

INTERNATIONAL NUTRITION COMMUNICATION SERVICE

CONSULTANT REPORT SERIES

INDONESIA

--- January 19 - 29, 1984 ---

and

--- February 27 - March 6, 1984 ---

**Two technical consultancies to support
national breastfeeding activities.**

by

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I. BACKGROUND

The purpose of the consultants' visit was:

- (a) To observe changes in the Indonesian breastfeeding program since the Travelling Seminars (September 1982);
- (b) To join in discussions concerning the Infant Feeding Practices Study recommendations (Diponegoro and Cornell Universities);
- (c) To assist in making suggestions for priority actions based on (a) and (b).

II. MAJOR DEVELOPMENTS SINCE SEPTEMBER 1982

Numerous developments have occurred involving the Indonesian program since the Travelling Seminar (September 1982):

- (i) UNICEF-sponsored meeting on the WHO-UNICEF Code of Marketing of Breastmilk Substitutes, Manila, Philippines (late September 1982).
- (ii) UNICEF/INCS-sponsored international meeting on Breastfeeding Mothers' Support Groups, Montego Bay, Jamaica (December 1982).
- (iii) Attendance of Indonesian teams from Semarang, Jakarta, and Bandung (6 participants) to the four-week international graduate course for Lactation Specialists, San Diego Lactation Program (Dr. Audrey Naylor) (August-September 1983).
- (iv) Workshop on Feeding of Infants and Children, Jakarta (August - September 1983).
- (v) Visit by Dr. Natividad Clavano from Baguio, Philippines, with lecture tour on rooming-in, etc. (August-September 1983).
- (vi) Introduction of section on maternal and child health, including breastfeeding in the next 5-year plan (Pelita IV).
- (vii) Visit by Dr. Paul Matulesy to the Brazilian breastfeeding program, the San Diego program, and UCLA (November 1983).

- (viii) Review of curricula of schools of medicine and nursing, and general schools commenced by Dr. Paul Matulesy (1984).
- (ix) Revised rooming-in programs and lactation clinic started at Cipto and Carolus Hospitals, Dr. Rulina Suradi (late 1983).
- (x) National Conference on Improving Infant Feeding (January 26-28, 1984).

III. ITINERARY AND ACTIVITIES

January 22

Arrived Jakarta from Los Angeles. Met by Dr. Paul Matulesy and discussed recent developments in Indonesian Breastfeeding Program for week.

January 23

8:25am. Discussion with Dr. Michael Latham, Consultant to the USAID Infant Feeding Practices Project.

9:00am. Meeting with members of BKPPASI (Breastfeeding Group) at the Department of Pediatrics, University of Indonesia.

Present: Professor E. H. Markum, Head of Department of Pediatrics; Dr. Rulina Suradi, Assistant Professor, Pediatrics-Perinatology; Dr. Din Sanyoto (Chair), Pediatrician; Dr. Paul Matulesy, Department of Nutrition; Dr. Suharyono, Assistant Professor of Pediatrics-Gastroenterology, Secretary General, BKPPASI; Mrs. Aan, Volunteer Consumer Organization and IBFAN; Sister Suryamah Soebekti, Neonatal Unit.

Discussed recent changes and future plans including:

- (i) Development of rooming-in in several hospitals and the proposed 1985 conference for Indonesian hospital administrators (in which rooming-in will be included as a major topic).

- (ii) The composition and organizational structure of the revised BKPPASI (including its five committees)--Information and Services (Professor Prapti Samil), Education and Curriculum (Dr. Paul Matulesy), Breast Care (Breastfeeding mothers' support groups), Research (Dr. Rulina Suradi), Legislation and Ethics (Mrs. Aan).
- (iii) The pilot development of LLL-like mothers' support groups in several areas of Jakarta (for the educated "middle class") (Mrs. Mahar Mardjono).
- (iv) Educational outreach by Dr. Rulina's "flying team," by monthly visits to centers in municipal Jakarta as part of integrated Family Planning/Pediatrics activities.
- (v) Suggestion of a one-day workshop on July 15, 1984 prior to the forthcoming triennial Indonesian Pediatric Association Congress (July 16-19, Denpasar) on "Increasing Breastfeeding in Indonesia."
- (vi) Information on the UNICEF-assisted program of young child stimulation (Mrs. Sutanto, Ministry of Women's Affairs).

10:00am. Tour of neonatal unit, Cipto Hospital, (teaching hospital for the University of Indonesia) with Dr. Rulina and Sister Suryamah Soebekti. Great increase in rooming-in (Fig. 1) (78/114 - 60%), with almost empty nurseries.

All babies are breastfed within the first hour. Routine episiotomies are only performed on primiparous mothers. The usual length of stay is about 6 days. Statistics on the effects of breastfeeding, neonatal infections, economics, etc. are being collected.

Also visited a Lactation Clinic (Fig. 2) run by Dr. Rulina on two days each week (Thursday and Friday), so far only catering for problem cases from the ward (seen at one week of age) and babies with working mothers at one month of age.

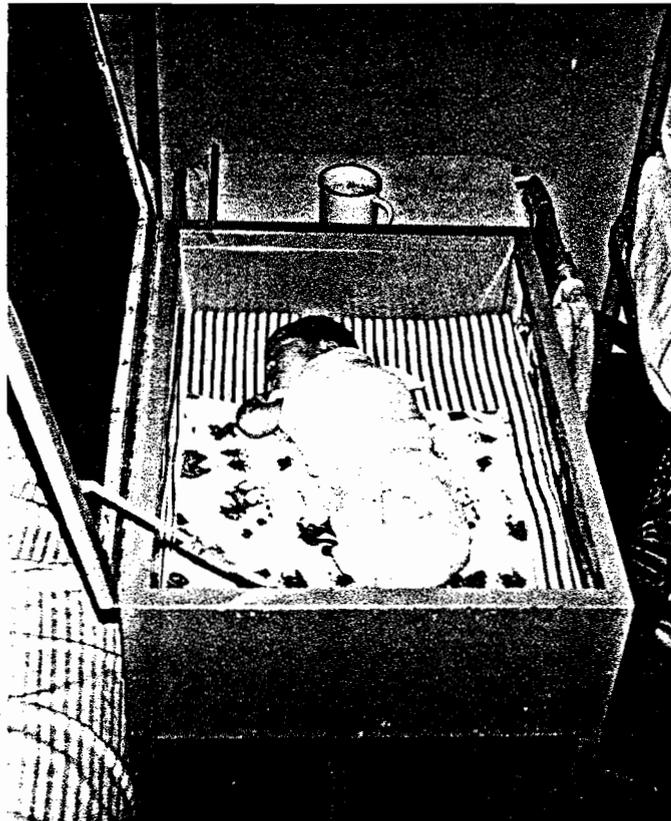
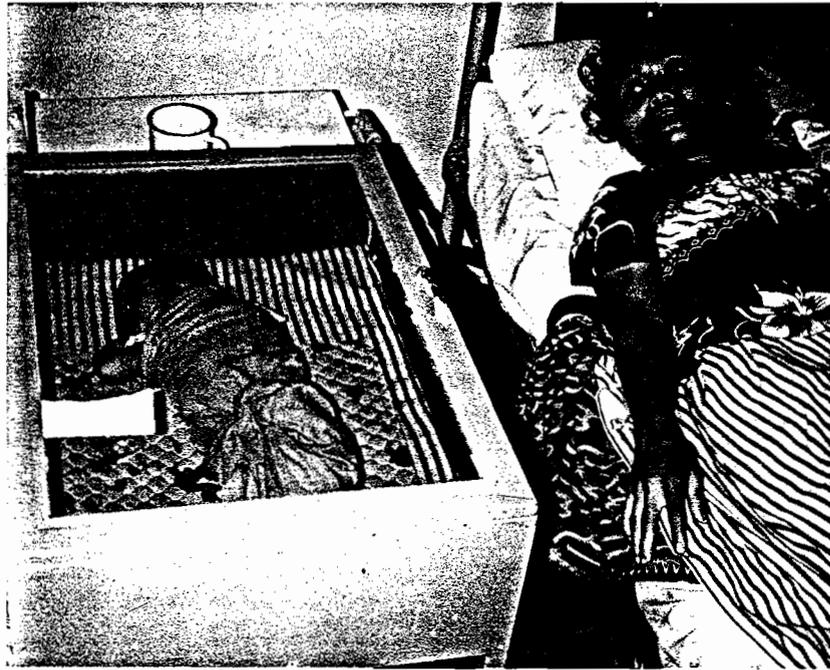


Figure 1: Rooming-in: Method Used in Cipto and Carolus Hospitals



Figure 2: Lactation Clinic, Cipto Hospital--Dr. Rulina
with medical and nursing students

11:00am. Tour of neonatal unit at Carolus Hospital (private Catholic hospital with mainly private patients and some free charity admissions). Emphasis on rooming-in began in 1982 with motivation sessions for staff (midwives, pediatricians) and mothers. Caesarian section babies nursed from fourth day. Mostly successful with majority rooming-in, with low cost "box bassinets" (with mosquito and fly proof lid (cost \$25)) (as also used in Cipto Hospital--Fig 1.). Still some reluctance from some older pediatricians. Have removed formula advertising posters. Have side-room in which babies' bassinets can be put when large number of visitors come, as is customary in Indonesia. Collecting statistics on breastfeeding, infections, economics, etc. Impression of staff--decrease in neonatal diarrhea and noise.

Present: Dr. Mariono, Director; Sister Domenico, Directress; Sister Arnolfine, Head Nurse; Dr. Utami, Pediatrician.

1:30 - 2:30pm. Working lunch with Ms. Molly Mayo Gingerich, USAID/Jakarta, and Dr. Michael Latham, concerning week's program of activities.

3:30 - 5:00pm. Meeting with Mrs. Irene Tinker, EPOC, Washington, concerning their multi-country Street Foods Project (to which coincidentally the writers are also consultants), and suggestion made that their research worker in Indonesia (Ms. Barbara Chapman) be asked by the organizers of the National Seminar on Infant Feeding to attend as an observer.

7:00pm. Working dinner with Dr. Michael Latham concerning (a) his visit to Semarang on Tuesday and Wednesday, and (b) the consultants' proposed activities.

January 24

7:30 - 9:00am. Travel with Dr. Paul Matulesky to the Nutrition Research and Development Centre, Ministry of Health, Bogor. Sign outside: "4 healthy, 5 excellent" (referring to local food "groups"). (Fig. 3)



Figure 3: Sign outside the Nutrition Research and Development Centre, Bogor--Illustrating nutrition education slogan "Four healthy, five excellent" with breastfeeding central.

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9:00 - 12:00 Noon. Discussions with staff of Centre: Dr. Darwin Kariadi (Director), Dr. Zein Suleiman, Dr. Motilal.

Topics covered:

- (i) Continuing free samples during maternal unit visits by formula representatives, and the wide range of formulas available in Indonesia.
- (ii) Increasing promotion of expensive semisolid commercial infant weaning foods (including Cerelac, Bebelac, Balita—green (unroasted) peanut flour and rice).
- (iii) Lack of prenatal attention by obstetricians to nipple examination, dietary advice, and education concerning breastfeeding in pregnancy.
- (iv) Main incidence of malnutrition seen in referral clinic in second year of life with marasmic kwashiorkor most common, followed by marasmus and then kwashiorkor.
- (v) Methods of nutritional assessment:
 - (a) Weight chart: Top line 100% Indonesian reference level (80% Harvard), second dotted line 80%, third red line 60% (80% of Harvard selected based on measurements at the Darwin Kariadi's well nourished clinic at the Bogor Centre). Diagnostic use of weight chart (KMS "Karto Mennjo Sehat" or "Card Go-to Health"), below dotted line, moderately severe; below red line, very severe. Slope of curve also used, but rather ill defined (e.g., degree of slope and length of time considered significant).
 - (b) Locally made heavy (teak?), expensive, length board costing \$75.
 - (c) Arm circumference: Zerfas insertion tape, available from CARE, Indonesia, cut-off level: (?) 13cm. for "preschool" child.
 - (d) Triceps fatfold: Lange callipers, (?) about to use low-cost plastic callipers (Rousseau) (sufficiently (?) accurate up to 2,000 measurements).



Figure 4: Typical Case: Late Marasmus (Age 15 months, weight <60%. Dietary history: breastfed +2 months, diluted bottle feeds and small amounts semisolids, numerous bouts of diarrhea).

Visited Malnutrition Referral Clinic.

- (i) Observed all remaining children in clinic, mostly 1 to 2 year olds with "late marasmus" (e.g., 15 months, 4.8 kg).
- (ii) Malnutrition management: not hospitalized - (a) advice on diet with visual aids of food models of local foods and cooked porridges (e.g., rice and milk, etc.), (b) severe cases issued dried skimmed milk or soy flour for 2 weeks (experimenting with dried powdered tempeh), (c) visit schedule 1-4 visits: weekly, 5-9 visits: 2 weekly, 10-12 visits: monthly, (d) broad spectrum antibiotic, vitamin A (oral capsule at once), vitamins B and C and iron.
- (iii) Manual being prepared by Dr. and Mrs. Hossaini of the Centre on Indonesian weaning foods.

12:30 - 2:00pm. Visit to Puskesmas St. Carolus Tumu Rumah Bersalin Anya Maternity Centre: rural center for Carolus Hospital (Sister Bintariati). Observed rooming-in with separate wheeled cribs by bedside with mosquito net, and generous maternal diet. Babies put to breast immediately (colostrum used) and discharged after 3 to 5 days. Centre has training function. Since rooming-in: less diarrhea and noise.

2:00 - 3:00pm. Discussed health centre PHC (primary health care) procedures with Dr. Matulessy:

- (i) ORT - 1 tablespoon (9-10ml) sugar + 1/4 teaspoon (3-4ml) salt + 1 glass clean water (225ml) (or) rice water + 1/4 teaspoon salt.
- (ii) Immunization: DPT + oral polio 3,4,5 mo. + 1 year booster + 5 year booster; BCG as soon as possible after birth < 1/12, or after 1/12 following Mantonx test.
- (iii) Local cultural recognition of malnutrition; Javanese - sisikan = fish scale = Bitot's spot; kotokan = chicken vision = night blindness; pangul = goiter; darkened room and crying infant for testing night-blindness functionally, based on cessation of crying as young child becomes able to see the mother.

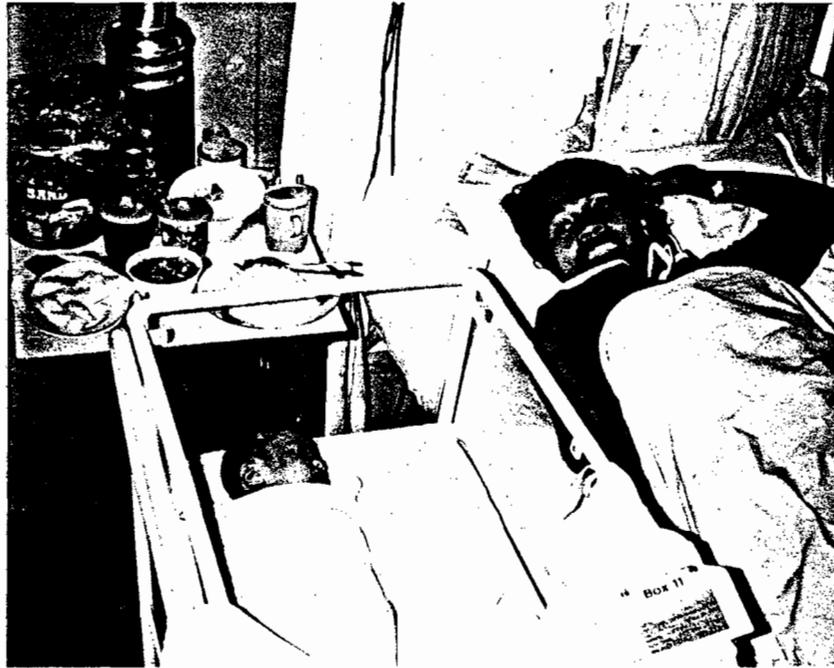


Figure 5: Rooming-in in Maternity Unit in Rural Health Center (puskesmas) run by Carolus Hospital. (Note generous maternal diet.)

(iv) Nutritional surveillance in home: weight [djinjang (local) scales] (KMS chart with ORT instructions included). In some places: tricolor arm band and height (tape on wall).

3:00 - 5:00pm. Visit to apotiks (pharmacies). Very wide range of milks and formulas: cost range for (+ 400 g) SGM (Susu Gulu Minyak = milk/sugar/oil; manufactured in Indonesia) Rups. 1515, Lactogen 2100, Enfamil 3685, Carnation 620-690 (but refrigeration needed). Processed herbal teas for infants (from Milupa) and flavored cereals with orange or other fruit (Milupa).

January 25

9:30am - 12 Noon. Meeting with Dr. Henry Mosely, Ford Foundation, Ms. Molly Gingerich, USAID, Dr. Paul Matulesky and Dr. Gambiro at the Ford Foundation office.

Discussion covered many aspects of development of the breastfeeding program in past 18 months and tentative proposed future activities. Main topics covered included:

- (i) Need for curricular change for medical students via CMS and nursing students via PUSDIKLAT;
- (ii) The difficulties in moving from what needs to be done to how to do it and the importance of effects of real-life observation of local success in Indonesia (e.g., rooming-in at Kariadi, Cipto, and Carolus Hospitals).
- (iii) The main discussion focused on the urgent need for the status of the proposed coordination unit to be clarified.

1:00 - 4:00pm. Meeting with full committee of BKPPASI. Present at meeting held at the Coordinating Ministry of the Office of the State Minister of People's Welfare (KESRA) and Women's Affairs (V.P.W.):

Professor Sulianti	Advisor: BKPPASI
Dr. Din Sanyoto Besar	Chair: BKPPASI
Dr. Suharyono	General Secretary: BKPPASI
Dr. Rulina	Head of Division IV: Research
Zs. (Sister) Suryamah	San Diego Trainee/Member of BKPPASI
Professor Gambiro	Pediatrician
Mrs. Mahar Mardjono	Head Division III: Breastfeeding Management
Mrs. Aan	Head Division V: Legislation and Ethics
Dr. Doegiyono	Pediatrics Association of Indonesia
Mrs. Koesrin	UNICEF
Mrs. Dorte Jepsen	UNICEF (Nutritionist)
Dr. Paul Matulesy	Head Division II: Education and Training
Dr. D. B. Jelliffe	INCS Consultant
Mrs. E.F.P. Jelliffe	INCS Consultant

Dr. Rulina reviewed the Indonesian experience in the San Diego Lactation Program. Dr. Paul Matulesy summarized the priority topics envisaged by the different committees of BKPPASI. He explained the concept of a "Breast Milk Centre" as a personal breast milk bank, in which mothers' milk could be stored individually (and not pooled) for use exclusively for their own babies. Dr. Matulesy also outlined three key topics.

Mrs. Mahar Mardjono described course initiated by her LLL-like organization for leaders of clubs. Unfortunately, funds had not permitted this. It was suggested that funding might be available through BKPPN (Family Planning).

The consultants were asked to comment on priorities, which agreed largely with what had been discussed:

- (i) Coordination unit: role, organization, and recruitment were the top priority, in order to permit an application for funds from the Ford Foundation.
- (ii) Curriculum revision: for health professionals at various levels and for school children, with development of manuals for different cadres.

- (a) Possible delegate to attend a planned IUNS/INCS meeting in Tijuana, Mexico on "The Role of Nurses and Midwives as Lactation Counsellors" (July 2-5, 1984).
- (b) Organization by the Indonesian Pediatric Association of a pre-Congress Workshop on "Increasing Breastfeeding in Indonesia" (July 25) just prior to the triennial Congress in Denpasar (July 16-19). This would need some external funding and would be based on a short document outlining very briefly the significance of breastfeeding in Indonesia and developments that have occurred and are needed, with special reference to the role of the pediatrician. About 20 to 30 participants are envisaged (including the present INCS consultants). The morning would be taken with four working groups concerned with how to achieve curricular change and modification of health service procedures, the lactation clinic concept as a teaching device, and the interaction of the pediatrician and the infant food industry.

The afternoon could comprise a plenary session at which reports would be read from the committees, discussed and incorporated into an amended final document. This would then be (a) presented at the Congress (if possible, copied for each participant) and (b) published in the Indonesian Pediatric Association.

The committee invited the two INCS consultants (DJ/PJ) to assist with preparing the preliminary document, to arrive early to assist with organization and, if desirable, to spend 2 to 3 days afterwards on other aspects of the National Breastfeeding Program. They have also been asked to present papers at the Congress during a session on "Problems of Breastfeeding," "Breastfeeding and Jaundice," (DJ) and "Breastfeeding of Twins and Unilateral Feeding" (PJ).

- (iii) Development of a Lactation Centre, Semarang, with lactation clinics developed in Bandung and Jakarta. The committee welcomed the proposed visit by Dr. Audrey Naylor for late April-May.

- (iv) National Conference of Hospital Administrators. The Association of Indonesian Hospitals conference is scheduled for May 1985, and the suggestion has been made to Dr. Mariono, Director, Carolus Hospital that rooming-in in maternity hospitals be included as a special session, with emphasis on how this has been achieved and with what benefits, including economic advantages.
- (v) Integration Visit. The committee endorsed the value of a visit by Mr. Ronald Israel, Director, INCS on February 27, to discuss details further, including curricular design, the pre-Congress workshops, and other priority activities, and to meet with other supportive groups (e.g. USAID, Ford Foundation, UNICEF).

January 26

9:00am. Exchange of information between consultants and Dr. Latham on his visit to Semarang, where he found considerable recent changes to rooming-in, early breastfeeding, initiation of lactation clinics, and breastfeeding of premature babies following Caesarian section.

10:00am.

- (a) Preliminary discussion concerning presentation of the "Infant Feeding Practice Study" on January 27th and 28th. Reviewed "Infant Feeding Practice Study: Recommendations" page by page, modifications made. (Appendix I)

The major items reported were: slow action in reviewing the Code in Indonesia; journalistic lack of interest in breastfeeding; lack of conviction of both elite mothers and some older health professionals; need for legislation concerning salaries for women who currently have to work 40 hours/week or longer, which makes breastfeeding very difficult.

- (b) Discussion concerning organizational placement of the Executive Coordinator (Secretary) and staff, and need for urgent proposal to the Ford Foundation.

- (c) Consultants reported on the main points raised at the BKPPASI meeting on 25th. It was agreed that all fell into the scope of recommendations of the "Infant Feeding Practices Study" and the "Travelling Seminars," except for involvement in the May 1985 Association of Indonesian Hospitals and the one-day pre-Congress workshop on "Developments in Breastfeeding in Indonesia," which were also endorsed.

Present at meeting: Darwin Kariadi, CRDN, Bogor; Djumdis, CRDN, Bogor; Nico Kana, Anthropologist; Dr. Sohid, Economist, Marketing Study; Dr. Soekirman, Bappenas; Dr. Wiratno, FE-UNDIP, Marketing Study; Dra. Suci Murtikarini, Psychologist, UNDIP; Dr. Hariyono, Pediatrician, UNDIP; Dr. Fatimah, Nutritionist, UNDIP; Ig. Tarwotjo, Director, Nutrition, Ministry of Health.

IV. NATIONAL CONFERENCE ON IMPROVING INFANT FEEDING

January 27. National Conference on Improving Infant Feeding.

Morning -- Presentation of data from the Indonesian Infant Feeding Practice Study as given in documents previously mailed to INCS (Appendix II).

Some major points included:

- (i) Advertising formula continues through the radio, via free samples to doctors and midwives and travel funds to meetings;
- (ii) "Breaking the bulk: mentioned as an issue (e.g. opening large cans of formula powder and decanting into small plastic bags, sometimes with adulteration with dried skimmed milk or other materials, "abusement");
- (iii) Results of study mainly predictable, but especially important as Indonesian validation (e.g., breastfeeding less satisfactory with mothers giving birth in hospital with doctors' advice than with mothers giving birth at home assisted by dukun (traditional midwife),

breastfeeding more in rural than urban areas, males breastfed longer than females (+4 months), breastfeeding more in low income mothers than in university educated, knowledge universally good but not matched with practice, "insufficient milk" most common verbal complaint, those working for longer periods in salaried employment out of the house breastfed less, etc. An interesting, but expected, finding was that the early introduction of semi-solids ((?) quantities) did not interfere with the length of breastfeeding. This had been noted in general previously.

Dr. Michael Latham presented the highlights of the results of the four-country study--Bogota, Colombia; Bangkok, Thailand; Nairobi, Kenya; and Semarang, Indonesia; with special reference to the determinants of breastfeeding, including education of mother, born in (or outside) city, household environment, use of contraceptives, etc. He mentioned similarities, but also differences, especially (a) need for protection (Semarang, which is partly rural) and prevention (Nairobi), and (b) variation in mothers' attitudes to breast or bottle (c.f. in Nairobi, many mothers believe bottle feeding to be healthier, more modest, and less time-consuming). High cost in relation to income everywhere (c.f. Nairobi 55% basic wage for 3 month old).

Ig. Tarwotjo, Director, Nutrition, Ministry of Health outlined the development of the current Indonesian breastfeeding program and discussed the possible structure of the Coordination Unit (Table 1).

The consultants commented on the blending together of the recommendations of the Travelling Seminars and the results of the Infant Feeding Practice Study in the following priority actions:

- (i) Hospital Services - with special reference to rooming-in.
- (ii) Education - including use of lactation clinic and center concepts, curricular revision.
- (iii) Motivational Activities - via TV, radio, etc.

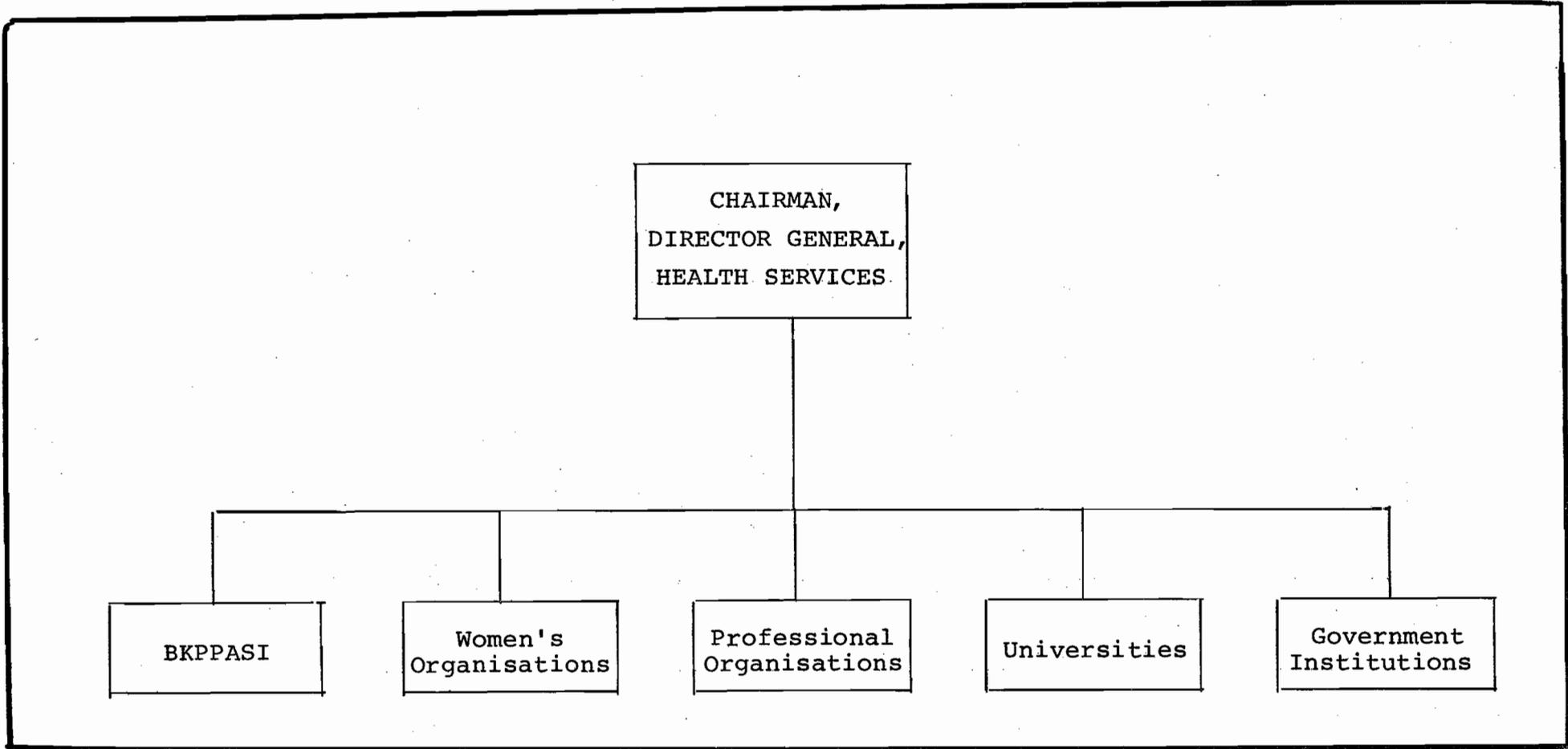


Table: 1 Structure of Coordinating Body

(iv) Legislation - to move forward action on the Code.

(v) Development of Breastfeeding Mothers' Support Groups - possibly initiated via 10 Yayasan Kusuma Buana (YSB)*.

All of the above would benefit greatly from the services of a full-time coordinator, whose appointment remains top priority.

Dr. Soedibyakti, Department of Pediatrics, Kariadi Hospital, Semarang, enthusiastically presented the developments at the Lactation Center after her return from the San Diego Lactation Program. Details are given in Appendix III.

January 28

8:00 - 10:00am. Meeting of planning committee for finalizing the Recommendations.

Present: Prof. A. Luedin (Chairman), Prof. Moeljono, Dr. Fatimah (Secretary), Dr. Hariyono, Ig. Tarwotjo, Dr. Soekirman, Dr. Darwin Kariadi, Dr. Sahid, Dr. Wiranto, Ms. Molly Mayo Gingerich, Dr. Michael Latham, and consultants.

The complete Recommendations (Appendix I) were discussed section by section and modifications were made based on consensus. These are being incorporated into a revised English language version and translated into the Indonesian version. This revised document will be available shortly.

12 Noon - 2:00pm. Presentation of Recommendations at full meeting attended by decision makers, with the tentative Recommendations translated into Indonesian. Participants included Dr. Suyono Yahyah, Dr. Bahwari

* YSB, a non-profit foundation working to strengthen the private sector's role in family planning and primary health care) centers and following correspondence with Mrs. Mirna Delcomo, LBA, Brazil.

(Assistant for Health-Religion, Menkokesra (Director General, Community Health, Ministry of Health, Coordinating Ministry of Social Welfare), Dr. Darman D. (Director General for Animal Husbandry), Dr. Wisnukatim (Director, Food and Drug Administration).

MAIN TOPICS: Gradual effect of sequence of events in relation to breastfeeding in past 10 years; legislature for rooming-in; need to recognize breastfeeding as an especially important aspect of perinatology; need for Infant Feeding Practice Study to have investigated the situation In Indonesia and to validate the breastfeeding facts in the Indonesian context; the problem of working mothers (including farmers' wives who work in the fields and may leave their babies at home); suggestion that breast milk substitutes be distributed only through health services discussed and dismissed as impractical; the positive role of dukun (traditional midwife) applauded; differentiation between promotion (urban) and protection (rural); substitute for rural poor usually cow's milk; need to avoid bottle (because of deviation of sucking stimulation to the breast); emphasis on correct prenatal care, including advice on contraceptives; coordination should be in Ministry of Health as "problem created by the medical profession" (!); a National Workshop on Nutrition will be held in February 1984 under the direction of Ministries of Health, Religion, Agriculture, Family Planning, for policy issues to be presented to Menkokesra; studies needed on monitoring and evaluation issues of marketing practices.

V. COMMENTS

A. PROPOSED INCS-RELATED ACTIVITIES

The following actions of major concern to INCS are to be taken or are recommended:

- (i) Coordination unit to be set up via funds made available via Ford Foundation.
- (ii) Consultant visit by Mr. Ronald Israel to assist in coordination of activities, including curricula design, assistance with the formation of breastfeeding mothers' groups (see earlier) and arrangements for items (iii) and (iv) below.
- (iii) Consultant visit by Dr. Audrey Naylor at end of April-May to assist in organization of lactation clinics in Jakarta and Bandung, and to develop the Lactation Centre at Semarang as a teaching-research unit.
- (iv) Invitation by the Indonesian Pediatric Association to INCS and specifically to the two present consultants to participate in a pre-Congress Workshop on "Developments in Breastfeeding in Indonesia" to be held on July 15, just prior to the triennial Indonesian Pediatric Congress (Denpasar; July 16-19, 1984). This would be concerned with how to effect changes in curricula and in health services, the Lactation Clinic as a teaching concept, and the interaction of the pediatrician and the infant food industry.
- (v) Organization of the next Association of Indonesian Hospitals to be held in May 1985, attended by hospital administrators. Subject of rooming-in to be included, as discussed with Dr. Mariono (Carolus Hospital) (Program Steering Committee).

B. GENERAL

The situation has improved greatly since the consultants' last visit in September 1982. This is especially so with regard to the development of

rooming-in, both in Jakarta and Semarang. The very great effect of the San Diego Lactation Program training program needs the greatest possible emphasis. The graduates are having a striking effect, and the investment in their training is already being made good and will certainly increase exponentially.

INDONESIAN TRIP REPORT - Part 2

by Ronald C. Israel

My mission during an eight-day field visit (February 27 - March 6, 1984) had the following objectives.

- (a) To help develop a coordinated support strategy for the Indonesian national breastfeeding association--BK. PP-ASI;
- (b) To conduct an on-site assessment of follow-up activities being implemented by Indonesian graduates of the INCS/San Diego Lactation Program In-Service Seminar for Health Professionals;
- (c) To explore avenues for collaboration between INCS and various organizations in Indonesia concerned with the promotion and protection of breastfeeding.

A. Strengthening PP-ASI

During my stay in Indonesia, Dr. Paul Matulesky, Director of Training and Curriculum Development for BK. PP-ASI was my guide and constant companion. Through his good efforts, an organizational meeting of PP-ASI was held on March 2. Meeting participants included the Program Planning Committee of PP-ASI, Dr. Henry Mosely of the Ford Foundation and Dr. Ig. Tarwotjo, Director of Nutrition in the Ministry of Health. I served as a facilitator for the group's deliberations. At the Meeting several key decisions were made:

- o The group decided to submit a proposal for 12 months of institutional support funding to the Ford Foundation (see Attachment A).
- o It was agreed that a full-time Executive Manager would be hired (through Ford Foundation support) to coordinate the day-to-day activities of PP-ASI.

- o An initial budget of U.S. \$30,000 for twelve months worth of operational expenses was agreed upon.
- o PP-ASI's major program activity during the next six months will be to organize a one-day Breastfeeding Workshop prior to the start of the Indonesian Pediatrics Congress in July.
- o PP-ASI, with its new funding and permanent staff, will make a major outreach effort to other parts of Indonesia in an effort to become a truly national organization.

Dr. Tarwotjo indicated that the Government would look to PP-ASI as a source of expertise in the breastfeeding area. The Ministry of Health apparently will abandon plans to form a separate inter-agency Breastfeeding Council and will invite PP-ASI to join a National Food and Nutrition Advisory Board as both an advocate and a source of expertise for breastfeeding.

B. San Diego Follow-Up

I had occasion to visit the three hospitals where Indonesian participants in the San Diego In-Service Seminar on Lactation Management currently are working.

Dr. Soedibyakti Adinoto, Head of the Neonatal Department at Kariadi Hospital, has perhaps the best organized hospital-based lactation program in Indonesia. Her hospital handles some 3000 deliveries a year. Since May 1983 (prior to her participation in the San Diego Seminar) Kariadi has gone from bottle feeding fifty babies a day to a January average of 4. Her hospital has had rooming-in since 1975, but Dr. Soedibyakti's participation in the San Diego program has given real impetus to the rooming-in program in Kariadi (the strides she has been able to make can also in part be attributed to the fact that Dr. Soedibyakti, at one time, was vice-rector of the hospital and thus wields great power there). She has instituted a lactation training program for hospital staff and recently graduated her first class of 2 pediatricians, 2 obstetricians, 4 nurses, 5 midwives, 2 social workers, and 1 nutritionist. Together with Sister Ong Gian Nio (another San Diego participant) she also has instituted a lactation clinic for mothers who deliver at Kariadi.

With the support of Professor Moeljono Trastotenojo of the Medical Faculty at Diponegoro University, Dr. Soedibyakti wants to establish a national lactation training center for health professionals at Kariadi (PP-ASI also is supportive of this endeavor). I indicated that INCS would be willing to provide funds for basic equipment and a pilot phase of the national training center development project, i.e. support costs for an initial round of training of health professionals from other hospitals in Semarang. Such a pilot project will be undertaken as a contract between INCS and Diponegoro University.

The other Indonesian teams who participated in the San Diego Seminar also are faring well. Dr. Rulina Suradi at Cipto General Hospital in Jakarta and Dr. Emelia Suroto-Hamzah of Hasan Sadikan General Hospital in Bandung have been conducting lactation training classes for nurses and midwives (though they have been less successful in reaching doctors). Bandung has developed a space-saving crib that attaches itself to the frame of the mother's bed. Both Bandung and Cipto, however, are in the process of hospital reorganization, and both Dr. Rulina and Dr. Emelia are worried about arrangements for rooming-in and possible lactation clinics once their respective hospitals get reordered. Both Rulina and Emelia are also hamstrung somewhat by a myriad of other hospital-related responsibilities which they must fulfill. Neither has made much progress in establishing full time lactation clinics at their hospitals. Both women, however, are extremely committed to lactation promotion and deserve further support.

C. Collaborative Project

A series of meetings were held with PP-ASI staff and Dr. Lukas Hendrata of Yayasan Indonesian Sejahtera (YIS) around the prospect of a joint project to deal with breastfeeding problems of working mothers. Such a project would review existing research on working mothers and then develop a communications strategy aimed at promoting breastfeeding behaviors of mothers themselves and supportive practices of institutional employers. Dr. Hendrata will act as a technical advisor to PP-ASI in the development of this project.

INCS also agreed to provide guest speakers to the PP-ASI Workshop on Breastfeeding prior to the start of the July 1984 Indonesian Pediatrics Congress. Speakers will include Dr. Audrey Naylor and Ruth Wester of the San Diego Lactation Program, and possibly Dr. and Mrs. Jelliffe and/or Dr. Clavano from the Philippines.

I also had discussions with Dr. Rulina and Dr. Mariono of Carolus Hospital in Jakarta. Dr. Mariono is Chairman of a Conference Planning Committee for the next meeting of Indonesian Hospital Administrators, scheduled for May 1985. Dr. Rulina has persuaded Dr. Mariono to have a half-day session on "Rooming-In" for hospital administrators at the May 1985 meeting. The session will have three components: (a) rooming-in experience from around the world, (b) rooming-in experience in Indonesia, and (c) how to set up rooming-in procedures in a hospital. I indicated INCS' interest in providing guest speakers for this workshop. Dr. Rulina is exploring the possibility of sending out a rooming-in questionnaire to all hospital administrators prior to the May '85 Congress. Dr. Mariono cautioned her not to begin the development of such a questionnaire by assuming that most hospital administrators in Indonesia understand the meaning of the phrase "rooming-in."

SUMMARY

One gets the feeling that Indonesia is in the process of committing itself to a truly national breastfeeding support program. The re-birth, with official sanction of BK. PP-ASI as a full-fledged national institution, is a step in this direction. The fact that they will now have full time staff and a place on the National Food and Nutrition Advisory Board should give them increased visibility and credibility.

The establishment of a national lactation training center for health professionals at Semarang will be another component of this program. It was gratifying to see the work that was begun at San Diego being carried over into the development of indigenous lactation support institutions in Indonesia. Training of health professionals is an absolutely indispensable component of any national effort.

A grant has been made by the Canadian AID agency International Development Research Centre (IDRC) of \$90,000 to a group called Yayasan Kusuma Buana (YKB) for the development of media materials that support breastfeeding. YKB is headed by a very able communications-minded pediatrician, Dr. Firman Lubis. Dr. Lubis is very committed to the breastfeeding issue and, in fact, has agreed to have his Yayasan (Foundation) serve as a temporary conduit of funds to PP-ASI, until they can get official foundation status.

In my mind there are at least three different sets of breastfeeding-related media materials that need to be developed: (a) hospital-based support materials that can be used at lactation clinics and for the training of health professionals and hospital administrators, (b) an audio-visual on breastfeeding issues (e.g., rooming-in, the Code, working mothers, etc.) for policy-makers at all levels, and (c) a specific set of messages and materials for both working mothers and institutional employers of working mothers, around the issues of breastfeeding and women's work (this should, if possible, be developed in association with Dr. Hendrata, who has a deep interest in these issues).

PP-ASI also has embarked on an important effort to develop breastfeeding curriculum modules for medical professionals, secondary and primary schools. Dr. Matulesy is spearheading this activity and has gotten the support of both the Ministry of Education and the Consortium of Medical Sciences, headed by Professor Moeljono. This is another PP-ASI activity to which INCS assistance, if necessary, could be made available.

On my final day a meeting was arranged with Ministry of Health policy makers (Dr. Abdul Rahman, Dr. Hartono, Dr. Zaverhal, and others), concerned with the breastfeeding issue. At that meeting we learned that the next 5-year plan (Replita V) is earmarking Rs 13,000,000 for the lactation training of health professionals in the Jakarta area. The Ministry indicated they will look to PP-ASI to carry out this training. We also learned that the Indonesia Code of Marketing Breastmilk Substitutes is close to being finalized. A decision has been made to issue the Code as a Ministry regulation, thereby avoiding the lengthy process that would be involved if

it was to become a piece of national legislation. The Health Ministry also expressed interest in developing a set of guidelines on Breastfeeding and Rooming-in for all Public Health Hospitals (similar guidelines recently have been developed in Brazil, Thailand, and Kenya). They indicated they would look to PP-ASI to draft such Guidelines for their review and approval.

APPENDICES

INFANT FEEDING PRACTICE STUDY

Appendix I

RECOMMENDATIONS

A STUDY CONDUCTED BY :
DIPONEGORO UNIVERSITY - NATIONAL INSTITUTE OF
HEALTH RESEARCH AND DEVELOPMENT (INDONESIA) -
POPULATION COUNCIL (U S A)

— PRELIMINARY VERSION —



DIPONEGORO UNIVERSITY
SEMARANG INDONESIA

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R E C O M M E N D A T I O N

I. INTRODUCTION AND BACKGROUND

In order to improve the health and nutritional status of children under five years old who suffer most from malnutrition and infections, the Indonesia Government has started National Health and Nutrition Programmes as can be seen in 2nd and 3rd five - year - Plan.

Inputs are still needed in the order to be able to understand the real infant and child feeding practice existing in the population. This study as an interdisciplinary research tried to produce a more complete understanding of the socio-economic, biological and cultural factors affecting infant and child feeding practice in the community.

It is hoped that the results of this study will contribute policy alternatives and lead to action programmes in the improvement of infant and child nutrition in Indonesia.

This multi disciplinary study was conducted in city of Semarang. In general it is believed that infant feeding practices are changing more quickly in urban areas. The research was conducted by Diponegoro University in association with the National Institute of Health Research and Development and in collaboration with a Consortium consisting of the Population Council, Cornell University and Columbia University. The study received financial assistance from U.S.A. I.D.

II. HEALTH SERVICE PRACTICE

Justification

Health professionals either traditional or modern are trusted by women who had chosen their service and play an important role by providing advice. The study showed differences in infant feeding practices depending on contact with traditional and non traditional health services.

Recommendations

1. Prenatal service :

- Consistent advice, far encouraging breast feeding needs to be provided by health professionals who deal with women during pregnancy.
- Assisting in the development of a positive attitude toward breastfeeding and preparation of women to breastfeed later on should be done early during pre natal period.

2. Delivery Service :

- Early initiation of breastfeeding and giving colostrum to the infants should be encouraged preferably within 3 hours of delivery or earlier.
- Unnecessary introduction of other liquids should be discouraged.
- All promotion of breastmilk substitutes including distribution of samples should be forbidden.
- Feeding on demand as practiced in the community and is accepted as a positive practice should be encouraged.
- Traditional birth attendants correct practice of encouraging Breastfeeding should not be eroded.

3. Post Natal Service

- Health workers should inform women that breastfeeding alone can provide enough nutrients for the growth of infants up to 4-6 months of age.
- While women should be encouraged to breastfeed as long as they wish, proper food supplements should be given beginning from 4-6 month of age.
- Health workers should encourage women to continue breastfeeding their infants during illness of the women or their infants.
- Women who complain of insufficient milk should not be advised to introduce breastmilk substitutes but instead should be encouraged to breastfeed more frequently and for a longer period of time. Weight or growth monitoring should follow the above advice. Supplements should only be recommended on medical advice if growth monitoring indicates that this is absolutely necessary.
- Health worker should advise lactating women who come for family planning consultation to use non-hormonal contraceptives.

III. MATERNAL EMPLOYMENT AWAY FROM HOME

Justification

Women who were employed away from home had a shorter duration of breastfeeding

Recommendations

Women who are employed away from home should be given

opportunity to breastfeed as long as they wish through adequate maternity leave and facilities at work. Consideration should be given to providing breastfeeding breaks, especially for those mothers living close to the place of work.

IV. PUBLIC KNOWLEDGE AND ATTITUDE

Justification

Women regardless of schooling, age and socio economic status are aware of the superiority and benefits of breastfeeding compared to bottle feeding, but their practice is not always consistent with their knowledge.

Recommendations

- All forms of mass media should be used for consistent messages to protect and promote breastfeeding.
- More imaginative messages on breastfeeding should be designed for target groups to increase the practice of breastfeeding.
- Various existing public education programme should include messages to protect and promote breastfeeding.
- Powdered milk available in health clinics should not be distributed improperly. If it has to be used in special cases, its preparation should be mixed with other foods or solids.

V. TRAINING HEALTH AND OTHER PROFESSIONALS

Justification

The study findings suggest that modern health professionals show a less favorable attitude to, and provide less encouragement for mother concerning breastfeeding.

Recommendations

- Up dating of curriculum or training of medical and para medical personnels with current knowledge of breastfeeding is greatly needed.
- Other professionals such as teachers, community workers or social workers should receive more information about breastfeeding in their educational programmes.
- A concise manual of breastfeeding and infant feeding practice should be designed and produced for the use of health and other professionals through out the country.
- The manual mentioned above should include a section on the WHO Code on the marketing of breastmilk substitute including modifications which may be included in the Indonesian legislation.

VI. REGULATION AND INDUSTRY

Justification

Marketing practices have been shown to have an adverse effect on infant feeding practices and to have contributed to a decline in breastfeeding.

Recommendations

- The modified WHO Code on the marketing of breast-milk substitute should be legalized as soon as possible and be distributed to health professionals
- Proper labeling of infant formula or infant food should include complete information which is easily understood by consumers. It should clearly show in each can or packet.

VII. RECOMMENDATION OF FURTHER STUDIES AND EVALUATION

Justification

Although the present study has provided much useful information on which to base recommendation, never the less more research is necessary, and monitoring and evaluation would be useful.

Recommendations

- A plan should be developed and implemented to monitor compliance with the Indonesian Code of marketing breastmilk substitutes.
- Messages for use in the mass media should be designed and tested to find the most appropriate ones for certain target groups.
- An evaluation of the effectiveness of lactation center should be made, preferably by comparing infant feeding practices of mothers who have contact with a lactation center, compared with those who do not.
- Further ethnographic studies are needed including for exam

ple a study of possible differences in practice of health professionals in the clinic, in their private practice and in their homes; work on attitudes by different cultural groups to are of colostrum, jamus etc.

A study of the knowledge, attitudes and practices of health professionals (ranging from medical specialists to traditional birth attendants) relating to infant feeding.

An investigation of growth of infants in the first year of life in relation to different infant feeding practices.

Studies on weaning foods particularly village level weaning foods, and of intra family food distribution.

A study of infant feeding practices in certain areas outside Java where cultural practices are different, where there are different staple foods, and a lower population density, and in transmigration settlements.

Appendix II

RECENT DOCUMENTS*

(Diponegoro University)

1. Recommendations: Travelling Seminar on Recent Development in Breastfeeding (August 26 - September 7, 1982).
2. Infant Feeding Practice Study: A Cross-Sectional Survey in Semarang Municipality.
3. Infant Feeding Practice Study: Cross-Sectional Component (Summary).
4. Methodology, Comparative Study, Commercial Service, Marketing, etc.
5. Infant Feeding Practice Study: Recommendations (See Appendix I).

*Copies sent to INCS and to San Diego Lactation Program

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Appendix III

LACTATION PROGRAM, KARIADI HOSPITAL,
SEMARANG: RECENT DEVELOPMENTS

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The Lactation Program

(For Cadre Forming)

Place: Pediatric Department
Time: 1 hour/week for 14 hours/14 weeks
Opening: November 1, 1983

Topic and Time Schedule

November 1: Opening and Pretest
8: Anatomy of the Breast
15: Physiology: Milk Production
22: Psychophysiology: Milk Production
29: Biochemistry/Composition of Breast Milk

December 6: Antiinfection and Antiallergy: Breast Milk
13: Immunology: Breast Milk
20: Mother-Child Bonding
27: Christmas Vacation

January 3: New Year Vacation
10: Nutrition During Pregnancy
17: Nutrition During Lactation
24: Breast Feeding Technique
31: Breast Feeding Problems

February 7: Breast Feeding Promotion
13: Discussion. Post-test. Closing

Report to the

- Head of the Pediatric Department
- Director of D.P. Kariadi Hospital
- Head of OB-Gyn Department
- Dean of Medical Faculty UN. Diponegoro

- Deputy Rector UN. Diponegoro
- Head of Hospital Education Department
 - Nursing Staff
 - Hospital Medical Services
 - Hospital Supporting Services

Participants

5 Midwives, each from:

- Prenatal Clinic
- Postpartum Clinic
- Nursery
- Well Baby Clinic (M.C.H.)
- Clinical Instructor

4 Nurses, each from:

- Special Care Baby Unit
- UPD
- Ward for the Sick Children
- Clinical Instructor

4 Physicians, 2 each from:

- OB-Gyn Department
- Pediatric Department

3 Social Workers

1 Assistant Nutritionist

Teachers:

- 1 Physicians from the OB-Gyn Department
- 2 Physicians from the Pediatric Department
- 1 Nutritionist
- 1 Nurse-Midwife

Method: Lecture-Demonstration

Material:

Slide Projector
Overhead Projector
Blackboard
Whiteboard

Budget: None

Other Needs:

Slide Projector
Overhead Projector
Typewriter
Photocopy
Book Printing
Milk Container
Demonstration--AIDS

Events that Influenced the Management of Rooming-In and Lactation

1970: Advanced Program in Perinatology
Result: Special Care Baby Unit

1982: (August-September) Travelling Seminar

Improvements in:

Information

Promotion

Support

To Women:

Pregnancy

Lactation Period

Their Family

Increasing Knowledge and Skill about Breast Feeding:

Doctors
Students
Midwives
Nurses
Social Workers

Dr. Kariadi Hospital

Bed Capacity: 1500 beds

B.O.R. +90%

Teaching Hospital

Referral Hospital

Maternity Ward

Deliveries: +4000/year

Bed Capacity: 100 Beds

B.O.R. +90%

(+ minor gynaecological cases - BOR=120%)

L.B.W. = +150%

Bottle Feeding Babies

May-October 1983: +50 babies/day

November: 12 babies/day, 24%

December: 10 babies/day, 20%

Milk Formula

May-October 1983: 16 kg/month

November: 10 kg/month, 62.5%

December: 8 kg/month, 50%

APPENDIX A

Proposal for Institutional Support Funding:

Submitted by BK. PP-ASI to the Ford Foundation

This is a proposal for \$30,000 that will provide institutional support for twelve months for a national Indonesian organization, BK. PP-ASI. Funds will enable the organization to have a full time Executive Manager and Secretariat and to undertake a series of networking and program development activities.

The BK. PP-ASI is a national Indonesian organization whose purpose is to promote and protect breastfeeding. Founded in 1977 by a concerned group of health professionals in Jakarta, the organization has grown in size and scope and currently has 25 members and branches in 12 provinces (see Appendix C for list of key members).

BK. PP-ASI, over its five-year history, has carried out a wide variety of educational and service activities. In 1979, in conjunction with the International Year of the Child, it organized a breastfeeding public information campaign that communicated breastfeeding messages through television, radio, cinema, and other forms of mass media. It has assisted the Government of Indonesia in the development of an Indonesian Code to regulate the marketing of Breastmilk Substitutes. Its members have actively participated in government and non-government conferences aimed at developing policy recommendations related to infant feeding, including the Indonesian Travelling Seminar on Breastfeeding in 1981, the 1984 Jakarta Infant Feeding Study Conference.

BK. PP-ASI currently has five Standing Committees. The Public Service Committee provides information to the general public about such issues as the Indonesian Code, options for working mothers, the advantages of breastmilk over breastmilk substitutes, etc. The Education and Training Committee is currently engaged in a collaborative effort with the Ministry of Education to develop breastfeeding curriculum materials for medical colleges, primary and secondary schools. The Breastfeeding Management

Committee is working to establish community-based breastfeeding mothers support groups, help implement rooming-in facilities in all hospitals and maternity centers, and help establish day-care centers and creches at places of employment. The Research Committee is developing several pilot projects related to rooming-in, lactation training, and the setting up of a national "information center." The Legislation and Ethic Committee is concerned with the design and monitoring of relevant legislation such as the Indonesian Code, maternity leave legislation, etc.

The organization as a whole and its Standing Committees have relied to date on voluntary contributions of time, ideas, and funds. Many government officials are BK. PP-ASI members and have lent their support to the organization's activities (e.g., Dr. Tarwotjo, Director of Nutrition, Ministry of Health). The Government has agreed to recognize BK. PP-ASI as a national breastfeeding organization and has invited the organization's representative to be a part of the National Food and Nutrition Advisory Council.

BK. PP-ASI feels it has established a solid organizational base of support and a track record for successful action in relation to the promotion and protection of breastfeeding. In terms of effectiveness, however, its members feel it has gone as far as it can go within its present all-voluntary organizational framework. At a recent meeting (February 29, 1984), BK. PP-ASI's Program Coordinating Committee agreed to secure funds to support a full time Managing Director and Secretariat.

The Executive Director and Secretariat would work under the direction of the Program Coordinating Committee (see Organizational Chart, Appendix B) on the following tasks:

- (a) Manage the day to day implementation of the activities of the five Standing Committees;
- (b) Develop BK. PP-ASI project proposals for funding;
- (c) Coordinate national networking activities;

(d) Provide information about BK. PP-ASI activities to the government, private sector, and general public.

\$14,100 of PP-ASI's initial budget will be used to cover the salaries of the Managing Director, a secretary/librarian, and a clerk/messenger. An additional \$16,000 is requested for program activities, specifically to enable the organization to put on a Pre-Congress Workshop on breastfeeding prior to the Indonesian Pediatric Association Meeting in Bali in July. This Workshop will be used to disseminate recent successful Indonesian experience in the areas of rooming-in, breastfeeding promotion, and lactation management.

Yayasan Kusuma Buana (YSB) has agreed to be a conduit for funds granted to BK. PP-ASI (see cover letter). BK. PP-ASI does not yet have official foundation status, although an application is being made to the Government and is expected to be approved. In the interim an arrangement has been made for transfer of funds to BK. PP-ASI through YKB, which itself has just received a grant from IDRC to make use of private sector resources for the development of breastfeeding media materials.

Signed _____
Chairman Secretary
submitted March ----, 1984

APPENDIX B

ORGANIZATION CHART

Chairman

Secretary I
II

Standing Committees

I II III IV V

Program Coordinating Committee

Managing Director and Secretariat

Commissariat

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APPENDIX C

BK. PP-ASI List of Key Members

Daftar Nama Para Undangan Rapat

Pengurus Pusat BK.PP-ASI

Selasa 19 Mei 1983

Para Pelindung : Patrons

1. Prof, Dr. J. Sulianti Saroso
d/a. Jl. Hang Jebat I No. 1
Keb. Baru - Jakarta Selatan.
2. Ir. Supardan Suryohudoyo
d/a. Gedung Menko KESRA RI
Jl. Medan Merdeka Barat 3
Jakarta Pusat.
3. Dr. Ig. Tarwotjo, M.Sc.
d/a. Kepala Dir. Gizi Dep. Kes. RI
Jl. Percetakan Negara 23 A
Jakarta Pusat.

Para Penasehat : Advisors

4. Prof. dr. W.A.F.J. Tumbelaka
d/a. Gedung Rektorat UI
Jl. Salemba 4, Jakarta Pusat.
5. dr. Moh. Sugiono
d/a. Sub.Bag. Pediatry Sosial
Bag. I. Kes. Anak FKUI
Jakarta Pusat.
6. Drs. Sukirman MPS
d/a. Gedung Bappenas
Jl. Taman Suropati
Jakarta Pusat.
7. Prof. Dr. Moeljono S. Trastotenojo
d/a. Kepala Bag. I. Kes. Anak
FK. UNDIP - RS. Dr. Kariadi
Jl. Dr. Soetomo 16 - 18
Semarang.

Supporting Committee :

8. Dr. W. Henry Mosley
d/a. Ford Foundation
Jl. Taman Kebon Sirih I/4
Jakarta Pusat.

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Ketua Umum :

9. Dr. Ny. Dien Sanyoto Besar
d/a. Jl. Faramasi No. 4, Flat A.L.
Pejompongan - Jakarta Pusat.
10. dr. Suharyono
Sekretaris Umum
d/a. Sub Bag. Gastroenterologi
Bag. I. Kes. Anak FKUI
Jakarta Pusat.

Paa

Para Ketua-Ketua Bidang :

11. dr. Ratna S. Samil (Ketua Bidang I).
d/a. Bag. Obs. Ginekologi FKUI
Jl. Salemba 6, Jakarta Pusat.
12. dr. Paul F. Matulessy (Ketua Bidang II)
d/a. Bag. Gizi FKUI
Jl. Salemba 4, Jakarta Pusat.
13. Ibu Ning Mahar Mardjono (Ketua Bidang III).
d/a. Jl. Senayan No. 16, Blok S.I.A.
Keb. Baru - Jakarta Selatan.
14. dr. Ny. Rulina Suradi (Ketua Bidang IV).
d/a. Sub Bag. Perinatologi
Bag. I. Kes. Anak FKUI
Jakarta Pusat.
15. Ibu ~~Lies Hutama~~ ^{TINI HADAD} (Ketua Bidang V).
d/a. Jl. Ciasem No. 2 - Cikini
Jakarta Pusat.

Para Bendahara :

16. Drs. Imam Satibi
d/a. Dir. Gizi Dep. Kes. RI
Jl. Percetakan Negara 23 A
Jakarta Pusat.
17. Ibu Sadatoen (Bendahara II)
d/a. Jl. Wolter Monginsidi No. 9
Keb. Baru - Jakarta Selatan.

Para anggota Supporting Committee :

18. The Ford Foundation
Jl. Taman Kebon Sirih 1/4
Jakarta Pusat.

19. Pimpinan UNICEF
Jl. M.H. Thamrin 14
Jakarta Pusat.

20. Pimpinan W.H.O.
Jl. M.H. Thamrin 14
Jakarta Pusat.

21. Pimpinan USAID
d/a. American Embassy
Jl. Medan Merdeka Selatan No. 31
Jakarta Pusat.

Para Anggota Bidang I :

22. Ibu Nur Ainy Madjid
d/a. Din. Kes. DKK - D.K.I.
Jl. Kesehatan No. 10
Jakarta Kota.

23. dr. Ny. Sri Rochani
d/a. Sub Bag. Pediatri Sosial
Bag. I. Kes. Anak FKUI
Jl. Salemba 6
Jakarta Pusat.

24. Ibu Suyatni
d/a. BKKBN Pusat
Jl. Kalasan No. 45
Jakarta Pusat.

25. Drs. Suaspendi
d/a. Dit. Gizi Dep. Kes. RI
Jl. Percetakan Negara 23 A
Jakarta Pusat.

26. dr. S.L. Purwanto
d/a. Perdhaki
Jl. Kramat VI/7
Jakarta Pusat.

27. Ibu Nurbaity, SH.
d/a. Dit. Penerangan Daerah
Dep. Penerangan R.I.
Jl. Merdeka Barat 9
Jakarta Pusat.

28. dr. Lastiko Bramamayo
d/a. Bag. Obs. Ginekologi FKUI
Jl. Salemba 6
Jakarta Pusat.

29. Ny. Yosephine MS, S.K.M.
d/a. BPRB
Jl. Sawo 17
Jakarta Pusat.

30. dr. Lukas Hendrata
d/a. Y.I.S.
Jl. Kramat VI/11
Jakarta Pusat.

31. Ibu Tri Harlina
d/a. BKKBN Pusat
Pengendalian Lapangan
Jl. M.T. Haryono
Jakarta Selatan.

32. Bapak Waluyo, B.Sc.
d/a. PKM Dir. Gizi, Dep. Kes RI
Jl. Percetakan Negara 23 A
Jakarta Pusat.

Para Anggota Bidang II :

33. Dr. Soemilah Sastroamidjojo
Wakil Ketua Bidang II
d/a. Bag. Gizi FKUI
Jl. Salemba 4
Jakarta Pusat.

34. dr. Henny M. Souissa
Skr. Bidang II
d/a. Bag. Gizi FKUI
Jl. Salemba 4
Jakarta Pusat.

35.

36. Ibu Muryati B.Sc.
d/a. Persagi
Bag. Hizi FKUI
Jl. Salemba 4
Jakarta Pusat.

37. Ibu Sintje Masoara
d/a. Dit. Gizi Dep. Kes RI
Jl. Percetakan Negara 23 A
Jakarta Pusat.

38. Ibu Nani Sunarsih
d/a. Bag. Gizi FKUI
Jl. Salemba 4
Jakarta Pusat.
39. Ibu Noor Djubayah
d/a. Bag. Gizi FKUI
Jl. Salemba 4
Jakarta Pusat.
40. Ibu S.A. Branata
d/a. PAM Dep. P&K RI
Kepala Subdit Pemb. BLB
Jl. RS. Fatmawati
Keb. Lama
P.O. Box 03/KBYGU
Jakarta Selatan.
41. dr. R.J. Rumawas
d/a. Bag. Gizi FKUI
Jl. Salemba 6
Jakarta Pusat.
42. Sr. Sunarsih Gunawan, SMIP
d/a. Pusdiklat Dep. Kes. RI /
Bag. Gizi FKUI
Jl. Salemba 6
Jakarta Pusat.
43.
d/a. PPNI/Bag. Gizi FKUI
Jl. Salemba 6
Jakarta Pusat.
44.
d/a. CMS/Bag. Gizi FKUI
Jl. Salemba 6
Jakarta Pusat.

Para Anggota Bidang III :

45. dr. Supardi Sudibyo
d/a. Suba Bag. Gizi
Bag. I. Kes. Anak FKUI
Jl. Salemba 6
Jakarta Pusat.
46. dr. Ny. Tjut Irawati Rahman
d/a. DKK. D.K.I
Sie BKIA - Jawatan Kesehatan Kota
Jl. Kesehatan No. 10
Jakarta Kota.
47. Ibu Sumarno
d/a. Y.L.K.
Jl. Ciasem No. 2 - Cikini
Jakarta Pusat.
48. Ibu Imelda Susanti
d/a. Bag. U.K.M. - RS. St. Carolus
Jl. Salemba Raya
Jakarta Pusat.
49. dr. Suwarna
d/a. Dir. K.I.A. Dep. Kes. RI
Jl. Prapatan No. 10
Jakarta Pusat.
50. Ibu Wagiyono Ismangil
d/a. Ibu Mahar Mardjono
Jl. Senayan No. 16
Jakarta Selatan,

Para Anggota Bidang IV :

51. dr. Ny. ASwitha Budiarmo
Skr. Bidang IV
d/a. Sub Bag. Gastroenterologi
Bag. I. Kes. Anak FKUI
Jl. Salemba 6
Jakarta Pusat.
52. Prof. Dr. Gambiro Prawirosudirdjo
d/a. Fak. Kesehatan Masyarakat UI
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53. dr. Dahlan Ali Musa
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54. Dra. Ny. Ediasri Toto Atmodiwiryo
d/a. Kepala Bag. Psikologi Anak
Fak. Psikologi UI - Kampus Rawamangun
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55. dr. Winahyo H. Prakoso
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56. DRA. AN-AN TAUFIK.....
d/a. Y.L.R.
Jl. CIASEM No. 2, CIRINI
JAKARTA PUSAT.

58. Ibu DASKINA
d/a. Y.L.R.
Jl. CIASEM No. 2
CIRINI
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57. Bapak Djumadias Abunaim
d/a. Bag. Litbang Gizi
Jl. Semboja - Kompl. Gizi
Bogor.

Para Anggota Bidang V :

58. YIS
d/a. dr. Ny. Rulina Suradi
Bag. I. Kes. Anak FKUI
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59. Bapak Moh. Moedasir
d/a. S.K. Berita Buana
Jl. Tanah Abang II/33-35
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60. dr. Pudjiastuti Pranyoto MPH
d/a. Ketua Biro Humas Dep. Kes. RI
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61. Bapak R. Sianturi, SH.
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62. Drs. P.S.M. Simatupang
Dit.Jen POM Dep. Kes. RI
Jl. Percetakan Negara 1
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63. dr. Bachsoen Dipo
d/a. Dep. Agama RI
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64. Ibu Wakil KOWANI
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65. Ibu Wakil Karyawati
d/a. Ibu Lies Utama
Jl. Ciasem No. 2 Cikini
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66. Dir.Jen. Bina Lindung
Dep. Nakertrans
d/a. Ibu Lies Utama
Jl. Ciasem No. 2 Cikini
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67.
d/a. Y.L.K.
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68.
d/a. YIS
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