

Nutrition-Sensitive Programming in the Philippines

Concepts and
Ideas for Action



This primer is for program planners and implementers, as well as food security and nutrition advocates. It is a brief guide on the relevance of nutrition-sensitive programs - i.e. programs whose main objectives are non-nutrition but are tweaked in design to contribute to the improvement of the country's human capital through better nutrition and productivity. Ideas to strengthen nutrition-sensitivity of programs in select sectors are also briefly discussed. In general, key strategies to enhance nutrition contributions of programs include (Danton, 2016):

1. Empowering women through increased control and access to assets, time, and energy to balance child care and income generation;
2. Including the nutritionally-vulnerable (pregnant and lactating women and girls; children under 2 years old; pre-school and school-aged children; adolescents and elderly) among targets of food security, agriculture, livelihood, WASH, and social protection programs;

3. Increasing production and availability of diverse and nutrient-dense foods through improved post-harvest and value-chain strategies;
4. Utilizing platforms within non-nutrition programs to deliver nutrition education for behavior change;
5. Converging interventions from various sectors to reach the same nutritionally-vulnerable households; and
6. Integrating WASH to nutrition programs to prevent microbial transmission that can lead to infections.

Studies have shown that in the Philippines, and other Asian countries, one US dollar spent on nutrition interventions to avert stunting among children below 2 years old could save US\$102.99 in health, education, and lost productivity costs (Lebanan et al., 2016). This underpins the impetus for all sectors to invest in nutrition.

Introduction

Malnutrition remains a public health problem across the globe. In year 2008 in the Philippines, approximately 31,000 deaths among children below five years old were related to undernutrition (Lebanan et al., 2016).



Supplementary feeding in public elementary schools

Undernutrition and overnutrition co-exist among various age groups in the Philippines.

Table 1. Percentage of Filipino children, adolescents, and adults affected by the double burden of malnutrition (Food and Nutrition Research Institute-Expanded National Nutrition Survey 2018).

Forms of Malnutrition	Age Groups					
	Children <5 years old	School-age Children 6 to 10 years old	Adolescent, 10-19 years old	Adults > 20 years old	Pregnant women	Lactating women
Undernutrition						
Stunting (low-height-for-age)	30.3%	24.5%	26.3%	-	-	-
Underweight (low-weight-for-age)	19.1%	25.0%	-	-	-	-
Wasting/Thinness (low-weight-for-height)	5.6%	7.6%	11.3%	8.0%	20.1%**	11.0%*
Overnutrition						
Overweight / Obesity	40.0%	11.7%	11.6%	37.2%		28.5%

* Chronic Energy Deficiency
 **Nutritionally at risk (based on weight-for-height classification)

Micronutrient deficiencies (in Iron, Iodine and Zinc) are also rampant, especially among pregnant and lactating women, as well as women of reproductive age.

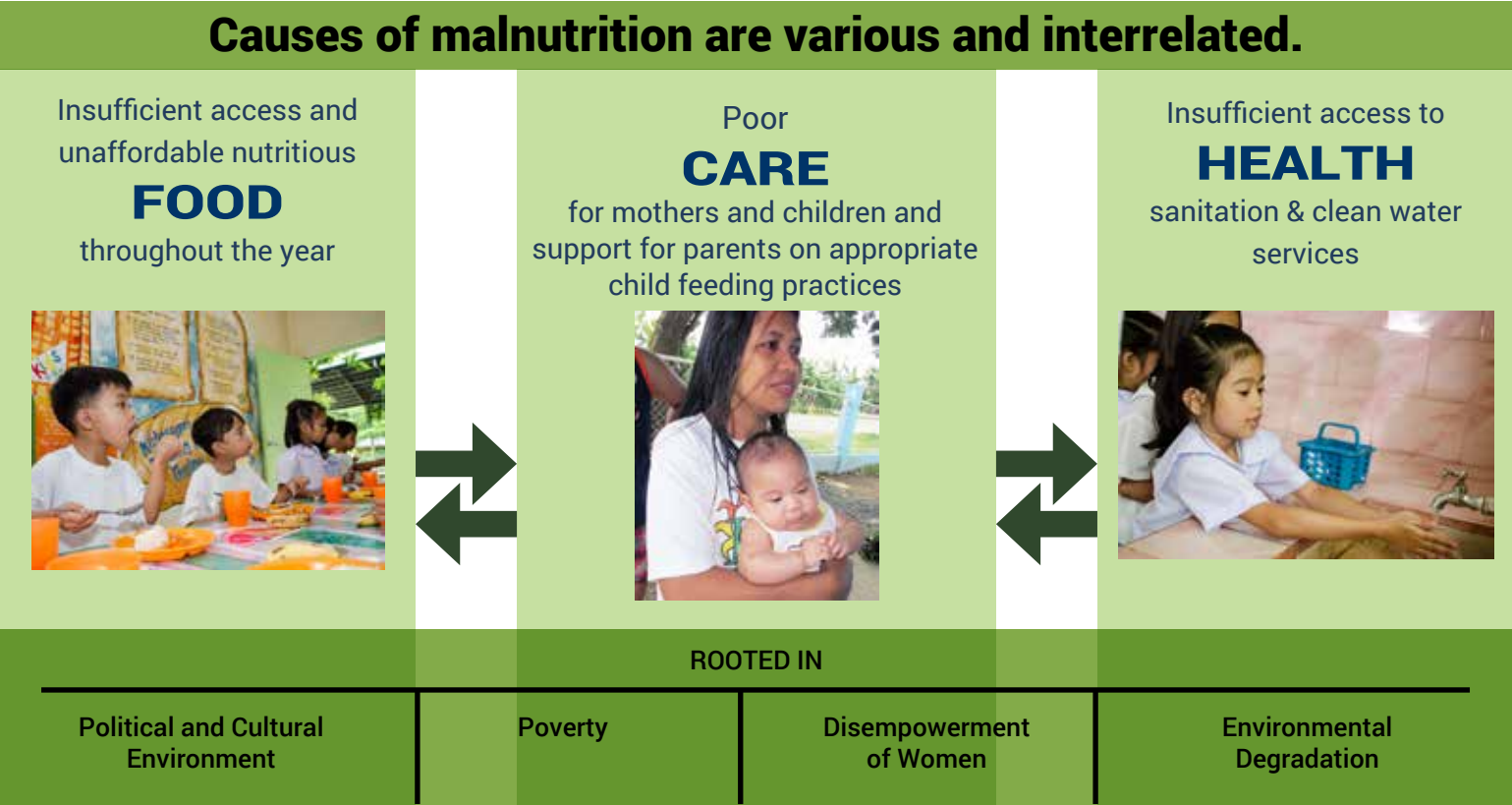
The double burden of malnutrition (including undernutrition from specific nutrients) highlights that the problem is not just lack of food.

Table 2. Micronutrient deficiencies among certain age groups (Food and Nutrition Research Institute-Expanded National Nutrition Survey 2018).

Micronutrient deficiency	Prevalence and age group affected
Iron deficiency anemia	26.1% of pregnant women
Iron deficiency disorder	20.2% of pregnant women 21.1% of lactating mothers
Zinc deficiency	25.6% general population*

*2013 National Nutrition Survey

Figure 1. Underlying and basic causes of malnutrition.



Source: Scaling Up Nutrition Movement, 2013.

Main underlying causes of malnutrition in the Philippines include:

1. Food insecurity as affected by poverty and high market prices;
2. General increase in consumption of processed and animal-source foods and decline in consumption of nutrient-dense fruits and vegetables;
3. Insufficient quantity and quality of food given to young children aged 6-23 months;
4. Low rates of exclusive breastfeeding until 6 months due to aggressive marketing of infant formula milk and lack of parent's nutrition knowledge;
5. Low coverage of routine immunization for vaccine-preventable diseases; and
6. Physical Inactivity.



© Philippine Star

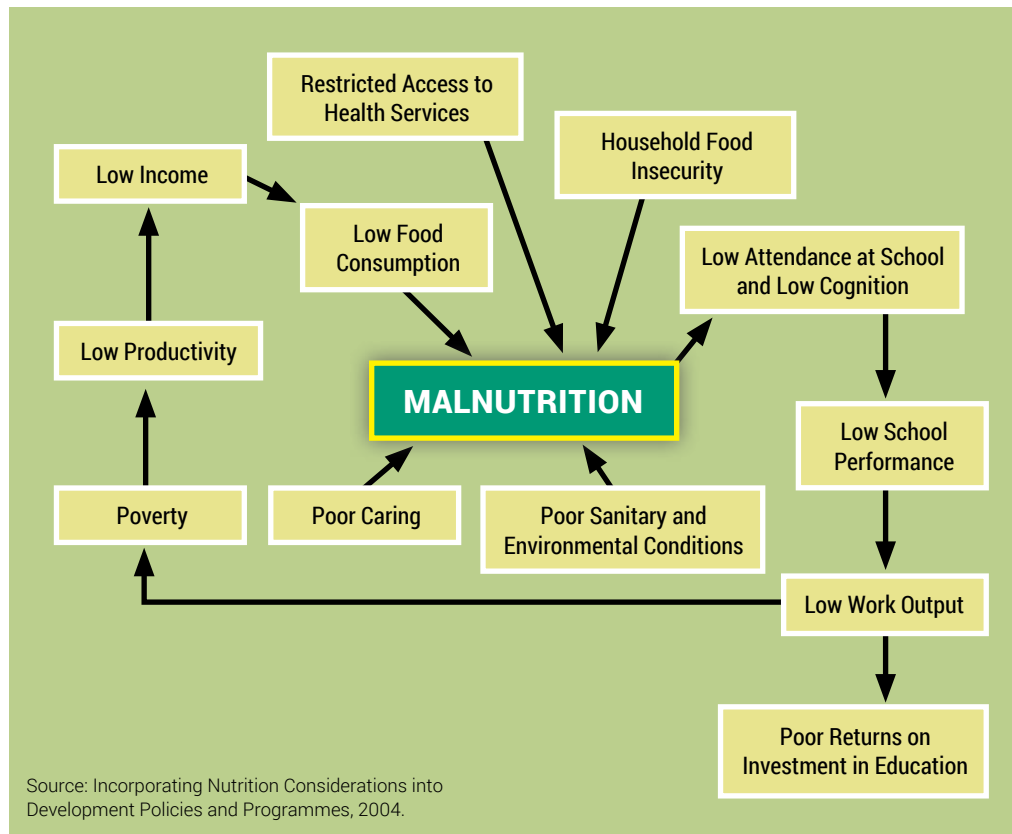
Source: ENNS 2018, Fill in the Nutrient Gap 2018

Proper nutrition is both an input to and output of development.

The Philippines lost Php 328 billion, equivalent to 2.84% of the country's GDP in 2008, due to accumulated consequences of undernutrition.

One US dollar spent on nutrition interventions to avert stunting among children below 2 years old could save US\$102.99 in health, education, and lost productivity costs (Lebanan et al., 2016).

Figure 2. Framework for analysis of nutrition and national development.

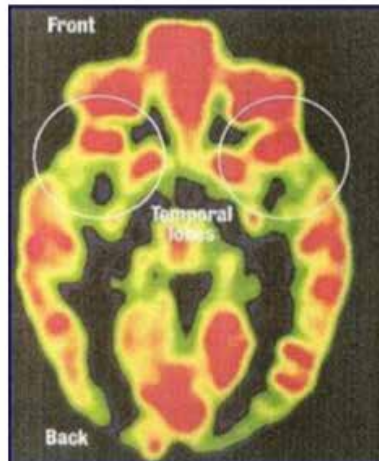


Good nutrition is necessary throughout the lifespan of an individual but it is most crucial during the first 1,000 days of life.



© Iga.gov.ph

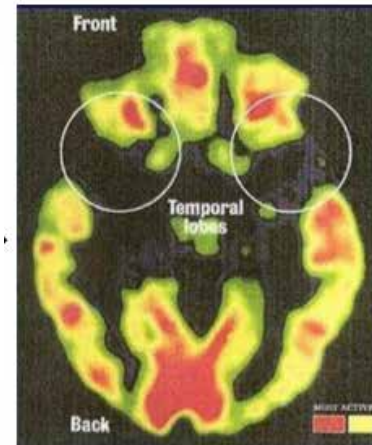
Lack of proper nutrition during this critical phase (first 1000 days) leads to stunting, which impedes brain development, affecting memory, and comprehension. Physical growth and immunity are also compromised.



Brain of healthy child



**Chronic Lack
of Food**



**Brain of stunted child
40% less brain mass**

Source: <http://www.globalhealthhub.org/2016/09/19/mri-evidence-favor-cash-transfers/>

In contrast, good nutrition in the first 1,000 days can yield results for a lifetime.



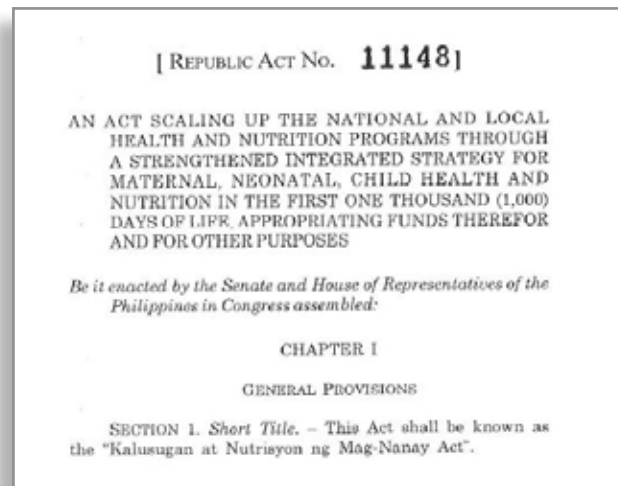
Source: www.1000days.org

The Philippines is committed to address its nutritional problems

A new law on the first 1,000 days, which emphasizes the need for convergence and coordination of various government agencies and stakeholders (also called RA 11148), has been passed in the Philippines.

In 2014, the country signed the Scaling Up Nutrition Movement- a global movement aimed at ending malnutrition, in all its forms.

The Civil Society Alliance (SUN-CSA Ph) is among the most active arm of the SUN Movement in the country. There is also a government-instituted multi-stakeholder platform acting as the national coordinating and policy-making body in nutrition- the National Nutrition Council.



Source: National Nutrition Council

The National Nutrition Council (NNC), was created in 1974 under the Office of the President, by virtue of Presidential Decree 491 (or the “Nutrition Act of the Philippines”). It is composed of the Governing Board (NNC-GB) and the Secretariat. The NNC-GB consists of three representatives from the private sector and the Secretaries of 10 national government agencies, namely:

- Departments of Health;
- Department of Agriculture;
- Department of Interior and Local Government;
- Department of Budget and Management;
- Department of Education;
- Department of Labor and Employment;
- Department of Science and Technology;
- Department of Social Welfare and Development;
- Department of Trade and Industry; and
- National Economic and Development Authority.



Through the coordination of NNC, the Philippine Plan of Action for Nutrition (PPAN) 2017-2022 was formulated to serve as framework for nutrition action.

The PPAN 2017-2022 considers the country's commitment to global targets, such as the 2030 Sustainable Development Goals, the 2025 Global Targets for Maternal, Infant and Young Child Nutrition, and the 2014 International Conference on Nutrition. It is an essential part of the Philippine Development Plan 2017-2022 consistent with the President's 10-point Economic Agenda, the Health for All Agenda of the Department of Health (DOH), and the vision of Ambisyon 2040.

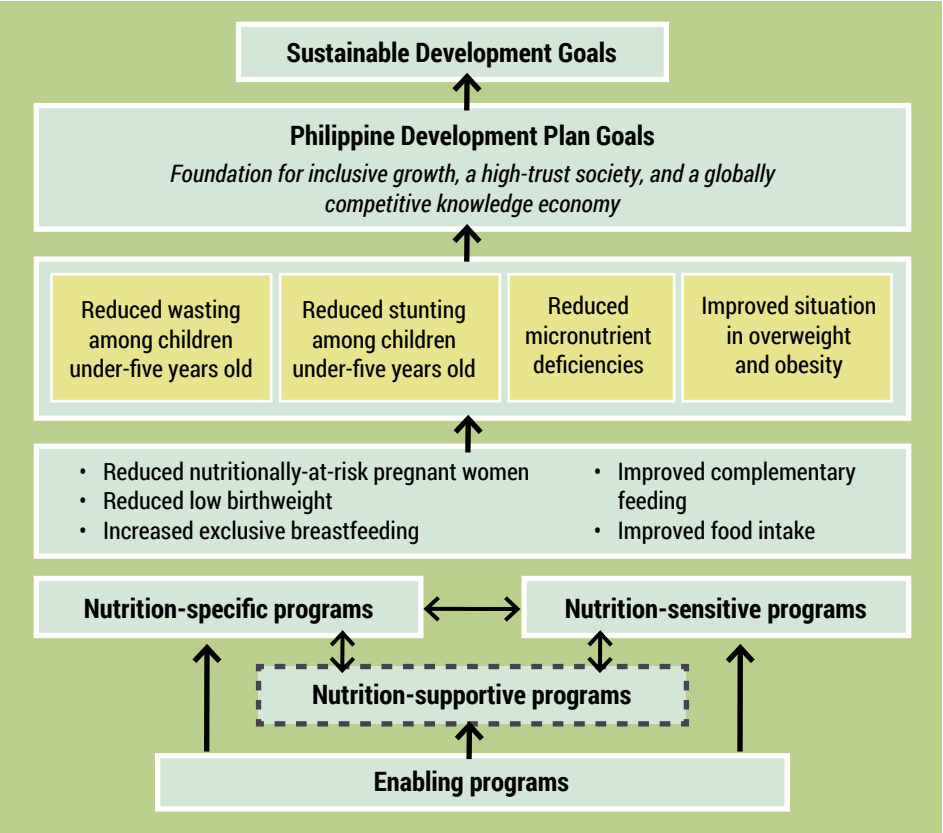


PPAN 2017-2022 is built on three pillars, namely; *nutrition-specific programs, nutrition-sensitive programs, and enabling management and policy support programs* (Figure 3). Nutrition-specific interventions address immediate determinants of malnutrition whereas nutrition-sensitive interventions address underlying causes including food security, access to services, and environment as shown in Figure 4 (The Lancet Series on Maternal and Child Nutrition, 2008).

A set of essential and complementary nutrition-specific and nutrition-sensitive programs and interventions is identified in PPAN (Annex 1 and 2).

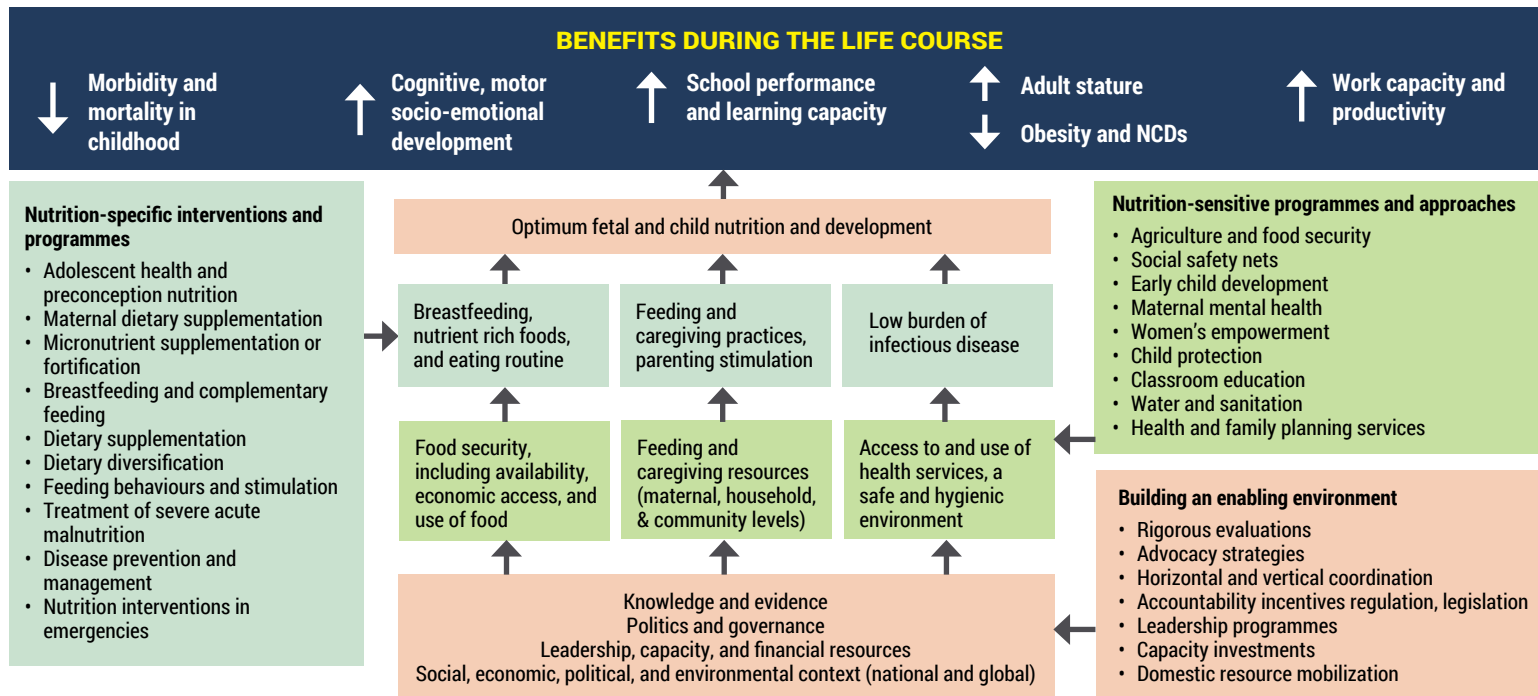
Source: National Nutrition Council

Figure 3. Program Framework of Philippine Plan of Action for Nutrition, 2017-2022.



Implementing the 10 proven nutrition-specific interventions effectively at large-scale will only reduce stunting by 20% (Figure 4). Nutrition-sensitive interventions are vital to scale up and sustain nutrition gains.

Figure 4. Framework for actions to achieve optimum fetal and child nutrition and development.



Adopted from: Ruel et al, 2013.

Nutrition-Sensitive Programming

Nutrition-sensitive programs are interventions of sectors complementary to nutrition (for example: agriculture and food security, education, social welfare) tweaked in its design to also deliver nutrition outcomes (PPAN 2017-2022).

These can also be used as delivery platforms to increase the scale, coverage, and effectiveness of nutrition-specific interventions (Ruel et al, 2013).



Women pig farmers in Arbismen, Quezon Province demonstrating preparation of alternative feeds to a youth group.

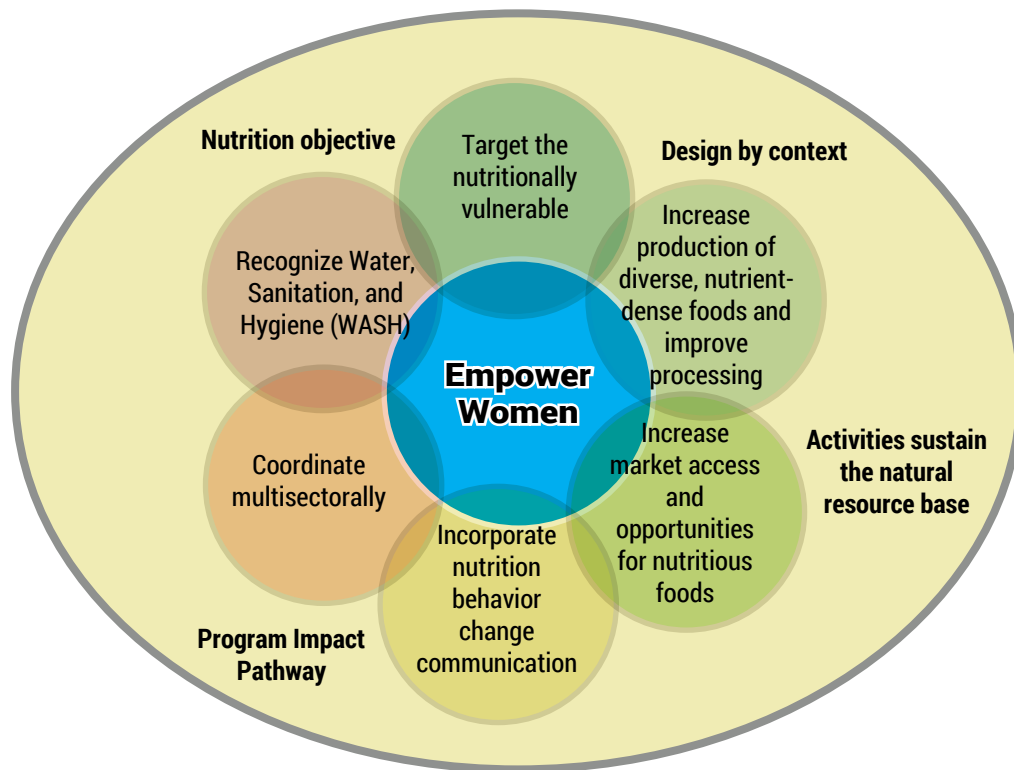
The trend in nutrition programming is largely characterized by *nutrition-specific* interventions; nutrition is still generally perceived and treated as a concern of only the health sector (Briones et al, 2017).

Future work must prioritize joint identification of appropriate nutrition indicators and implementation strategies, which must be built-in to respective systems of implementing agencies for better nutrition outcomes.



Nutrition-sensitive programming requires a systemic and holistic approach to design, implementation, review, and evaluation of programs. Figure 5 reflects basic requirements of nutrition-sensitive programs. Inner circles cite key approaches which can be adopted across sectors to make programs nutrition-sensitive.

Figure 5. Basic requirements and key approaches in nutrition sensitive programming.



Adapted from: Danton, Heather. "What works in Nutrition: Nutrition-sensitive Programming". Multi-Sectoral Nutrition Strategy: Global Learning and Evidence Exchange. 2016.

Basic requirements for *nutrition-sensitive programs* include:

1. Design by context

- aligned with the national nutrition plans;
- informed by nutrition situation, context, and trend analysis;
- have disaggregated data up to the lowest unit possible for strategic targeting;
- consider nutrition status of nutritionally-vulnerable groups; and
- consider prevalent gaps in specific nutrients and explore synergies with nutrition and other programs.



(Source: Danton, 2016; and WFP, 2017)

2. Nutrition objectives

- Determine the following during design phase:
 - Nutrition objective;
 - Nutrition outcomes;
 - Measurable indicators (see Annex 3 for suggested indicators); and
 - Gender-sensitivity.
- Choose among the nationally agreed nutrition targets which outcome indicator to report upon, based on the program's objective and its identified impact pathways.

(Source: Danton, 2016; and WFP, 2017)



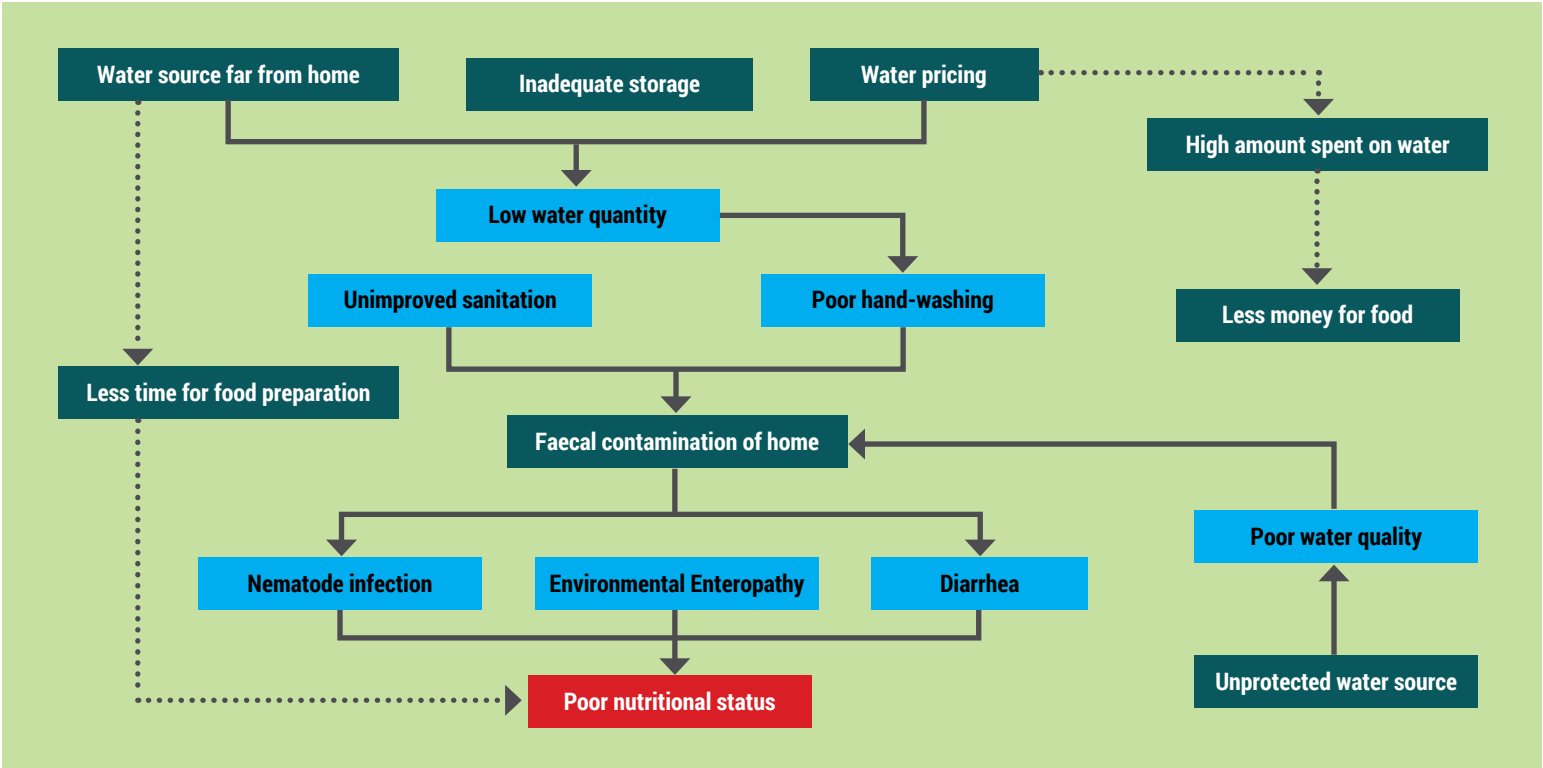
3. Program impact pathway

- Impact pathways are strongly encouraged for nutrition-sensitive programs to track and attribute nutrition outcomes better. This is especially important because nutrition-sensitive programs have indirect link to nutrition, longer time requirement to affect outcomes, and may deliver multiple interventions at the same time (WFP, 2017).

Figure 6 and 7 shows sample impact pathways of Water, Sanitation and Hygiene (WASH), and Agriculture to nutrition, respectively.

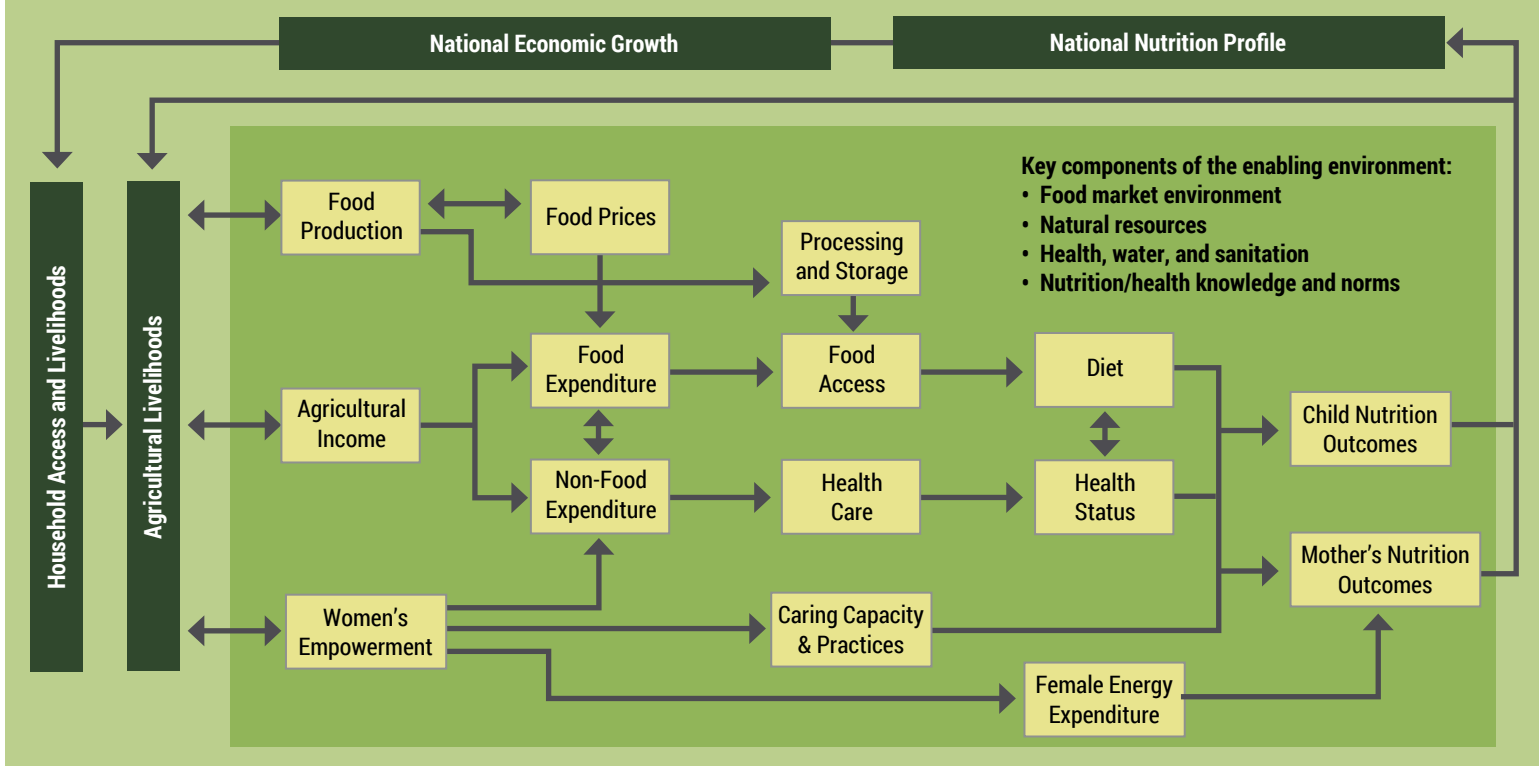
- Program Impact Pathway helps map out deliberate nutrition actions and delivery platforms that will lead to achieving the identified nutrition objective (ibid.)
- It is best to also track for potentially negative unintended impacts and plan appropriate mitigating measures (ibid.)

Figure 6. Sample Impact pathway of Water, Sanitation and Hygiene (WASH) to nutrition.



Source: O. Cumming, London School of Tropical Medicine and Hygiene, 2013

Figure 7. Sample Impact pathway of agriculture to nutrition adopted from Feed the Future (2012).



Source: <https://www.spring-nutrition.org>

4. Activities that sustain the natural resource base

- use the food systems lens to ensure sustainability and contribute to other Sustainable Development Goals.



“Man walking through a flooded rice field.”

© Nonie Reyes / World Bank

(Source: Danton, 2016; and WFP, 2017)

Key approaches of nutrition-sensitive program

Integrating nutrition into community development initiatives does not necessarily mean designing new programs. The following are key approaches which can be adopted across sectors to make programs nutrition-sensitive:

1. Target the nutritionally-vulnerable

These include:

- Women of Reproductive Age (WRA)
- Pregnant and lactating women
- Children 6-23 months old
- Pre-school age children
- School-aged children
- Adolescent girls
- Elderly



Source: (WFP, 2017)

2. Increase production of diverse, nutrient-dense foods and improve processing

- Conserve, produce, and re-popularize indigenous vegetables, which are nutrient-dense;
- Promote local production of nutrient-dense foods to ensure freshness and affordability;
- Aim to enhance (or at least, preserve) nutrient content of foods during processing through appropriate technology and equipment/facilities; and
- Install policies and programs which incentivize production of diverse and nutrient-dense food.



(Source: Danton, 2016)

3. Increase market access and opportunities for nutritious foods

- Increase market access through local farmer's market, local ordinances regulating sale of processed/unsafe foods, or incentivizing sale of nutritious food in strategic areas (schools, offices);
- Link smallholder farmers who produce diverse nutritious foods with food service establishments and institutions, and large-scale social safety net programs; and
- Improve market access, availability, and affordability to enable more families to purchase nutritious food.



(Source: Danton, 2016)

4. Incorporate nutrition behavior change communication

- All nutrition-sensitive programs should have a nutrition education for behavior change strategy to ensure that improvements in the socio-economic status of families translate to better nutrition.
- Embed nutrition education in existing activities of nutrition-sensitive programs. Experts from Regional or local level Health and Nutrition Office maybe invited as resource speakers.



(Source: Danton, 2016)

5. Coordinate multi-sectorally

- Plan and implement nutrition-sensitive programs with relevant partners;
- Merge nutrition-specific interventions of other sectors within the delivery mechanism of selected nutrition-sensitive program (for example: provision of micronutrient powder in the social safety net package); and
- Jointly identify communities with high density of nutritionally-vulnerable groups or malnourished individuals to converge delivery of complementary programs (WFP, 2017).



(Source: Danton, 2016)

6. Empower women

- Household income is correlated with with household dietary diversity. Most female-headed households allocate income with focus on dietary diversity (Danton, 2016).
- Interventions for women empowerment must consider time and energy for child care. Disempowerment (like violence, early marriage) have negative impacts to child nutrition.
- Women can be empowered through increasing access and control over assets, skills training, their energy, and time
- Cash transfers and agricultural programs have positive impact on women empowerment (Ruel et al., 2013).



7. Recognize Water, Sanitation, and Hygiene (WASH)

- Emphasize WASH in nutrition counseling, education, and other promotional activities.



8. Explore spaces within existing government programming of different line agencies



How to make Agriculture Programs Nutrition-Sensitive?

- The need for agriculture to support better nutrition and health has been recognized.
- Nutrition-Sensitive Agriculture (NSA) is an approach that aims to produce a variety of affordable, nutritious, culturally appropriate, and safe foods in adequate quantity, and quality to meet the dietary requirements of populations in a sustainable manner (FAO, 2017).
- Nutrition-Sensitive Agriculture Programs (NSAP) can help protect poor populations from the negative consequences of global food security threats and mitigate the effects of financial, weather-related, and man-made shocks (Ruel et al, 2013).



The Food and Agriculture Organization (FAO) has identified various strategies to maximize nutrition contributions of agriculture (Table 3).




Table 3. Strategies to maximize nutrition contributions of agriculture.

Food Production	Diversification and sustainable intensification of agricultural production
	Nutrition-sensitive livestock and fisheries
	Biodiversity for food and nutrition
	Urban and peri-urban agriculture
	Invest on smallholder farmers and quality home gardening
	Reduce health risks brought by agricultural production, ex. agrochemicals
Food handling, storage, and processing	Nutrition-sensitive post harvest handling, storage, and processing
	Food fortification
Food trade and marketing	Trade for nutrition
	Food marketing and advertising practices
	Food price policies for promoting healthy diets
	Food labelling
Consumer demand, food preparation, and preferences	Nutrition education and behavior change communication
	Income generation for nutrition
	Nutrition-sensitive social protection
	School food and nutrition
Cross-cutting issues	Nutrition-sensitive humanitarian food assistance
	Nutrition-sensitive value-chains
	Women's empowerment and gender equality
	Community organization, including farm clustering
	Food loss and waste: prevention, reduction, and management
	Food quality, safety, and hygiene

Agriculture (FAO, 2018)

How to make Education Programs Nutrition-Sensitive?

Schools provide strategic venue to inculcate nutrition knowledge, good attitude and practice on nutrition, health and gardening among children and indirectly, to their families.

Promoting a healthy school food environment and adequate and safe school food	Stimulating inclusive procurement and value chains for school food	Integrating effective food and nutrition education throughout the school system	Creating an enabling political, legal, financial, and institutional environment
<ul style="list-style-type: none"> Improve dietary diversity and micronutrient fortification and supplementation Include overweight and obesity prevention Increase availability of low-cost healthy food options in schools Micronutrient supplementation (iron with folic acid) for all adolescent females School gardening for learning and food source 	<ul style="list-style-type: none"> Connect with local smallholder farmers Expand feeding to undernourished adolescents in secondary schools 	<ul style="list-style-type: none"> Capitalize on nutrition curriculum development initiatives Include sexuality, family planning, and health and nutrition during pregnancy in appropriate grade levels 	<ul style="list-style-type: none"> Regulation of marketing and sale of unhealthy food Fund allocation for school feeding and school gardening programs
  			

(Source :FAO School Food and Nutrition Framework, 2019)

How to make Social Welfare Programs Nutrition-Sensitive?

There are various existing programs on Social Welfare that have high potential to be nutrition-sensitive, such as the Pantawid Familyang Pilipino Program (4Ps) and the Sustainable Livelihood Program (SLP).

The following may further enhance nutrition contributions of SLP:

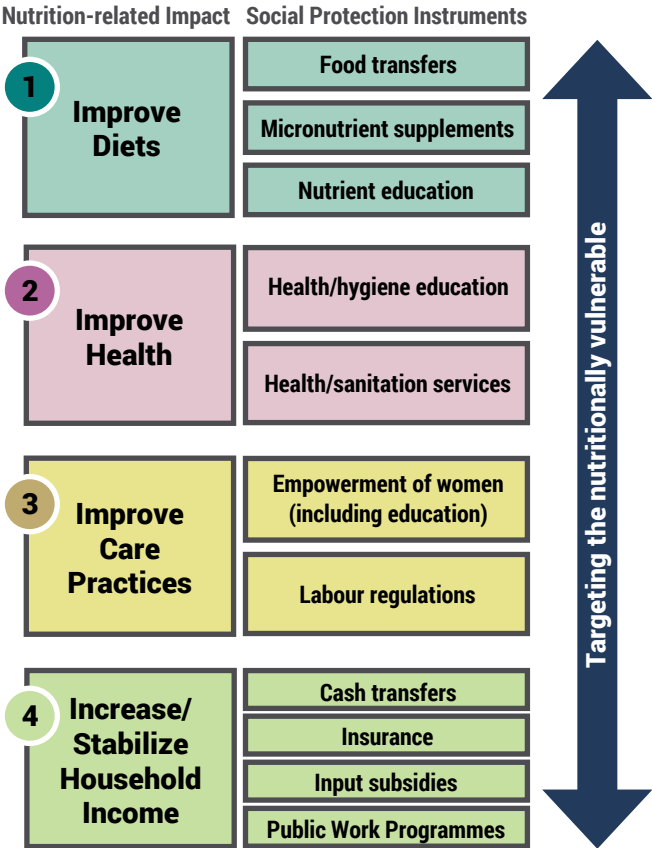
1. Adoption of climate-resilient and nutrition-smart food production technology such as the Bio-Intensive Gardening (BIG) practices in the food production trainings of Cash for Building Livelihood Asset Program.
2. Inclusion of nutrition topics (especially during first 1,000 days) in capacity building and/or food production sessions.
3. Intentional focus on empowering young women of reproductive age.



Recommendations to strengthen impacts of 4Ps to nutrition:

- 1. Targeting families with children under 5 years old and pregnant women.
- 2. Inclusion of access to other nutrition programs of NNC and Local Government Units among the conditions for incentive.
- 3. Integration of nutrition indicators within the 4Ps Management Information System (MIS).
- 4. Sharing of Operation Timbang Plus (OPT+) results to the Municipal Links to identify families with undernourished children.
- 5. Adoption of BIG practices, an agro-ecological approach to food production, in the 4Ps additional required component: Gulayan sa Barangay.
- 6. Intensifying Family Development Sessions on nutrition and infant and young child care.
- 7. Unpacking the health grant of the different components to ensure compliance for each.

Figure 8. Sample social protection instruments with positive nutrition impact.



Adopted from FAO Nutrition and Social Protection

Enhancing nutrition benefits of other social safety net initiatives, especially during emergency response:

- Ensure adequate quantity, nutritional quality and timeliness of food, commodity voucher or cash transfer (WFP, 2017). Cash transfers should consider cost of nutritious foods available in the market.
- Source in-kind transfers locally to promote local economy (ibid.).
- Supplementary feeding program for pre-school children may be coordinated with other organizations for holistic delivery of Early Childhood Development (ECD) and nutrition services among nutritionally-vulnerable group (ibid.).
- Leverage on local women's groups to increase reach of interventions



Nutrition in Health programs

The World Food Program's *Fill in the Nutrient Gap Report* has identified recommendations to enhance nutrition contributions of health programs:

- Regulation of marketing, labelling, and sale of unhealthy food;
- Capacity building of frontline service providers on nutrition;
- Strengthening education campaign for behaviour change, especially to improve dietary diversity and inform consumers about labelling; and
- Improving access to healthcare services and facilities.



The following field strategies may also be undertaken:

- Using of regular health service delivery mechanisms as platforms for nutrition education;
- Compilation of complementary food recipes co-developed with mothers using locally available crops; and
- Partnership with Disaster Risk Reduction and other relevant committees to manage environmental sanitation.



Initiatives in specific government agencies are underway.

The Department of Education is implementing The Integrated School Nutrition Model: A Scalable Model of Complementary Nutrition-Specific and Nutrition-Sensitive Programs.



Figure 8: The Integrated School Nutrition Model.

The Department of Agrarian Reform has issued a Guidepost for Regional Offices on how to tweak key programs to become nutrition-sensitive.



What are nutrition-sensitive programs?

- “Nutrition-sensitive programs address key underlying determinants of nutrition—such as poverty, food insecurity, and scarcity of access to adequate care resources—and include nutrition goals and actions... [They can] serve as delivery platforms for nutrition-specific interventions, potentially increasing their scale, coverage, and effectiveness.”-Lancet Series on Maternal and Child Nutrition, 2013
- “[Nutrition-sensitive projects] are development projects that were tweaked to produce nutritional outcomes/tweaking can be done by targeting households with undernourished children or nutritionally-vulnerable groups, or targeting areas with high levels of malnutrition, or being a channel for delivering nutrition-specific interventions.”- Philippine Plan of Action for Nutrition 2017-2022
- “Nutrition-sensitive programs take place in sectors complementary to nutrition, such as agriculture and education, and are designed to address some of the underlying and basic determinants of malnutrition. A nutrition-sensitive program can also be used as a platform to scale up nutrition-specific interventions and, as such, address the immediate determinants of malnutrition... Nutrition-sensitive programs prioritize the nutritional well-being and protect the rights of the most nutritionally vulnerable groups, including women of childbearing age, pregnant and lactating women and girls, children 6–23 months, children of preschool age and school-age children, adolescents (especially girls) and elderly people, and will apply a gender lens.” –World Food Program, 2017
- “Nutrition-sensitive approaches include agriculture (making nutritious food more accessible to everyone, and supporting small farms as a source of income for women and families); clean water and sanitation (improving access to reduce infection and disease); education and employment (making sure children have the energy that they need to learn and earn sufficient income as adults); health care (improving access to services to ensure that women and children stay healthy; support for resilience); support for resilience (establishing a stronger, healthier population and sustained prosperity to better endure emergencies and conflicts); and women’s empowerment (at the core of all efforts, women are empowered to be leaders in Nutrition-Sensitive Approaches).” – Roadmap of the Scaling Up Nutrition Movement Strategy 2016-2020
- “Nutrition-sensitive approaches address the underlying determinants of undernutrition and future overweight and obesity and may serve as platforms for nutrition-specific interventions.”- United Nations Children’s Fund (UNICEF), 2015

Annex 1. Nutrition specific programs in PPAN 2017-2022.

Program	Project / Component	Agencies involved
1. Infant and young child feeding	1. Health systems support	DOH, LGUs
	2. Community-based health and nutrition support	DOH, NGOs, LGUs, Development Partners (DPs)
	3. Maternity Protection and Improving Capacities of Workplaces on Breastfeeding	DOLE, Employers, Employees' Unions, NGOs, LGUs, DPs
	4. Establishment of breastfeeding places in non-health establishments	All agencies, NGOs, LGUs, DPs, CSC
	5. Enforcement of the Milk Code	DOH, LGUs
2. Integrated Management of Acute Malnutrition	6. Enhancement of Facilities (Including RUTF and RUSF) and provision of services	DOH, NGOs, LGUs, DP
	7. Building of Capacity of Local Implementers	DOH, NGOs, LGUs, DP
3. National Dietary Supplementation Program	8. Supplementary feeding of pregnant women	DOH, NGOs, LGUs, DPs
	9. Supplementary feeding of children 6-23 months old	DOH, NGOs, LGUs, DPs
	10. Supplementary feeding of children 24-59 months old	DSWD, NGOs, LGUs, DPs
	11. Supplementary feeding of school Children	DepEd, NGOs, LGUs, DPs
	12. Food plants for producing supplementary foods	FNRI, LGUs, SUCs, NGOs
4. National Nutrition Promotion Program for Behavior Change	13. In schools	DepEd, NGOs, LGUs, DPs
	14. In communities	DOH, DSWD, NGOs, LGUs, DPs
	15. In the workplace	DOH, DOLE, NGOs, LGUs, DPs
	16. Resource center	NNC (coordinator)
5. Micronutrient supplementation (vitamin A, iron-folic acid, multiple micronutrient powder, zinc)	17. In health unit	DOH, NGOs, LGUs
	18. In schools	DepEd, NGOs, LGUs
	19. Communication support	DOH, NGOs, LGUs
6. Mandatory food fortification (technology development, capacity building, regulation and monitoring, promotion)	20. Rice fortification with iron	DOH, DSWD, DepED, NGOs, LGUs, industry
	21. Flour fortification with iron and vitamin A	DOH, DSWD, DepED, NGOs, LGUs, industry
	22. Cooking oil fortification with vitamin A	DOH, DSWD, DepED, NGOs, LGUs, industry
	23. Sugar fortification with vitamin A	DOH, DSWD, DepED, NGOs, LGUs, industry
	24. Salt iodization	DOH, DSWD, DepED, NGOs, LGUs, industry
7. Nutrition in emergencies	25. Capacity building for mainstreaming nutrition protection in emergencies	DOH, DSWD, National/Local Nutrition Cluster, National/Local DRRMC, NGOs, LGUs, DPs
8. Overweight and Obesity Management and Prevention Program	26. Healthy Food Environment	DOH, DSWD, DOLE, NGOs, LGUs, industry, CSC, DPs
	27. Promotion of healthy lifestyle	DOH, DSWD, DOLE, NGOs, LGUs, industry, CSC, DPs
	28. Weight Management Intervention (for Overweight and Obese Individuals)	DOH, DSWD, DOLE, NGOs, LGUs, industry, CSC, DPs

Annex 2. Nutrition-sensitive programs in PPAN 2017-2022.

Project	Agency involved
1. Farm-to-market roads and child nutrition	DA, LGUs
2. Target Actions to Reduce Poverty and Generate Economic Transformation (TARGET) and child nutrition	DA, LGUs
3. Coconut Rehabilitation Program	PCA
4. Gulayan sa Paaralan	BPI, DepED
5. Diskwento caravans in depressed areas	DTI, LGUs
6. Family development sessions for child and family nutrition project	DSWD, LGUs
7. Mainstreaming nutrition in sustainable livelihood	DSWD, LGUs
8. Public works infrastructure and child nutrition	DPWH, LGUs
9. Adolescent Health and Nutrition Development	DOH, LGUs
10. Sagana at Ligtas na Tubig sa Lahat(SALINTUBIG) and other programs on water, sanitation and hygiene	DOH, DILG, LWUA

Annex 3. Indicators for Nutrition-sensitive programs.

Pathways and Type of Measures	Type of Indicator
Agriculture	1. Measure food consumption score of household.
	2. Measure dietary diversity score to complement the food consumption.
	3. Measure change in nutrition-related knowledge.
	4. Measure Minimum Acceptable Diet (MAD) if specific target group is children under 2.
	5. Measure Minimum Dietary Diversity* – Women (MDD-W) if specific target group is women of reproductive age
	6. Food insecurity experience scale (FIES)
Income	1. Measure a change in income, disaggregated by sex and age, to reflect intra-household income control.
	2. Measure the proportion of women in leadership positions on project management committees or smallholder farmers' associations.
	3. Measure change in nutrition-related knowledge.
	4. Measure food consumption score of household.
	5. Income, disaggregated by gender, to reflect intra-household income control

*The food groups presented here are derived from UNICEF's Programming Guide – Infant and Young Child Feeding (2011b). Although these food groups are indicated for children 6–23 months, they are comprehensive enough to meet the diet diversity requirements of school-age children.

Annex 3. Indicators for Nutrition-sensitive programs (continuation).

Pathways and Type of Measures	Type of Indicator
Behaviour change and food preference	1. Measure change in nutrition-related knowledge.
	2. Measure change in certain nutrition behaviours.
	3. Measure MAD if specific target group is children under 2.
	4. Measure MDD-W if specific target group is women of reproductive age.
	5. Measure change in the consumption of specific promoted foods.
	6. Measure change in breastfeeding indicators.
	7. Measure change in hygiene and health-seeking behaviour practices (e.g. washing hands before cooking/ handling food).
	8. Measure reduced incidence of diarrhoea.
Diet-individual level	1. Minimum Dietary Diversity for Women of reproductive age (MDD-W)
	2. Minimum Dietary Diversity for young children (MDD age 6-23 months)

Annex 3. Indicators for Nutrition-sensitive programs (continuation).

Pathways and Type of Measures	Type of Indicator
Gender equality and women's empowerment**	1. Proportion of households where women, men, or both women and men, make decisions on the use of food/ cash/vouchers, disaggregated by transfer modality
	2. Proportion of food assistance decision-making entity – committees, boards, teams, etc. – members who are women.
	3. Type of transfer (food, cash, voucher, no compensation) received by participants in WFP activities, disaggregated by sex and type of activity.
	4. Women's access and control over resources (e.g. land/property ownership)
	5. Women's participation in economic activities (e.g gender gap in crop/livestock sales)

**According to the Corporate Results Framework (November 2016).

Annex 3. Indicators for Nutrition-sensitive programs (continuation).

Pathways and Type of Measures	Type of Indicator
Food environment	1. Percentage increase in smallholder farmers with increased production of nutritious crops
	2. Percentage increase in smallholder farmers with increased sales of nutritious crops.
	3. Measure changes in specific behaviours promoted with regard to food safety.
	4. Availability and price of targeted nutrient-rich foods in local market.
	5. Cost of Diet.
	6. Zero Hunger Scorecard.
	7. Availability and prices of targeted nutrient-rich foods in local markets
On-farm availability, diversity, and safety of foods	1. Diversity of crops and livestock produced
	2. Months of Adequate Household Food Provisioning (MAHFP)

Annex 3. Indicators for Nutrition-sensitive programs (continuation).

Pathways and Type of Measures	Type of Indicator
Access to health and WASH services	1. Measure improved attendance at health facility and uptake of basic health services (e.g. attendance at Ante Natal Care/Post Nata Care for pregnant women, and scheduled vaccinations for children).
	2. Measure change in hygiene and health-seeking behaviour practices (e.g. washing hands before cooking/ handling food).
Enabling environment	1. Zero Hunger Scorecard.
	2. Nutrition integrated into school meals policy.
	3. Nutrition integrated into key policies.
Natural resource management practices	1. Access to improved drinking water source
	2. Sustainability of water availability and water use efficiency measures
	3. Presence of animals in/ near household

Sources:

1. Guidance for nutrition sensitive programming - World Food Program - March 2017

2. Compendium of indicators for nutrition-sensitive agriculture- Food and Agriculture Organization of the United Nations, Rome - 2016

References

- Briones, et al. 2017. Strategic Review of Food Security and Nutrition in the Philippines.
- Danton, Heather. "What works in Nutrition: Nutrition-sensitive Programming". Multi-Sectoral Nutrition Strategy: Global Learning and Evidence Exchange. 2016
- Department of Agrarian Reform. Unnumbered Memo, s. 2018.
- Food and Agriculture Organization of the United Nations. 2016. Compendium of Indicators for Nutrition-sensitive Agriculture
- Food and Agriculture Organization of the United Nations. 2019. FAO School Food and Nutrition Framework.
- Food and Agriculture Organization of the United Nations. 2015. Nutrition and Social Protection.
- Food and Nutrition Research Institute-Department of Science and Technology. 2018. Expanded National Nutrition Survey
- Food and Nutrition Research Institute-Department of Science and Technology. 2013. National Nutrition Survey
<http://www.globalhealthhub.org/2016/09/19/mri-evidence-favor-cash-transfers/>
- Lebanan, M. A., & Antipolo, J. V. (2016). The Economic Impact of Child Undernutrition on Education and Productivity in the Philippines(Publication). Retrieved [https://www.savethechildren.net/sites/default/files/Cost of Hunger Philippines_FINAL_23August2016.pdf](https://www.savethechildren.net/sites/default/files/Cost%20of%20Hunger%20Philippines_FINAL_23August2016.pdf)
- National Nutrition Council. Philippine Plan of Action for Nutrition 2017-2022
- Ruel, M. T. (2013). Nutrition-sensitive interventions and programmes: How can they help to accelerate progress in improving maternal and child nutrition? The Lancet, 382(9891), 536-551. Retrieved from <http://www.thelancet.com/retrieve/pii/S0140673613608430>
- World Food Program. March 2017. Guidance for nutrition sensitive programming
- World Food Program. 2018. Fill in the Nutrient Gap-Philippines: Summary Report.
- Scaling Up Nutrition Movement. 2013. Scaling Up Nutrition- Civil Society Network.



The International Institute of Rural Reconstruction (IIRR) has worked on community-based development programs aimed at reducing poverty while empowering communities. Since the sixties, models and lessons generated from action-research are packaged for wider sharing. Capacities of development professionals in government, civil society, and private sector are strengthened through learning events and program interventions. The evidence generated is used for scaling and policy influencing activities. Currently, IIRR works in two regions: Asia (Philippines, Cambodia, Myanmar) and Africa (Kenya, Ethiopia, Uganda, South Sudan, and Zimbabwe).

The organization's flagship programs are built around food security and nutrition, education, agriculture and livelihood, and collaborative learning and leadership. In Asia, IIRR's niche is in Food Security and Nutrition, Resilient Livelihoods, Disaster Risk Reduction, and Climate Change Adaptation. In the Philippines, IIRR is among the leaders advocating for enhancing the nutrition contributions of various sectors - agriculture, education, environment, and climate. IIRR has carved and led pathways for nutrition sensitive programming in the Philippines through the following programs, projects, and initiatives:

- Integrated School Nutrition Model (in partnership with Department of Education and Food and Nutrition Research Institute)
- Integrated Nutrition Program for Pre-schoolers (in partnership with Department of Social Welfare and Development-CALABARZON)
- Achieving Food Security and Nutrition through Small Family Farms (in partnership with the Local Government Unit of Maragondon, Provincial Agriculture Office and the Provincial Nutrition Office, with the support of Latter-day Saints)
- Mainstreaming Food Systems Research Agenda in the Philippines (in collaboration with International Center for Tropical Agriculture)
- Strengthening Capacities in Nutrition-sensitive programming (in partnership with the Scaling Up Nutrition-Civil Society Alliance Philippines and National Nutrition Council)

Acknowledgment

Technical Inputs

Julian Gonsalves
Emilita Oro

International Institute of Rural Reconstruction (IIRR)

Terre Virna Tanquezon
Ma. Shiela Anunciado
Kirstein Itliong
Camille Valdemoro
Angie Algo

Interns:

Benjamin Hill
Leigh Therese Mante

National Nutrition Council (NNC)

Maria Lourdes Vega
Marivic Samson
Reginaldo Guillen

Scaling Up Nutrition-Civil Society Alliance

Carleneth San Valentin

Alcanz International LLC

Cecilio Adorna
Andre Flores

Department of Agrarian Reform (DAR)

Regente Dioneda

Department of Education (DepEd)

Rizalino Jose Rosales
Dr. Ella Cecilia Naliponguit
Dr. Maria Corazon Dumlao
Magdalene Portia T. Cariaga
Ferdinand Nunez

Department of Agriculture (DA)

Gerard Arañas

Department of Social Welfare & Development (DSWD)

Melanie Rose Veril
Johnell DC. Acosta

The development and production of this primer is made possible through the joint efforts of the International Institute of Rural Reconstruction (IIRR), in partnership with the National Nutrition Council (NNC) and Scaling Up Nutrition-Civil Society Alliance Philippines (SUN-CSA Ph), through the funding support of the SUN Pooled Funds Grant.



INTERNATIONAL INSTITUTE OF RURAL RECONSTRUCTION



September 2019

For inquiries:

Emilita Monville Oro

Country Director, Philippine Program

Regional Center for Asia

International Institute of Rural reconstruction

Km.39 Aguinaldo Highway, Y.C. James Yen Center

Biga 2, Silang, Cavite, Philippines 4118

Email: philippines@iirr.org

Tel/Fax: (63-46) 419 8600; (63-2) 249 8600

Website: www.iirr.org

