

# Vietnam Nutrition-system Establishment Project (VINEP)



BỘ Y TẾ  
**VIỆN DINH DƯỠNG QUỐC GIA**  
NATIONAL INSTITUTE OF NUTRITION



Dr. Nguyen Do Huy<sup>1</sup>, Kenji Shinkai<sup>2</sup>

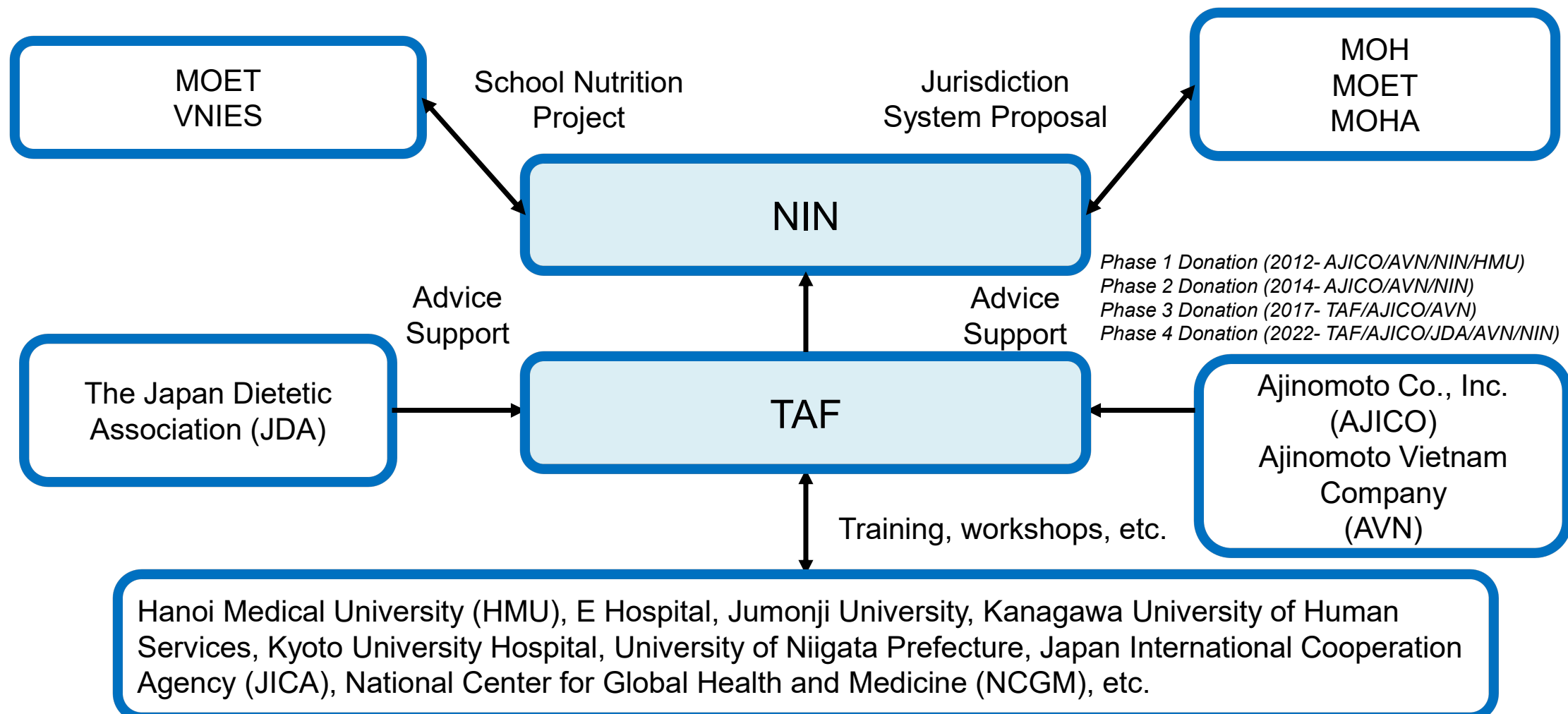
1. National Institute of Nutrition, Viet Nam
2. Public Interest Incorporated Foundation, The Ajinomoto Foundation, Japan

## Vision of VINEP

- “VINEP ” aims to investigate, in light of the realities of Vietnam, the best ways to train and licensed dietitians, who play an important role in improving a country’s nutrition and providing citizens with accurate information on nutrition and food hygiene. It also aims to contribute to improving the health of all Vietnamese through establishment of a national nutrition system.
- In 2011, Ajinomoto Co., Inc. launched VINEP with the National Institute of Nutrition of Vietnam. Since 2017, The Ajinomoto Foundation (TAF) , Public Interest Incorporated Foundation, has continued this project.



## Organizations related to VINEP



# Strategy of VINEP



## 3 Steps of VINEP



Master plan with NIN  
(confirmed by NIN director)

### Step I: Establishment of Nutrition Education System

✓ 2013:  
1<sup>st</sup> Bachelor course for  
dietitian @HMU

2017: 1<sup>st</sup> graduation  
of 47 students



### Step II: Establishment of Nutrition-related Laws

✓ 2015: Job Code: Legal status of Dietician  
Ongoing: Nutrition Standard: Guideline for  
training, remuneration systems

Hospitals, Schools, Communities



### Step III: Nationwide expansion of Established Nutrition System

2015~ : Advocacy through  
workshops and symposium



## History of VINEP –Dietitian Course of Hanoi Medical Univ. (2013)

- Ajinomoto Co., Inc. and Ajinomoto Vietnam Company provide lectures and support for the creation of university curricula and textbooks.
- The Japan Dietetic Association (JDA), Jumonji University, Kanagawa University of Human Services, and others cooperated in the project.



In 2013, a 4-year dietitian training course was launched at Hanoi Medical University, and in 2017, 43 dietitians were fostered for the first time in Vietnam.

\*Eight universities/about 500 dietitians in Vietnam (2023)

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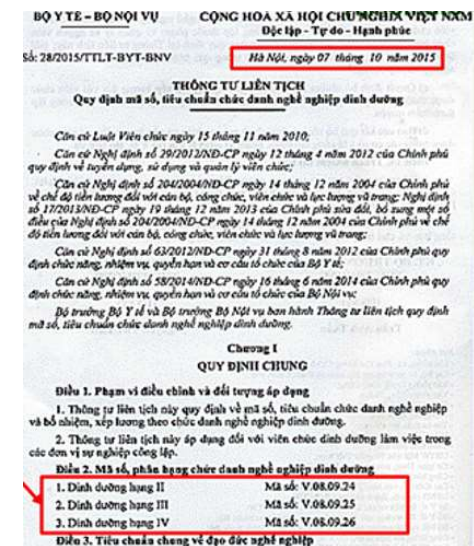
## History of VINEP –Dietitian Job Code (2015)

- In addition, through the JICA project, VINEP invited officials from the government, universities, and hospitals involved in the nutrition system, as well as dietitian training course instructors and students, to Japan for training. These participants held a “Nutrition Symposium” in Vietnam to convey the importance of nutrition management and national nutrition policy.



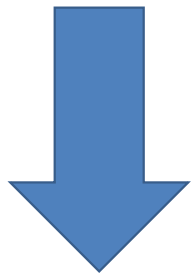
As a result of these efforts, in 2015, the Vietnamese government approved the regulations (job code) that determine the status of dietitians. The job code is a base for Vietnamese dietitians to find employment at hospitals, public health centers, civil servants, etc.

## Job Code (extract)



## History of VINEP- One Dietitian /100 Hospital Beds (2020)

- In order to create a system for university graduates to work as dietitians, VINEP continued to conduct training in Japan for Vietnamese dietitians. VINEP hold workshops in Vietnam to communicate the latest information on dietitian education systems and job codes to hospitals and government officials in Vietnam, as well as the importance of nutritional management for diabetics, etc.



ベトナム栄養制度創設プロジェクト (VINEP) 第3期契約調印式への出席 | 在ベトナム日本国大使館 ([emb-japan.go.jp](http://emb-japan.go.jp))

In 2020, the Minister of Health issued a circular stating that “by 2025, there should be one dietitian or nutritionist for every 100 hospital beds.”

## History of VINEP- One Dietitian /100 Hospital Beds (2020)

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### Internship program in the field of clinical nutrition at Kyoto University Hospital (2017)

Vietnamese dietitians/medical staff are learning from Japanese dietitians at Kyoto University Hospital (KUHP)/Kyoto Women's University (KWU)/Kanazawa Gakuin Univ. as interns.

\*NCGM, Projects of Global Extension of Medical Technologies (2015, 2017)



KUHP

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KUHP



KWU



## Conclusion

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Through the improvement of nutritional infrastructure to convey accurate nutritional information through the enhancement of a nutritional system, VINEP contributes to raise and disseminate accurate nutrition knowledge to the whole country. Thorough such efforts, dietitians who have acquired proper knowledge of nutrition will help Vietnamese citizens to improve their nutrition on their own initiative.

# Thank you for your attention!



Special website celebrating the 50th anniversary of the establishment of diplomatic relations between



ABOUT THE 50TH ANNIVERSARY OF THE ESTABLISHMENT OF DIPLOMATIC RELATIONS  
BETWEEN JAPAN AND VIETNAM

THE PROGRAM  
IS HOSTED BY  
THE  
ORGANIZING  
COMMITTEE

50TH  
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PROGRAM  
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# Vietnam Nutrition-system Establishment Project (VINEP) – Phase 4 (2022-2025) activity plan –

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## What is The Ajinomoto Foundation (TAF) ?

- Ajinomoto Co., Inc. operates businesses that create both social and economic value, while THE AJINOMOTO FOUNDATION specializes in businesses that solve social issues and operates for the public to be better.

### Ajinomoto Co., Inc.

Private Company

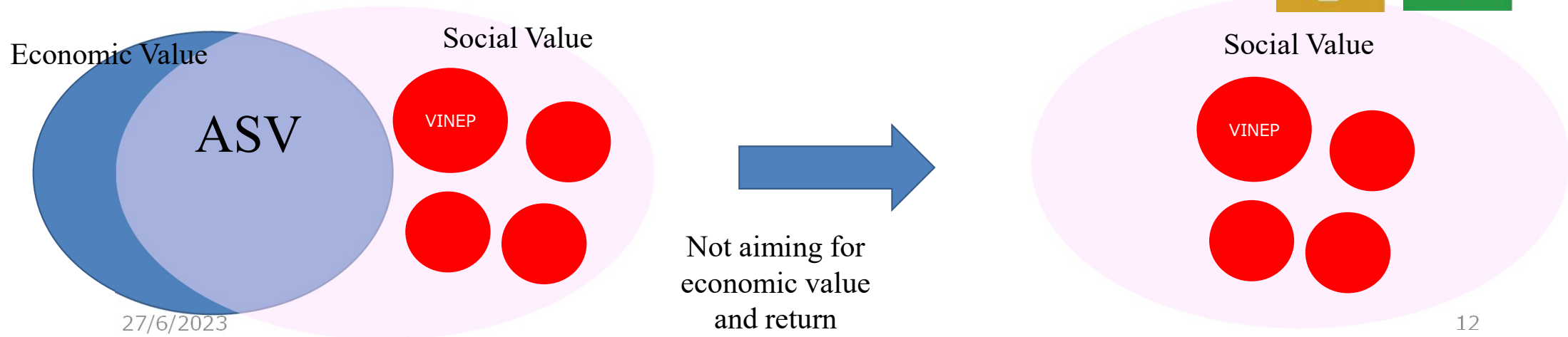
Pursuit of profit and coexistence with society

### THE AJINOMOTO FOUNDATION

Public Organization

Pursuit of public interest and resolution of social issues

Separating the four social contribution activities of food and nutrition from the main business and succeeding them



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## Vision of VINEP

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# Job Code & Certificate of Dietitian-Course

## Education

Human Resource

- ❑ Total 8 universities
- ❑ Total 500 dietitians (2023)

Quality & Quantity

## Workplace

Placement in Society

- ❑ School→Children/Family  
Nutrition knowledge to wide-generation
- ❑ Hospital→Patients  
Nutrition management
- ❑ Others (Public/industries..) →2<sup>nd</sup> Priority

## VINEP Workflow

### Training in Japan

- ✓ Leader-Training in Universities/Medical Staff
- ✓ Make Nutrition Standards

### Pilot Study

- ✓ Measure Effect
- ✓ Make Evidence/Model

### V-J Working Group

Collaborate with Researchers to Create Guidebooks/Textbooks For Nutrition Education

### VINEP workshop

- ✓ Lobby the government to establish rules/laws
- ✓ Message to dietitians, etc.

### Establish Rules/Laws

## VINEP Outcome

Promote Placement of Dietitians

National nutrition literacy/  
Improvement of nutritional status

# VINEP phase IV (2022-2025) Project Plan

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## Main Items

- 1 School nutrition –School Nutrition Project
- 2 Clinical nutrition –Establish Nutrition Support Team (NST)

## Overweight/Obesity among children in Vietnam



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The prevalence rate of overweight and obese children in Vietnam has more than doubled in the past 10 years.

By 2020, for every 100 children between the ages of five and 19, 19 are either overweight or obese, a sharp increase compared to the figure of 8.5 in 2010, the National Institute of Nutrition announced Thursday.

The report noted the rate of overweight and obese children is 26.8 percent in urban areas, 18.3 percent in rural districts and 6.9 percent in mountainous regions.

Ref) VNEXPRESS INTERNATIONAL, Vietnam records surge in childhood obesity, By Thuy Quynh, Thu Anh April 14, 2021



### Possible causes of obesity in children

- ✓ Rapid changes in Vietnamese eating habits
- ✓ Food distribution has developed in Vietnam, making it easier for children to obtain fast food, soft drinks and sweets.
- ✓ There are many snack shops for children around schools.





## Japanese school lunches and “Shokuiku (Food and Nutrition Education)”



- ✓ Japan's school nutrition programs integrate school lunch and nutrition education.
- ✓ **School lunches are “living teaching materials”** that enable children to learn about the traditional food culture of the region, gratitude to the people involved in food, and the production, distribution, and consumption of food.\*
- ✓ **Nutrition teachers provide “guidance on food” and “nutritional and hygiene management of school lunches”**.\*

\*Ref) Japanese school lunches and “Shokuiku”, MEXT, JAPAN, [https://www.mext.go.jp/content/20211012-mxt\\_kenshoku-000008678\\_1.pdf](https://www.mext.go.jp/content/20211012-mxt_kenshoku-000008678_1.pdf)



## School Nutrition Project

- ✓ Japan's school nutrition programs may contribute not only to nutritional deficiencies, but also to improving children's knowledge, attitudes, and skills, and to improving obesity through behavior change.
- ✓ The Vietnamese-Japanese team (MOET/VNIES/MOH/NIN/UNP/JDA/TAF) has initiated a trial of a Japanese-style school nutrition program in Vietnam in 2020, which include the development of nutrition education programs and teaching materials, along with a review of school lunch menus.
- ✓ Apply the Japanese school nutrition education model in primary's physical education in Vietnam.

MOET : Ministry of Education and Training

VNIES : Vietnam National Institute of Educational Sciences

MOH : Ministry of Health

NIN : The National Institute of Nutrition

UNP : University of Niigata Prefecture (Prof. Murayama)

JDA : The Japan Dietetic Association

TAF : The Ajinomoto Foundation



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Ref) Prof. Murayama, Program No. SY(T9)7-422<sup>nd</sup> IUNS INTERNATIONAL CONGRESS OF NUTRITION IN TOKYO, JAPAN Dec 6-11, 2022

## School Nutrition Project



- ✓ Online training was provided to Vietnamese dietitian.
  - ✓ The menu pattern for school lunch is a combination of a staple meal, a side dish of meat, fish or egg, and a side dish of vegetables. A Vietnamese healthy plate was created to show the appropriate amount.
  - ✓ The KAP model (knowledge, attitude, practice ) was used for the nutrition education intervention, and instructional plans and materials were developed for nine topics, including quality and quantity of a meal, quality and quantity of snacks, importance of breakfast, exercise and hand washing.
- ⇒Results are being analyzed by Vietnamese and Japanese experts.

### [Future Plan]

- ✓ Prof. Murayama of UNP established a working group (WG) of young nutrition experts from Japan (UNP) and Vietnam (MOET/VNIES/MOH/NIN).
- ✓ The WG will create nutrition teaching materials for teachers and schoolchildren.

# Comparison of nutrition education in Japan-Vietnam primary schools



	Teacher	Nutrition Education	School Lunch
<b>Vietnam (School Nutrition Project)</b>	<b>1. Physical teacher</b> <b>2. Classroom teacher</b> <b>3. Other teachers</b> <b>4. Dietitian ???</b>	<b>✓ Incorporate into part of the physical education class/curriculum</b> <b>✓ Integrate of Japanese-style teaching materials</b>	<b>✓ Schools having kitchens: 30% of total</b> <b>✓ Schools using catering services: ~70% of total?</b>
<b>Japan</b>	<b>Nutrition Teacher (Dietitians)</b>	<b>✓ Nutrition teachers collaborate with other classes and get/use part of the class time</b> <b>✓ Teaching methods and teaching materials depend on the nutrition teachers following the guides of learning goals set by City Education Committee.</b> <b>✓ "Shokuiku": school lunch + nutrition education combined)</b>	<b>✓ Schools having kitchens/using School Lunch Delivering Facilities: almost 100% of total</b>



# VINEP phase IV (2022-2025) Project Plan

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## Main Items

- 1 School nutrition –School Nutrition Project
- 2 Clinical nutrition –Establish Nutrition Support Team (NST)

## Hospital Dietitians in Vietnam



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- ✓ In 2020, the Minister of Health issued a circular stating that “by 2025, there should be one dietitian or nutritionist for every 100 hospital beds.” (totally 2,500 professionals required in Vietnam)
- ✓ Total Dietitians: 500 / Total Hospital Dietitians: 50 (estimated, 2022)
- ✓ Low number/status of dietitians
- ✓ Little experience in hospitals
- ✓ Low support environment (guidelines and plan for dietitian activities in hospital...)



One of the activities to promote the placement of Hospital Dietitians:  
Building a Nutrition Support Team (NST)  
Model at a Hospital



## Establish Nutrition Support Team (NST)

### Internship program in the field of clinical nutrition at Kyoto University Hospital (2017)

Vietnamese dietitians/medical staff are learning from Japanese dietitians at Kyoto University Hospital (KUHP)/Kyoto Women's University (KWU)/Kanazawa Gakuin Univ. as interns.

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KUHP

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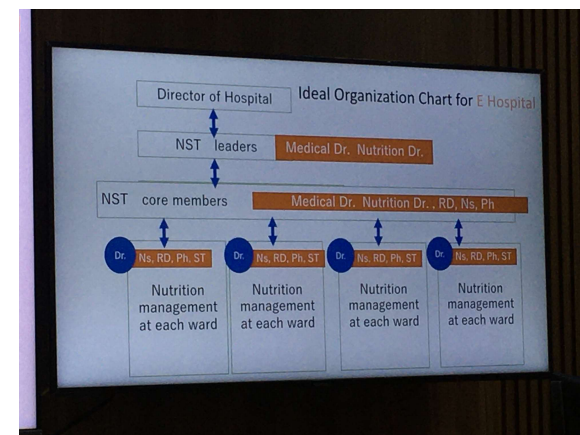
KWU



## Establish Nutrition Support Team (NST)

### Visit to E Hospital, Hanoi (27Feb to 3Mar, 2023)-

- ✓ The medical staff (nutrition doctor) who has been trained at Kyoto University Hospital (KUHP) is involved in the establishment of E Hospital's NST.
- ✓ Professor Shide of KUHP would support the establishment of its NST.



27/6/2023



↑Prof. Shide, KUHP (Left), Dr. Nguyen Cong Huu, Director of E Hospital (Right)



The dietitians expressed their enthusiasm for the NST project.



## Conclusion

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- VINEP will continue to promote the placement of dietitians in hospitals and nutrition education staff in schools in Vietnam.
- Regarding the nutrition system, Vietnam will learn from Japan. However, the environment in Vietnam is different from that in Japan. Vietnam needs to establish its own nutrition system, and the Japan will fully support it.

# Japan-Vietnam 50th Anniversary VINEP Workshop



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## 1. Purpose

- ✓ The history of VINEP, current VINEP activities (clinical and school nutrition), the status of Vietnam, and Japanese systems will be presented, shared and discussed by Japanese-Vietnamese experts.
- ✓ Participants (Vietnamese government, hospitals, university professors...) can understand the importance of VINEP activities to make it easier for them to be reflected in Vietnamese policies.

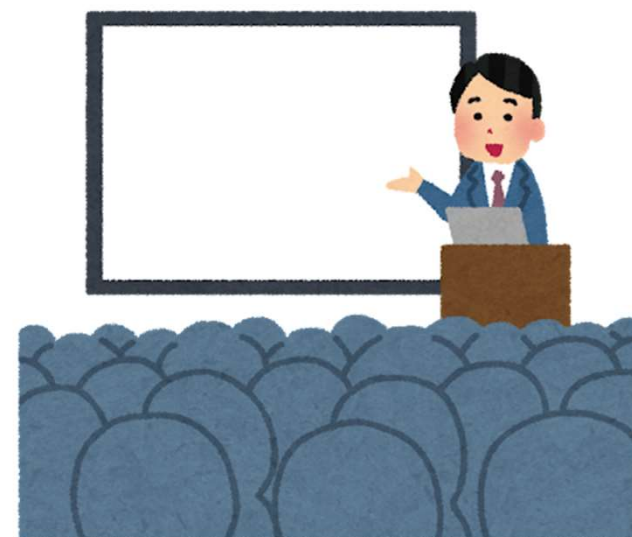
## 2. Date

- 1) October 18th, 2023 (VINEP review & Clinical nutrition)
- 2) October 20th, 2023 (School nutrition)

## 3. Platform : Hybrid (Onsite / Zoom)

Details of the workshop will be published on the website of The Ajinomoto Foundation.

[www.theajinomotofoundation.org](http://www.theajinomotofoundation.org)



Thank you for your attention!

