

::: Indonesia programs







Nutrition International in Indonesia

Indonesia has made important strides toward achieving its health and nutrition goals. However, the country continues to face a high triple burden of malnutrition, characterized by the coexistence of undernutrition, overweight and micronutrient deficiencies.

While stunting prevalence has declined from 21.5% in 2023 to 19.8% in 2024, challenges persist.¹ Anaemia affects 15.5% of youth aged 15–24 and 27.7% of pregnant women, while 23.4% of adults are overweight.² According to Nutrition International's Cost of Inaction Tool, the economic toll of undernutrition is estimated at USD \$33B annually, or 2.6% of Indonesia's gross national income.³

Since 2006, Nutrition International has been a trusted partner of the Government of Indonesia, supporting the delivery of impactful nutrition programs for communities in need. Nutrition International advocates for increased investment and attention for nutrition programming and provides funding and technical assistance to design, implement and strengthen programs that are efficient, integrated into the health system and sustainable for long-term impact.

Nutrition International's work aligns with national priorities, including the National Action Plan for Stunting Reduction (RAN-PASTI) and National Strategy to Accelerate Stunting Reduction (Stranas Stunting), by supporting priority interventions to reduce stunting and improve maternal and child nutrition. Engagement also extends to advancing the goals of the Scaling Up Nutrition (SUN) movement in Indonesia and contributing to the Large-Scale Food Fortification Forum, which promotes access to micronutrients through fortified staple foods.

Nutrition International's government partners include the Ministry of Health; Ministry of Education, Culture, Research and Technology; Ministry of Religious Affairs; Ministry of Home Affairs; Ministry of Industry; Ministry of Trade; the National Development Planning Agency (BAPPENAS); the Food and Drug Agency; and the Indonesia Nutrition Foundation for Food Fortification. They also work with the wheat flour milling industry, the Flour Miller's Association, the Association of Iodized Salt Producers, and district-level health, education, industry, and trade offices. Together, these partners help deliver various nutrition-related programs, including vitamin A supplementation; iron and folic acid supplementation for pregnant women; adolescent nutrition; wheat flour fortification; rice fortification; and universal salt iodization.





Priority programs and geographic coverage

Nutrition International's response to the high burden of malnutrition in Indonesia is guided by the following objectives:

- Increasing national coverage of vitamin A supplementation
- Increasing national coverage of zinc supplementation for the treatment of childhood diarrhoea
- Increasing the consumption of adequately fortified wheat flour
- Increasing the number of households consuming adequately iodized salt
- Increasing the number of pregnant women and adolescent girls receiving iron and folic acid supplementation (IFAS)
- Improving wheat flour fortification standards, legislation and quality control to reduce the risk of iron-deficiency anaemia and folate deficiency among women and adolescent girls
- Providing technical assistance to the government to scale up nutrition programs in Indonesia



Programs supported by Nutrition International

As a longstanding and trusted partner, Nutrition International supports the Government of Indonesia to deliver various nutrition-related programs, including:

NATIONAL PROGRAMS:

- Wheat flour fortification
- Rice fortification
- Edible oil fortification

SUBNATIONAL PROGRAMS:

- Vitamin A supplementation
- Iron and folic acid supplementation for pregnant women and adolescent girls
- Diarrhoea management with zinc and low-osmolarity oral rehydration salts (LO-ORS)
- Universal salt iodization (USI)



:: Child survival

Vitamin A supplementation

Since 2006, Nutrition International has supported Indonesia's vitamin A supplementation (VAS) program through targeted technical assistance focused on strengthening supply chain systems, building the capacity of health managers and frontline workers on the standardization of target population estimation, microplanning, needs assessments, as well as monitoring and supervision.

At the subnational level, collaboration with health service providers and frontline workers helps ensure the effective supply, distribution and delivery of vitamin A capsules (VACs). Nutrition International also provides support to the national government to integrate VAS into broader maternal, child health and nutrition programs, and helps to improve the quality of VACs to align with the revised national specifications.

Nutrition International also contributes to advocacy efforts to secure government commitment and budget allocations for VAS, while supporting improvements to supply chain management, behaviour change communication strategies and materials and data quality for effective program implementation. As a result of Nutrition International's work, an estimated 14.1M children under five received two doses of VAS in 2024.



Childhood diarrhoea management

Nutrition International has partnered with the Government of Indonesia to reduce child mortality due to diarrhoea through the use of zinc and low-osmolarity oral rehydration salts (LO-ORS). Support has focused on promoting zinc and LO-ORS for diarrhoea treatment, integrating their use into the management of childhood illness, building the capacity of healthcare workers, strengthening behaviour change interventions, improving supply chain systems, and supporting program monitoring and supervision at the district and provincial level.

This initiative has been implemented in West Bandung and Sumedang districts in West Java, Kupang and Timor Tengah Utara districts in East Nusa Tenggara, as well as in the provinces of West Nusa Tengarra and Banten for effective program delivery.

:: Maternal and newborn health and nutrition

Since 2015, Nutrition International has supported the provincial governments in West Java, Banten, West Nusa Tenggara, East Nusa Tenggara and Riau Indonesia to address iron deficiency anaemia by ensuring pregnant women receive and consume iron and folic acid supplementation (IFAS).

Efforts focus on strengthening government commitment to integrate IFAS into broader health and nutrition programs, tailoring training and behaviour change communication strategies for health workers to improve counselling, optimizing the IFAS supply chain, and enhancing program monitoring and supervision at district, provincial and national levels. At the national level. Nutrition International's technical assistance has improved IFAS formulation, while advocacy efforts have promoted adequate supply and the adoption of more user-friendly blister packaging.



:: Adolescent health and nutrition

Since 2006, Nutrition International has provided technical and financial support to the Government of Indonesia to improve adolescent girls' nutrition status, prevent anaemia and reduce the prevalence of stunting.

The weekly iron and folic acid supplementation (WIFAS) and nutrition education programs began as a pilot in public, private and religious schools through the health school program in two districts of West Java. The pilot demonstrated the critical role of cross-sector collaboration among ministries to raise awareness of WIFAS and adolescent nutrition.

Building on this success, Nutrition International expanded the program to over 35 districts across West Java and Banten provinces, supported by various donors. This initiative aims to embed WIFAS and nutrition education within school-based programs to increase IFA supplement coverage and consumption among adolescents.

KEY ACHIEVEMENTS

- 1.4M adolescent girls consumed the recommended scheme of WIFAS
- 17,770 people were reached with behaviour change communication messages, and health and nutrition messages focused on balanced diets, WIFAS and anaemia prevention
- 1,651 participants were trained on WIFAS program implementation





:: Large-scale food fortification

Wheat flour fortification

To reduce the risk of iron and folate deficiencies among women and adolescent girls, Nutrition International supports the Government of Indonesia in strengthening the national wheat flour fortification program. Through successful advocacy with the Ministry of Health and other key stakeholders, national fortification standards were aligned with global best practices, resulting in a ban on elemental/electrolytic iron and adoption of a micronutrient premix that meets World Health Organization guidelines. Current efforts focus on supporting what flour millers to comply with the revised national standard (SNI 3751:2018), laying the groundwork for stronger regulatory enforcement and accountability.

Nutrition International also provides technical assistance that includes making evidence-based recommendations for aligning wheat flour fortification standards to global best practices, improving legislation and its enforcement, and quality control and quality assurance within the industry. As a core member of the Large-Scale Food Fortification Forum, established by BAPPENAS, Nutrition International contributes to monitoring fortified flour and advancing the government's quality assurance efforts.

KEY ACHIEVEMENTS

- 114M people had access to adequately fortified wheat flour
- 2.7M metric tons of adequately fortified wheat flour produced by Nutrition International-supported millers

Rice fortification

As Indonesia's most consumed staple food, rice presents a strategic entry point for iron fortification to help reduce anaemia. With per capita consumption of rice exceeding 93kg in 2022, Nutrition International, in partnership with the World Food Programme, is advocating for rice fortification at the national level in collaboration with the Government of Indonesia.⁴

To support this effort, Nutrition International conduced a national landscape analysis to strengthen the rice fortification system. This includes assessing the rice value chain, quantifying the share of industrially milled rice, mapping key stakeholders and exploring scalable business models to enable national-level expansion.



Universal salt iodization

Nutrition International supports Indonesia's universal salt iodization (USI) program by working with national, provincial and district governments to ensure adequate iodine intake across the population. To strengthen the enabling environment for USI, ongoing technical assistance is provided to the Government of Indonesia.

A key priority is enhancing regulatory monitoring and enforcement of national standards, particularly in major salt-producing provinces such as Central Java and East Java. This includes supporting small- and mediumscale salt producers to achieve the Indonesia National Standard certification and building their capacity to consistently produce adequately iodized salt. Additional technical assistance is provided for the procurement of dewatering devices, aimed at improving both the quality and quantity of salt production.

KEY ACHIEVEMENTS

- Over 154M people had access to adequately iodized salt
- 2.7M newborns protected from iodine deficiency disorders by protecting the iodine status of their mothers
- 449,191 metric tons of adequately iodized salt produced by Nutrition International-supported salt processors

Edible oil fortification

In 2019, the Government of Indonesia issued a regulation mandating that all packaged cooking oil sold in the market contain a minimum of 45 IU of vitamin A.5 To support the implementation of the regulation, Nutrition International, in collaboration with the Indonesian Nutrition Foundation for Food Fortification (KFI) and Bioanalyt, conducted market assessment tests on branded palm oil to provide updated data on fortification levels.

The study revealed growing awareness and commitment among the government and key stakeholders to improve palm oil fortification standards. Nutrition International continues to support efforts to strengthen regulatory frameworks and ensure effective implementation of mandatory edible oil fortification.



:: Nutrition governance

Nutrition International is a committed member of the Scaling Up Nutrition Civil Society Alliance (SUN CSA) in Indonesia. Having led the SUN CSA from 2019 to 2023, Nutrition International currently serves on the steering committee. In this capacity, our work supports the establishment and activation of subnational civil society networks to drive community engagement and social accountability, with a focus on delivering effective nutrition plans and interventions for women, children and adolescents.

Through SUN CSA, Nutrition International contributed to developing the National Action Plan for Food and Nutrition Strategy, aligning it with key national initiatives including, Stranas Stunting, the Healthy Living Community Movement, and the National Strategy for Gender Mainstreaming via gender-responsive planning and budgeting. Activities at both national and subnational levels have strengthened coordination among SUN CSA members, enhanced capacity in nutrition planning and budgeting, and bolstered advocacy for nutrition interventions.

Contact

Nutrition International Indonesia Gedung Wirausaha, 5th Floor JL. H. R. Rasuna Said KAv. C-5 Jakarta 12940, Indonesia

T: +62 21 527 7644 E: Indonesia@NutritionIntl.org

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