

TRANSFORMASAUN NUTRISAUN IHA TIMOR-LESTE

Historia, Obstákulu,
Politika No Solusaun



Cipriano do Rosario Pacheco, AMG., Lic., SP., M.Kes.

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Hakerek-na'in

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ISBN : 978-634-202-682-3

15,5 x 23 cm, x + 123 Pages

First Printing, July 2025

Author : Cipriano do Rosario Pacheco, AMG., Lic. SP., M. Kes.

Cover Designer : Aswan Kreatif

Layouter : Husnud Diniyah

Editor : Dr. Muhamad Husein Maruapey, Drs., M.Sc.

Background of the book is taken from <https://www.freepik.com/>

Publisher:

KARYA BAKTI MAKMUR (KBM) INDONESIA

Member of IKAPI (Ikatan Penerbit Indonesia)

NO. IKAPI 279/JTI/2021

Depok, Sleman-Jogjakarta (Office)

081357517526 (Phone/WhatsApp)

Website : <https://penerbitkbm.com>

www.penerbitbukumurah.com

Email : naskah@penerbitkbm.com

Distributor : <https://penerbitkbm.com/toko-buku/>

Youtube : Penerbit KBM Sastrabook

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PREFÁCIO

Hato'o Hau nia agradesimentu ba Maromak Kbi'it Na'in nia prezensa ba kompletasaun livru ho títulu **"Transformasaun Nutrisaun iha Timor-Leste: Istória, Dezafiu, Polítika no Solusaun**. Livru ne'e apresenta nu'udar forma preokupasaun ba problema nutrisaun ne'ebé sai nafatin dezafiu boot ba dezvoltamentu saúde iha Timor-Leste

Hein katak livru ida-ne'e bele sai referénsia ida ne'ebé útil ba akadémiku sira, profisionál saúde sira, ema sira ne'ebé halo polítika, no públiku en-jerál ne'ebé preokupa ho asuntu nutrisaun no saúde pública. Problema nutrisaun hanesan fatór krusiál ida hodi determina qualidade rekursu umanu nasaun ida nian. Timor-Leste, nu'udar nasaun ida ne'ebé sei iha faze dezvoltamentu, hasoru dezafiu oioin iha esforsu atu hadi'a estatutu nutrisionál ninia povu nian

Fatór istóriu, ekonómiku, sosiál, kulturál no polítika pública sira hala'o papél importante ida hodi forma paizajen (*lanskep*) nutrisaun atuál. Tanba ne'e, iha livru ida ne'e, ami koko trasa jornada transformasaun nutrisaun iha Timor-Leste, husi istória ba polítika no solusaun sira ne'ebé bele implementa hodi alkansa melloramentu nutrisionál ne'ebé sustentável.

Livru ne'e kompostu husi kapitulu 13 ne'ebé sistematikamente diskute kona-ba aspetu oi-oin kona-ba nutrisaun iha Timor-Leste, hahú husi background istóriu, problema nutrisaun ne'ebé hasoru, to'o

estratéjia no polítika ne'ebé durante ne'e no bele implementa no mós Konkluzaun no Rekomendasaun sira. Ami mós destaka prátika di'ak liu hosi nasaun oioin ne'ebé bele sai hanesan inspirasaun hodi dezeña solusaun sira hodi hadi'a ema nia estatutu nutrisiónál.

Hau intende/sente katak livru ida-ne'e iha nafatin limitasaun sira no dook hosi perfektu. Tanba ne'e, ami hein duni input no krítika sira ne'ebé konstrutivu husi leitór sira hodi hadi'a edisaun sira tuir mai. Ami mós hakarak agradese ba parte hotu-hotu ne'ebé kontribui ona ba preparasaun livru ida-ne'e, tantu direta no indireta. La ho apoiu, kooperasaun no dedikasaun husi parte oioin, livru ida-ne'e sei la sai posivel.

Ikus mai, hein katak livru ida ne'e bele fó hanoin ne'ebé luan liután kona-ba importánsia nutrisaun iha konstrusaun nasaun no enkoraja asaun réal iha hadi'a Bem-estar povu Timor-Leste liuhosi polítika no programa nutrisaun ne'ebé efetivu liután.

Timor-Leste, Maio 2025

Hakerek-na'in,

Cipriano do Rosario Pacheco, AMG., Lic. SP., M. Kes.

LIAFUAN AGRADESEMNTU

Obra ida ne'e kria no finaliza tanba hetan suporta no enkoraja husi ema wain nia tulun no orasaun, husi familia, Jestor no kolega dosente sira hotu. Ba tulun sira ne'e hotu hanesan forsa no espíritu hodi hau finaliza, ho nune'e iha momentu Ksolok ida ne'e hau hakarak hato'o hau nia agradesimentu wain ba ita-boot sira nia tempu no tulun sira.

Iha Momentu ida ne'e hakarak hato'o hau nia obrigadu wain husi hau nia fuan ne'ebé kle'an ba parte sira hotu ne'ebé fó ona hanoin no kontribuisaun direta no indireta. Ho nune'e hau hato'o hau nia agradese wain ba Magnífiku Reitor Universidade da PAZ, Dr. Adolmando Soares Amaral, Lic. Eco., MM. Ne'ebé fó ona hanoin no motiva ba dosente sira hotu iha UNPAZ hodi hamosu obra sientífiku ba hakerek livru, peskiza no publikasaun sira. Hau nia agradese ba Prof. Dr. Intje Picauly, Msi ne'ebé fó ona hanoin hodi mellora konteúdu husi livru ida ne'e, agradese wain ba kolega dosente sira iha FSPCM special ba sira ne'ebé fó hanoin no komentáriu sira ba melloramentu livru ne'e iha prosesu konsultasaun hamosu idea ba hakerek, hato'o mós hau obrigadu no agradese ba kolega no parte sira hotu ne'ebé hau labele temi naran ida-idak ne'ebé fó ona hanoin sira hodi hau finaliza livru ida ne'e. e especialmente hakarak hato'o hau nia agradese ba hau nia Parseiru nudár fen kaben Ofelia Maria Odete do Carmo, Lic. Enf. Lic. SP., MKM, no hau nia oan sira ne'ebé sempre inspira no fó hanoin hau hodi halo koresaun sira ba hakerek livru ida ne'e.

Dala ida tan ható'o hau nia Saudasaun akadémiku ba kolega sira hotu ne'ebé maka kítiku tebes lee livru ida-ne'e ho koresaun sira ne'ebé signifikativu tebes, Obrigadu ba ita-boot nia hanoin. Ikus mai hau ható'o dala ida tan Orgullo no agradese ba ha'u nia belun matenek-na'in sira nia di'ak hotu, espera livru ida ne'e bele beneficia ba ita hotu.

Dili, Maiu 2025

Hakerek nain

LIAFUAN BADAK HUSI MAGNIFIKU REITOR

Ho Ksolok boot ha'u hamriik iha ita-boot sira nia oin hodi hato'o ha'u nia apresiasaun ba realizasaun no dedikasaun hosi dosente sira ne'ebé maka fó tempu no esforsu hodi hakerek no publika sira nia livru sira. Ita la'ós de'it atu apresia sira nia serbisu ka esforsu sira, maibé mós atu apresia sira nia kontribuisaun ba comunidade akadémiku no liután

Hakerek livru la'ós buat fasil ka ki'ik ida. Ida-ne'e la'ós de'it presiza komprensaun kle'an kona-ba asuntu maibé mós abilidade atu hato'o ideia kompleksu sira iha maneira ida ne'ebé maka envolve no asesivel. Ami nia dosente sira hatudu ona kompromisu esepSIONÁL ka Extraordináriu ba Siénsia no edukasaun, no sira nia obra sira ne'ebé publika ona reflete sira nia paixaun no matenek.

Livru sira-ne'e maka rekursu ida ne'ebé iha valór ba estudante sira, kolega dosente sira, no comunidade luan. Livru sira-ne'e enrikese ka hariku ita-nia ambiente akadémiku no inspira ema seluk atu buka siénsia no inkéritu. Livru ida-idak representa oras barak tebes hosi peskiza, reflesaun, no hakerek, no sai hanesan testamentu ida ba iha fakuldade nia dedikasaun hodi avansa koñesimentu iha sira nia área ida-idak.

Nu'udar ohin apresia ba obra ida ne'e, mai ita mós rekoñese importánsia atu apoia no enkoraja malu iha ita-nia esforsu sientífiku sira. Ho esperansa esforsu ida-ne'e sei inspira ita hotu no ema barak

atu kontinua haka'as-an ba exelénsia iha ita-nia hanorin, peskiza, no hakerek. Parabéns ba hakerek-na'in sira! Ita hotu orgullu ho Ita-boot sira nia realizasaun sira no hein atu haree oinsá Ita-boot nia serbisu no obra ida ne'e sei fó impaktu ba ema seluk nia moris. Obrigadu ba Ita-boot nia servisu maka'as no dedikasaun ba edukasaun.

Dili, Maio, 2025

Reitor UNPAZ

Dr. Adolmando Soares Amaral, Lic. Eco., M.M.

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KONA BA HAKEREK NAIN



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