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DVB Debate is produced by DVB Multimedia Group Ltd. Co. The debate is recorded every Saturday morning in Yangon with a live audience, which is invited to join the discussion as well.

 DVB TV		DVB RADIO	
Sunday	7.15 pm	Saturday	Evenings
Monday	1.15 am / 7.15 am / 1.15 pm	Sunday	Mornings
Wednesday	8.45 pm	DVB ONLINE	
Thursday	2.45 am / 8.45 am / 2.45 pm	dvbdebate.com	24/7
Friday	8.45 pm	facebook.com/ dvb.debate	
Saturday	2.45 am / 8.45 am / 2.45 pm	twitter @dvbdebate	

DVB Debate aims to contribute to a new culture of open debate, in which anyone can participate and agree to disagree, in order to exchange ideas, create better mutual understanding and find solutions for societal issues to improve the future of Myanmar.

The team invites fellow media and debating clubs to join this initiative for open debate. A weekly press release, press picture and cartoon are available shortly after the recording. DVB Debate also has a modest budget to support local debating initiatives.

For any inquiries, remarks or questions, please call 01292743 (office hours), leave a comment on facebook.com/dvb.debate or email debate@dvb.no.

DVB DEBATE



Welcome to DVB Debate,
Myanmar's 1st open debate program.

This week's debate question is:

How healthy do we eat?

If you have any remarks, suggestions or questions,
please ask a team member,
call 01292743 (office hours) or email debate@dvb.no.

This week's topic is HEALTHY FOOD

Historical context:

Burmese cuisine includes traditional food from various regions in the country, and boasts a rich variety of different dishes. However, after decades of mismanagement by the former military regime Burma became impoverished and many rural areas plunged below the poverty line. In some areas of the country up to 60% of children are underweight and many are malnourished. Meanwhile in the cities, the lack of education, legislation and regulation has led to poor health and safety standards. The strong tradition of street vendors provides affordable food for many, but it is prepared with limited hygiene and poor quality ingredients. Myanmar's foodstuff industry is now facing competition from neighboring countries – especially Thailand and India - which have made inroads into the Myanmar market at a rapid pace. At a time when Myanmar society is dramatically changing the daily diet from natural items to processed foods, sugar and salt is leading to health complications such as cavity, obesity and diabetes.

Facts & figures:

- Myanmar people enjoy rice as their main food and it comprises about 75% of the diet.
- The Consumer Protection Law was passed by the Pyidaungsu Hluttaw (Upper House) on March 14
- In 1995, Food and Drug Administration (FDA) was formed under the Department of Health.
- A study conducted by the National Poison Control Centre in January 2014 revealed that one third of Myanmar's street food contains dangerous bacteria
- 23% of children in Burma are underweight. In some areas up to 12% of them acutely malnourished.

Points of view:

“Food safety standards must be implemented in every country, but there is no standard in Myanmar.”

(Daw Toe Nandar Tin, Anawa Devi Fishing and General Trading Company Ltd.)

“Food poisoning due to bacteria is preventable, but more health education needs to be given to those who prepare, sell, handle and consume foods.”

(Dr Mie Mie Ko, Managing Director of health care provider Mieko)

“Consumers have to be fully aware of and reject the foods containing dangerous food addictive chemicals, then the problem with dyeing food will surely be solved. If not, whenever they don't buy and enjoy the food without dyes, there will be a vicious circle.”

(Yangon Food and Drug Administration)

“Nowadays, there are many fancy foods and fast foods, including various kind of traditional food, sold at those street stalls. Since they can't invest much in their products, they usually use cheap commodities, for example palm oil, and using a lot of artificial flavors”

(Soe Kalyar Htike, Consumer Protection Association)

Information links:

www.moh.gov.mm

www.consumerpam.org

www.ipcinfo.org

www.actionagainsthunger.org.uk

www.savethechildren.org

www.ncbi.nlm.nih.gov

www.dvb.no