

**MINISTRY OF HEALTH
PUBLIC HEALTH INSTITUTION OF TURKEY**

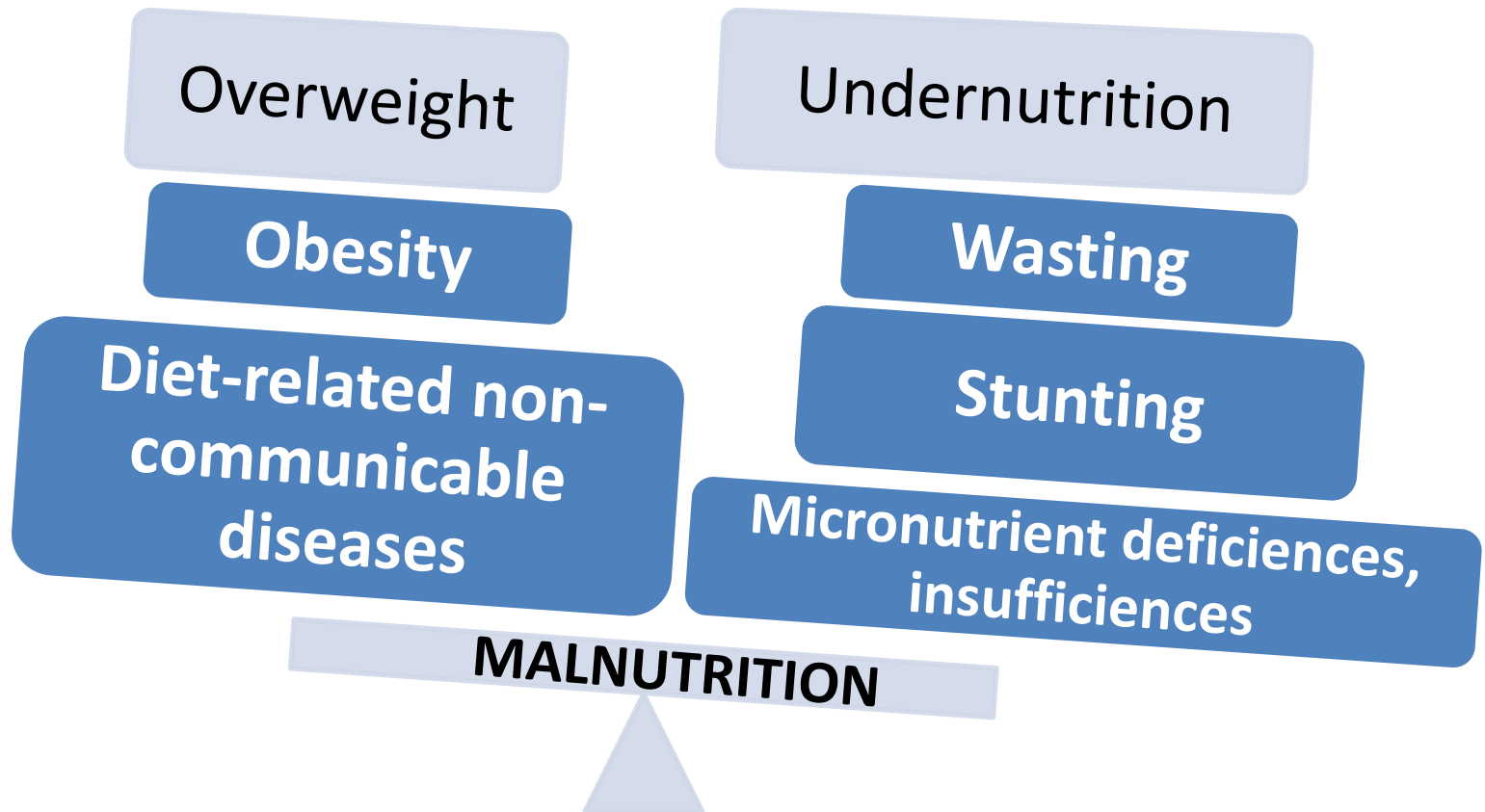
NUTRITION PROGRAMS OF TURKEY

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Malnutrition

Malnutrition refers to deficiencies, excesses or imbalances intake of energy and/or nutrients.





Republic of Turkey Ministry of Health

Sustainable Development Goals



**ADDRESSING
THE CAUSES
AND
CONSEQUENCES
OF ALL FORMS
OF
MALNUTRITION**

GLOBAL NUTRITION TARGETS 2025

To improve maternal, infant and young child nutrition



**40% REDUCTION IN THE NUMBER OF CHILDREN
UNDER-5 WHO ARE STUNTED**



**50% REDUCTION OF ANAEMIA IN WOMEN OF
REPRODUCTIVE AGE**



30% REDUCTION IN LOW BIRTH WEIGHT



NO INCREASE IN CHILDHOOD OVERWEIGHT



**INCREASE THE RATE OF EXCLUSIVE BREASTFEEDING IN THE
FIRST 6 MONTHS UP TO AT LEAST 50%**



**REDUCE AND MAINTAIN CHILDHOOD WASTING
TO LESS THAN 5%**

Malnutrition is Pervasive and Increasing

- Malnutrition affects all 193 countries
- Malnutrition affects 1 in 3 people → will rise to 1 in 2 people if current trends continue
- 800 million are hungry, 2 billion have micronutrient deficiency, 1.9 billion are overweight or obese
- Overweight/obesity rates are rising in every country
- Undernutrition rates decreasing too slowly



156 MILLION

- **Stunting** rates are dropping but 156 million children under 5 around the world were still affected

42 MILLION

- There were 42 million **overweight** children in the world
- An increase of about 11 million over the past 15 years

50 MILLION

- **Wasting** continued to threaten the lives of 50 million children under 5 globally



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Sub-regional Overview of Stunting

Five sub-regions have stunting rates that exceed 30 per cent



Percentage of stunted children under 5, by United Nations sub-region, 2015





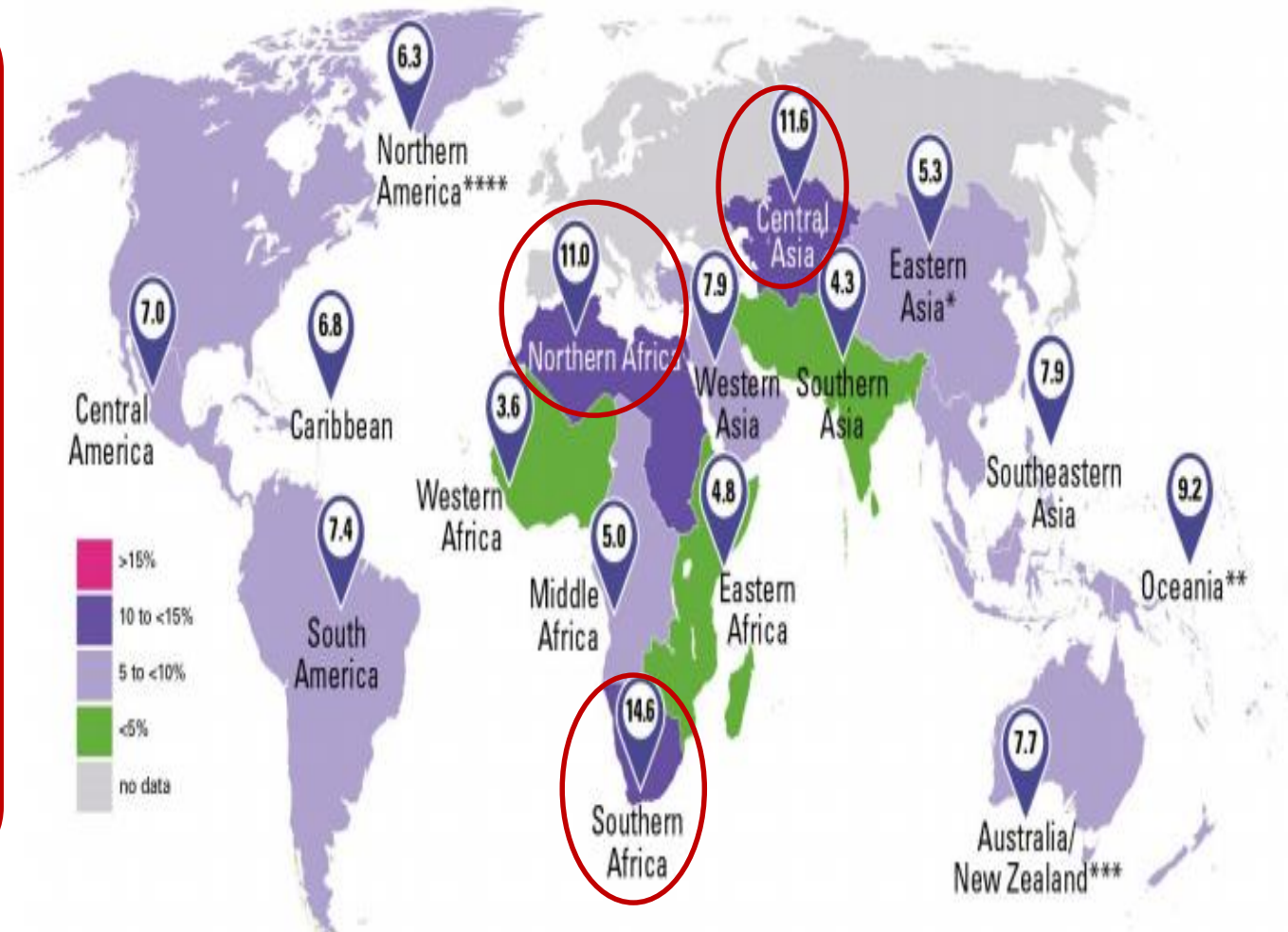
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Sub-regional Overview of Overweight

In three sub-regions more than 10 per cent of children under 5 are overweight



Percentage of overweight children under 5, by United Nations sub-region, 2015





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Sub-regional Overview of Wasting

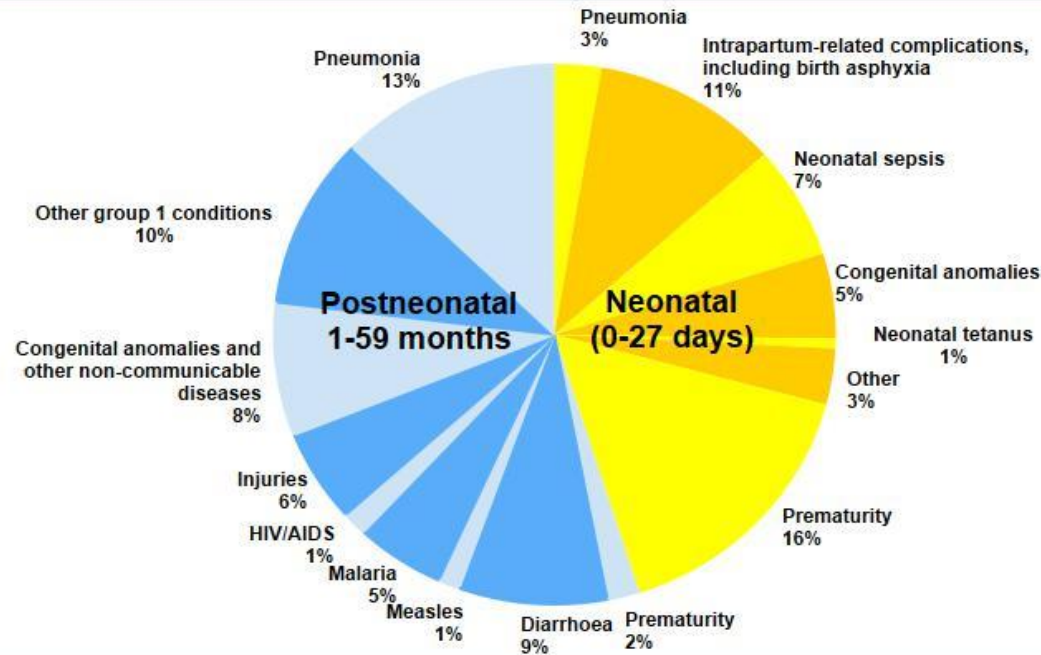
The wasting rate in Southern Asia is approaching a critical public health emergency



Percentage of wasted children under 5, by United Nations sub-region, 2015



Causes of deaths among children under 5 years, 2015



Source: WHO-MCEE methods and data sources for child causes of death 2000-2015
(Global Health Estimates Technical Paper WHO/HIS/IER/GHE/2016.1)

MALNUTRITION IS %45 OF ALL UNDER 5 DEATHS

Ministry of Health of Turkey



Vision:

A Turkey where healthy lifestyles are embraced and everyone can easily exercise their right to health

Mission:

To maximise the protection of individual and community health with a human-centred approach and to offer timely, appropriate and effective solutions to health problems



Strategic Goal 1:

To protect the individual and the community from health risks and foster healthy life styles



Strategic Goal 2:

To provide accessible, appropriate, effective, and efficient health services to individuals and the community



Strategic Goal 3:

To respond to the health needs and expectations of individuals based on a human-centred and holistic approach



Strategic Goal 4:

To continue to develop the health system as a means to contributing to the economic and social development of Turkey and to global health

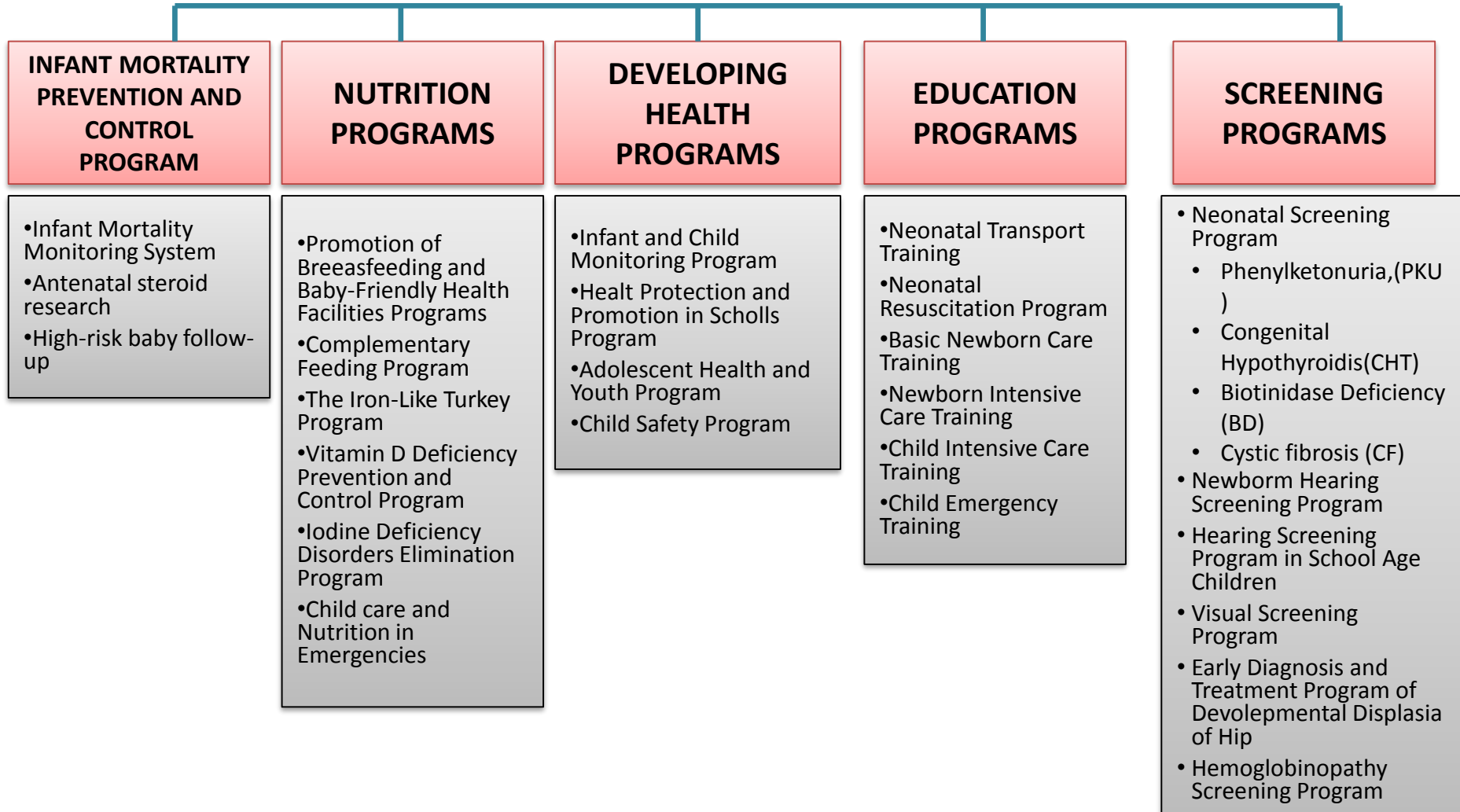
Nutritional Objectives (1)

- To contribute to inter-sectoral coordination and cooperation to improve food safety and nutritional quality,
- To ensure inter-sectoral cooperation to improve healthy nutrition,
- To organise training events and campaigns to increase the awareness of the importance of exclusive breastfeeding in the first 6 months of life and of supplemental breastfeeding between 6 months–2 years of age,
- To improve and implement breastfeeding programs in order to prevent acute nutrition disorders,

Nutritional Objectives (2)

- To improve and sustain vitamin and mineral supplementation programs for infants,
- To improve the programs implemented to reduce the ratio of children with acute nutrition disorders,
- To sustain the programs supporting healthy nutrition for children aged 6-24 month in addition to breastfeeding in order to prevent chronic nutrition disorders.

Child and Adolescent Health Programs of Public Health Agency

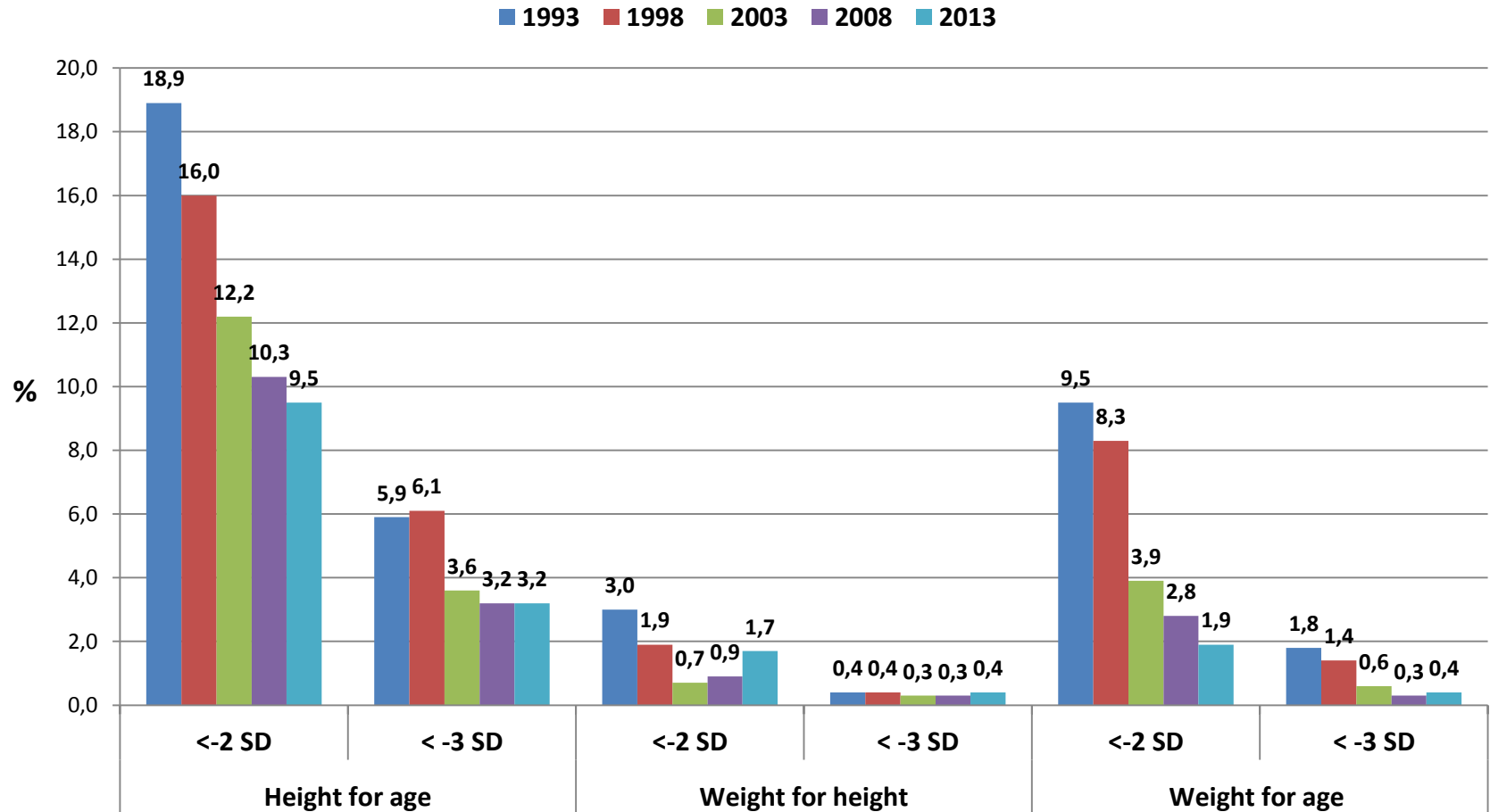


Other Public Health Nutrition Programs

- School-Based nutrition Programs
 - School Milk in pre-schools and primary schools,
 - Nutrition- Friendly Schools Initiative Programs,
- Healthy Nutrition and Active Life Program of Turkey



Percentage of children <5 years classified as malnourished according to three anthropometric indices of nutritional status:



Source: Demographic Health Surveys of Turkey 1993-2013

Promotion of Breastfeeding and Baby Friendly Health Facilities Program



Within cooperation with UNICEF, the Programme has been implemented since 1991 with view to ensuring, supporting and expanding breastfeeding.

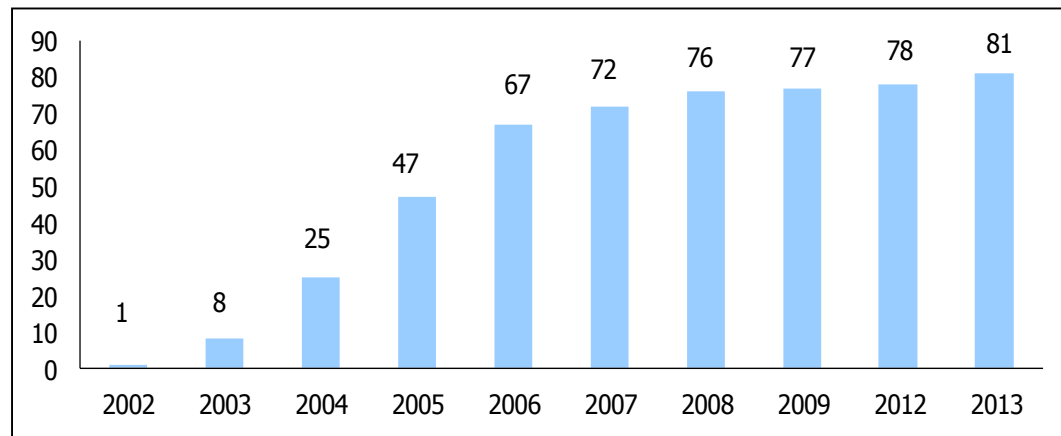
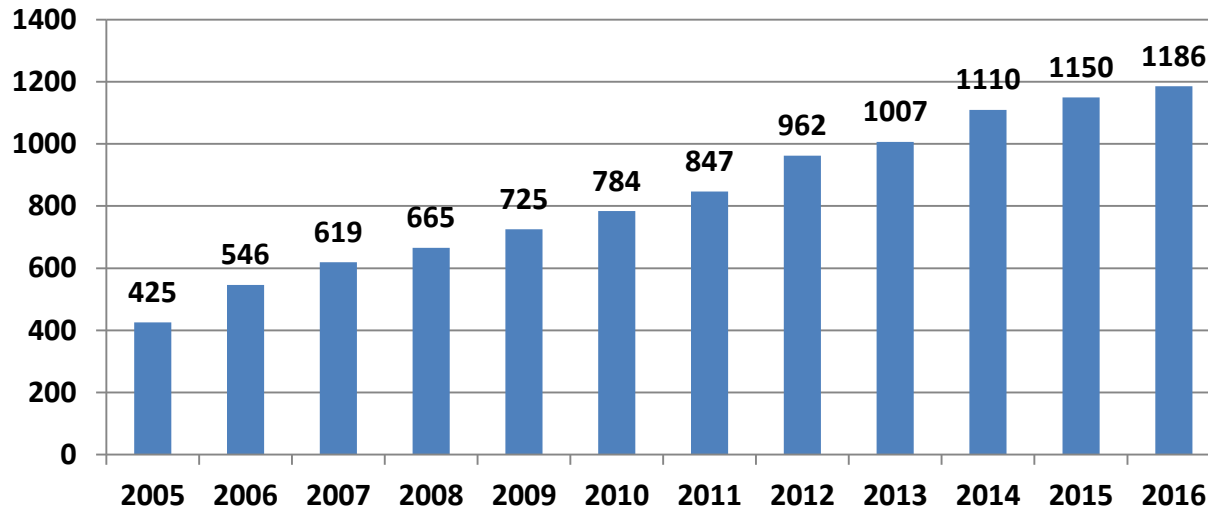


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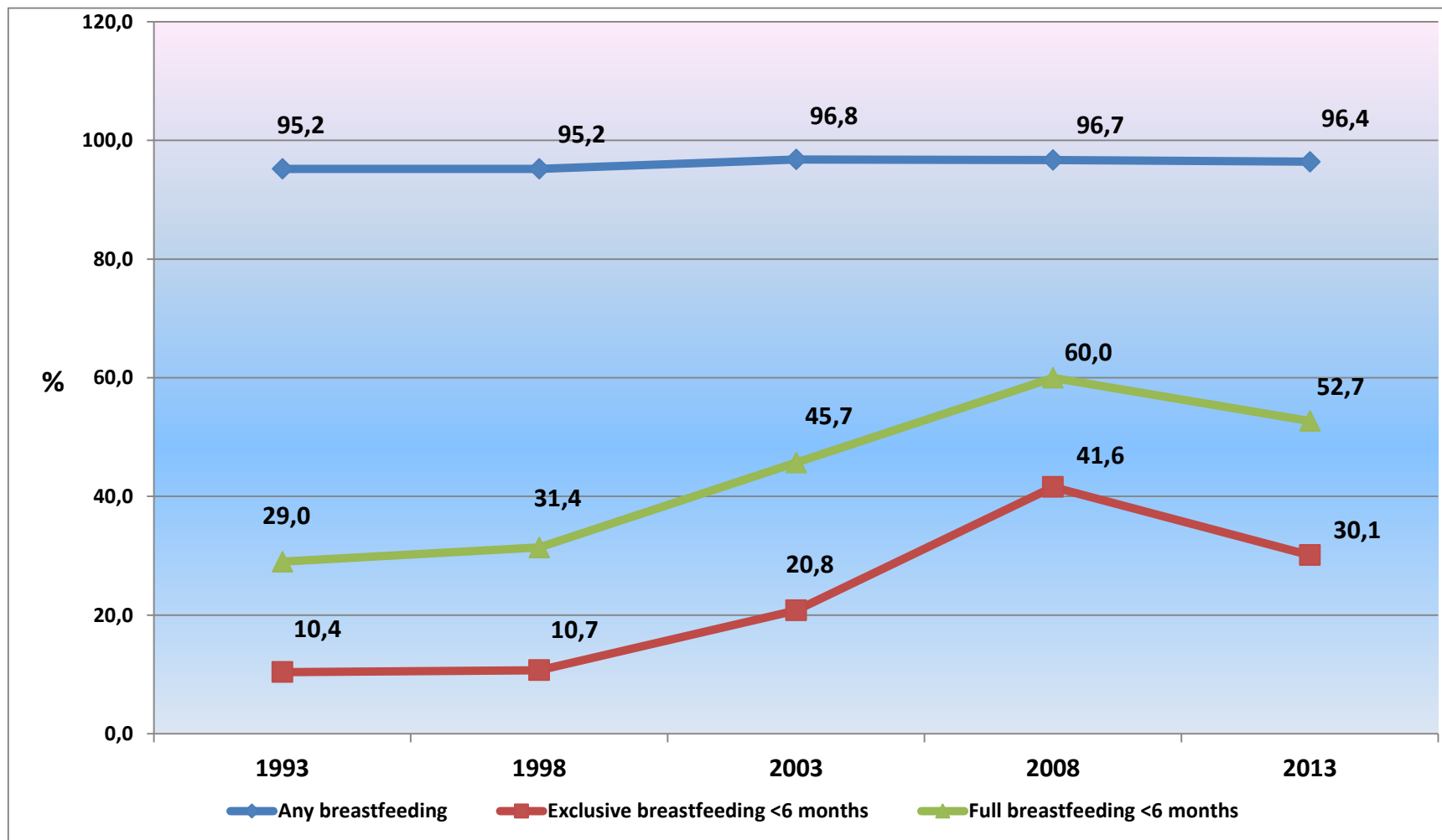
- Baby-Friendly Province Program (2002)
- Baby-Friendly Primary Health Care” on the basis of “Eight steps”
- Golden Baby-Friendly Province (2008)
- Baby-Friendly Neonatal Intensive Care Units (2012)



Baby Friendly Hospitals and Provinces



Progress in Breastfeeding Indicators from 1993 to 2013



Source: Demographic Health Surveys of Turkey 1993-2013

Complementary Feeding

- Complementary feeding typically covers the period from 6 to 24 months of age, and is a very vulnerable period. It is the time when malnutrition starts in many infants, contributing significantly to the high prevalence of malnutrition in children under five years of age worldwide.
- It includes nutritional recommendations to families by trained health staff, according to infants age, region and socio-economic status of the family.
- Family physicians and family health staff have been trained in 81 provinces.
- Remote training modules have been prepared.

Micronutrient Support

- Iron supplementation for 4-12 months old infants
 - Program coverage: 99%
 - Anemia prevalence in child: 6,3%
- Vitamine D supplementation for 0-12 months old infants
 - Program coverage: 99%
 - Deficiency of vitamin D: 20% (<15 ng/ml)
- Mandatory salt iodization:
 - Household usage: 85%
 - UIC: 105 µg/dl

“Turkey is as Iron” Program



Years	Iron Support
2004	731.844
2005	849.117
2006	1.058.122
2007	1.063.316
2008	1.333.155
2009	1.240.839
2010	1.175.397
2011	1.202.343
2012	1.033.435
2013	970.732
2014	1.247.470
2015	1.246.236

Goals

- To provide prophylactic iron supplementation for all infants from 4 to 12 months
- At the end of the program to reduce the prevalence of iron deficiency in children to 10%.
- To treat infants who diagnosed with anemia

Prevention of Vitamin D Deficiency and Promotion of Bone Health Program

Years	Vitamin D Support
2005	751.790
2006	1.228.121
2007	1.385.293
2008	1.397.724
2009	1.261.026
2010	1.145.751
2011	1.169.705
2012	1.302.419
2013	1.138.548
2014	1.233.525
2015	1.311.793





Thank you...