

Supporting Nutrition and Addressing Stunting in the time of the COVID-19 Pandemic



**Batang Pinoy, SANA TALL...
Iwas Stunting, SAMA ALL!
*Iwas ALL din sa COVID-19!***

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National Nutrition Council**

30 July 2020 | Nutrition Month Webinar, Department of Education



Ngayong may COVID19, alin ka dyan?

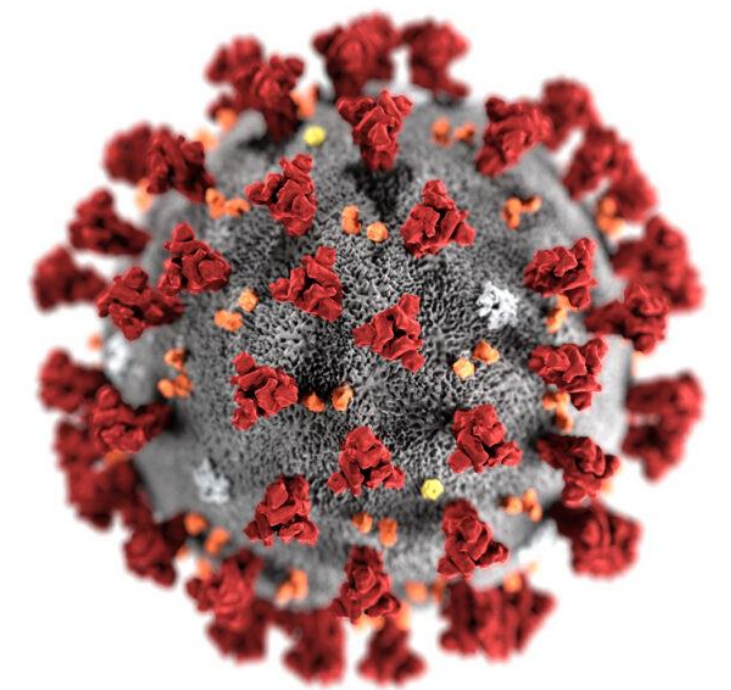
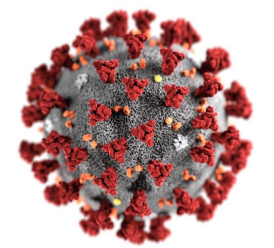
- ☐ Nagkulang sa pagkain
- ☐ Sobrang kain
- ☐ Nagproblema sa gatas ng anak
- ☐ Bumili ng maraming Vitamin C tablets
- ☐ Stressed

Epekto ng COVID19

- ☐ Kaunti o nawalan ng kita
- ☐ Hindi tiyak o hirap bumili ng pagkain
- ☐ Takot pumunta sa health center
- ☐ Bumagal ang ekonomiya
- ☐ Lumakas ang gamit sa internet

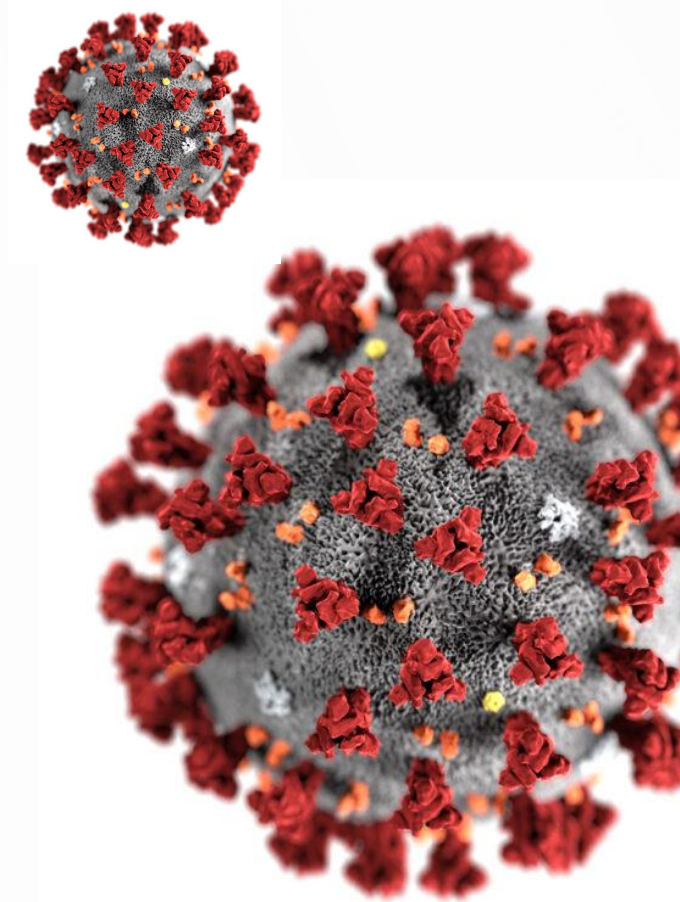
Nutrition and COVID-19

1. Malnutrition weakens the immune system
2. Pre-existing diet-related diseases and obesity increases severity of COVID-19
3. Adequate Vitamin D may lessen effect of COVID-19



Nutrition and COVID-19

4. Consumption of junk food increases stunting, obesity and non-communicable diseases
5. Increase in acute malnutrition among poor children and higher stunting rates
6. Estimated 10-45% increase in deaths of under five children and 8-39% maternal deaths every month with disruptions in health services



Laganap ang malnutrisyon



WASTING

5.6% of children under-5
(800,000)



STUNTING

30.3% of children under-5
(3.4 Million)

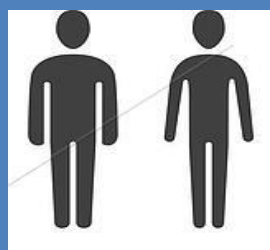


OBESITY

4.0% of children under-5
37.2% among adults



MICRONUTRIENT
DEFICIENCIES
(Hidden hunger)



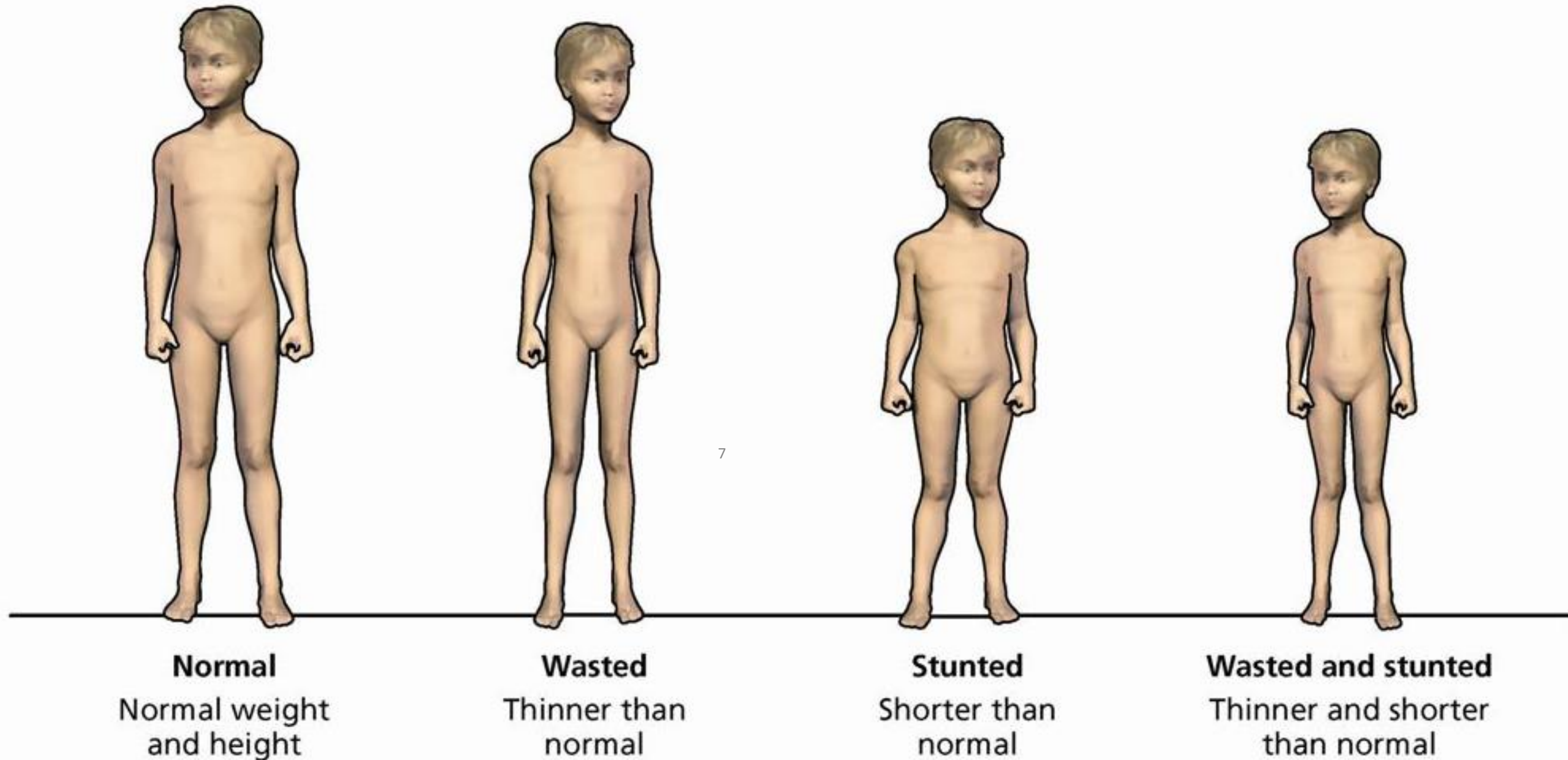
Chronic Energy
Deficiency

8% of adults



HUNGER 20.9%
FOOD INSECURITY 53.9%

Forms of Undernutrition



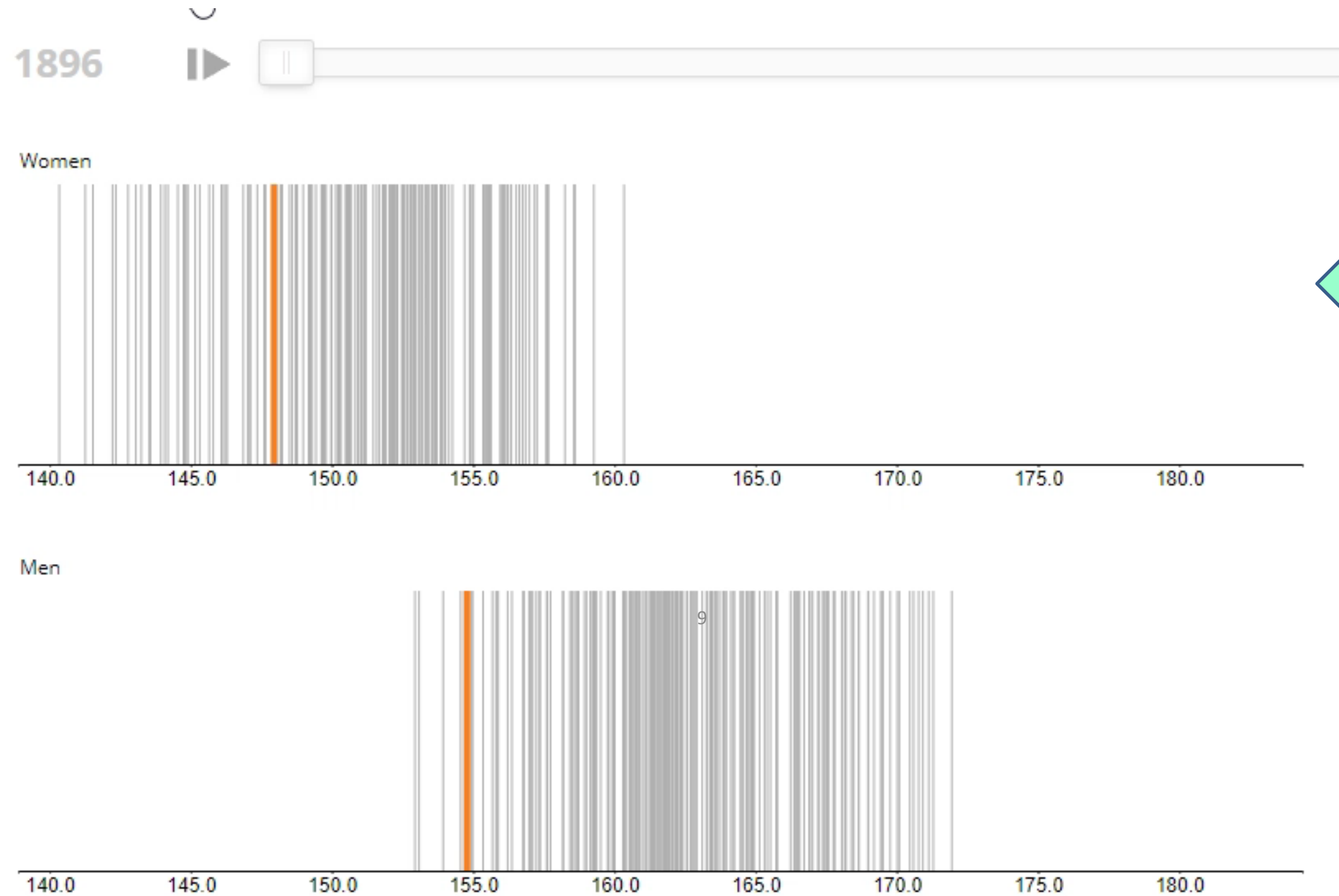
London School of Hygiene & Tropical Medicine.

TRUE or FALSE?

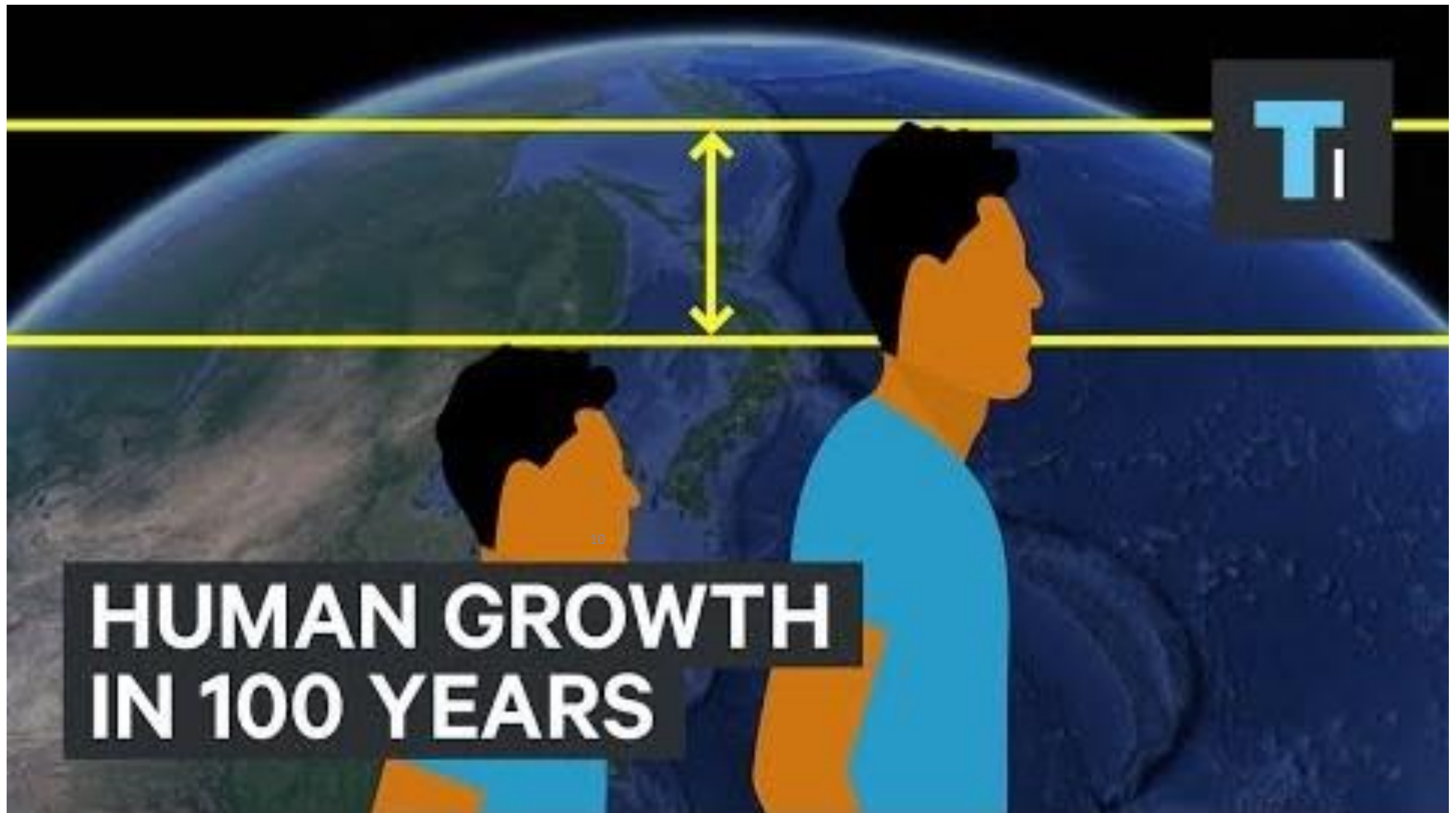
Batang Pinoy are short because we are naturally short?



Comparison Philippines Mean Height with other countries, 1896-1996 (NCD Risk Factor Collaboration)

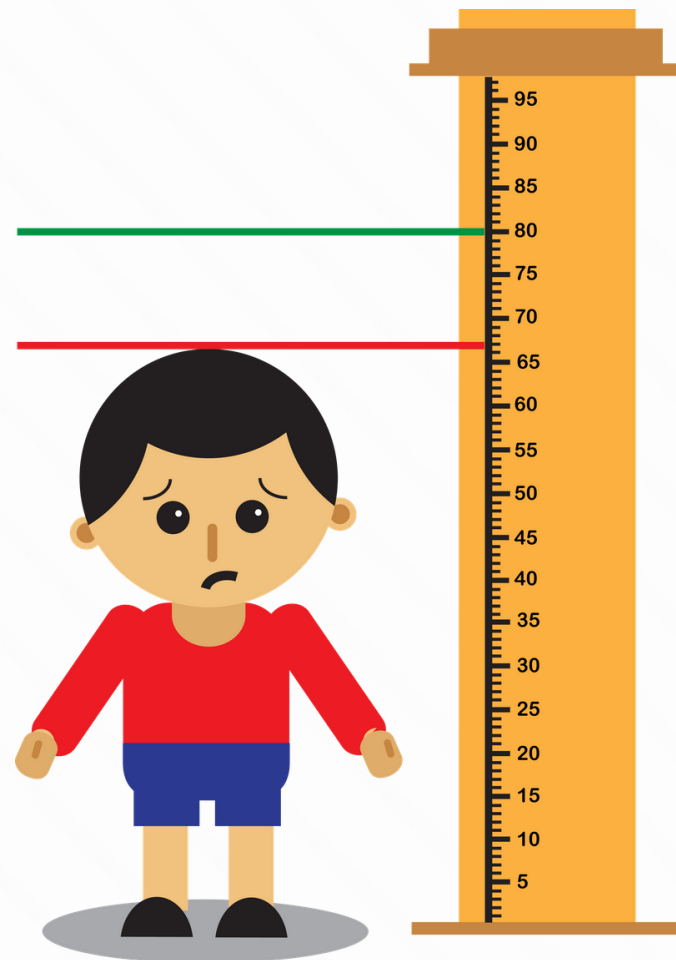


Follow the red line



Source: <https://www.youtube.com/watch?v=3erdjnrYQsk>

What is stunting?



the percentage of children aged 0 to 59 months (under 5 years old) whose height for age is below -2 standard deviation (moderate and severe stunting) and -3 standard deviations (severe stunting) from the median of the World Health Organization (WHO) Child Growth Standards

Stunting in Centimeters



110 cm



109.4 cm (3'7")

Median height

Moderate stunting

**96.1 to
100.7 cm**

**99.9 cm to
95.2 cm**

Severe stunting

<96.1 cm

<95.2 cm



The Lifetime Costs of Stunting

CHILD MORTALITY

STUNTED CHILDREN ARE



THAN
CHILDREN
WHO ARE
NOT

IQ SCORES

STUNTING CAN
REDUCE IQ BY

AS
MUCH
AS



INCOME

ADULTS WHO ARE
STUNTED EARN



LESS

ECONOMY

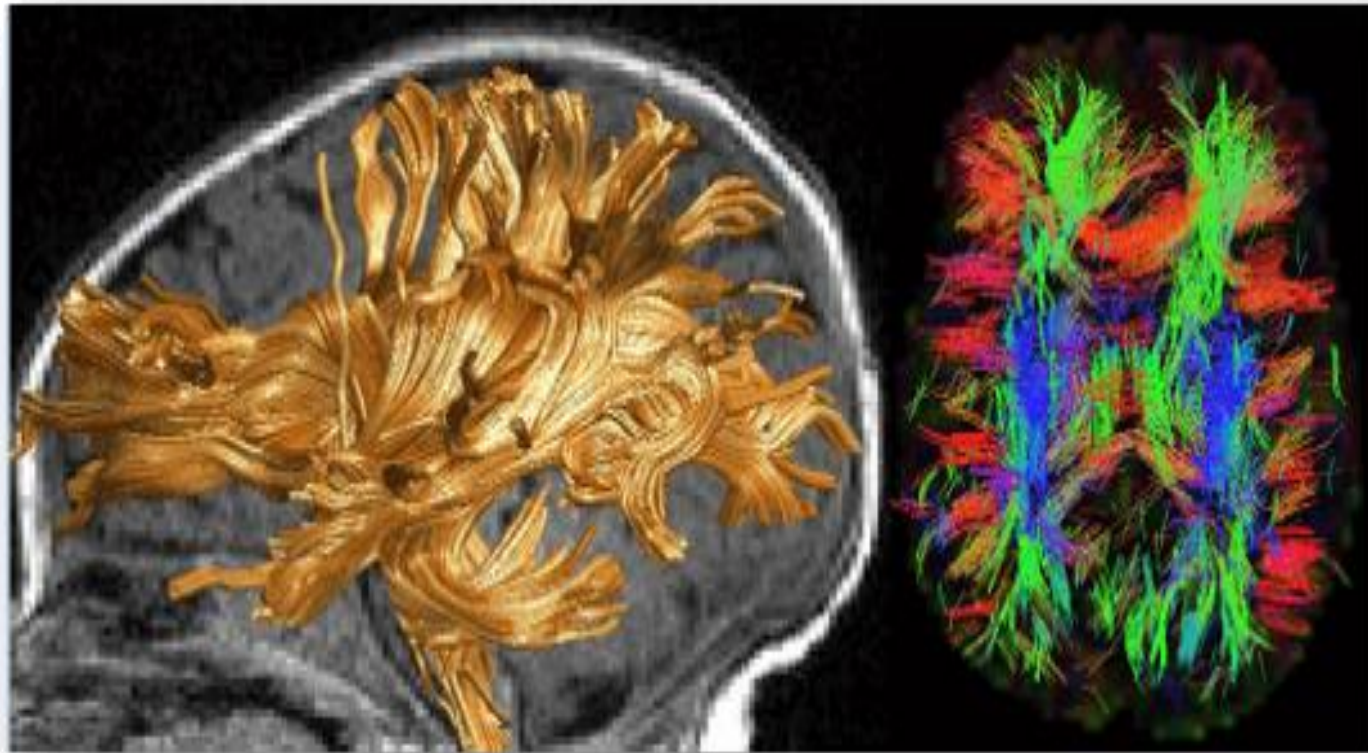
IN
COUNTRIES



STUNTING
CONTRIBUTES
TO **LOSSES**
IN GDP AS
HIGH AS

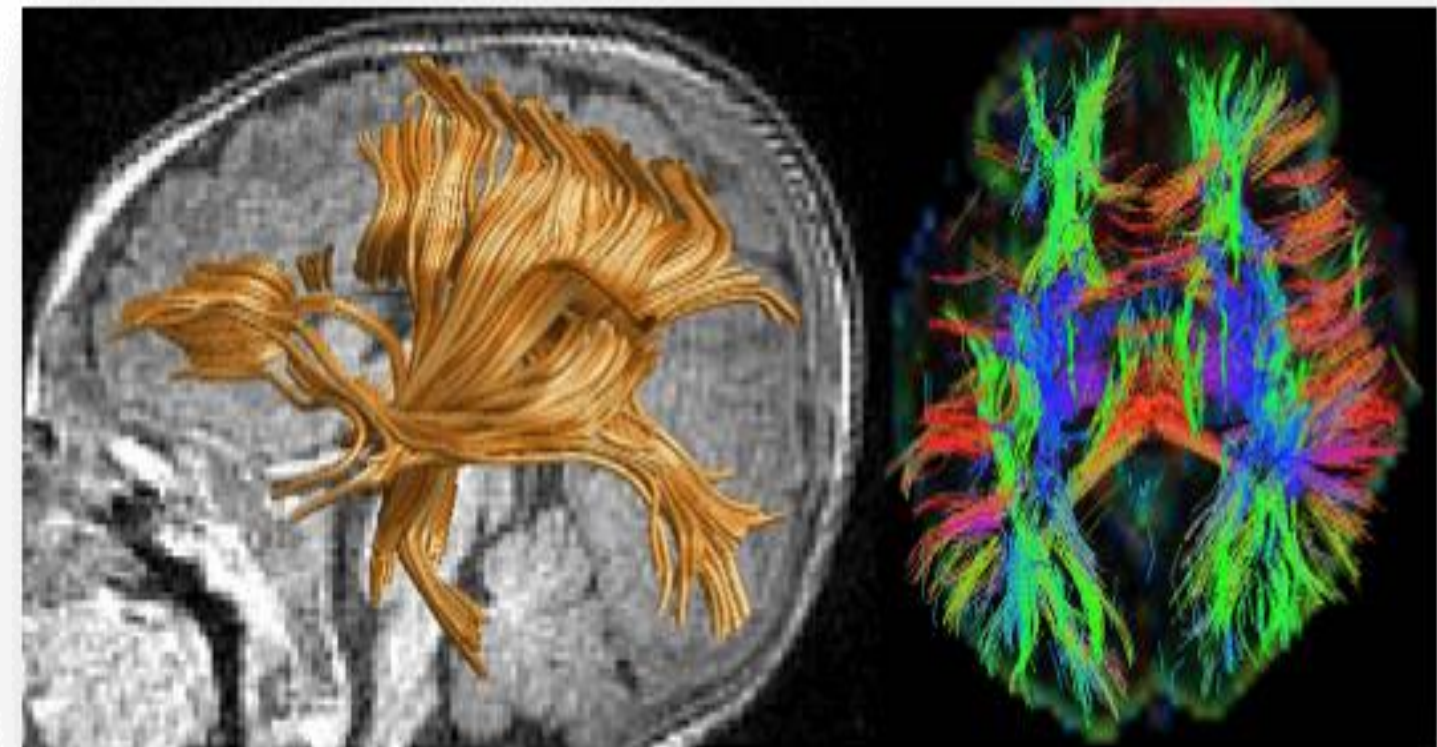
1.5 - 3%

Agrabyado ang utak ng stunted



14

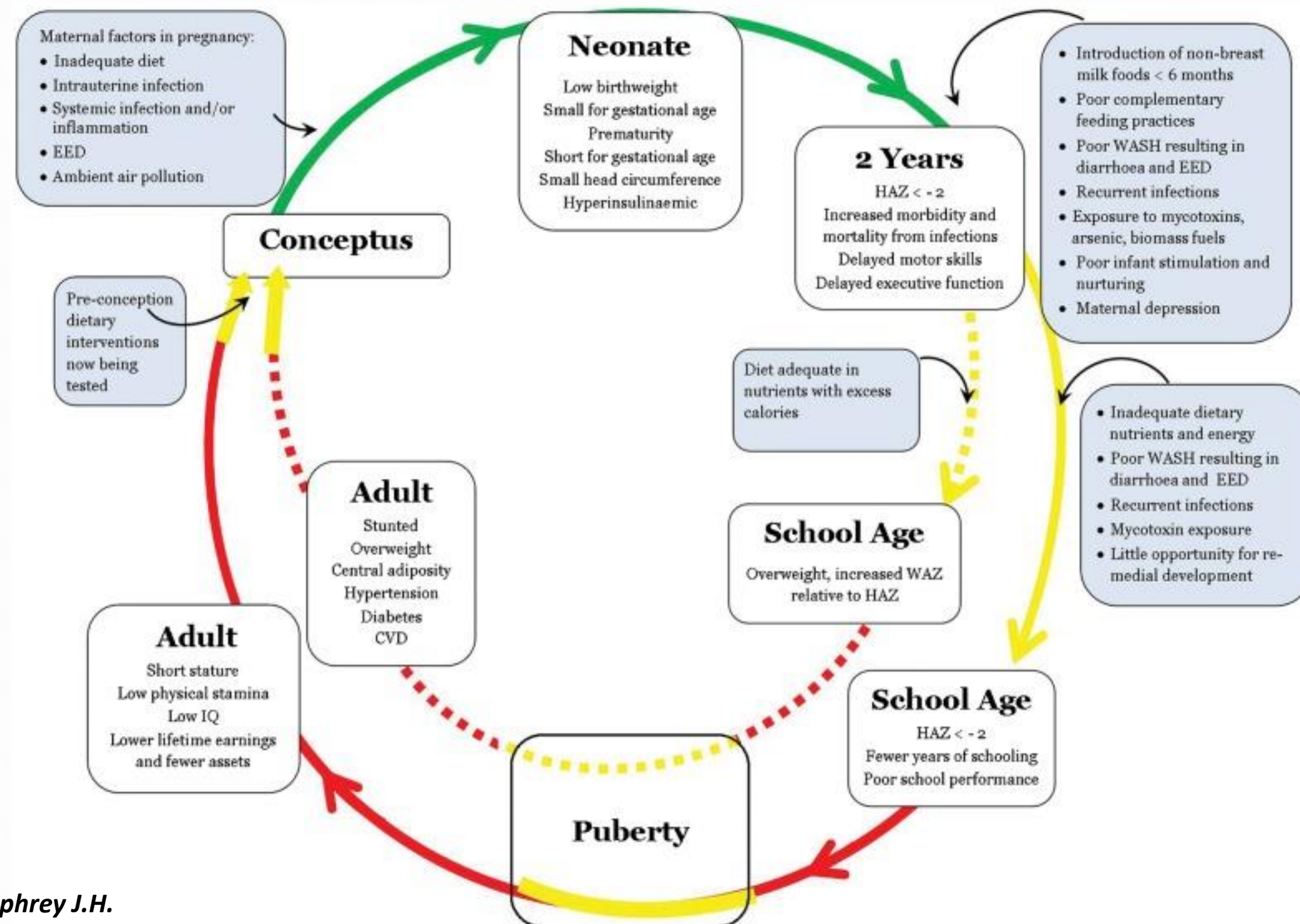
Never Stunted Growth



Stunted Growth

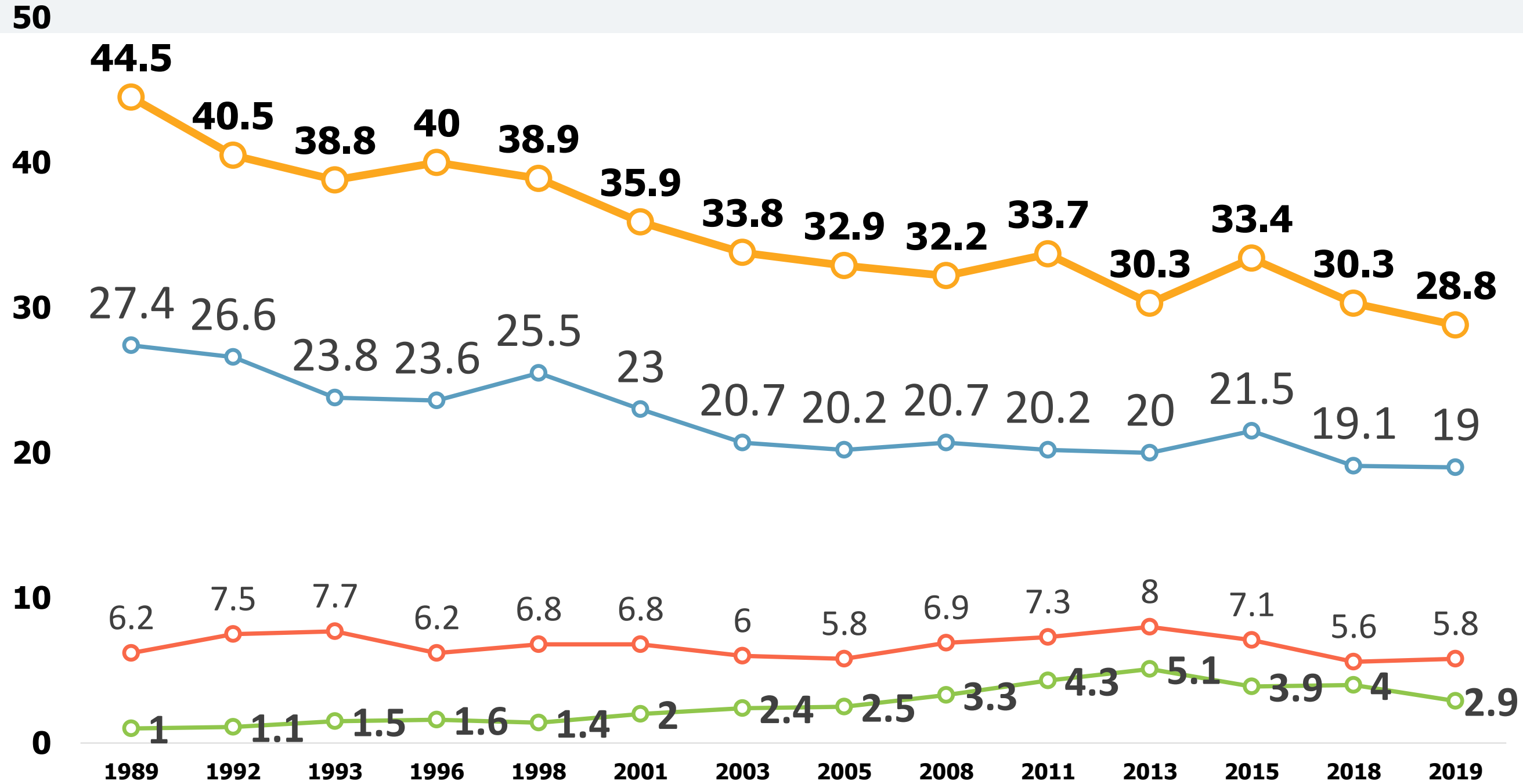
Source: <https://www.powerofnutrition.org/the-impact-of-stunting>

Stunting is cyclical



Source: Prendergast, A.J. and Humphrey J.H.

Trends in Nutritional Status of Children 0-5 Years Old



STUNTING **UNDERWEIGHT** **WASTING** **OVERWEIGHT FOR HEIGHT**



Why are so many children stunted in the Philippines?

Before birth

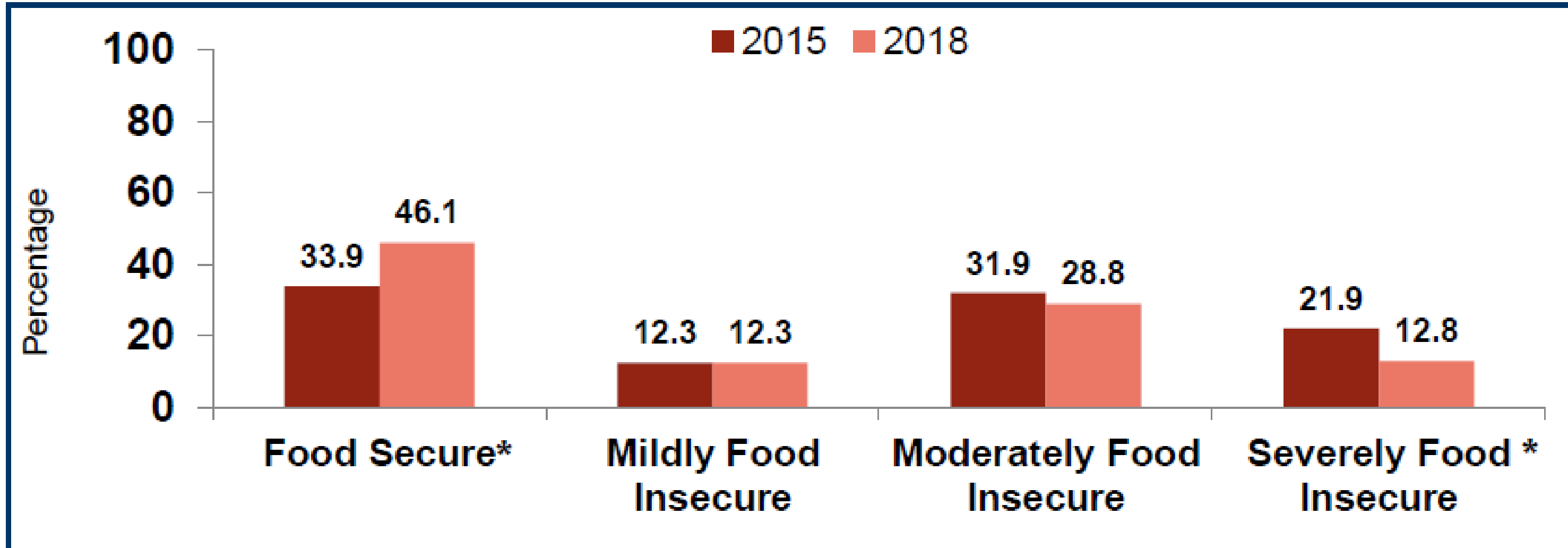
- Poor maternal health and nutrition
- Teen pregnancy

After birth

- Poor dietary diversity of children
- High food insecurity
- Access to clean drinking water
- With single mothers

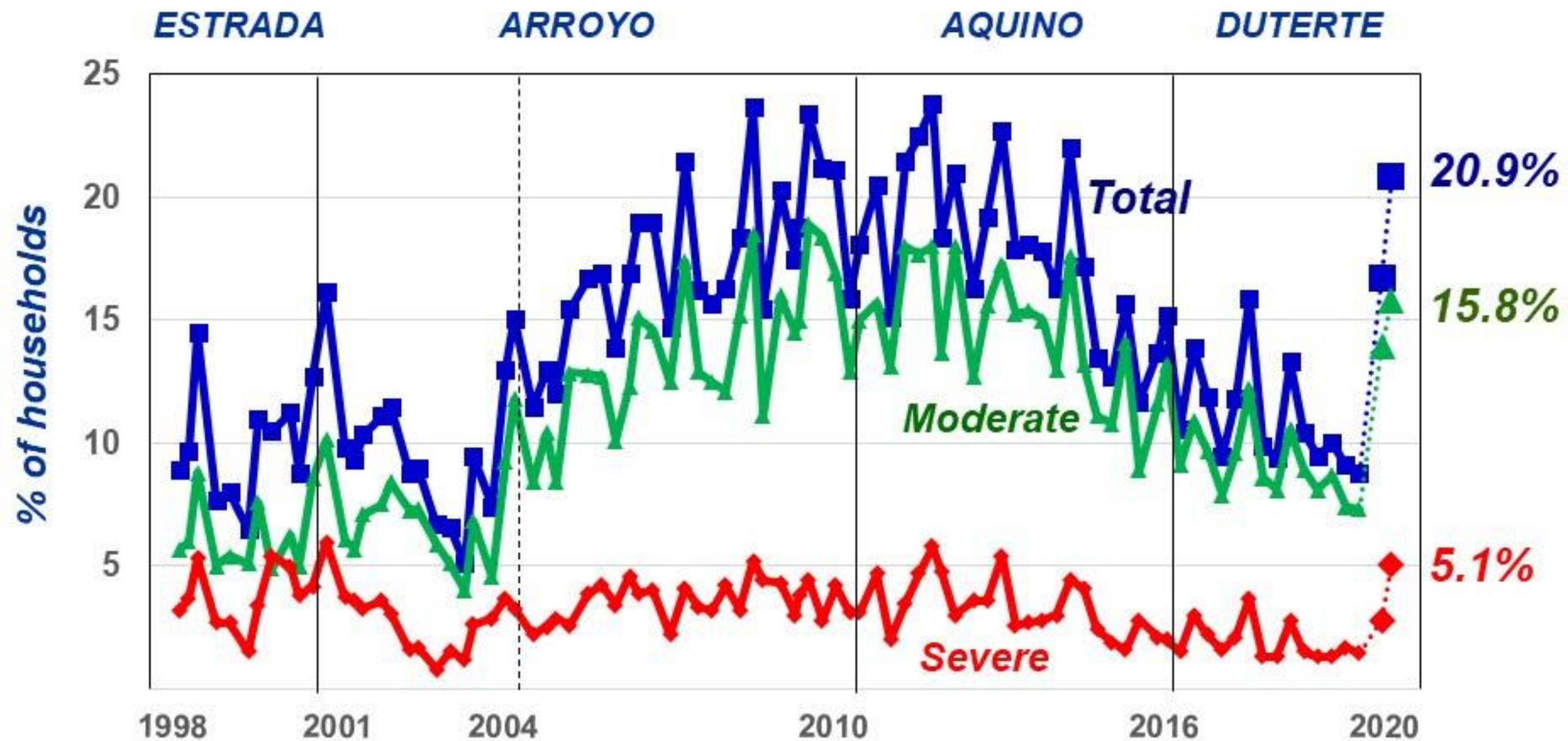
Percentage of households by food security status: Philippines, 2015 vs. 2018

Percentage of food insecure households : 66.1% vs. 53.9%



* Significantly different at 5% level of significance

TOTAL, MODERATE, AND SEVERE HUNGER, PHILIPPINES: JUL 1998 – JUL 2020*



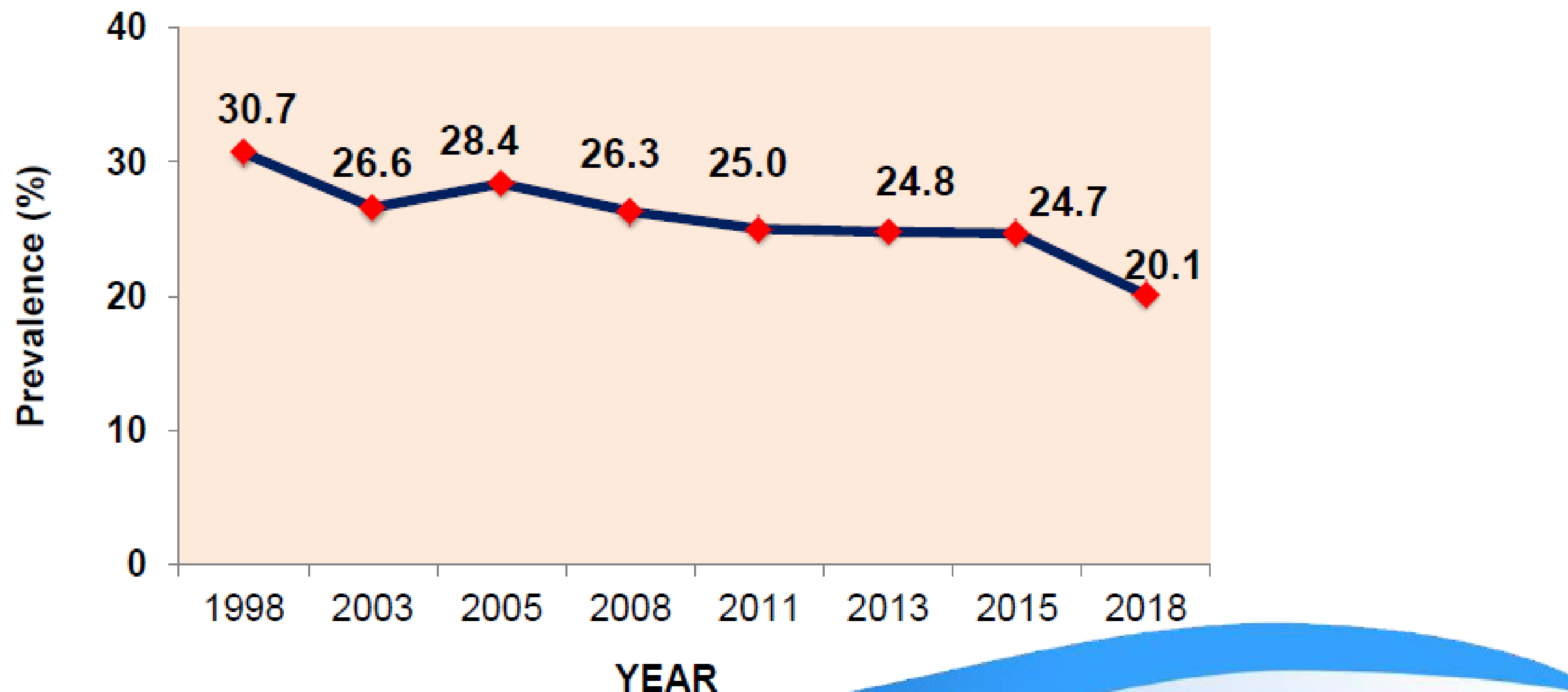
* May 2020 and July 2020: Mobile phone interviews of 15+ year-old (May 2020) and 18+ year-old (July 2020) respondents.
July 1998-December 2019: Face-to-face interviews of 18+ year-old respondents.

Q: In the last 3 months, did it happen even once that your family experienced hunger and not have anything to eat?

Moderate: Only once + A few times; Severe: Often + Always

Note: Don't Know and Refused responses are not shown.

Trends in the prevalence of nutritionally at-risk pregnant women: Philippines, 1998-2018

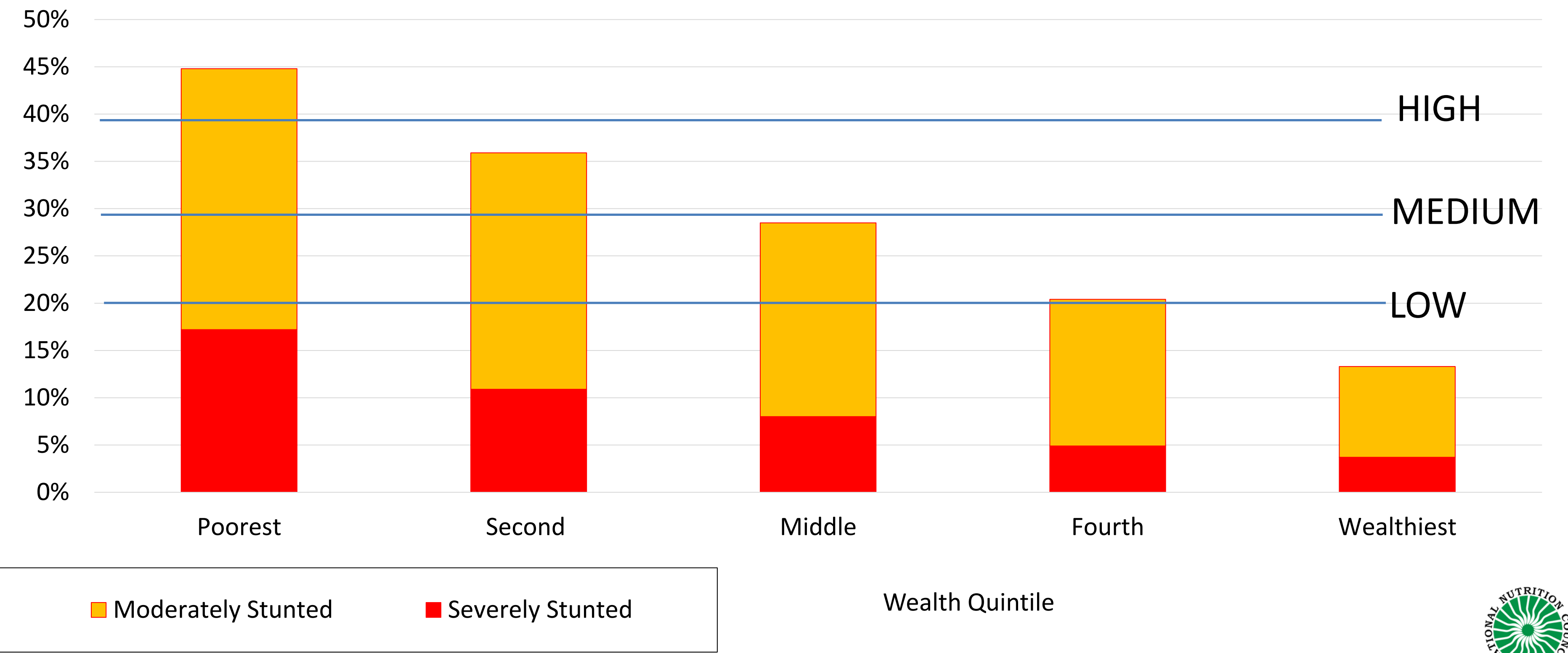


Low birthweight babies mataas ang tyansang maging stunted

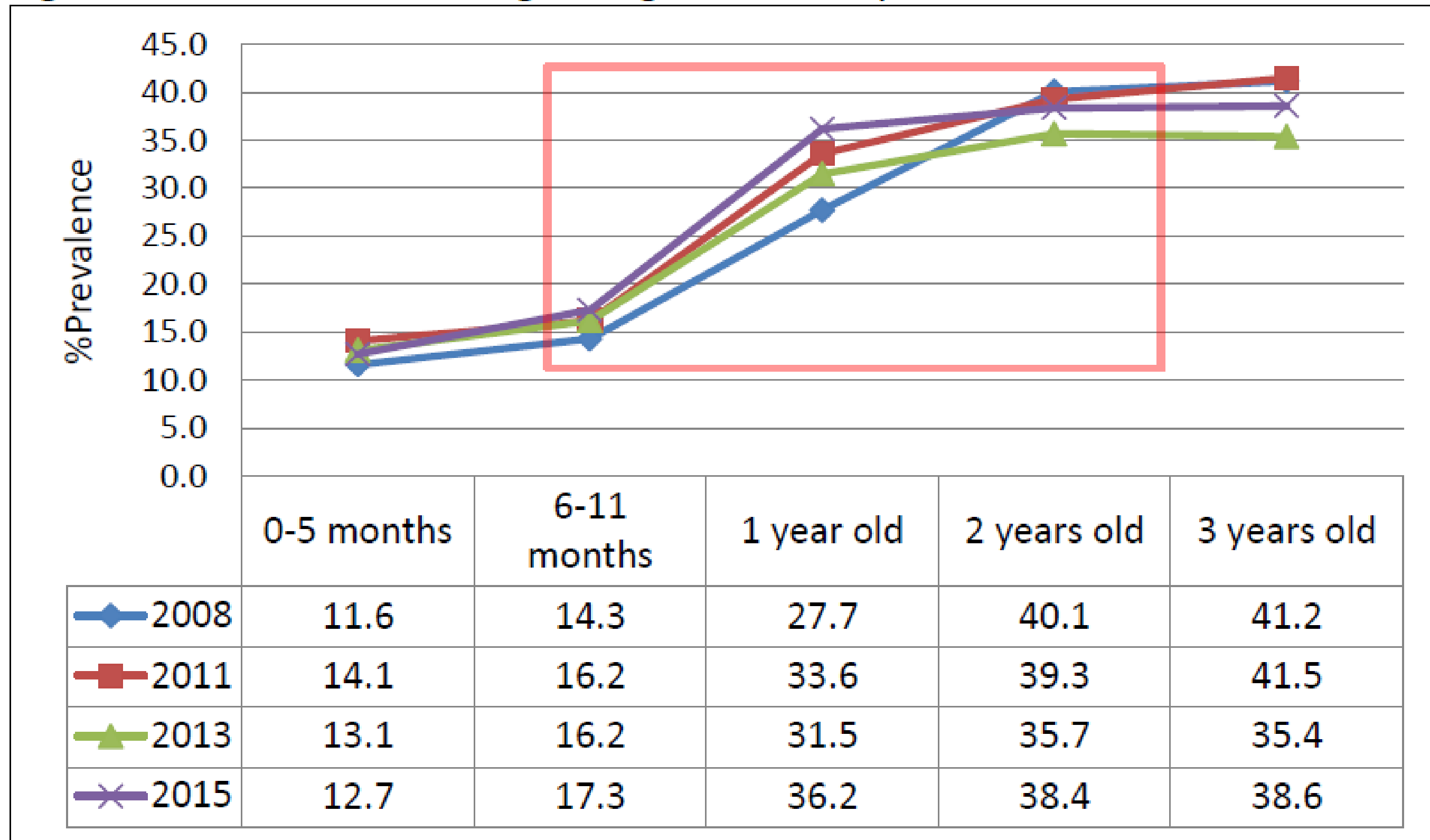
Year	Percent low birthweight
1998	9.6
2003	13.0
2008	19.6
2013	21.4
2017	15.0
Source: National Demographic and Health Survey	



Close to Half of Poor Children are Stunted

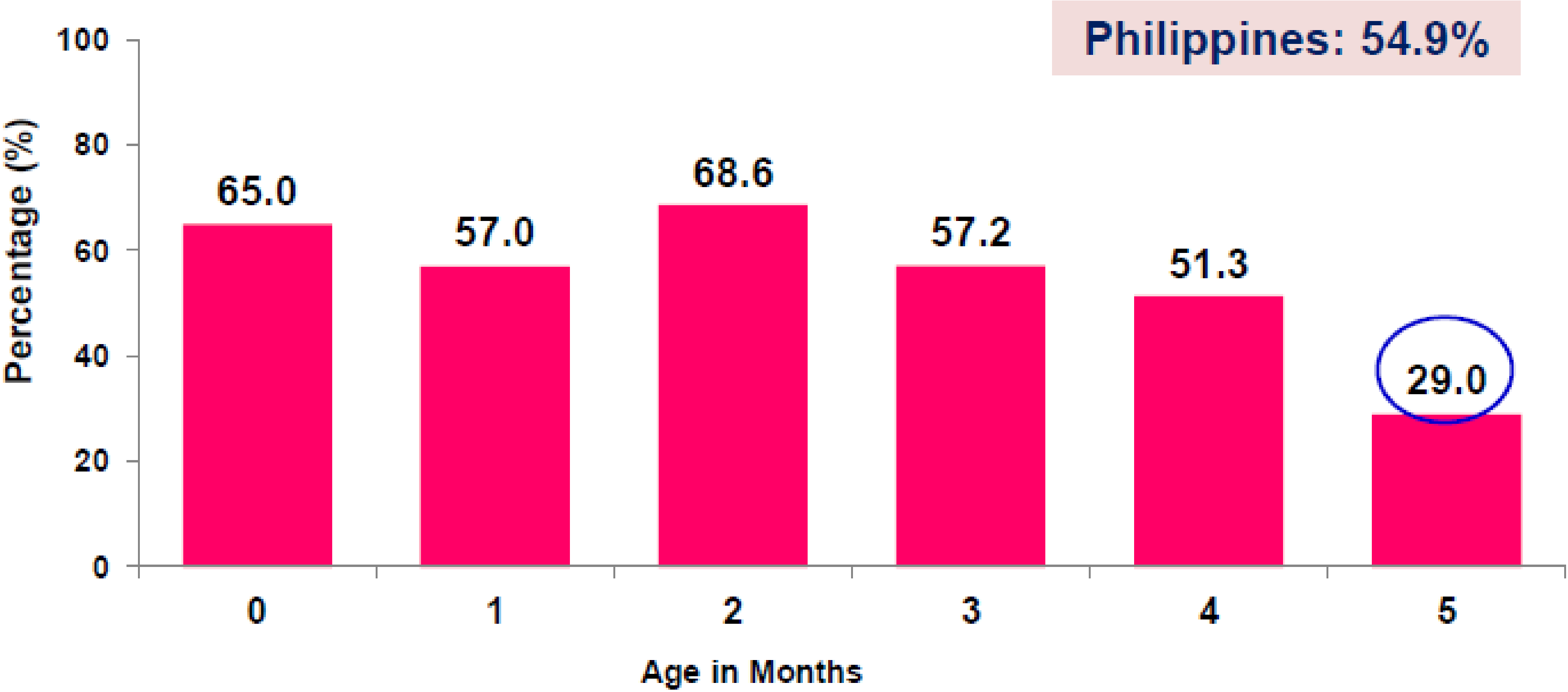


Trends in the prevalence of stunting from birth up to 3 years of age



Source: FNRI-DOST. 2008, 2011, 2013 and 2015 National Nutrition Surveys.

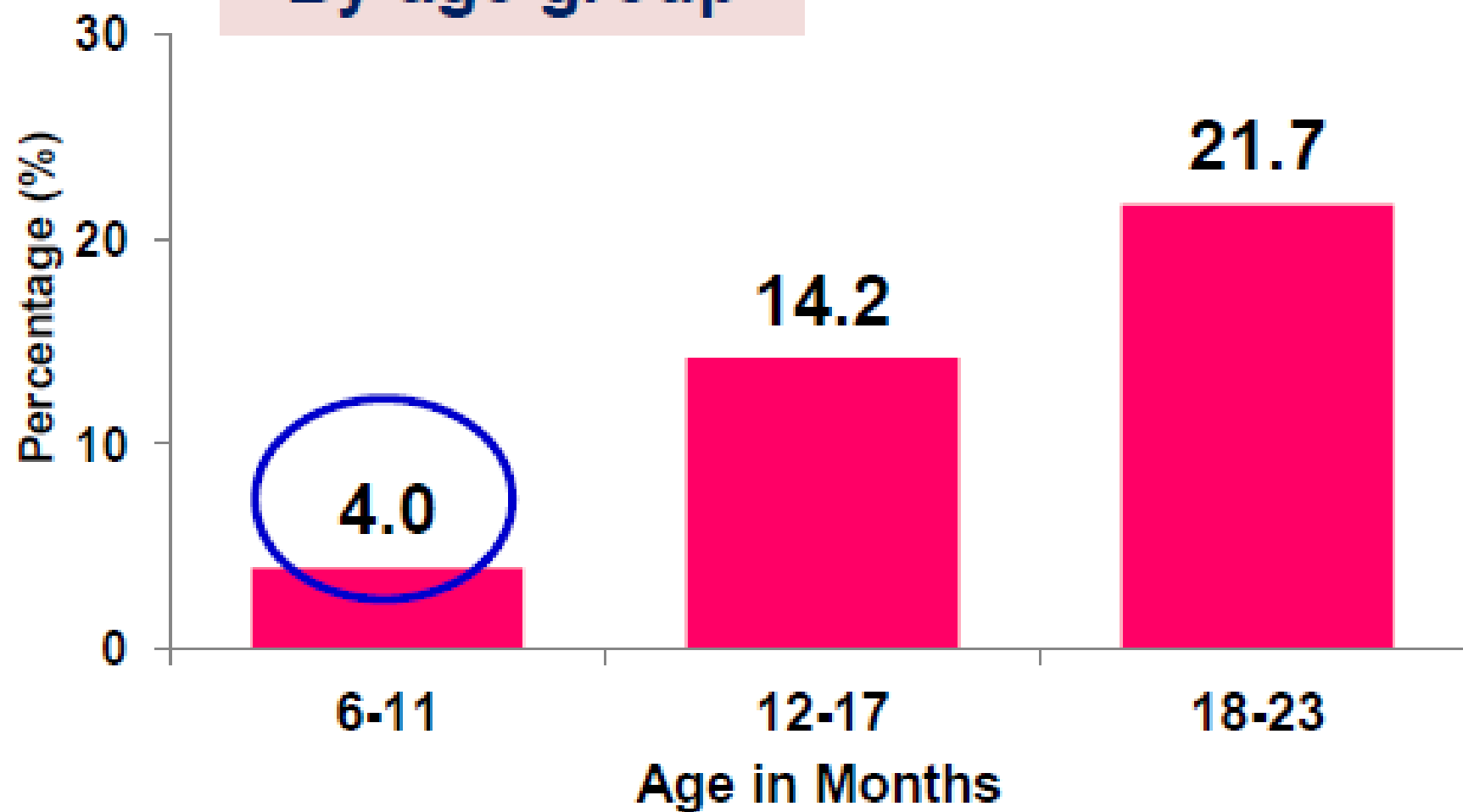
Percentage distribution of exclusively breastfed children 0-5.9 months by single age in months: Philippines, 2018



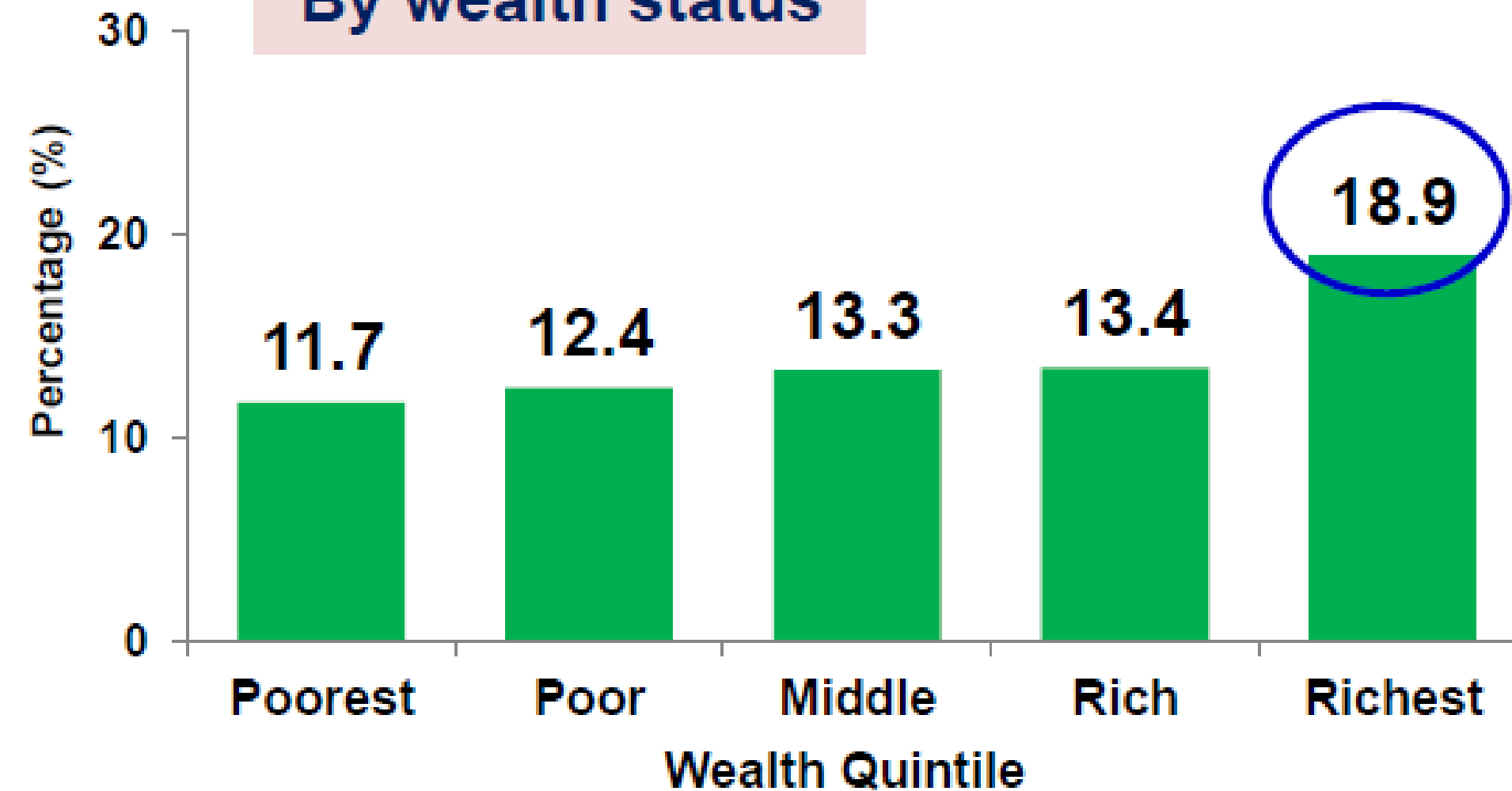
Proportion of children 6-23 months meeting the **minimum acceptable diet**: Philippines, 2018

Philippines: 13.4

By age group



By wealth status



FIRST 1000 DAYS



PREGNANCY 270 DAYS
Pre- pregnancy to birth



YOUNGER STAGE OF INFANCY 180 DAYS
Birth to 5 months



OLDER STAGE OF INFANCY AND TODDLERHOOD 550 DAYS
6 -23 months

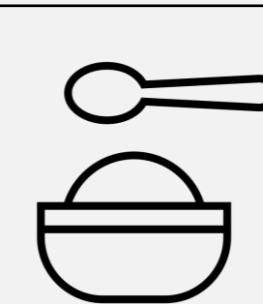
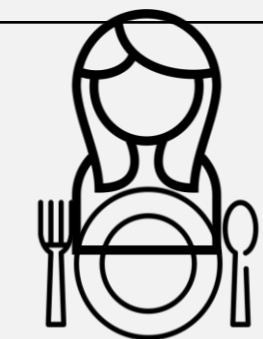
The First 1000 Days SHAPE us!

Optimal growth
Higher IQ
Better schooling
Better health
Lower disease risk
Increased earnings
Reduced child deaths



Stunting
Lower IQ

Weak immunity
Cancer, Diabetes
Reduced productivity
GDP reduced by 12%
Transmitted to next
generation



CRITICAL INTERVENTIONS IN THE FIRST 1000 DAYS OF LIFE

PREGNANCY

1. At least 4 pre-natal visits in 3 trimesters (1-1-2)
2. 180 tablets of Iron-folic acid supplementation
3. Balanced protein-energy dietary supplementation

YOUNGER STAGE OF INFANCY

(Birth to 5 months)

4. Exclusive breastfeeding for the first 6 months

OLDER STAGE OF INFANCY & TODDLERHOOD

(6 months to 2 years)

5. Age-appropriate complementary feeding with continued breastfeeding
6. Micronutrient supplementation (Vit. A, MNP)

*“Evidence suggests that specific multisectoral, nutrition-specific evidence-based interventions could reduce child stunting by **20%**, if scaled to **90%** coverage” –*

World Health Organization (WHO) and Lancet Journal



LEGISLATION

- **Executive Order 51** - Philippine Milk Code
- **Republic Act 11148** - *Kalusugan at Nutrisyon ng Mag-Nanay Act*
- **Republic Act 10028** - Expanded Breastfeeding Promotion Act
- **Republic Act 11210** - Expanded Maternity Leave Act
- **Republic Act 11037** - *Masustansyang Pagkain para sa Batang Pilipino Act*
- **Republic Act 11223** - Universal Health Care Act
- **Republic Act 11310** – institutionalizing the 4Ps

Ambisyon 2040, Philippine Development Plan *and* Sustainable Development Goals

Reduced wasting
among children
under-five years
old

Reduced stunting
among children
under-five years
old

Reduced
micronutrient
deficiencies

Improved
situation in
overweight and
obesity

- Reduced nutritionally-at-risk pregnant women
- Reduced low birthweight

- Increased exclusive breastfeeding
- Improved complementary feeding

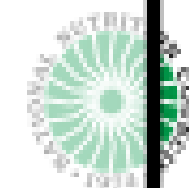
- Improved food intake



Nutrition-specific programs

Nutrition-sensitive programs

Enabling programs



Philippine Plan of Action for Nutrition 2017-2022

What are nutrition-specific interventions?

Programs that **address the immediate causes of malnutrition**. Specifically, they are inadequate food intake and intake of food of poor nutrient quality; poor maternal and child caring practices; and disease.



Infant and Young Child Feeding



Integrated Management of Acute Malnutrition



National Dietary Supplementation Program



Nutrition in Emergencies



National Nutrition Promotion Program for Behavior Change



Mandatory Food Fortification

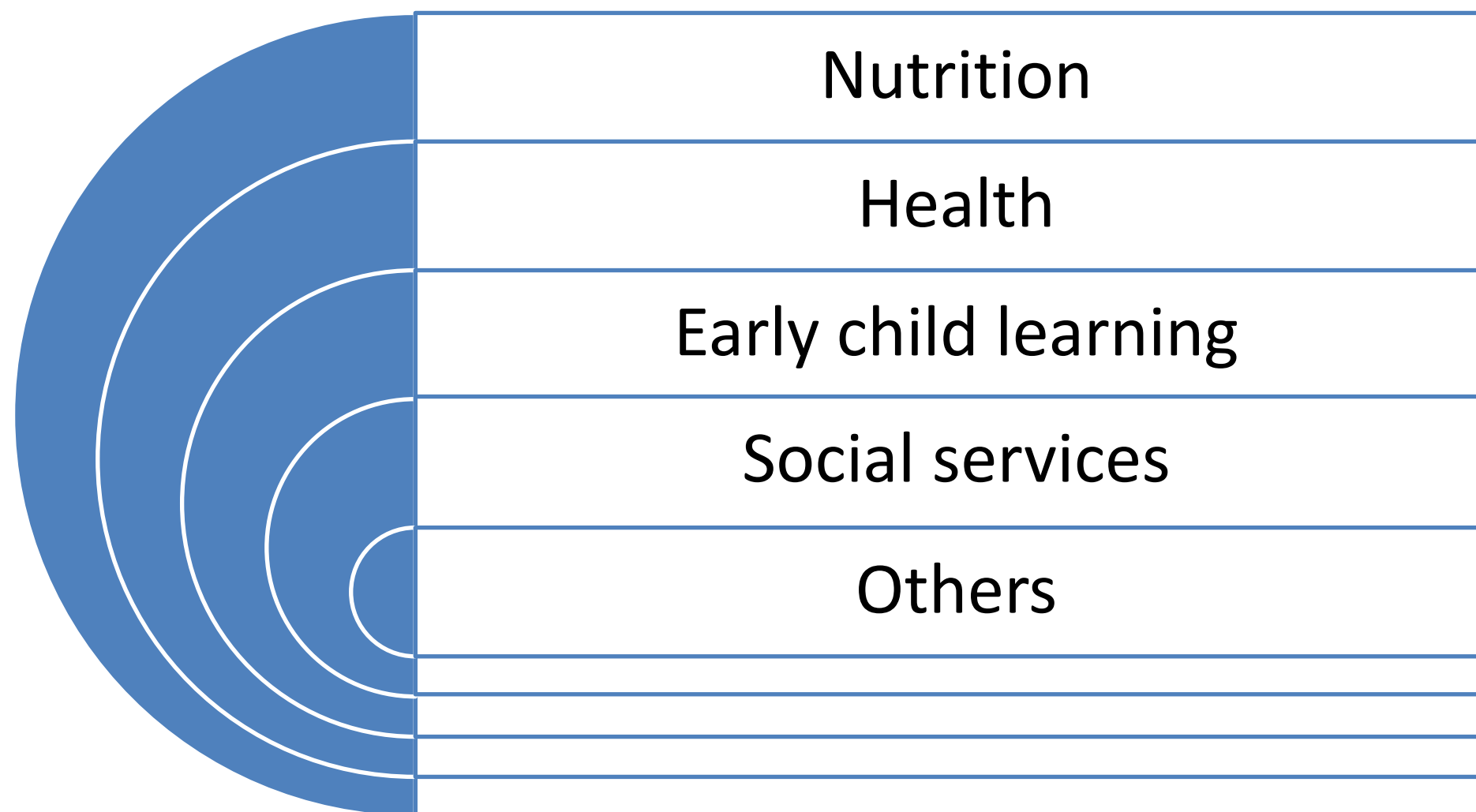


Micronutrient



Overweight and Obesity Management Program

First 1000 Days in the context of Early Childhood Care and Development



Reduce maternal and child undernutrition

- Promote optimum infant and young child feeding
- Nutrition services in ante-natal care
- Community-based management of acute malnutrition
- Vitamin A, iron, and iodine supplementation
- Food fortification with vitamin A, iron, and iodine
- Diet diversification
- Healthy lifestyle

Normal

Emergency

- Health services (prenatal, perinatal, immunization, management of childhood illnesses, reproductive health)
- Water, sanitation and hygiene (WASH)
- Increase food supply and improve physical and economic access to nutritious and safe food
- Early child learning and psychosocial stimulation
- Social protection



Pagbubuntis

Masustansiyang pagkain
para sa wastong nutrisyon
ni nanay at ni baby.

Unang anim na buwan ni baby

Gatas ng ina lamang para kay baby sa unang 6 na buwan - walang ibang pagkain, tubig, o ibang uri ng inumin. Ang gatas ng ina ay nagtataglay ng sapat na nutrisyon na kailangan ni baby at antibodies para makaiwas sa sakit.



6-23 na buwan ni baby

Simulan ang pagbibigay ng karagdagang pagkain kay baby sa ika-anim na buwan habang patuloy pa rin ang pagpapasuso hanggang 2 taon o higit pa upang masiguro ang wastong paglaki, pagdebelop ng utak at makaiwas sa pagiging bansot.



Food groups para kay Baby

Simula anim na buwan, bigyan ng karagdagang pagkain si baby habang patuloy ang breastfeeding. Para matiyak na sapat ang sustansya ng kanyang pagkain, bigyan siya ng lima o higit pang pagkain mula sa iba't ibang grupo ng pagkain araw-araw.



Staples

(kanin, tinapay, lamang-ugat)



Dairy products



Karne, isda, manok, atay



Itlog



**Butong gulay
at mani**



**Gulay at prutas na
mayaman sa Vitamin A**

(mangga, papaya, kalabasa, karot)



Iba pang prutas at gulay



**COMMUNICATE
EARLY AND OFTEN
WITH YOUR BABY,
STARTING EVEN BEFORE
BIRTH. IT WILL HELP YOU
BUILD A WARM AND LOVING
RELATIONSHIP.**



HOLDING AND PLAYING...



FREQUENT EYE CONTACT...



TALKING AND SINGING...

**... HELPS A BABY LEARN,
BE HAPPY AND THRIVE.**



**MAKE TIME TO PLAY WITH YOUR CHILD AND
ENGAGE THEM IN YOUR DAILY CHORES.
THIS WILL HELP YOUR CHILD LEARN, BE HAPPY, AND THRIVE.**

RESPONSIVE CARE

Regular ang growth monitoring

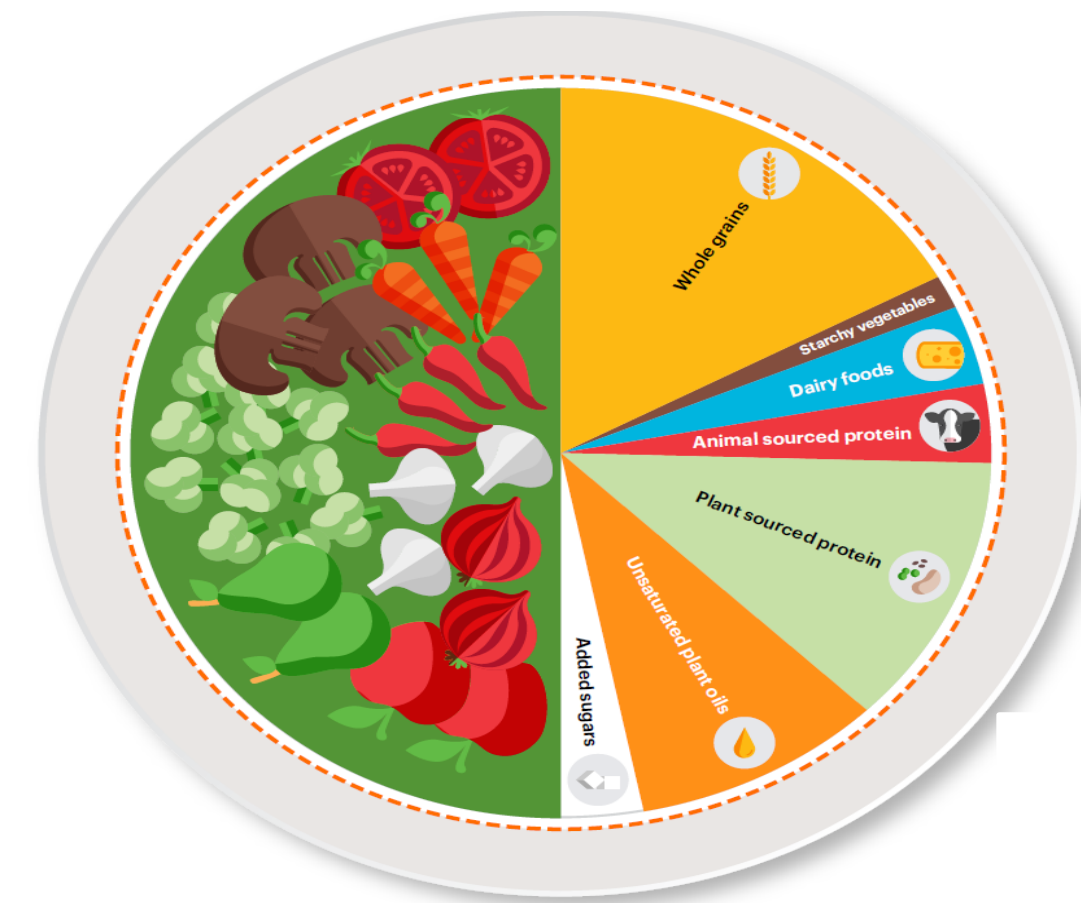
Bring your 0-23 months old child to the health center every month to monitor weight and height; for older children, bring them every three months.

A child needs to reach a height of 80 centimeters when he or she is two years old and about 109-110 centimeters at 5 years of age.



Ensure sustainable healthy diets

- Emergency food distribution
- Dietary supplementation/ feeding programs
- Food subsidies
- Upgrade fresh food markets
- Home and community food gardens
- Nutrition education (phone, online, community workers)
- Support breastfeeding; enforce the Milk Code



Predominantly plant-based;
low amounts of animal-based
foods, refined grains, highly
processed food and added
sugars

1. Mag-imbak ng sapat na masustansyang pagkain.



3. Piliin ang mga pagkaing mataas sa enerhiya at protina.



2. Uminom ng 8-10 baso ng tubig kada araw.



4. Iwasan ang mga maaalat, matatamis, at matatabang pagkain.

5. Kumain ng limang (5) servings ng gulay at prutas para sa sapat na bitamina at mineral kada araw. Kung wala, gumamit ng de latang gulay at prutas.

Magtanim din ng gulay at prutas sa tabi ng bahay.



PLANT PLANT PLANT



Take home na mensahe

- Siguruhin ang First 1000 Days ng buhay para sa tamang paglaki ng bata Visit FB: First 1000 Days PH
- Regular na growth monitoring ng bata para maiwasan ang stunting at malnutrisyon
- Siguruhin ang responsableng pag-aalaga ng bata
- Sama all para iwas stunting

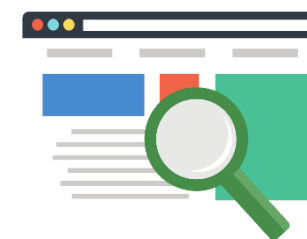


Batang Pinoy, SANA TALL...
Iwas Stunting, SAMA ALL!
Iwas ALL din sa COVID-19!



46th Nutrition Month
July 2020

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<http://www.nnc.gov.ph>



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