



NUTRITION
E-SENTENTIALS

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Health Challenges Facing the Youth



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Asian countries are struggling to battle health issues affecting their youth population, with non-communicable diseases (NCDs) on the rise in recent years. The main risk factors – unhealthy diet, physical **inactivity**,¹ tobacco and harmful alcohol use – are typically established during adolescence and young adulthood.

Unfortunately, this **trend**² has been aggravated in the past year, as country-wide measures like lockdowns and school closures have been implemented in response to the ongoing COVID-19 pandemic.

As a result, Asia is currently facing increased challenges in controlling youth obesity. Obesity is strongly linked to diabetes, and **a review study**³ showed that Asians have a strong ethnic and genetic predisposition for diabetes and have lower thresholds for the environmental risk factors. Many low- and middle-income Asian countries are also seeing the double burden of an emerging epidemic of overweight and obesity added to persistent undernutrition.

Improving youth health through nutrition

Many of the health challenges faced by youths today can be mitigated with the right diet consisting of the necessary nutrients. Eating habits and preferences developed during adolescence and young adulthood can have a big and long-term impact on the health and fitness of individuals.

Some of the key nutrients required by youths include complex carbohydrates, protein and micronutrients.

Complex carbohydrates are generally higher in fiber, vitamins, minerals, and lower in glycemic

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772237/pdf/ijerph-13-00217.pdf>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7644278/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3382707/>

index when compared to simple carbohydrates. Carbohydrates are an essential source of energy for the body and the fibers in complex carbohydrates can help maintain digestive health and keep healthy blood cholesterol levels. Youths can opt for more complex carbohydrates by switching from refined grains to wholegrains and consuming fibre-rich starches like peas, beans, and vegetables.

Protein⁴ is essential for important bodily functions including muscle maintenance, cell renewal, wound healing and immunity. To add more proteins into their diets, youths can easily switch certain foods in each meal for more low-fat milk, eggs, lean meat, poultry and fish.

Finally, **micronutrients**⁵ that include vitamins and minerals are necessary for optimal health. Micronutrient needs differ slightly according to gender and lifestyle. Young men and women who are more active may require extra electrolytes like sodium, potassium, and magnesium. Males require a little more of vitamins C and K, along with thiamine, riboflavin, and niacin, while females require extra iron due to menstruation. The best source of micronutrients are whole grains, fruits and vegetables such as pomelos and dragon fruit, which are vitamin-rich and spinach, long beans and broccoli which are iron-rich.

Healthcare practitioners' role in advocating youth health

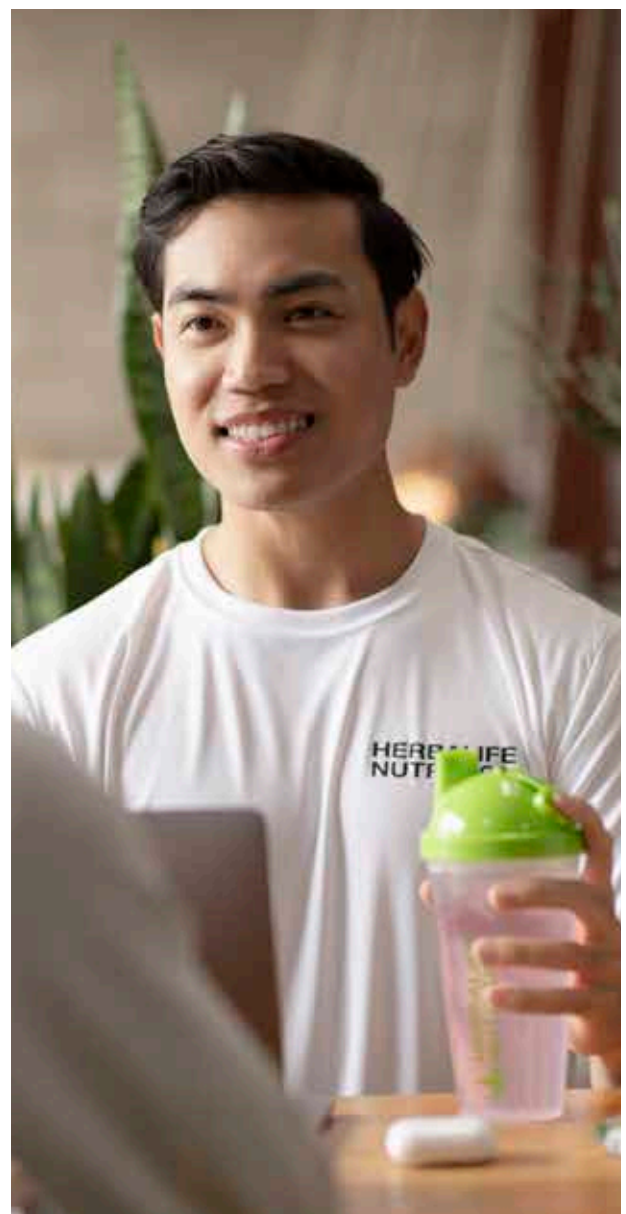
To battle these health challenges, it is imperative for healthcare groups, associations and healthcare practitioners (HCPs), especially dietitians, to play a part by working together, as key stakeholders of youth health.

We know that the younger generation wants healthcare to be as convenient as the technology that they grew up with,

and that they prefer receiving updated or even real-time health information. Here are several ways that healthcare associations and HCPs can leverage technology to effectively reach out to this younger group:

Connecting through social media platforms

As youths are highly active on social media platforms, these platforms have become their main source for news and information. Social media is the best avenue to share nutrition related tips and facts, and HCPs can consider posting more educational and engaging content on their social media pages.



4. <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
5. <https://www.health.harvard.edu/staying-healthy/micronutrients-have-major-impact-on-health>

Building an online community

Aside from social media platforms, micro-sites like Twitter, blogs and health forums have gained a lot of popularity as a source for health and nutrition related contents. HCPs can consider building online communities and share health and nutrition materials with their followers.

Utilizing technology through apps

More people will turn to advanced technology to assist their weight management progress and calorie intake counting. HCPs can encourage patients to download appropriate interactive apps that can aid their weight loss programs while also provide beneficial health contents.

Installation of youth fitness and consultation booths

Hospitals can make medical services more accessible by installing youth fitness and consultation booths in areas frequently visited by youths, such as universities and shopping malls. The booths can have trendy decorations and

include virtual kiosks where youth can spend time to find out more health information about their age group and get practical diet and nutrition tips.

Taking consultations online

The pandemic has led to patients turning to telehealth platforms and applications more in Asia Pacific region with the increased adoption of digital health tools. Asia Pacific consumers are also increasingly interested in preventive health, convenience and ownership of their healthcare with digital health platforms in countries like Singapore, Indonesia and Australia taking off.

As millennials and Gen Z like to have choices and prefer convenience, telehealth continues to be an increasing alternative method for HCPs to provide consultations. HCPs can consider setting up telehealth consulting services for ongoing nutrition, diet and weight management, and personalized dietary counseling.

This article was first published in Asian Hospital and Healthcare Management



Herbalife Nutrition Asia Pacific Breakfast Habits Survey 2021

One of our recent surveys revealed that the pandemic has sparked positive changes in the breakfast habits of consumers in Asia Pacific, and this is driven by a strong desire to improve their health and well-being. The respondents recognized nutrition as an important element of an ideal breakfast, and many of them, including Gen Z and Millennials – went from not eating breakfast before, to now consuming breakfast on a daily basis. The survey results show a step in the right

direction especially among the younger generation.

Non-communicable diseases are on the rise among Asian youths and remain a serious public health concern. For healthcare professionals who are working to create healthier societies, this can be a real opportunity to engage the younger generation who are more conscious about their health and more ready to adapt to healthier options to eat.



Breaking Down The Breakfast Habits Of Asia Pacific Consumers

Herbalife Nutrition Asia Pacific Breakfast Habits Survey 2021

Impact of Covid-19 Pandemic on Breakfast Habits

3 in 10 consumers in Asia Pacific started eating breakfast more often



4 in 10 Millennials, Gen Zs in Asia Pacific started eating healthier at breakfast



Top Reasons For Eating Breakfast More Often

- 65%** To Improve health and well-being
- 48%** More time to prepare breakfast
- 41%** Make a positive lifestyle change

Changes Gen Zs and Millennials Made at Breakfast

- 57%** Incorporated more vegetables and fruits
- 54%** Made sure they had a nutritionally balanced meal at breakfast
- 52%** Drank more water at breakfast

Benefits of a Healthy Breakfast

Top Benefits of Consuming Breakfast

- 76%** Gives energy lift
- 49%** Focus better at work or in school
- 49%** Kickstart metabolism for the day

Benefits of Consuming a High-Protein Breakfast

- 67%** Keeps you fuelled up until your next meal or snack
- 65%** Supports muscle health
- 53%** Boosts immunity

Barriers to Consuming a Healthy Breakfast

27% Healthy breakfast takes too long to make

25% Healthy breakfast does not matter to me

23% Healthy breakfast is expensive

Data cited in this infographic are from Herbalife Nutrition's Asia Pacific Breakfast Habits Survey 2021, which polled 5,504 consumers in Australia, Hong Kong, Indonesia, Japan, Korea, Malaysia, Philippines, Singapore, Taiwan, Thailand and Vietnam. Approximately 50% of respondents in each market were Generation Zs (aged 18 – 24) or Millennials (aged 25 – 40).

2021 Citizen's Health Forum - A Path to Active and Healthy Lifestyles

Nutrition education for the consumers has been a priority for Herbalife Nutrition globally. In an endeavour to achieve this in Asia Pacific, we collaborated with the American Chamber of Commerce in Taiwan (AmCham Taiwan) to hold the 2021 Citizen's Health Forum. This forum, which was an extension of the APAC e-Wellness Tour, was conducted virtually in August 2021.

Speakers line up and topics

- **Can antioxidants make lifespan longer?**

By Dr. Zhen-Yu Chen, Chair Professor of Graduate Division, School of Life Sciences, Chinese University of Hong Kong, Hong Kong

- **Physical activity and postprandial metabolism**

By Dr. Masashi Miyashita, Head of Exercise Metabolism Laboratory, Faculty of Sports Science, Waseda University, Japan

- **Sports nutrition: improving immunity and healthy aging**

By Dr. Chia-Hua Kuo, Dean of College of Kinesiology, University of Taipei, Taiwan

- **How to improve health protection through nutrition in the pandemic period?**

By Dr. Chin-Kun Wang, Former President of Chung Shan Medical University, Taiwan

- **California Obesity Prevention Project – key learnings**

By Dr. Simon Sum, Director-at-Large, California Academy of Nutrition and Dietetics Foundation, U.S.A.

- **Molecular mechanism for cardiovascular benefits of soybean protein**

By Dr. Wing Tak Jack Wong, School of Life Sciences, Chinese University of Hong Kong, Hong Kong

The forum featured six experts hailing from esteemed academic and scientific institutions from Hong Kong, Japan, Taiwan, and the USA. More than 300 participants attended the virtual sessions and panel discussions.

This discussion at the forum was fruitful in deriving insights and recommendations for consumers, based on facts and scientific research. Key takeaways for consumers were:

Can antioxidants make lifespan longer?

This session focused on the health advantages of antioxidants and derived how there is a very high possibility that antioxidants can lead to a longer and healthier life. The attendees also learnt how antioxidants protect us from free radicals, which cause us to age and possibly shorten our lifespans.

How meals affect metabolism and importance of physical activity

Acute physical activity is an effective way to reduce post meal triglyceride concentrations. However, physical activity alone may not be sufficient. There is also a need to have the right dietary approach to ensure a balance in blood glucose and insulin levels after meals.

Besides the nutrient-dense diet, regular exercise is key to the overall cellular-renewal in our bodies. Physical activities, especially for aged people, are of utmost importance to lower the triglyceride levels and improve heart health.

Improving immunity and overall health during pandemic

With age, the immune system changes, making it more difficult to fight off a cold or beat back the flu viruses. Lifestyle choices like following an anti-aging diet, maintaining a healthy weight, exercising regularly, and



minimizing stress are helping to extend life expectancy.

To improve the immunity, it is essential to eat a nutrient-dense as well as an immune-boosting diet, alongside with good hydration to protect our bodies. Individuals who consume well-balanced diets and maintain ideal nutrition density levels, appear to have better immune systems and lower incidence of chronic diseases and infections – more so in the times of a pandemic.

Obesity and cardiovascular disease prevention

Studies show that obesity is already a global pandemic and with COVID-19 lockdowns, the prevalence may further increase. A project by the California Department of Health Care Services and Institute for Population Health Improvement at the University of California Davis Health System attempted to identify successful interventions to beating obesity. Healthy social interactions and community influence were key parameters influencing good eating behavior in the participants of the project. Dietary interventions and supplements can improve the production of nitric oxide molecules, which not only decrease oxygen-stress but will benefit cardiovascular health. Besides this, menopause has been linked with a higher risk and incidence of cardiovascular disease due to increased

oxidative stress arising from menopause-associated estrogen deficiency. Isoflavones, an abundant phytoestrogen found in soybeans, have been shown to act as an antioxidant, and a possible treatment for the lack of estrogen in post-menopausal women. Soy proteins and isoflavones can improve the function of the nitric oxide synthase pathway and promote cardiovascular health.

There was a lively Q&A session between the speakers and attendees. The expert insights helped improve the understanding of what good nutrition entails and supported a more sustained approach towards better nutrition and health habits.



The Science of Supplements



Dr. Chin-Kun Wang

Nutrition Advisory Board
Herbalife Nutrition

The pandemic has brought about a keen focus on health, immunity, and diet globally. Many people have adopted a healthier lifestyle and are fast moving towards healthier eating options.

In Asia Pacific, one of the trends we see is an upsurge in dietary and nutrition supplements. But with so many products on the market, consumers are often faced with confusing information about safety and efficacy. In addition, supplements can complement a healthy diet but don't make up for an unhealthy diet. Proper nutrition involves a daily intake of nutritious foods including the right amount of protein and colorful fruits and vegetables.

Few understand that it is not just what you take but also when you take these supplements that matters. There is intricate science behind the way supplements act and effect our body. To understand the response of supplements on the body, let's take the example of immunity. For optimal

immune health, various micronutrients are essential such as vitamins A, C, D, E, B2, B6, and B12, folic acid, iron, selenium, and zinc. **Studies⁶** show that as we age, the immune competence and how the immune system develops, matures and declines and therefore, the risk and severity of infections varies accordingly with it. Supplements provide this customization for consumers belonging to various stages of life and health.

Healthcare practitioners (HCPs) such as doctors, nutritionists and dietitians, have a crucial role to play in educating and guiding their patients and consumers towards the right supplements, factoring in age, overall health, and other medical considerations. Here are a few notes that HCPs can keep at their fingertips:

Educate your consumers about 'supplementing'

At times, nutrition terms become so generic that consumers often overlook what they imply. Supplements serve the purpose of filling up any gaps that our regular diet has left. They also help in providing the little extra that our regular fitness regimes may be demanding.



6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6212925/>



Consumers are swayed by the trends in the market and that might lead to consuming supplements which may not be required by their body or could be detrimental to their existing conditions. Educating the consumers about thoughtful consumption of supplements is needed.

Recommend regular health checks

Consumers with very active or demanding lifestyles are most likely to need supplementation. Guide such consumers to go for regular health checks and investigate if there are any deficiencies that are inhibiting their active and healthy lifestyle. A proactive and scientific approach, such as this, is needed to ensure a guided consumption of supplements happens.

Nutrition first approach

While supplementation could seem a shorter and easier way to achieve a desired health outcome, having a healthy diet and fitness level is imperative for any supplement to take effect. HCPs should guide consumers to achieve a desired healthy balance through nutrition before adopting the supplementation approach.

In summary, consumers are increasingly taking wellness matters into their own hands. This is an ideal time for HCPs to initiate discussions on credible and science-based nutrition information with patients and consumers, who will welcome it now more than ever.

Antioxidants and Health



Prof. Dr. Norhaizan Mohd Esa
Nutritionist
Member of Nutrition Society of Malaysia

Antioxidants are said to help neutralize free radicals in our bodies, and this is thought to boost overall health. Here are some frequently asked questions about antioxidants that are answered by Associate Professor Dr. Norhaizan Mohd Esa, a nutritionist and member of Nutrition Society of Malaysia.

Q: What are antioxidants?

Antioxidants can inhibit oxidation and prevent cell damages due to free radicals. A balance of free radicals and antioxidants in the body is crucial to prevent oxidative stress and maintain our health. Some antioxidants like glutathione can be produced in the body, while other antioxidants like vitamin C and E can be obtained from dietary sources.

Q: What are food sources of common antioxidants?

- **Vitamin C:** Mostly found in fresh fruits and leafy vegetables such as guava, mango, papaya, cabbage, mustard leaves and spinach.
- **Vitamin E:** Vitamin E is only synthesized by plants, so it is present primarily in plant products, such as vegetable oils, seeds, nuts and cereal grains.
- **Selenium:** Nuts like Brazil nuts and walnuts, grains and seeds, any fresh and saltwater fish, like tuna, cod, red snapper and herring, meat (especially organ meats), poultry, eggs, milk and shellfish.
- **Carotenoids:** Carotenoids-rich foods include carrot, sweet potatoes, pumpkin, green leafy vegetables such as kale, spinach, as well as yellow and orange fruits, such as mangoes, papaya and watermelon.
- **Alpha-lipoic acid (ALA):** Red meat, organ meats (such as liver), yeast, spinach and broccoli.



Q: Sufficient dietary intake of antioxidants is essential for health, but which is the best source for antioxidants: foods or supplements? Would consuming more antioxidants lead to better health?

A well-balanced diet with a variety of antioxidant-rich vegetables, fruits, grains, seeds and nuts is the best way to ensure adequate antioxidant intake. Consuming antioxidants derived from whole foods have been shown to be more beneficial as a variety of different antioxidants can be obtained. Another reason is that antioxidants tend to work better in combination with other nutrients in foods, not only for optimal antioxidant activity, but also for other chemical properties and biological functions.

Supplements may be beneficial if you are deficient in certain nutrients or unable to follow a healthy diet or unable to get enough fruits and vegetables. Hence, supplements may be needed by some individuals at certain times of their lives. The public should seek advice from nutritionists to see if they need any supplements, what type of supplements needed and the duration to take them. As the name suggests, any type of supplements should be used to add on to

the daily diet, and not be used to replace daily diets.

Q: What are simple tips to increase antioxidant intake?

- Aim to consume at least five servings of a variety of colourful fruits and vegetables daily, in your daily meals.
- Phytonutrients in fruits and vegetables are also vital for other body functions.
- Include nuts, seeds, dried fruits as your snack choice, but in moderation. Opt for varieties with no added sugar or salt.
- Spice up your recipes with herbs and spices like turmeric, cumin, oregano, ginger, clove and cinnamon
- Choose tea or coffee, instead of sugary drinks. Tea, whether green tea or black tea, has been shown to be good sources of antioxidants.

Nutrition Society of Malaysia and Herbalife Nutrition collaborate on several nutrition education initiatives that benefit the public from a health and wellness perspective.



A Salute to the Spirit of Humanity

Herbalife Nutrition's focus on corporate social responsibility is integrated throughout our business, from our independent distributors, to our Board of Directors, to our entire workforce. We support numerous leading organizations that focus on improving and empowering our communities through initiatives like Nutrition for Zero Hunger and Herbalife Nutrition Foundation (HNF).

Since 2007, HNF has awarded global and regional humanitarian awards to distributors who exemplify our foundation's mission based on the nominee's philanthropic activity, community leadership, volunteerism and advocacy. Here are some incredible people who are everyday real-life heroes to their communities in Asia Pacific:

Queenie Leung, Chairman's Club member



Philanthropic Associations: Society for Elderly; Cancer Foundation; New Life Association (Drug rehabilitation), Bless Vision Foundation (to support the underprivileged families); Q Farm a charity farm to support 'From Seed to Charity Funds' initiative)

Queenie is devoted to various charities in Hong Kong, including providing education for over 1,000 children from low-income families through four schools in China, and Q Farm - a charity farm to support 'From Seed to Charity Funds' initiative. She believes in holistic contributions that not only cover financial help, but also time, love, care and social support.

Arlene Balague, International Executive President's Team 30K



Philanthropic Associations: SOS Children's Village

Arlene is the Director of SOS Children's Village and takes care of all the children's needs including nutritional intake, school supplies and other living necessities. She works extensively with diverse community groups in the Philippines so that she can help as many people as possible.

Heri Tri Basuki and Sulistyorini, Executive President's Team 15K



Philanthropic Associations: HNF

Heri and Sulistyorini have been supporting HNF activities that provide many vulnerable children with access to quality nutrition in Indonesia. They feel passionately about eradicating hunger and malnutrition in their country. Their efforts extend to building neighbourhood schools and providing scholarships to underprivileged students.

Herbalife Nutrition in the News



Expert: Vegetables and fruits are top choices for a healthier body
Industri.co.id, July 2021

Dr Rimbawan, PhD
(Herbalife Nutrition Advisory Board member)



Brain fitness: Strategies as part of healthy aging
The Philippine Star, August 2021

Dr Gary Small, M.D.
(Herbalife Nutrition Advisory Board member)



Quality nutrition for good health
The Star Malaysia, August 2021

Dr Kristy Appelhans, MSRA, NMD
(Vice President, Global Consumer Safety, Herbalife Nutrition)



Health Challenges Facing the Youth
Asian Hospital and Healthcare Management, September 2021

Simon Sum,
(Director, Scientific Affairs, Herbalife Nutrition)



Herbalife Nutrition launches its Dialogue Series to drive nutrition awareness
NuFFoods Spectrum Asia, September 2021

Dr Kent Bradley, M.D., MBA, MPH
(Chief Health and Nutrition Officer, Herbalife Nutrition)



The new immunity toolkit
Healthcare Asia, September 2021

Susan Bowerman,
(Senior Director Worldwide Nutrition Education and Training, Herbalife Nutrition)



The role of healthcare practitioners in advocating cardiovascular health
Active Age, August 2021

Dr Kent Bradley, M.D., MBA, MPH
(Chief Health and Nutrition Officer, Herbalife Nutrition)



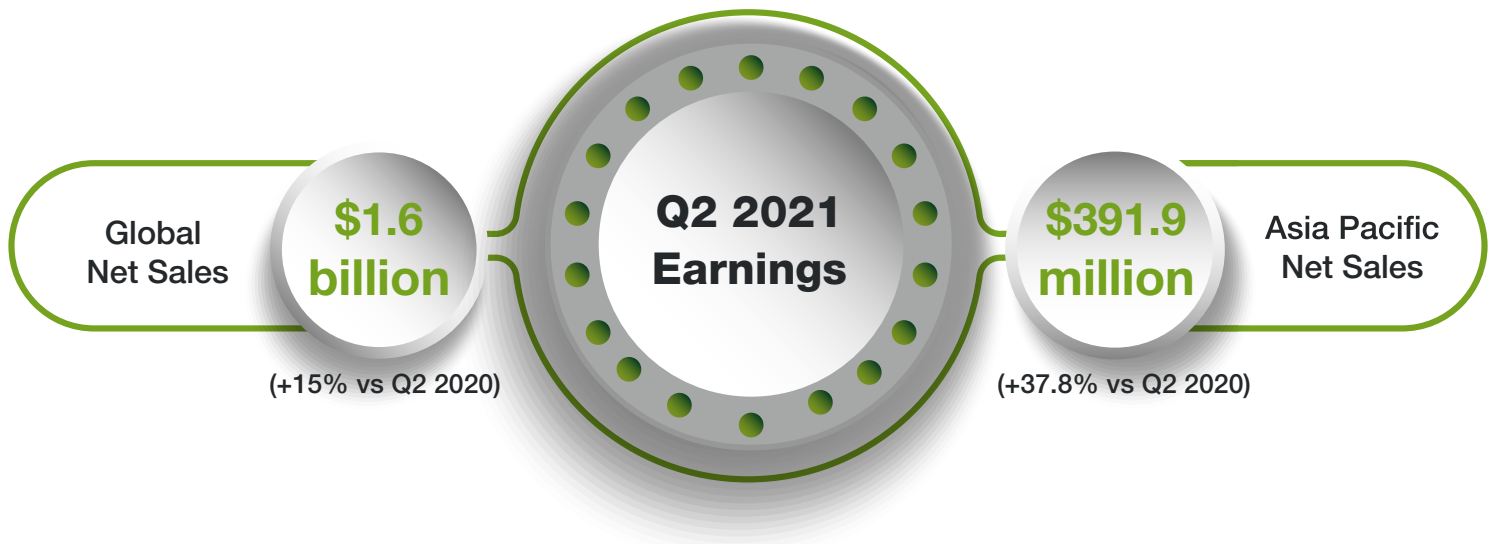
Herbalife Nutrition launches its Dialogue Series to drive nutrition awareness



Excellence Awards Received in Asia Pacific



Korea – 2021 National Sustainability Management Conference
(quality innovation category) for six consecutive years





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