intensive, not owned by local researchers. Desire for food quantities to be included in future
- Advocacy outcomes: Dietary data used to design educational and public health programmes and to strengthen collaborations between university and community such as the promotion of sustainable, healthy diets with a kindergarten and a grandparents' group.

Conclusions

- Dietary diversity was poor (40% children not meeting requirements)
- Wide availability of foods, but accessibility related to cost and convenience and choice.
- Meals concentrate on a few species, particularly cereals, pulses, and nuts. Non-vitamin A rich fruits and vegetables, DGLV are more diverse and fish is more varied than meat.
- Diets are high in oils, sugar, ultra-processed ingredients
- A new diet indicator is badly needed to account unhealthy foods and to include all ages and male as well as female adults
- More research is needed to link diets and the total food system using simple and participatory methods
- The triple burden of malnutrition needs to be addressed in Indonesia with policies to tackle all forms of malnutrition



<https://sustainablediets4all.org/document/indonesia-as-triple-burden-of-malnutrition/>