

Determining the drivers of diet intake among Filipino children and adolescents: An exploratory study

Zamboanga City Pilot Study

**“MOVING OUR CHILDREN TO THE
LIGHTER SIDE”**

A webinar series in observance of
World Obesity Day

March 18, 2021 via Zoom



OUTLINE OF THE PRESENTATION

- Background
- Objectives
- Data Collection Method
- Study sites and summary of respondents
- Profile of respondents
- Pilot study results





“Good food is a right, not a privilege. It brings children a positive relationship with their health, community, and environment.”

—ALICE WATERS



BACKGROUND

In 2019, Philippine national nutrition survey showed that:

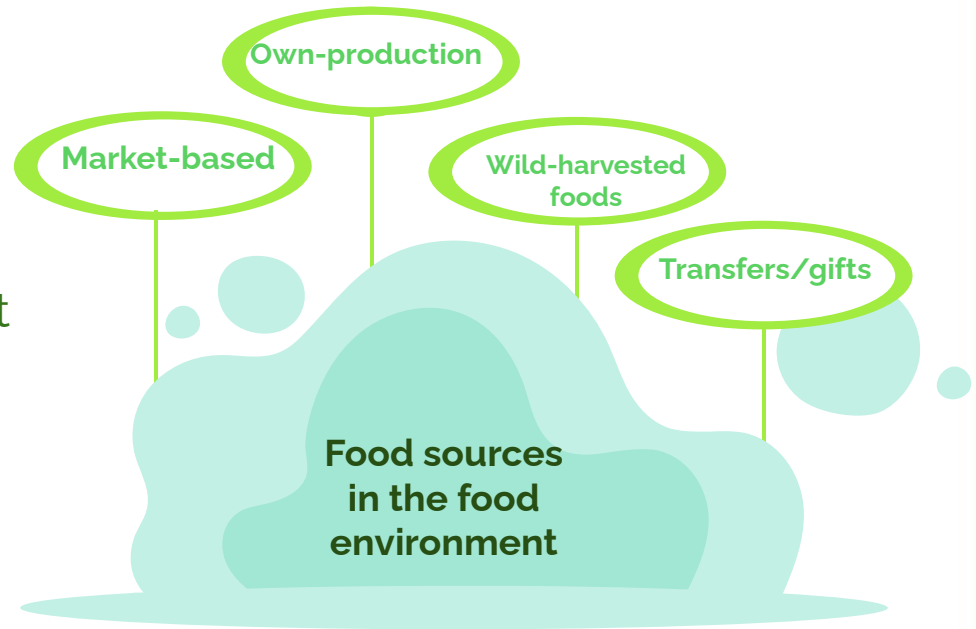
- **19.0%** of 0 to 59 month old children are **underweight**
- **26%** of 5 to 10-year-old children are **underweight**
- **11.7%** of 10 to 19 years old are **wasted**
- **9.1%** of 5 to under 10-year-old children are **overweight or obese**
- **9.8%** of 10 to 19 years old are **overweight or obese**

From 2003 to 2015, the increase in overweight or obesity prevalence among 10 to 19-year-old **almost doubled**.



FOOD ENVIRONMENT

- Food environment is a broad concept and can be defined based on two perspectives: **markets and food systems.**
- Food environment is an interface where people interact with the wider food system to acquire and consume foods (Turner et al., 2018).



FOOD SYSTEM

FOOD ENVIRONMENT

External Domain



Personal domain



AVAILABILITY

Presence of food sources or products



PRICES

Monetary value of food products



VENDOR AND PRODUCT PROPERTIES

Vendor properties (typology, opening hours, services) and product properties (food quality, composition, safety, level of processing, shelf-life, packaging)



MARKETING AND REGULATION

Promotional information, branding, advertising, sponsorship, labelling, policies



ACCESSIBILITY

Physical distance, time, space and place, individual activity spaces, daily mobility, mode of transport



AFFORDABILITY

Purchasing power



CONVENIENCE

Relative time and effort of preparing, cooking and consuming food product, time allocation



DESIRABILITY

Preferences, acceptability, tastes, desires, attitudes, culture, knowledge and skills



**PRODUCTION,
STORAGE,
TRANSFORMATION,
TRANSPORTATION**



**ACQUISITION
AND
CONSUMPTION**



**HEALTH AND
NUTRITION
OUTCOMES**

(Turner et al., 2018)

SIGNIFICANCE OF THE STUDY



- The exploratory study allowed us to produce narratives which **identify the different factors in children and adolescents' lives which combine to influence the foods and beverages they consume** as they go about their day-to-day lives.
- These narratives can be used for **advocacy** and to add as evidence to identify what **policies and legislation** would be most effective in promoting healthy food environments and prevent malnutrition and how they could be designed.

OBJECTIVES

This study was undertaken primarily to determine how the food environment influences the diets of children (6 months to 18 years of age) in the context of their lived realities, and to obtain a greater understanding of the children's dietary practices.

Specifically, it aimed to:

1. Describe the usual daily routines of what and when the children eat;
2. Determine the influences of food environments (food pricing, food insecurity, and food marketing) and general health to children's dietary practices; and
3. Identify the current influence of COVID-19 pandemic to children's dietary practices.



DATA COLLECTION METHODS

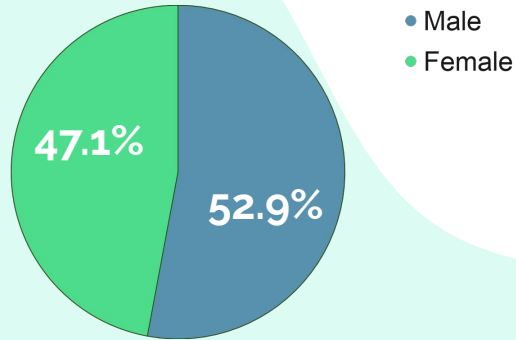


STUDY SITES AND SUMMARY OF RESPONDENTS

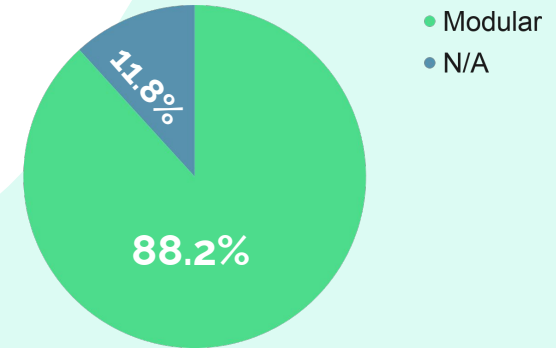
| LGU | In-depth Interview | | | | FGD | | Observation |
|-------------------------------|--------------------|------------|-------------|-------------|-------------|-------------|-------------|
| | 6m - 5 y/o | 6 - 10 y/o | 11 - 15 y/o | 16 - 18 y/o | 11 - 15 y/o | 16 - 18 y/o | 6 - 10 y/o |
| Zamboanga City | 1 | 1 | 1 | 1 | 6 | 6 | 1 |
| Gandara, Samar | 1 | 1 | 1 | 1 | 8 | 8 | 1 |
| Catbalogan City, Samar | 1 | 1 | 1 | 1 | 6 | 6 | 1 |
| Mondragon, Samar | 1 | 1 | 1 | 1 | 6 | 6 | 1 |
| Godod, Zamboanga Del Norte | 1 | 1 | 1 | 1 | 6 | 6 | 1 |
| Valenzuela City, Metro Manila | 1 | 1 | 1 | 1 | 6 to 8 | 6 to 8 | 1 |

PROFILE OF RESPONDENTS

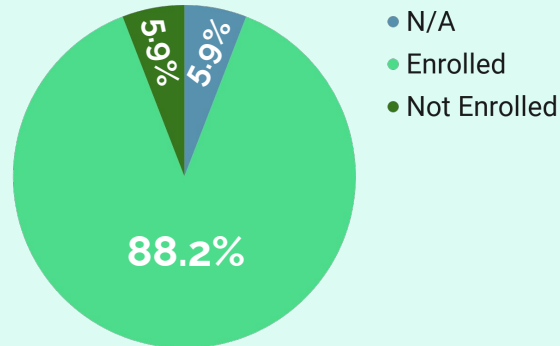
GENDER



MODE OF LEARNING

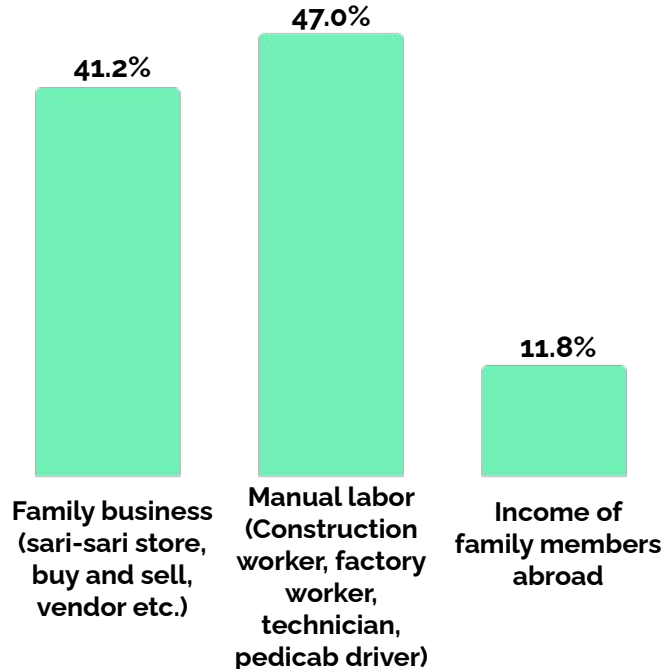


ENROLLED THIS SCHOOL YEAR

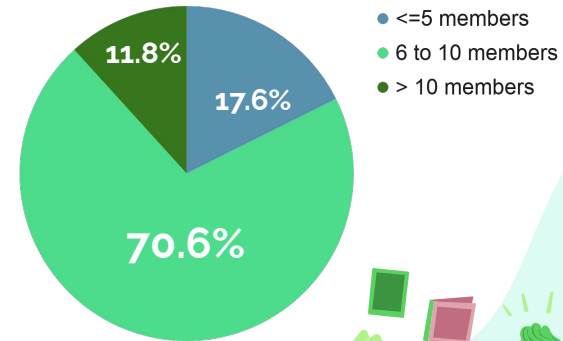


PROFILE OF RESPONDENTS

Primary source of income
of the household:



Number of HH members
currently living in the house:





DATA COLLECTION IN ZAMBOANGA CITY

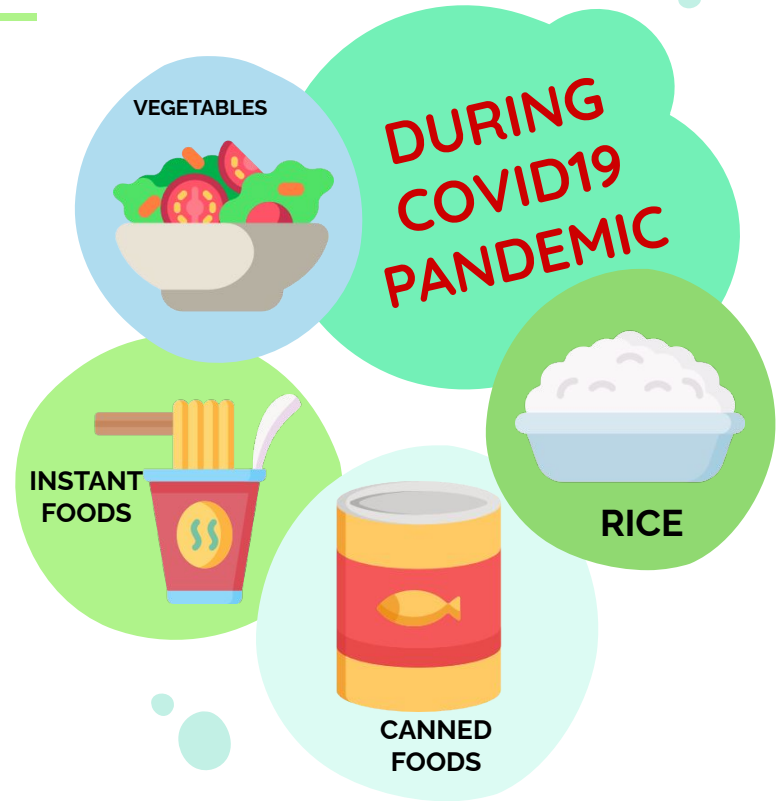
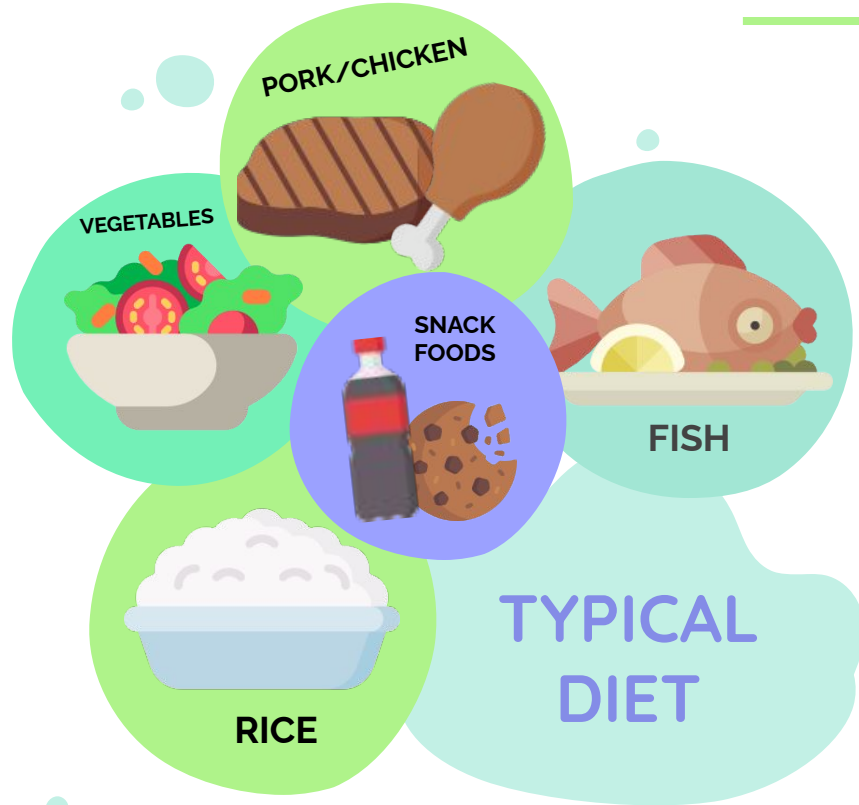




A stylized illustration of a woman with short brown hair, wearing a light blue long-sleeved shirt with orange polka dots and a dark blue skirt. She is holding a yellow chalk in her right hand, pointing at a large green chalkboard. The word "RESULTS" is written in white capital letters on the chalkboard. The background is light blue with various geometric shapes and a globe on the left.



RESULTS

WHAT CHILDREN USUALLY EAT



EFFECT OF COVID19 PANDEMIC ON DIET

**Decrease intake of
fresh foods**



**Increase intake of
processed food
such as canned
goods and instant
noodles
(donated and
cheaper to buy)**

**Limited purchasing
power**

- = More vegetables and fish, less pork and chicken;
- = Less sugary drinks and foods such as soft drinks and instant drinks and cookies/biscuits;
- = purchase small/retail packs instead of bulk sizes

INFLUENCES OF FOOD ENVIRONMENT

ACCESS TO FOOD

EXPERIENCE WITH FOOD

FOOD CHOICES





ACCESS TO FOOD



- Places where food can be purchased/acquired
- Places where food is eaten/consumed
- Who cooks the food
- Easy to cook food



EXPERIENCE WITH FOOD

- Familiarity with food
- Who to eat with
- Left overs
- Snack in between meals



FOOD CHOICES

- Decision on what to eat
- Taste of food
- Perceptions



THANK YOU!

Do you have any questions?

Mary Christine Castro, MD

Executive Director

Nutrition Center of the Philippines

mccastro@ncp.org.ph



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