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The nutrition transition in Vietnam: some recent empirical insights

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The Nutrition Transition in Vietnam

Some recent empirical insights

Michel Simioni

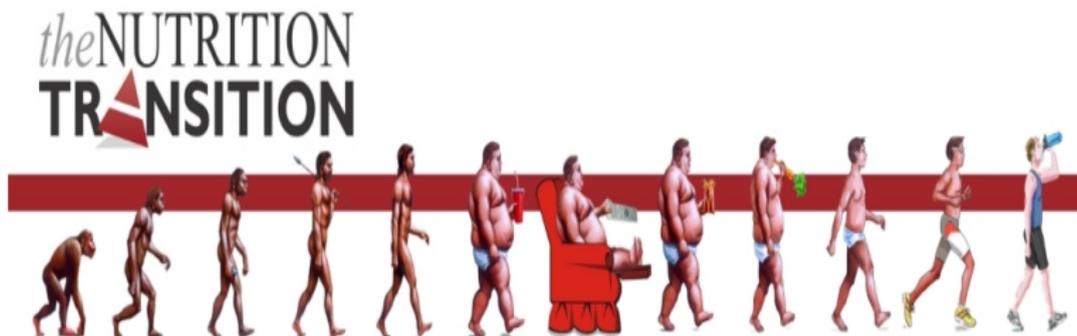
MOISA, INRA, University of Montpellier, France
and
IREEDS-VCREME, Hanoi, Vietnam

VEAM, Hanoi, June 2018

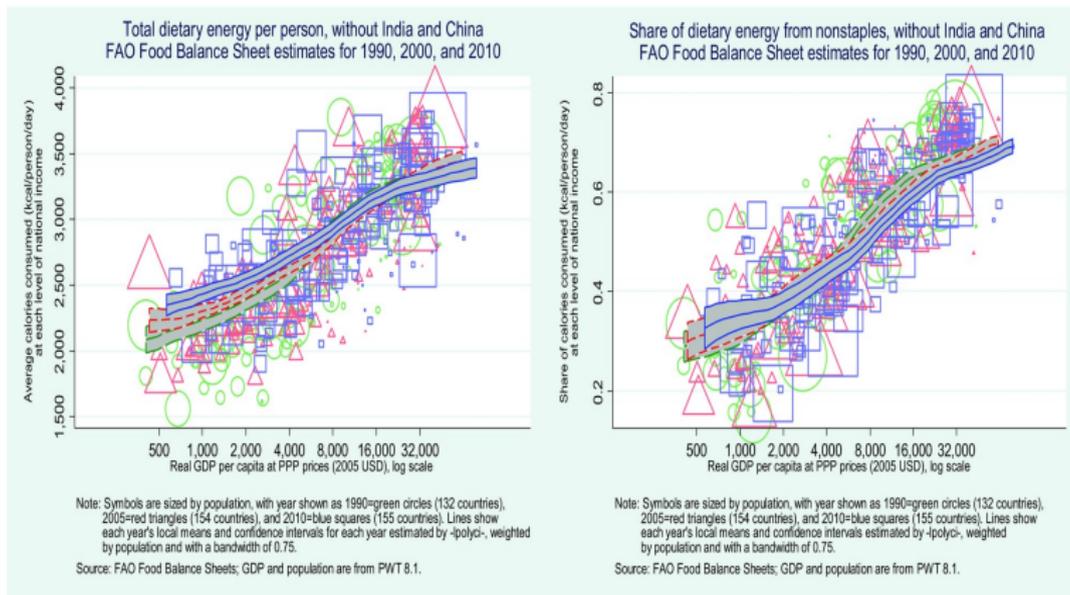


Nutrition transition refers to the changes in the composition and structure of the diet, usually accompanied by changes in physical activity levels (Popkin, 1993 and 1994).

For the public at large:

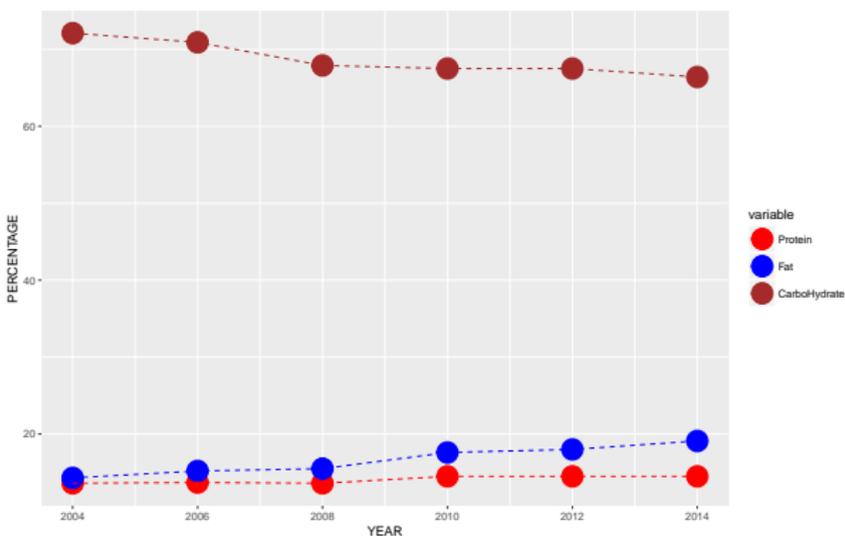


Nutrition transition



Source: Masters et al. (2016)

Trends in macronutrient shares from 2004 to 2014 (Trinh Thi et al., 2018)



The prevalence of selected NCD risk factors for adults aged 25-64 years (Nguyen and Hoang, 2018)

| | 2010 | | | 2015 | | |
|--|------------|-------|---------|------------|-------|---------|
| | Both sexes | Males | Females | Both sexes | Males | Females |
| Physiological and metabolic risk factors | | | | | | |
| Overweight (BMI $\geq 25\text{kg/m}^2$) | 12.0 | 12.5 | 11.4 | 17.5 | 16.9 | 18.1 |
| High blood pressure ¹ | 19.2 | 23.1 | 15.5 | 20.3 | 24.7 | 16.1 |
| Impaired fasting blood glucose ² | 3.6 | 3.9 | 3.1 | 1.6 | 2.0 | 1.2 |
| Diabetes mellitus ³ | 2.7 | 2.8 | 2.6 | 4.1 | 4.6 | 3.6 |
| Elevated blood cholesterol ⁴ | 30.1 | 27.8 | 32.3 | 32.4 | 27.9 | 36.1 |
| Behavioral factors | | | | | | |
| Low level of physical activity ⁵ | 28.7 | 26.4 | 30.8 | 26.1 | 19.0 | 32.6 |
| Drank alcohol in the past 30 days | 37.0 | 69.6 | 5.6 | 44.8 | 80.3 | 11.2 |
| Consume < 5 servings of fruit and/or vegetables per day | 80.4 | 80.2 | 80.6 | 57.2 | 63.2 | 51.5 |
| Ever smokers | 29.6 | 59.4 | 1.7 | . | . | . |
| Smoke tobacco daily | 28.2 | 56.5 | 1.7 | . | . | . |

Notes

¹: Systolic blood pressure ≥ 140 and/or diastolic blood pressure ≥ 90 mmHg, or currently on medication

²: Whole blood value ≥ 6.1 mmol/L (or 110 mg/L) but < 7.2 mmol/L (or 126 mg/L)

³ Whole blood value ≥ 7.2 mmol/L or currently on medication

⁴ Total cholesterol ≥ 5.0 mmol/L (or 190 mg/dl) or currently on medication

⁵ Level of physical activity < 600 MET-min per week

Nutritional situation of children in 2011: **double burden** of undernutrition and overnutrition (Le Nguyen et al., 2013)

Table 4. Prevalence (%) of undernutrition and overnutrition by age group, sex and area of residence‡

| | 0-5-1.9 years | | | 2-0-4.9 years | | | 5-0-11.9 years | | |
|--------------|---------------|------|-------|---------------|-------|-------|----------------|-------|-------|
| | Girls | Boys | Total | Girls | Boys | Total | Girls | Boys | Total |
| Urban | | | | | | | | | |
| Stunting | 0-0† | 10-5 | 5-8† | 3-4† | 5-2† | 4-4† | 9-2† | 8-7† | 8-9† |
| Underweight | 2-2 | 9-3 | 6-2 | 3-4 | 5-2 | 4-4† | 13-5† | 14-1† | 13-8† |
| Thinness | 2-1 | 8-1† | 5-3† | 1-6 | 1-1† | 1-3 | 10-4 | 8-8 | 9-6† |
| Overweight | 4-3 | 5-0 | 4-7 | 15-2† | 11-6† | 13-3† | 16-6† | 14-8† | 15-7† |
| Obesity | 0-0 | 4-9 | 2-7 | 3-4† | 13-0† | 8-7† | 11-0† | 25-1† | 18-0† |
| Rural | | | | | | | | | |
| Stunting | 8-1 | 16-7 | 13-0 | 17-5 | 19-1 | 18-3 | 14-7 | 20-6* | 17-7 |
| Underweight | 3-2 | 6-8 | 5-3 | 11-7 | 12-4 | 12-1 | 21-7 | 28-2 | 25-0 |
| Thinness | 1-6 | 0-0 | 0-7 | 4-6 | 9-0 | 6-8 | 15-2 | 12-2 | 13-7 |
| Overweight | 3-1 | 3-6 | 3-4 | 0-5 | 2-6 | 1-5 | 5-2 | 3-9 | 4-5 |
| Obesity | 1-6 | 0-0 | 0-7 | 0-0 | 0-5 | 0-2 | 1-0 | 3-0* | 2-0 |

* Values were significantly different from those of girls after correction for age differences ($P < 0.05$).

† Values were significantly different from those of rural areas after correction for age.

‡ Stunting: height-for-age z-score ≤ -2 sd; underweight: weight-for-age z-score ≤ -2 sd; thinness: BMI-for-age z-score ≤ -2 sd; overweight: ≥ 1 sd and obese: >2 sd in children aged >5 years; overweight: >2 sd and obese: >3 sd in children aged <5 years ($P < 0.05$).

- “National Nutrition Strategy for 2011-2020, with a vision toward 2030”
(Ministry of Health, 2012) → Various objectives ☐
 1. To reduce the proportion of households with low calorie intake (below 1800 Kcal) to 5%
 2. To reach a proportion of households equal to 75% in 2020, with a balanced diet: (Protein: 14%; Lipid: 18%; Carbohydrates: 68%)
- Tools: specific food and nutrition interventions to improve the nutritional status of target groups with a focus on mothers and children, and a priority to the poor, disadvantaged and ethnic minorities areas.
- Nothing about income based policies (subsidized prices for basic foodstuffs or cash transfers)

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Vietnam **Household Living Standard** Survey, or VHLSS
(General Statistical Office of Vietnam and World Bank)

- Every two years since 2002: 8 surveys.
- VHLSS ⊃ Household Consumption Expenditure Survey.
- HCES: Deaton (1997), Smith et al. (2014) and a recent Special Issue of *Food Policy* (Zezza et al., 2017).

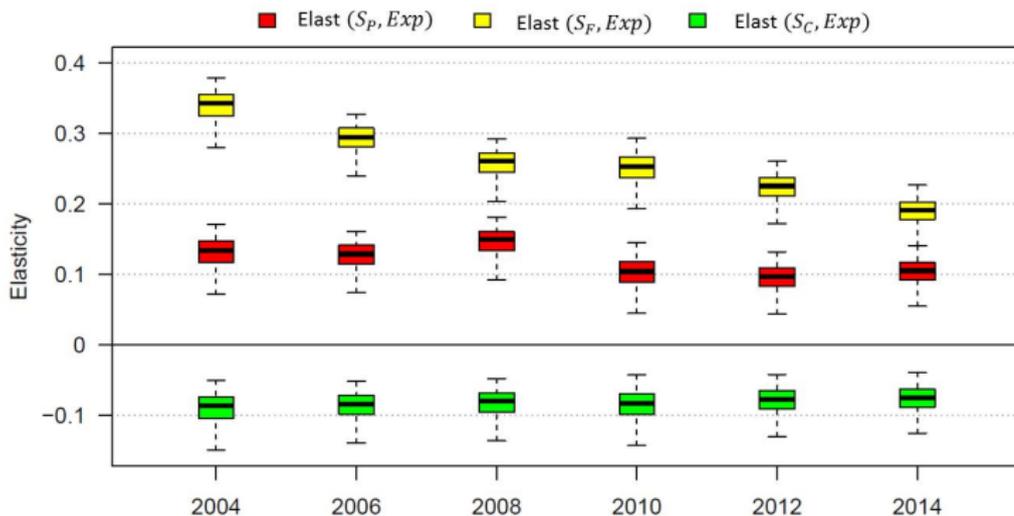


Calorie-income relationship

| Year | Model | GAMGauld | GAMGauLog | GAMGamLog | Choice |
|------|-----------|-----------|------------|------------|----------|
| 2004 | DLM | -11.64*** | -10.20*** | -14.70*** | DLM |
| | GAMGauld | | 4.67*** | -7.78*** | |
| | GAMGauLog | | | -11.89*** | |
| 2006 | DLM | 17.14*** | 12.79*** | 9.3*** | GAMGauld |
| | GAMGauld | | -19.6*** | -29.49*** | |
| | GAMGauLog | | | -11.9*** | |
| 2008 | DLM | 62.38*** | 21.77*** | 13.67*** | GAMGauld |
| | GAMGauld | | -87.88*** | -95.8*** | |
| | GAMGauLog | | | -19.98*** | |
| 2010 | DLM | 19.26*** | -10.02*** | -16.74*** | GAMGauld |
| | GAMGauld | | -73.06*** | -79.93*** | |
| | GAMGauLog | | | -15.04*** | |
| 2012 | DLM | 58.25*** | 2.41* | -5.34*** | GAMGauld |
| | GAMGauld | | -164.72*** | -149.59*** | |
| | GAMGauLog | | | -16.28*** | |
| 2014 | DLM | 70.01*** | -23.97*** | -49.93*** | GAMGauld |
| | GAMGauld | | -174.34*** | -163.31*** | |
| | GAMGauLog | | | -31.15*** | |

Note: *, **, and *** mean significant at 10%, 5%, and 1%, respectively

Boxplot of food expenditure elasticities of macronutrient consumption shares (application of Morais et al., 2018).



I know you need some sugar now



1. Le D.T., Trinh Thi H., Thomas-Agnan C., Simioni M., Beal T. and D.S. Nguyen (2018). “Macronutrient balances and body mass index: a new insight using **compositional data analysis** with a **total** at various **quantile** orders.” In progress.
2. Changes in food marketing channel (development of supermarkets + more processed food) and nutrition in Vietnam (joint work with CIAT, Hanoi)
3. Food security and climate change: “Forest as insurance mechanism against climatic shocks” (PERENA project funded by INRA-CIRAD program GloFoodS)
4. Big issue: energy intake → quality of the diet (Europe: Mediterranean diet)
5. Ex ante evaluation of the efficiency of nutritional policies (for example, taxes on sweetened food products: colas...)
6. ...

It is all a matter of choice.



“What if everything is an illusion and nothing exists? In that case, I definitely overpaid for my carpet.” (Woody Allen quoted by D. McFadden in 2006).

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Xin cam on



- Following Abdulai and Aubert (2004), most of the empirical studies use the “classical” **double-log** (parametric) specification

$$\log(PCCI) = \alpha_0 + \alpha_1 \log(INCOME) + \alpha_2 (\log(INCOME))^2 + \sum_j \beta_j x_j + \epsilon$$

- But, recently, Tian and Yu (2015), and Nie and Sousa-Poza (2016):

$$PCCI = \alpha_0 + \underbrace{s(INCOME)}_{s(.)\text{unknown}} + \sum_j \beta_j x_j + \epsilon$$

→ **Semiparametric** specifications.

- Then

$$\Delta PCCI_{t_0 \rightarrow t_1} = \mathbb{E}_{t_1} (m_{t_1} (INCOME, Z)) - \mathbb{E}_{t_0} (m_{t_0} (INCOME, Z))$$

- Basic idea of decomposition method → **counterfactuals**.
- Here:

$$\mathbb{E}_{t_1} (m_{t_0} (INCOME, Z))$$

- Thus

$$\Delta PCCI_{t_0 \rightarrow t_1} = \underbrace{\mathbb{E}_{t_1} (m_{t_1} (INCOME, Z)) - \mathbb{E}_{t_1} (m_{t_0} (INCOME, Z))}_{\text{"structure" effect}} + \underbrace{\mathbb{E}_{t_1} (m_{t_0} (INCOME, Z)) - \mathbb{E}_{t_0} (m_{t_0} (INCOME, Z))}_{\text{"Composition" effect}}$$

- Computation using empirical counterparts of the expectations, i.e. simple average values.

Test of exogeneity

- Setup:
 1. Response variable: $Y \in \mathbb{R}$,
 2. Endogenous regressor: $X \in \mathbb{R}$,
 3. Unknown relationship: $Y = g(X) + \varepsilon$
 4. Endogeneity: $\mathbb{E}(\varepsilon|X = x) \neq 0$
- Instrumental variable: $W \in \mathbb{R} \Leftrightarrow$ Conditional mean restriction:

$$\mathbb{E}(Y - g(X)|W) = 0$$

- Now define the conditional mean function $G(x) = \mathbb{E}(Y|X = x)$
- Blundell and Horowitz (2007): Testing exogeneity of $X \Leftrightarrow$ testing that

$$\mathbb{E}(Y - G(X)|W) = 0$$

- Test statistics:

$$\tau_n = \int S^2(x)dx \approx \sum_{k=1}^K \text{Weight}_k \chi_k^2$$

where $S_n(x)$ is the sample analog of
 $S(x) = \mathbb{E}([Y - G(X)]f_{X,W}(x, W))$

- **Problem:** How to break down the composition effect for the different covariates?
- \exists solutions (Oaxaca and Blinder, for instance) \rightarrow More general framework.
- **General framework:** direct contributions, interaction effects, and “dependence effect”.
- **Dependence effect:** effect of between-year difference in the dependence pattern among the covariates.
- Rothe (2015) \rightarrow **Copulas**, i.e. (Sklar’s Theorem, 1959):

$$F_X^t(x) = C^t(F_{X_1}^t(x_1), F_{X_2}^t(x_2)) \quad \text{for } t \in \{2004, 2014\}$$

- Example: Gaussian copula, or

$$C_\Sigma(u) = \Phi_\Sigma^d(\Phi^{-1}(u_1), \dots, \Phi^{-1}(u_d))$$

- Usefulness: Prevent the problem of the curse of dimension when estimating $F_X^t(x)$.





It's okay?

◀ Back