



The emerging double burden of malnutrition in Timor-Leste—a time to act

Heather Grieve, Joao Bosco da Costa

Australian Embassy and Aid Program, Timor-Leste

The recent and first ever, comprehensive food and nutrition survey in Timor-Leste, revealed slow but declining rates of under-nutrition coupled with slow but inclining rates of overweight in some groups. This presents a particular concern for a post conflict country, still classified as *least developed*. It also presents an opportunity to act now, before the burden reaches prevalence rates similar to other neighbouring countries in the region.