

Faculty of Medicine UGM Gives Current Updates in Nutrition 2016

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To mark the *National Nutrition Day* on 25 January as well as the 70th anniversary of Faculty of Medicine of Universitas Gadjah Mada (UGM), the Health Nutrition Department in the Faculty has held a seminar titled *Current Update in Nutrition 2016* in the Auditorium II of the Faculty.

“The seminar is a form of commitment of the Health Nutrition Department for finding a solution to the double nutrition problems facing Indonesia, which is through latest updates related to nutrition, said chairman of the seminar, Rio Jati Kusuma, S.Gz, on Wednesday (10/2) in a press release.

According to Rio, Indonesia was facing a complex nutrition problems. A survey of Basic Health Research (RISKESDAS) says that obesity and overweight in women have doubled in the last five years. “Fulfillment of the right nutrition during the first 1000 days of human life is one attempt to prevent malnutrition or excessive nutrition for the next cycle of life,” he said.

The seminar was attended by nutritionists from hospitals, researchers, and lecturers as well as students from around Indonesia. Three experts from UGM, two from Flinders University Australia, and two from Universiti Kebangsaan Malaysia gave presentations.

UGM nutritionist, Dr. Toto Sudargo, SKM, M.Kes, explained the importance of the right nutrition fulfillment in the first 1000 days of life, whilst Dr. Jacqueline Miller and Dr. Kaye Mehta from Flinders University each explained the role of food apart from breastfeeding to infants as well as the role of community empowerment to boost the success of the programme.

On current problems, Dr. Toto Sudargo, SKM, M.Kes., touched upon the issue to give attention from individuals to balanced nutrition. “To overcome state nutrition problem starts from ourselves before we address such problems together among society,” he said.

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