

Plenary Discussion Panels

Sustainable, healthy diets



Chair: **Regina Moench-Pfanner**, Chief Executive Officer, ibn360

- **Pungkas Bahjuri**, Director for Public Health and Nutrition, BAPPENAS, Indonesia
- **Christa Räder**, World Food Programme Representative
- **Anand Sundaresan**, Regional Vice President, Human Nutrition & Health APAC, DSM
- **Arif Mustolih**, Head, Government Affairs, Indonesia, Malaysia and Singapore, Herbalife Nutrition

“Fortification is one of the most effective way to fight against malnutrition.”

– **Pungkas Bahjuri**

“A change in behavior is needed to fight malnutrition, not matter where you come from, private or public.”

– **Christa Räder**

“Asia has the highest growth rate in malnutrition and obesity. Indonesia is predicted to be top 5 economy in the world within the next 10 years. This is an opportunity to expand the nutrition profile of Indonesia, with cost and benefit in mind. “

– **Anand Sundaresan**

The panel opened with defining what a healthy and sustainable diet meant, in the context of Indonesia. The panellists indicated that such a diet should be addressing malnutrition in every form, be nutritious yet affordable, and should not only encompass sustainability in production, but is also culturally acceptable. Indonesia, as pointed out, interestingly faces two very opposing challenges; obesity and stunting. For obesity, because the condition is very much related to the living environment, the solution proposed is to create an environment which stimulates physical activity, thus enabling the adoption of a healthy lifestyle. For stunting on the other hand, there needs to be significant improvement of nutrition provision. Some of the solutions shared included public awareness campaigns, crop fortification programs, development of community-based nutrition clubs, among others. At the end of the panel, the consensus was that it is important to think out of the box, and to have a network partnership between the society and the government to better evaluate the effectiveness of the programs.