

13. Thailand's Report

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Visit to Japanese Hospital (Nerima Hikarigaoka Hospital)

With the glad welcome from Ms. Keiko Hirose (registered dietitian, RD), Dr. Matsumoto (Medical Physician), and her team, we were so impressed with the organization and workflow of dietitians in Nerima Hikarigaoka Hospital. RD has a crucial role in nutrition support and nutrition management. Dietitians not only have the potential for nutrition therapy and counseling but also have proven to be valued of cost-benefit.

From the point of view of the dietitian's role in the hospital, we appreciate the integration of IDDSI into the hospital diet. In Thailand, during the development of IDDSI into hospital food standards, we already launched IDDSI in the Thai language and IDDSI Menu which was led by Varanya Techasukthavorn.

Visit to elementary school for school lunch (Funabori Elementary School)

Health and nutrition awareness can be started at school, Funabori Elementary School showed me that point. Without a doubt, while the Japanese school lunch program was very strong and effective, dietitians took an important part in creating menu plans and activities to enhance nutrition awareness in young children. From farm to table can be adapted into school, plantation activities are a great activity for children to grow fruit and vegetables, and after that, your love and care for food be a part of your dish. The children can manipulate lunch food hygiene by helping together food-serving, which represents that the food that you ladle is the food your friends eat, food is the way to hold us together. I, myself never had appreciated these little, tiny things like this before

Kick-off meeting of AYDN

First, we shared sharing own country's food culture, food diversity, and nutrition problems, which let us have insight into various information about local country food and nutrition-related problems. In Thailand, rice was a staple food with a side dish, in which the main ingredients were meat, poultry, fish, seafood, and vegetables. Thai spices are highly varied

and diverse, which contributes to the complex of taste and flavor. According to the plenty and complexity of food and ingredients, dietitians should have knowledge based on regional and local food specifications.

Second, Thailand has country-specific nutrition problems such as metabolic syndrome in public health, an increasing number of geriatric populations, and malnutrition in hospitalized patients, which turn to complicated nutrition issues in Thailand. In order to handle these nutrition problems, the government and medical organizations also working to collaborate to drive Thailand's nutrition status better. We endorsed a diabetic remission program to help type 2 diabetes mellitus with obesity can be remission from the disease. We promote healthy organization programs, healthy food, active physical activity, balanced working, and a better workplace, to help working adults have better health and mental. Thai Dietetic Association in cooperation with leaders in IDDSI programs launched the IDDSI Framework and Descriptors in Thai Language, and 46 menu dysphagia diets according to IDDSI to prevent and treat malnutrition elderly. We support the nutrition program for the nutrition support team in collaboration with the Thai Society of Parenteral and Enteral Nutrition, to motivate the nutrition care process in the hospital.

From the third point of view, the kick-off meeting gives us a chance to share and learn from other countries, we can see some countries that have further development of nutrition programs in many aspects such as public health, public policy, school programs, and hospital programs. These are great and valuable experiences that we will treasure when we get back to our country. Finally, the conclusion of the kick-off meeting brought us to consider how to make our people have better nutrition and a better life. We should investigate the specific plans and expand the collaboration, with the programs to enhance nutrition by knowledge webinars, workshops, and research. Moreover, a network of Asian dietitians keeps us more collaborative and friendly, which further persuades us to make better nutrition in Asia.

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