

Eat Real Food and Minimally Processed Diets for Child and Youth Health

Scientific Evidence on Ultra-Processed Foods, Dietary Guideline, Policy Gaps, and Responses

Thursday, April 23rd, 2026 08.30 - 13.00 PM (GMT+7)



Opening Remarks



Prof. Dr. Ir. Daniel Murdiyanto, MS
President Indonesian Academy of Sciences (API)



Prof. Dante S Harbuwono, MD, SpPD-KEMD, PhD
Vice Minister of Health of Indonesia



Pungkas Bahjuri Ali, STP, MS, PhD
The Ministry of National Development Planning Indonesia (Bappenas)

Keynote Speech



Dr. Neha Khandpur, MSc
Wageningen University, The Netherlands
Ultra-Processed Foods and Child Health Evidence



Prof. Juan Rivera Dommarco, PhD
The National Institute of Public Health, Mexico, and EAT-Lancet Commissioner
Healthy Diets from Sustainable and Just Food Systems: The 2025 EAT-Lancet Report



Prof. Rina Agustina, MD, PhD
Department of Nutrition, Faculty of Medicine, Universitas Indonesia, Indonesian Academy of Science, and EAT-Lancet Commissioner
Healthy Diets for Children and Adolescents in Indonesia: Evidence, Guidelines, and Policy

* to be confirmed

Policy Panel Discussion

Improving Food Environments for Children and Youth



Diah Lenggogeni, ST, MSc
Director of Community Health and Nutrition Bappenas



Siti Nadia Tarmizi, MD, M.Epid
Director of Non-communicable Disease, Ministry of Health



Dina Kanis, SH, LLM
National Professional Officer - Policy and Legislation WIND Indonesia



David Colozza, PhD
UNICEF Indonesia



Ibnu Budiman, MSc
Global Alliance for Improved Nutrition (GAIN)



Supra Wimbarti, MSc, PhD,
Psikolog
Indonesian Academy of Sciences

Closing Remarks



Prof. Herawati Sudoyo, MD, PhD
Chair of Medical Science Commissions Indonesian Academy of Science



Prof. Yodi Mahendradhata, MD, PhD
Dean of Faculty of Medicine, Nursing and Public Health, Universitas Gadjah Mada; Indonesian Academy of Sciences



Registration: bit.ly/Webinar23April26

Organized by the Indonesian Academy of Science in collaboration with EAT Foundation the Master of Nutrition Study Program, Faculty of Medicine, Universitas Indonesia; Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada; Global Alliance for Improved Nutrition (GAIN); and Food and Land Use Coalition (FOLU)

Background

The global food environment has undergone rapid transformation over the past decades, characterized by increasing availability, affordability, and marketing of ultra-processed foods (UPFs). These products—often high in added sugars, salt, and unhealthy fats while low in essential nutrients—have become a growing component of diets worldwide, including in low- and middle-income countries.

Accumulating scientific evidence shows that high consumption of UPFs is associated with childhood overweight and obesity, micronutrient inadequacies, metabolic disorders, and early onset of non-communicable diseases (NCDs). Children and adolescents are particularly vulnerable to these dietary shifts due to aggressive marketing, widespread availability of highly processed foods in schools and communities, and broader food system

transformations associated with the global nutrition transition.

Recent research suggests that diet quality should be assessed not only by nutrient composition but also by the degree of food processing. Consequently, global dietary recommendations increasingly emphasize “Eat Real Food” and minimally processed dietary patterns, encouraging diets centered on diverse plant foods, minimally processed staples, freshly prepared meals, and water as the default beverage.

The World Health Organization has emphasized the importance of regulatory interventions to promote healthier food environments. Policy instruments such as front-of-pack nutrition labelling, restrictions on marketing to children, and fiscal measures are increasingly recommended to reduce exposure to unhealthy food products. However, despite growing global commitment, significant

policy and implementation gaps remain, particularly in protecting children and youth from unhealthy food environments.

Food labelling represents a critical entry point for public health action. Clear and interpretive labelling systems can empower consumers to make informed choices while incentivizing product reformulation.

International experience also demonstrates the effectiveness of integrated policy approaches. For example, Chile's front-of-pack warning system, combined with marketing restrictions and school food policies, has been associated with measurable reductions in purchases of products high in nutrients of concern.

In Indonesia, the issuance of Government Regulation (PP) No. 28/2024 on Health provides an important policy opportunity. The regulation includes provisions on food and menu labelling, as well as strategies to reduce excessive consumption of salt, sugar, and fat.

In response to these developments, the Indonesian Academy of Sciences (API), through the Medical Sciences Commission (KIK), will organize an international webinar to facilitate dialogue among scientists, policymakers, and international organizations.

The event aims to connect scientific evidence, dietary guideline messaging, and policy actions that promote real and minimally processed foods while reducing exposure to ultra-processed foods.

Objectives

The webinar aims to:

1. Present and critically discuss scientific evidence on the impact of ultra-processed food consumption on child and adolescent health, including pathways linking UPF intake with obesity, micronutrient deficiencies, poor diet quality, and increased metabolic risks.
2. Examine global and national dietary guideline frameworks that promote minimally processed foods and healthier diets, including WHO guidance, Brazil's Dietary Guidelines, Indonesia's *Isi Piringku*, and the EAT-Lancet framework.
3. Analyze Indonesia's evolving food and nutrition policy landscape, particularly implementation opportunities under PP No. 28/2024, including its relevance for addressing unhealthy food environments and regulating products high in sugar, salt, and fat.
4. Identify policy, regulatory, and knowledge gaps that hinder effective protection of children and youth from unhealthy food environments, including the marketing, availability, affordability, and social normalization of ultra-processed foods.
5. Strengthen collaboration between academic institutions, policymakers, and international organizations to support evidence-based nutrition policy reform, particularly to promote healthier food environments and protect children and adolescents.

Agenda

Time (Jakarta)	Session	Speaker/Institution
08.30 – 08.35	Opening Session	Master Ceremony
	National Anthem:	Indonesia Raya
08:35 – 08:55	Welcome and Opening Remarks	<p>Prof. Daniel Murdiyarso President of the Indonesian Academy of Sciences (AIPI)</p> <p>Prof. Dante Saksono Harbuwono Vice Minister of Health, Republic of Indonesia</p> <p>Dr. Pungkas Bajuri Deputy Minister, National Development Planning Agency (Bappenas)</p>
08:55 – 09:00	Child Health, Food Systems, and Policy Context	
	Moderator: Prof. Endang Achadi (Indonesian Nutrition Initiative/IGI)	
09:00 – 09:30	Keynote 1: Ultra-Processed Foods and Child Health Evidence	Dr. Neha Khandpur Wageningen University, The Netherlands Lancet Series
09.30 – 10:00	Keynote 2: Healthy diets from sustainable and just food systems: The 2025 EAT-Lancet report	Prof. Juan Rivera Dommarco, the National Institute of Public Health, Mexico, and the EAT-Lancet Commissioner
10:00- 10:30	Keynote 3: Healthy Diets for Children and Adolescents in Indonesia: Evidence, Guidelines and Policy Action	Prof. Rina Agustina, Department of Nutrition and Board of Professors, Faculty of Medicine, Universitas Indonesia; AIPI; the EAT-Lancet Commissioner
10:30 – 10:45	Discussion and Q&A with Keynote Speakers	Moderator
10:45 – 12:15	Policy Panel Discussion: Improving Food Environments for Children and Youth	- Bappenas/Kementerian PPN (Diah Lenggogeni, ST, M.Sc, Direktur Kesehatan dan Gizi Masyarakat (KGM) Ministry of Health

	Moderator : Prof Yodi Mahendradhata (AIPI/Dean of Faculty of Medicine, Nursing and Public Health, UGM)	<ul style="list-style-type: none"> - Ministry of Health (Dr. Siti Nadia Tarmizi M.Epid, Director Non Communicable Disease) - WHO Indonesia (Ms. Dina Kania) - UNICEF Indonesia (Dr. David Colozza) - GAIN (Ibnu Budiman, MSc) - AIPI (Prof. Supra Wimbari)
12:15 – 12:30	Open Discussion and Audience Q&A	Moderator
12:30 – 12:40	Academic insight from council of medical professors (Majelis Guru Besar Kedokteran Indonesia/MGBKI)	Representative of MGBKI Prof Theddeus Hari Prasetyono
12:40 – 12:50	Summary of Key Messages and Closing Remarks	Chair of Medical Science Commissions and Head of Organizing Committee Prof Herawati Sudoyo