

REGISTRATION OPEN

**Southeast Asia Public Health Nutrition Network
WEBINAR SERIES 2/2022**

PROMOTION AND CONSUMERS' USE OF FOOD-BASED DIETARY GUIDELINES (FBDGs) IN SOUTHEAST ASIA COUNTRIES

22 November 2022, Tuesday

9am – 1pm (Kuala Lumpur, Manila, Singapore Time),

8am – 12pm (Bangkok, Hanoi, Jakarta Time)

Zoom Online Platform

Food-based dietary guidelines (FBDGs) provide science-based, simple messages on healthy eating for the population for the purpose of promoting health and preventing nutrition-related deficiencies and excesses. FBDGs may also include advice on other food and health related issues, such as food safety, physical activity, and healthy lifestyle. As FBDGs are intended to be used by the general public to foster healthy eating habits and lifestyles, messages of FBDGs must be disseminated and communicated effectively to the public through various channels to ensure a good level of public awareness. This will serve as a crucial step in getting people to follow the recommendations of the FBDG messages. In this regard, understanding consumers' knowledge and use of these messages is equally important to provide feedback on the effectiveness of the messages and provide insights for FBDG messages improvement in the future.

This webinar will:

- Exchange experiences in approaches for FBDG promotion and dissemination among Southeast Asia (SEA) countries
- Discuss the lessons learned, challenges and effective ways for the promotion of FBDGs messages to the public
- Discuss available data in SEA on consumers' awareness, understanding and use of FBDGs



Webinar Highlights

Time	Tentative Programme
9:10 – 10:50	Session 1: Promotion and dissemination of FBDG messages: Experience in SEA countries
10:50 – 12:30	Session 2: Consumer awareness, understanding and use of FBDGs in SEA countries
12:30 – 13:00	Session 3: Panel discussion - Consumer communication on FBDG messages

Times indicated are Kuala Lumpur time (GMT +8 hrs)

Who Should Attend

- Nutritionists, dietitians, public health nutrition workers in SEA countries
- Researchers in academic and research organisations
- Private sector food and nutrition experts
- Nutrition graduates/postgraduate students
- Policy makers

FREE Webinar

Register your spot at:

<https://forms.gle/7mvG8XinnhaLhBnDA>



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