


For improvement of health of the nation 



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The best way of combat against diseases is prevention of diseases 



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Iron deficiency anemia and iodine deficiency diseases are the most wide spread among the population of our republic, especially among women and children, and are priority domain of the Ministry of Health Care, and require carrying out urgent measures on decreasing the incidence rate and prevention of these conditions on the national level. One of the well known ways for resolving the problem is food products fortification, namely of flour with iron and vitamins; and enrichment of salt with iodine. Researches, conducted by external scientists and international organizations demonstrate high efficiency of this method of prevention, low cost in comparison with other ways of compensation of micronutrient deficiency, absolute harmlessness and possibility of mass coverage of population. Currently is being introduced a program, stipulating for flour fortification in all regions of Kyrgyzstan. Modern equipment for flour fortification was bought. A unique mineral-vitamin premix, containing iron, zinc, and vitamins of group B (thiamine B₁, riboflavin B₂, niacin B₃, folic acid B_c) was developed by the Kazakh Academy for Nutrition. Joint efforts of ADB and of the Government of the Kyrgyz Republic are aimed at selling this flour at the same price as the price of unfortified flour. Only joint and mutual cooperation can lead to resolution of mutual objectives- improvement of health of our population.

Nowadays more than a half of population of Kyrgyzstan suffers either from iron deficiency diseases or from iodine deficiency diseases.

According to data of the Ministry of Health Care, more than one hundred thousand of people suffer from anemia, and this number is increasing from year to year. According to preliminary assessments of international experts, out of total two million of population of women of the Republic, not less than a million and a half suffer from iron deficiency. It in turn negatively affects the course of pregnancy and deliveries - they, as a rule; proceed very difficult, with various complications. Iron deficiency of and anemia are closely connected with the level of child and maternal death rates. The most terrible is that every fourth sick person is a child; in such case the disease inevitably causes intellectual retardation, and growth inhibition. Experts consider that such situation, which entails irreversible consequences, represents a serious threat to Kyrgyzstan. That fact, that iodine deficiency and iron deficiency affects intellectual development of children, their learning capacity and, finally, the abilities of the younger generation and in the near future it will entail lack of intelligence among all nations. The Asian Development Bank, which with support of the Japanese Fund for Poverty Reduction successfully carries out the Project on Sustainable Food Fortification in Central Asia and Mongolia, helps Kyrgyzstan to combat against them. The main purpose of our project is to help to master methods of prevention of iodine deficiency diseases and iron deficiency anemia through the use of fortified food products. There are several strategies of prevention: improvement of nutrition, medicinal therapy and so-called

fortification, which is enrichment of food products with necessary elements. We have chosen the last strategy. It is the most effective way which today is used in many countries, including the developed ones. Therefore our objectives are as follows: to provide the market with iodized salt and with flour enriched with mineral-vitamin premixes. And, of course we are going to raise awareness of citizens of Kyrgyzstan and explain to them to what can lead lack of iodine and iron in human bodies and how to avoid it. We invite all interested organizations, departments and the public at large to cooperation, while the nongovernmental organizations and representatives of mass media will join us in order to provide assistance to population in preventing iodine deficiency diseases and iron deficiency anemia.

In the issue:

- Providing the population of the Kyrgyz Republic with iodized salt.....2
- Mills, producing fortified flour, united and established an Association.....2
- Conference of communications strategy determined joint course of mass media and the public on IDD and IDA prevention.....2
- Information about recent seminar for the mills.....2
- Increase of intellectual and physical health of schoolchildren through the use of fortified food products.....3
- The initiative of enterprise Hedef on advocacy of the label of Татымдуу Тамак Аш (Healthy Food).....3
- Information about recent annual evaluation seminar of the project JFPR 9052, which was held in Bishkek3
- Test - campaign in the Issyk-Kyl region has come to the end.....3
- For the good of children.....4
- *Sprinkles*- the new strategy of combat against anemia4
- UNICEF proved efficiency of programs implementation.....4

Providing population of the Republic with iodized salt



*Sarpek Eshaliyev,
President of the
Kirghiz
Association of
salt producers*

At the present time 14 salt producing enterprises, providing population with good quality iodized salt, are registered in the Kirghiz Republic.

The situation with providing the population with iodized salt is the following: providing of two southern areas (Osh and Jalalabat) is established due to the private enterprise *Kudayarov*, which is located in the city of Osh. Cheap salt is supplied to the Batken region from Tajikistan. There were negotiations with the governor of the Batken region about establishment of an enterprise in the region. As a result of discussion a decision was made to refuse from construction because it is unprofitable. The northern part of the Republic (the Issyk-Kul, the Naryn and the Chui regions) are covered due producers of Bishkek, and the Talas regions is supplied with iodized salt due to enterprise *Kovsar*; in addition to it iodized salt is delivered to the republic by producers of Russia and Kazakhstan. Currently the basic question, which the salt producers are facing and which requires further resolution, is providing for quality of iodized salt and maintenance of stability of the process of independent purchases of potassium iodate by enterprises.

Mills, producing fortified flour, merged and established the Association



*Alexander Shefner,
President of the
Kyrgyz
Association of
fortified flour and
bread products
producers*

The Association of fortified flour and bread products producers was established on December, 22, 2005. The main activity of Association is directed on strengthening communications and uniting efforts of mills for sustainable development of fortification, on representation of interests of members of the Association in the state

authorities, on carrying out joint educational activities. The main role of Association is the development of the mechanism of purchases of premix and fortification equipment (feeders) for mills. As of today, a number of the pilot enterprises fixed stable production of fortified flour, and the proportion of production of the fortified flour to not fortified flour on the average comprises up to 80 %.

год	2003	2004	2005	1 кв. 2006	6 мес. 2006
производство, тонн	20257	31429	13513	5910	7690
план	71000	71000	71000	71000	71000
%	28,5	44,3	19,0	8,3	10,83

Decrease of production of fortified flour was entailed by the general economic situation and low interest of the enterprises. In connection with absence of a raw-material base, turnover funds for development and modernization of enterprises and transition from command to market mechanisms of production management, a part of the enterprises operated at insignificant percentage of their capacities or did not operate at all. At that it is relating to both production of fortified and non-fortified flour. Insufficient knowledge of population about benefits of fortified (vitaminized) flour also played its role in absence of demand for this product and in its turn on volumes of production of fortified flour.

Conference and seminars

The Conference on Communication Strategy determined a joint course of mass-media and the public at large on IDD and IDA prevention

The Country Project Office jointly with UNICEF held a **Conference on January 27, 2006 in Bishkek** on Communication strategy on iodine deficiency diseases and iron deficiency anemias prevention for journalists, NGOs of Bishkek, of the Chui, the Talas, the Naryn and the Issyk-Kul regions. The main partners in carrying out of this Conference were the Press centre of the Ministry of Health and the Republican center of health strengthening. A group on communications of the Kazakh Academy for Nutrition, represented by Salhanova Akkumyz and Tolysbayeva Janar was invited. Participants of the Conference were journalists from the republican and regional mass-media, representatives of NGOs, fortified products producers and regional centers of health strengthening. At the Conference a wide spectrum of questions on problems iodine

deficiency diseases and iron deficiency anemia was discussed. Academician Kudojarov D.K. in his presentation for journalists emphasized a role of mass media in covering and promoting questions of micronutrient deficiencies prevention. Ajtmurzaveva G.T., Head of the Republican center on health strengthening also expressed hope about close interaction of a civil society, the nongovernmental organizations and the medical public with mass media. Participation at a seminar of both journalists and producers allowed both parties to feel in practice the necessity and importance of their mutual efforts for the good of health of the future generation. The result of the carried out seminar became the adoption of the Final decision by participants of a seminar. From the moment of carrying out of the Conference there are more activities of journalists in coverage and promotion of IDD and IDA prevention issues in mass-media.



*Participants of the Conference on
Communication Strategy*

As the second round, the regional conference on Communication strategy for mass-media and NGO on prevention of iodine deficiency and iron deficiency anemia was carried out for three areas of south: the Osh, the Jalalabat and the Batken regions on **February, 24, 2006 in Osh**. Participants of the Conference were journalists of the city and regional mass-media, representatives of regional NGOs, the Regional Centers of health strengthening, local authorities, representatives of Education Department and representatives of other international organizations.

T raining seminar for representatives from mills was held on **March, 17 and 18, 2006 in Jalalabat**.

Participants of a seminar were the laboratory personnel, the technological personnel, staff of the SES, the Center of standardization and metrology, and representatives of local authorities, total 25 persons participated. The main purpose of conducting such trainings is training experts of the internal and external control and organization of stability of production of fortified flour. During the seminar participants made trips to operating enterprises where practical class on preparation of chemical reagents and making SPOT-TESTS for identification of presence of iron and on calibration, i.e. adjustment of feeders were held. Further

carrying out of such seminars for experts of other enterprises is stipulated for.

Increase of intellectual health of schoolchildren through the use of the enriched food products

According to Valentina Gorkina, Expert of the Ministry of Education, during this year the Government KR allocated 99,7 million som for catering services at 562 schools for meals of 86463 schoolchildren of primary classes of schools, located in high-mountainous and remote areas. In compliance with the order No.42/1 as of January 25, 2006, of the Ministry of Education and science of KR it is offered to schools to raise awareness of pupils, teachers and parents of measures on iodine deficiency diseases and iron deficiency anemia prevention, about necessity of use of fortified food products: of iodized salt and flour enriched with vitamins, and about obligatory use of fortified food products in nutrition of schoolchildren on the basis of thoroughly developed methodical manual. The Ministry of Education also recommended integrating lessons, class hours and meetings of parents issues on IDD and IDA prevention into educational curriculums of secondary schools. The order demands to use only iodized salt and fortified flour with micronutrient and premixed at catering services of children and pupils in preschool establishments, children's homes, boarding schools and at comprehensive schools. The Republican center of health strengthening together with local educational authorities organizes interaction between the slat producing enterprises and mills and educational establishments on purchase of such food products.



School children

The initiative of enterprise *Hedef* on advertising of the logo of **Татымдуу тамак аш** (Healthy Food)

Enterprise *Hedef*, producing salt, showed a good example for other producers of fortified food products of how it is possible to advertise brightly and effectively quality of production with the use of the logo **Татымдуу Тамак аш** (Healthy Food). For this purpose they attached the Logo of **Татымдуу тамак аш** (Healthy Food) on public transport vehicles of city of Bishkek,

suburbs of Archa Beshik, Ak-Orgo, Ak-Bosogo, Yntymak, Chong Aryk, Ala Too, Bakai-Ata, and also of the Sokuluk and Issyk-Ata rayons. In all enumerated suburban villages, and rayons of the Chui region where such shuttle bus routes are available, basically, the population of recently migrated people, the biggest part of whom are the most low-income, large families with many children. The head of the marketing department of the enterprise emphasizes, that local population began to pay more attention to the logo and to ask about its meaning when they buy food products.



Minibus, advertising the Logo and products of enterprise *Hedef*

Evaluation seminar in Bishkek

In Bishkek on April 11-12, 2006 a Seminar on the annual evaluation of implementation of the ADB Project JFPR 9052 Sustainable Food Fortification in Central Asia and Mongolia took place. Shteinke Lyudmila Vasiljevna, Deputy Minister of Health Care, Rustam Muzaffarov, Regional Project Coordinator, Asel Chyngysheva, Program Officer, ADB in Kyrgyz Republic, representatives of international organizations, the stakeholder ministries and agencies took part in the seminar. During the seminar participants gave an evaluation of the project implementation in the Kyrgyz Republic; problems and the further ways of their resolution were discussed. According to Lyudmila Shteinke, Deputy Minister of Public Health Care, the Ministry of Public Health Care undertakes all efforts for establishment of partner relations with other ministries and agencies with the purpose of achievement of sustainable system for struggle with micronutrient deficiency. Sarpek Eshaliev, President of the Association of salt producers presented to participants of the seminar the situation with production of iodized salts in the Republic. Providing of the population with iodized salt by local producers comprises 85 %, and 15 % is supplied through import. Then, in his turn, Alexander Shefner, President of the Association of fortified flour producers made his presentation; in his presentation he emphasized that the situation with flour fortification was much more difficult, it is due to the general economic situation in the country, absence of a raw-material base, absence of turnover funds for development and modernization of the producers. According to Rosa Sariyeva, Expert of the Minister of Agriculture and

processing industry, now the Government considers the issue of giving the State reserve to large enterprises, with subsequent inclusion of such flour in the tender. Besides the producers, IDD and IDA experts also made their presentations at the seminar. Also representatives of the civil society sector took part at a seminar. Professor Husein Isaev from the International center of sociological research made his presentation, in which he noted that the main problem is struggle against poverty.


News from regions

Test - campaign in the Issyk-Kul region has come to the end

Campaign on prevention of iodine deficiency conditions and promotion of iodized salts which took place from February, 28 till April, 30, 2006 in the Issyk-Kul region has come to the end. The Republican center for health strengthening together with international organizations stage by stage carry out the test-kits campaign in regions of republic. The main tool in carrying out the test campaign is handing out of tests – systems (took kits) for identification of iodine in salt and creation of Salt committees in villages. Based on the results of the carried out test - campaign in the Issyk-Kul region, in the towns of Balykchi and Karakol Salt committees were created for promotion of iodized salt. Work of the Committee has 2 directions, the first direction is inspection of households, which is carried out by medical workers of Family Group Practitioners (FGPs) and the second direction is inspection of large shops by representatives of the Salt Committee in which there are representatives of SES, mayor's office, Territorial Public Committees (TPC) and heads of markets. Within the framework of the given campaign experts of Health strengthening service and heads of rural health committees (30 persons), as well as medical workers were trained. Total 511 people were trained. Rural population was trained on using the test of systems. Regional trainers of Health Strengthening service and experts of Health strengthening rooms carried out a number of activities, aimed at sustainability of the activities of Rural Health strengthening committees. Within the framework of the given campaign Action Groups were trained on presenting information about iodine deficiency conditions.



Housewives determine salt for content of iodine with the help of tool kits

For the good of children 

G.Ryskulova, inhabitant of village
Boksojol (Sosnovka), Zhajyl
rayon

Earlier when we were buying food products, we never paid attention at what these food products consist of. Let us take, for example, salt. Before I was always buying cheap salt. Recently women-activists of our village under initiative of NGO Oi-

Kaiyn held an assembly and delivered a lecture on how to combat against anemia and iodine deficiency. After that all women who have children, began to understand the advantage of iodized salt. I made the main conclusion for myself that iodized salt is useful for intellectual development and physical growth of my children. Now I buy only iodized salt, produced by of our local manufacturers. I am very grateful to organizers for this useful lecture.



Activities of other international organizations

Sprinkles - the new strategy of combat against anemia

The Kyrgyz - Swiss project on support to reforms of public health services, coordinator Tobias Shjutt

In the At-Bashi rayon of the Naryn region, with assistance of Rural health committees, FGPs/FAPs, the new Strategy of struggle against anemia with the tool kit *Sprinkles* is implemented. *Sprinkles* are disposable tool kits, containing a mix of micronutrients (iron, zinc, vitamin C and folic acid) which is dry powder without a smell and taste. *Sprinkles* can become a key in resolution of a problem of combat against iron deficiency anemia. In the world practice *Sprinkles* demonstrated their efficiency in such countries as Bangladesh, Pakistan, Mongolia, Haiti,

India, Indonesia, etc. The advantage of *Sprinkles* mix is in the fact that it does not cause undesirable and by-effects, it does not have any unpleasant metal taste, does not cause gastroenteric discomfort, teeth do not darken, it does not change taste and color of meal, and the main advantage is that it does not require any changes in practice of a meals, because it can be mixed and used easily practically with any home-made food. It is possible to create various premixed with vitamins A, B, D+E, copper, iodine, etc. Tool kits *Sprinkles* are easy and convenient in use and storage; they need to be used once a week. Manufacture of *Sprinkles* is relatively cheap, and do not require expensive technologies for their manufacturing, any micronutrients, necessary for a human body, can be added in the mix depending on the need of the concrete country and recommendations for nutrition.

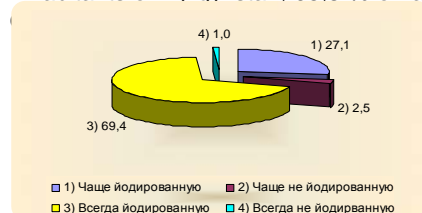
Target groups were selected among children of younger age (3500 children) and women during pregnancy and lactation (2000 women) for carrying out of the research. The main goals of the research which we carried out with use of *Sprinkles* were: definition of impact, estimation of scope, definition of the level of observance of rules of intake, economic efficiency, an estimation of acceptability, an opportunity of local manufacture.



UNICEF proves efficiency of programs implementation

Representation of the United Nations International Children's Emergency Fund (UNICEF) carried out a research of the status of iodized salt markets and market of fortified flour in Kyrgyzstan. One of the main purposes of the research were: identification of a consumption level and sales of iodized salt, as well as the level of knowledge of the population

Results of the situational marketing analysis demonstrated that iodized salt consumption became a regular phenomenon for inhabitants of Kyravzstan, 95.8 % of families



Salt consumption in Kyrgyzstan, %

The level of consumption of iodized salt corresponds to the level of awareness of population. Results of this research once again proved the effectiveness of implementation of on the programs on liquidation of micronutrient deficiency.

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NEWS FROM THE KYRGYZ REPUBLIC ABOUT ТАТЫМДУУ ТАМАК АШ (HEALTHY FOOD)

The newsletter is issued by the Country Project Office of the project of the Asian Development Bank JFPR 9052 Kyrgyzstan «Sustainable fortification of food products in the Central Asia and Mongolia. The bulletin contains information issues of micronutrient deficiency within the framework of the project. The bulletin provides wide and open discussion of the issues, relating to supplying population with fortified food products, such as iodized salt and fortified flour

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