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Southeast Asia Public Health Nutrition Network

WEBINAR

Iron deficiency anaemia in Southeast Asia – status, prevention and management

1 December 2026 (Tuesday) Zoom Online Platform

2:30 pm-5:30 pm (Kuala Lumpur, Manila Time)
1:30 pm-4:30 pm (Bangkok, Jakarta, Hanoi, Vientiane Time) | 1:00 pm-4:00 pm (Yangon Time)



Iron deficiency anaemia (IDA) remains a major public health and nutrition challenge globally and across Southeast Asia, particularly among young children, adolescent girls, women of reproductive age and pregnant women. Adult men are also susceptible, depending on their socioeconomic status and health conditions. IDA is associated with adverse maternal and child health outcomes, impaired growth and cognitive development, reduced productivity and substantial economic burden.

Despite ongoing prevention and control efforts, IDA remains prevalent in many countries. Regional exchange of knowledge and experiences on effective policies, innovative strategies and integrated interventions offers opportunities to strengthen IDA prevention and management. This webinar brings together experts, programme managers and policymakers from Southeast Asia to share country experiences, discuss implementation lessons and challenges, and identify future priorities for addressing IDA across the region.

OBJECTIVES

- To provide an overview of the current IDA situation
- To facilitate the exchange of knowledge and experiences on national strategies, successful approaches, implementation lessons, challenges and remaining gaps in the prevention and management of IDA across countries
- To explore opportunities for regional collaboration

Who Should Attend

- Public health nutritionists, dietitians, and healthcare professionals in SEA countries
- Private sector public health experts
- Representatives of related ministry/agency/organisations, professional societies and non-governmental organisations involved in IDA prevention and management
- Researchers and academics
- Undergraduate & postgraduate nutrition and dietetic students

Tentative Programme

Session 1:
Updates on key issues in iron deficiency anaemia in Southeast Asia

Keynote lecture

Snapshot of iron deficiency anaemia in Southeast Asia and consensus on screening and prevention in young children

Speaker: Prof Dr Hamid Jan Jan Mohamed, Nutrition Programme, School of Health Sciences, Universiti Sains Malaysia

Country experiences on diagnosis, prevention and management of iron deficiency anaemia

- *Indonesia*
- *Laos*
- *Philippines*
- *Thailand*
- *Vietnam*

Session 2:
Panel Discussion on lessons learned, common challenges, potential solutions and future priorities

Free registration

Book your seat now at https://zoom.us/meeting/register/LJVPxN5cRQij76Tu6zQScw

Partners/Supporters

Organiser*: SEA PHN Southeast Asia Public Health Nutrition Network

*Partner Societies/Associations:

Food and Nutrition Society of Indonesia | Lao Nutrition Association | Nutrition Society of Malaysia | Myanmar Nutrition & Dietetics Association | Nutrition Foundation of the Philippines, Inc | Nutrition Association of Thailand under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn | Vietnam Nutrition Association

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