



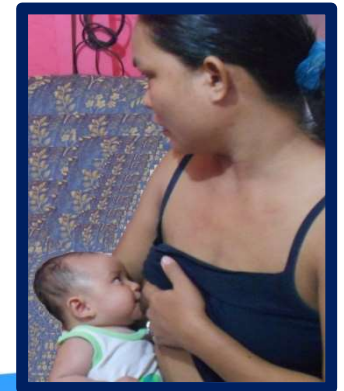
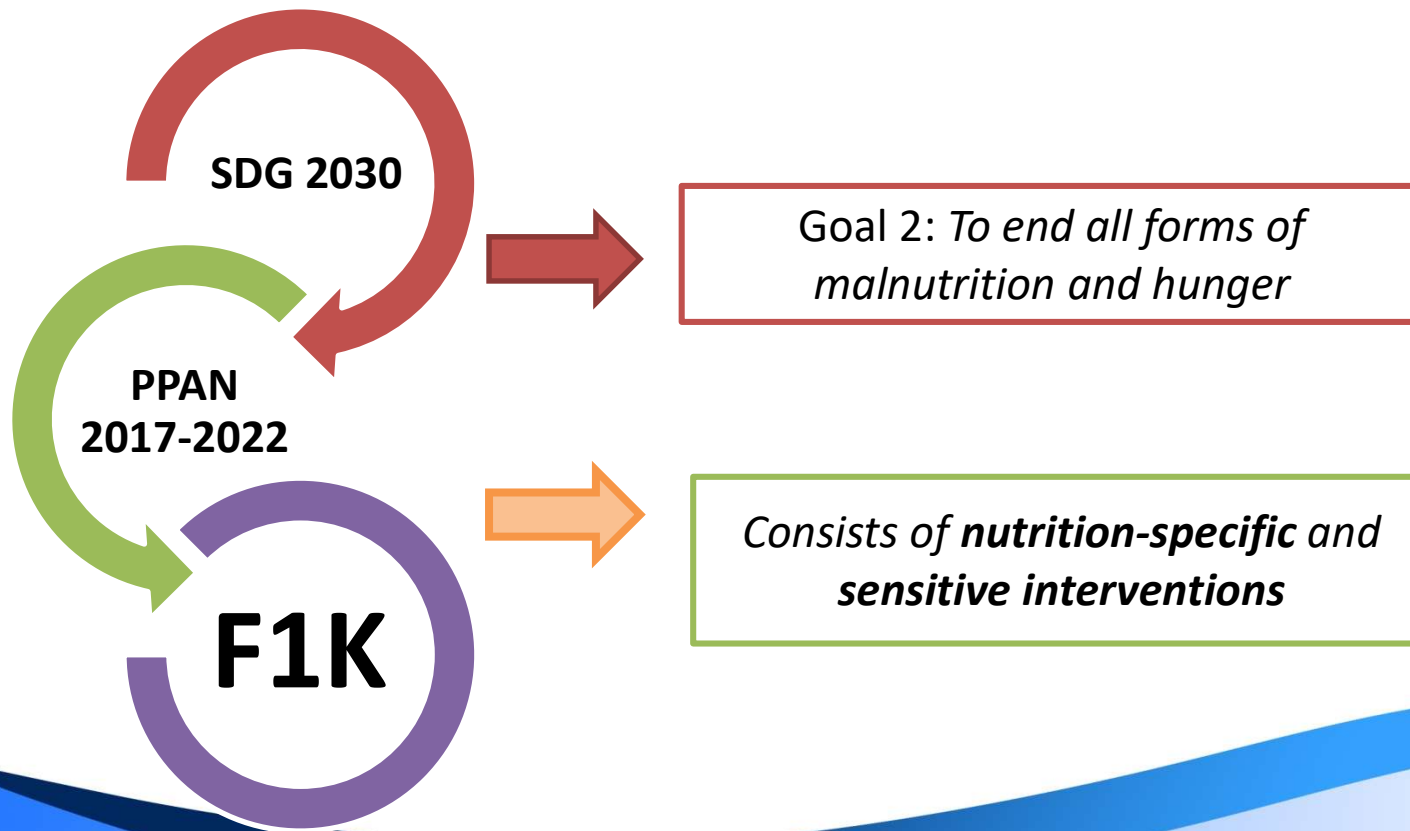
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Snapshots on the Nutrition and Feeding Practices of Children Under 2 & Maternal Nutrition Based on 2019 Expanded NNS



Nutrition within the first 1000 days period



Highlights of the 2019 ENNS Results:



Stunting declined between 2015 and 2019 (**25.7%-21.9%**).



Stunting prevalence remains high affecting at least **1 in every 5** children under 2, and doubles at one year old (**14.4%** at 6-11 mos. to **30.9%** at 12-23 mos).



Underweight declined between 2015 and 2019 (**25.7%-21.9%**).



Wasting declined between 2015 and 2019 (**10.2%-7%**).
However, it remains above the 5% acceptable level.



Overweight declined between 2013 and 2019 (**4.2%-2.6%**).



Around 1 in every 3 children under 2 suffers from anemia.
Anemia declined between 2018-2019 (**39.4%-29.3%**).



Highlights of the 2019 ENNS Results:



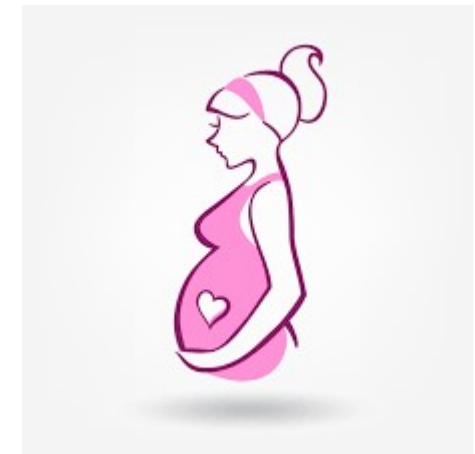
Nutritionally-at-risk pregnant increased between 2018 and 2019 (20.1% to 22.9%).



Pregnant <20 years old were more likely to be nutritionally-at-risk than women ≥ 20 years in 2019 (28.5% vs. 22.5%).



Overweight/obesity increased among lactating mothers between 2018 and 2019 (28.5% to 31.1%).



Anemia among pregnant declined between 2018 and 2019 (26.1% to 19.9%).



Anemia among lactating declined between 2013 to 2019 (16.7% to 11.6%).

Breastfeeding Indicators

1

Early initiation of breastfeeding within one hour after birth

2

Exclusive breastfeeding from birth until six months

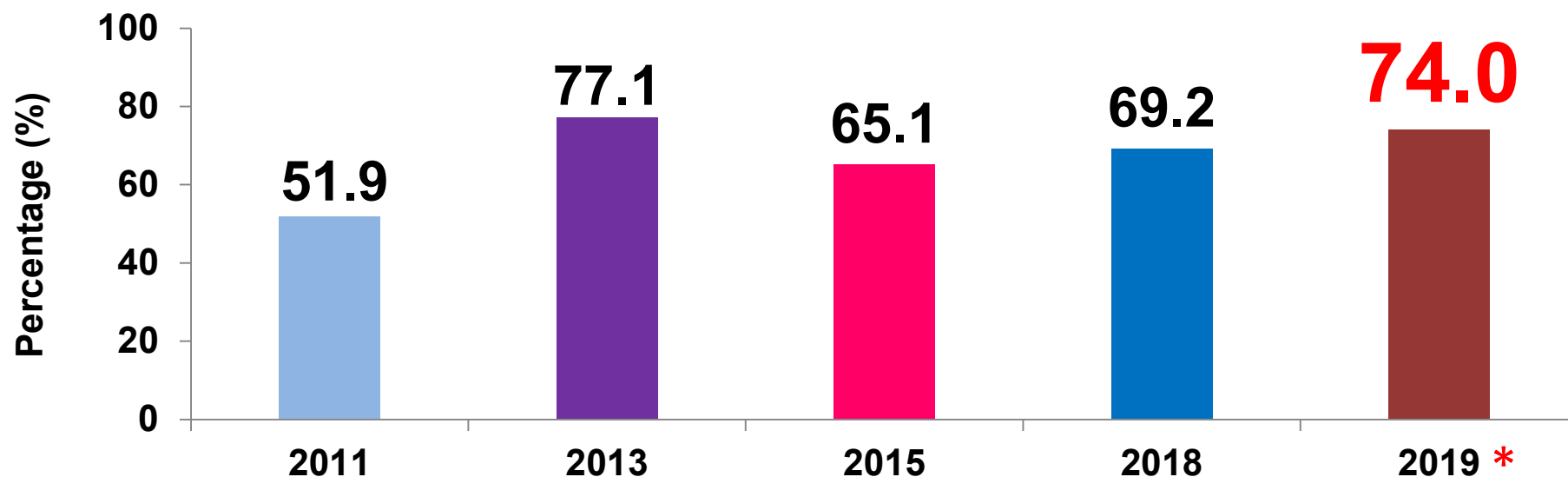
3

Continued breastfeeding up to two years or beyond



1

Timely breastfeeding initiation ** in the Philippines



*significant (p-value<0.05)

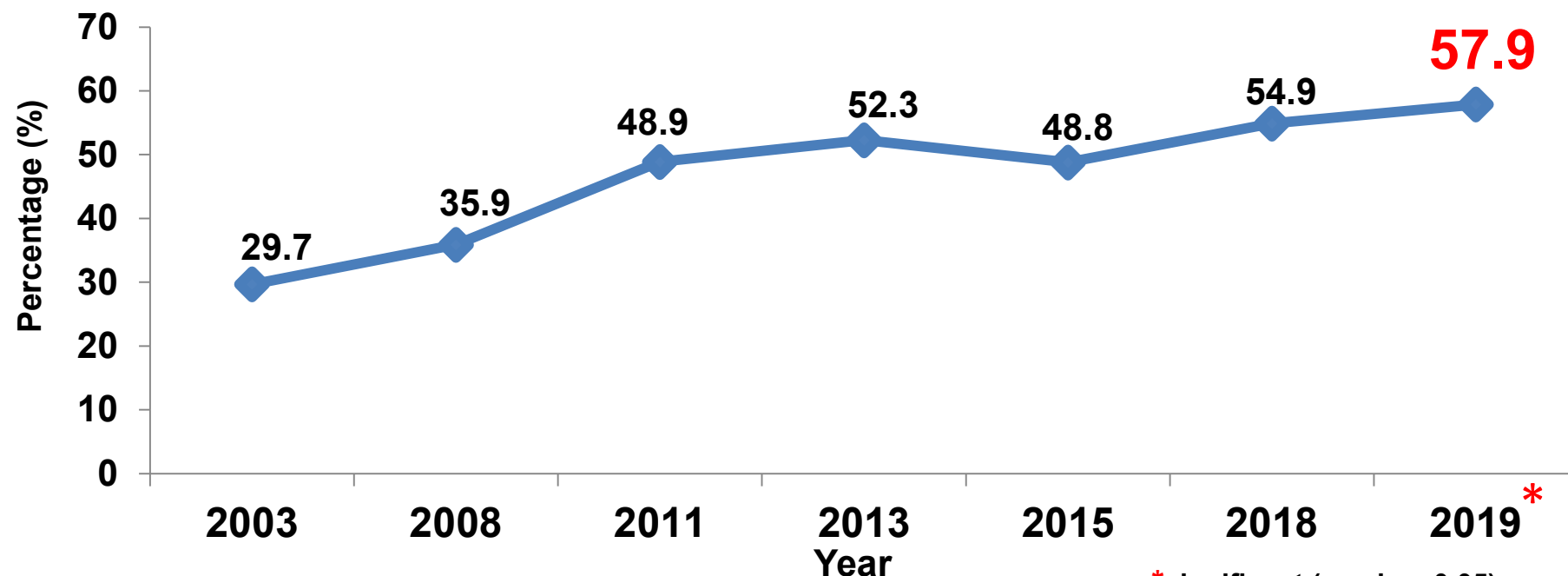
**within 1 hour after delivery among children 0-23 months

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2

Proportion of infants less than 6 months old **exclusively breastfed** at the time of survey

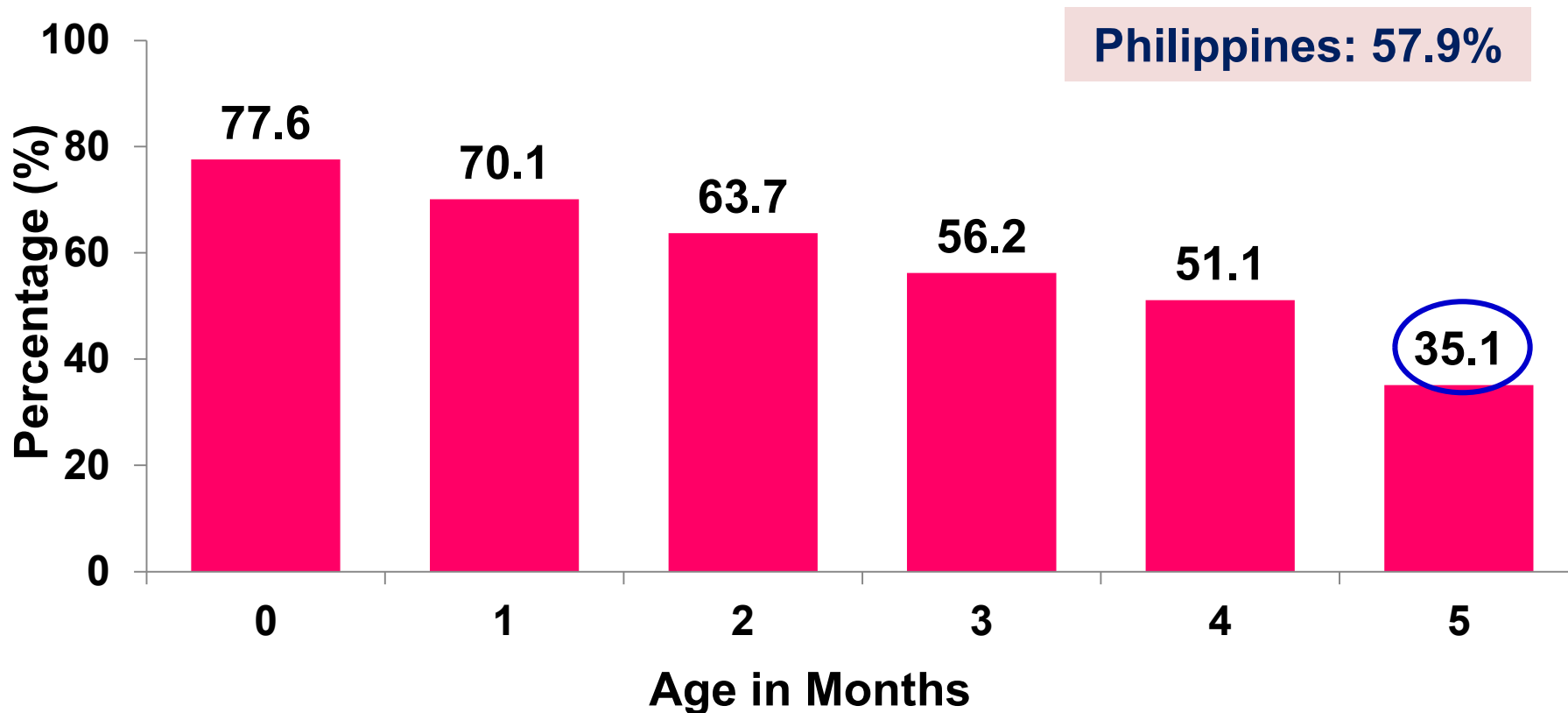


*significant (p-value<0.05)

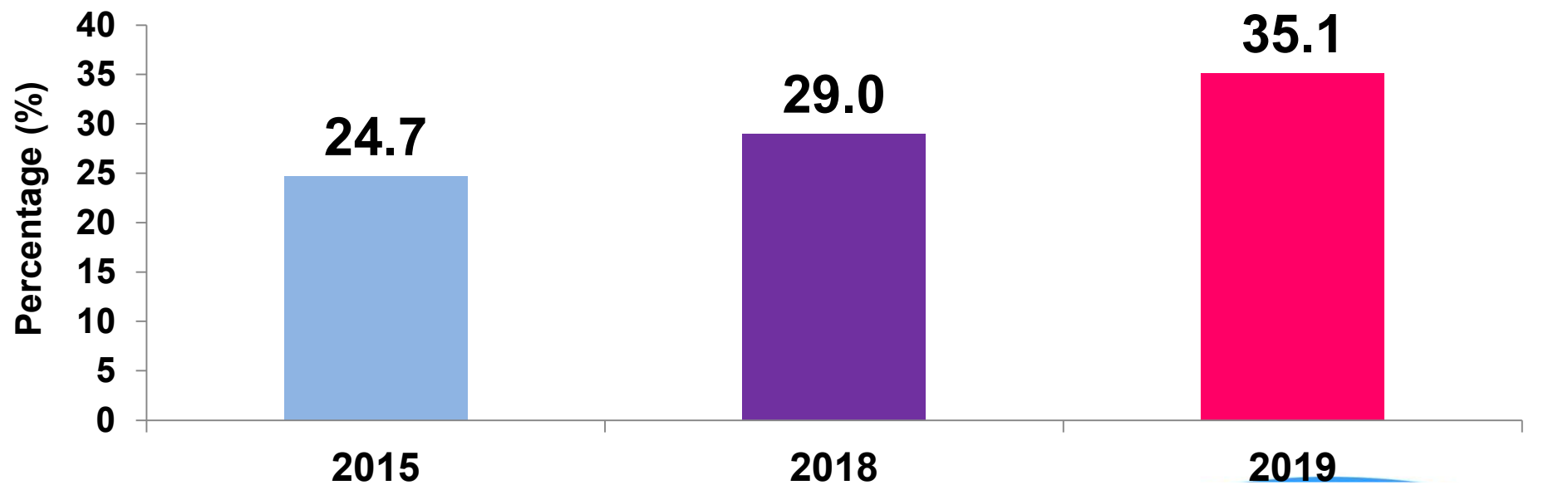
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Percentage distribution of exclusively breastfed infants under 6 months old by single age in months: Philippines, 2019



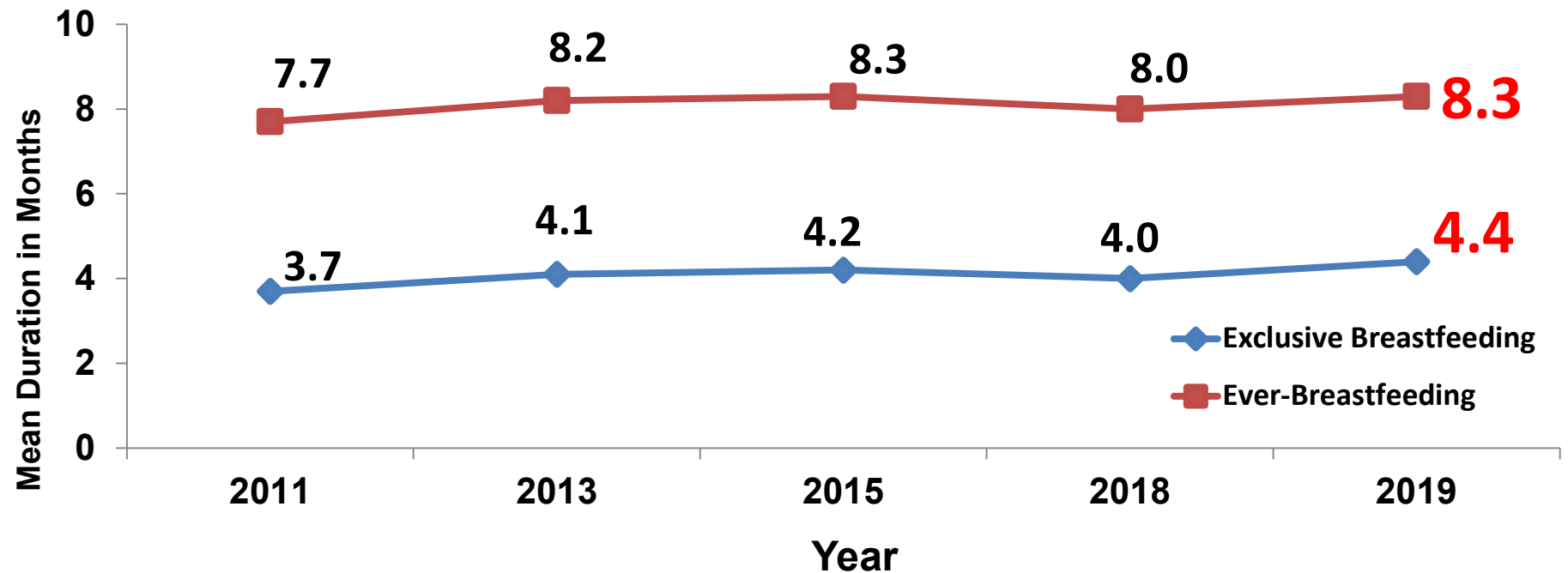
Trend in the proportion of Filipino infants exclusively breastfed from birth until 5.9 months



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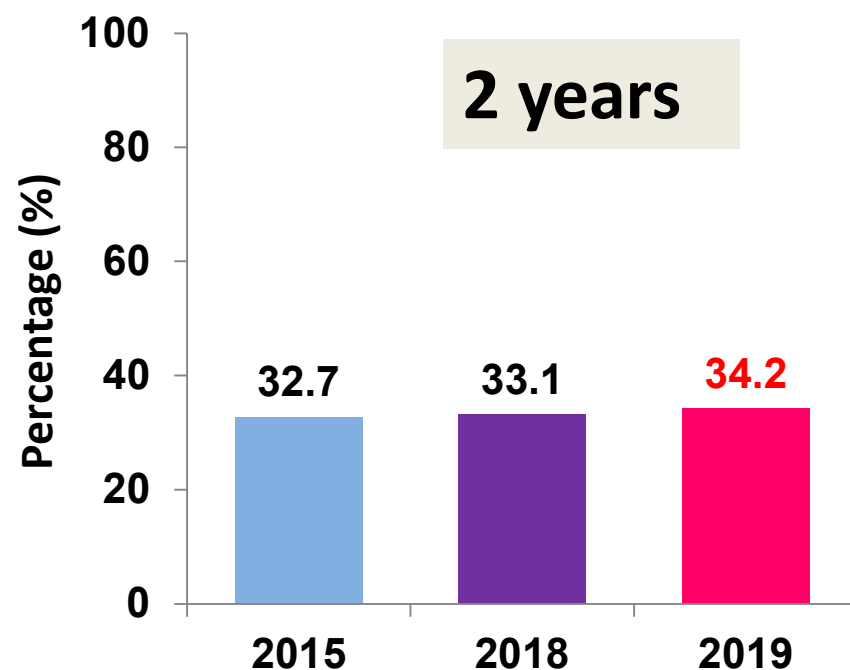
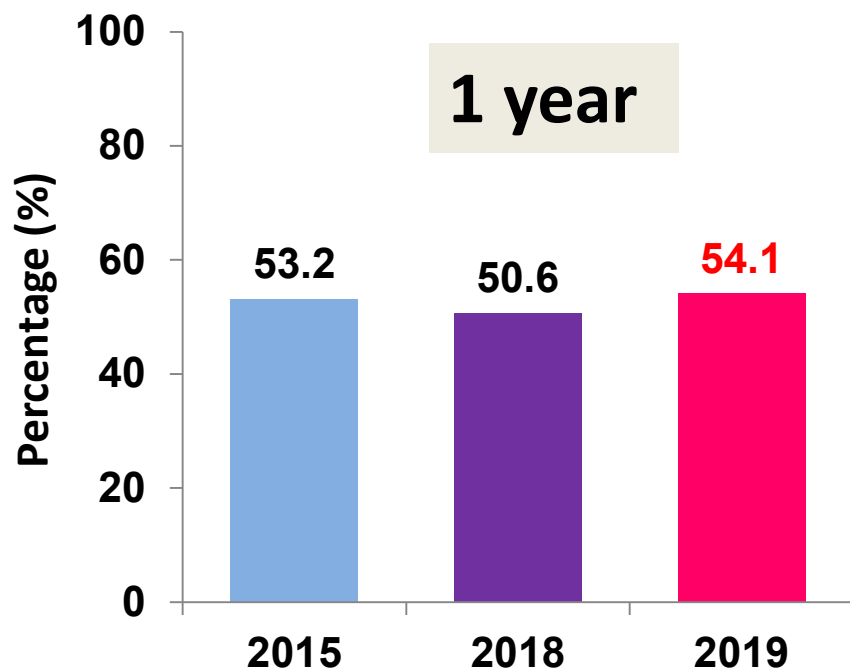


Trends in the mean duration of ever-breastfeeding and exclusive breastfeeding among Filipino infants 0-23 months



3

Continued breastfeeding at 1 year and at 2 years: Philippines, 2015-2019

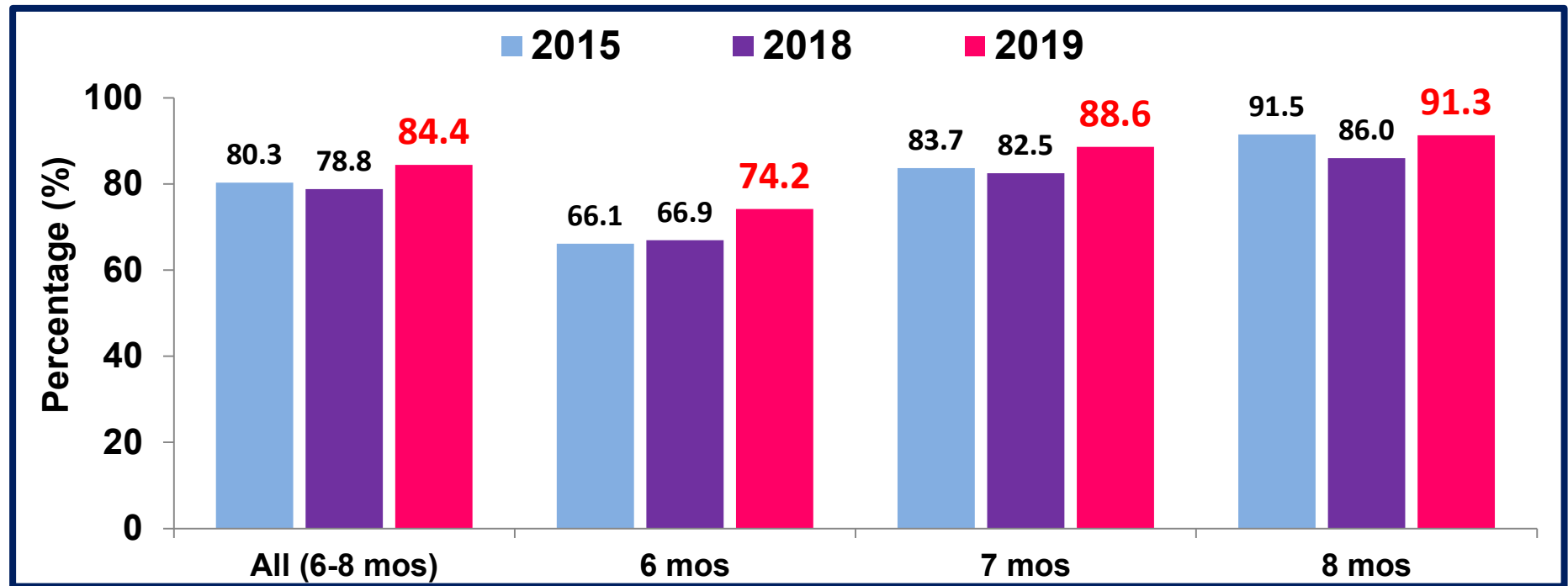


Complementary Feeding Indicators

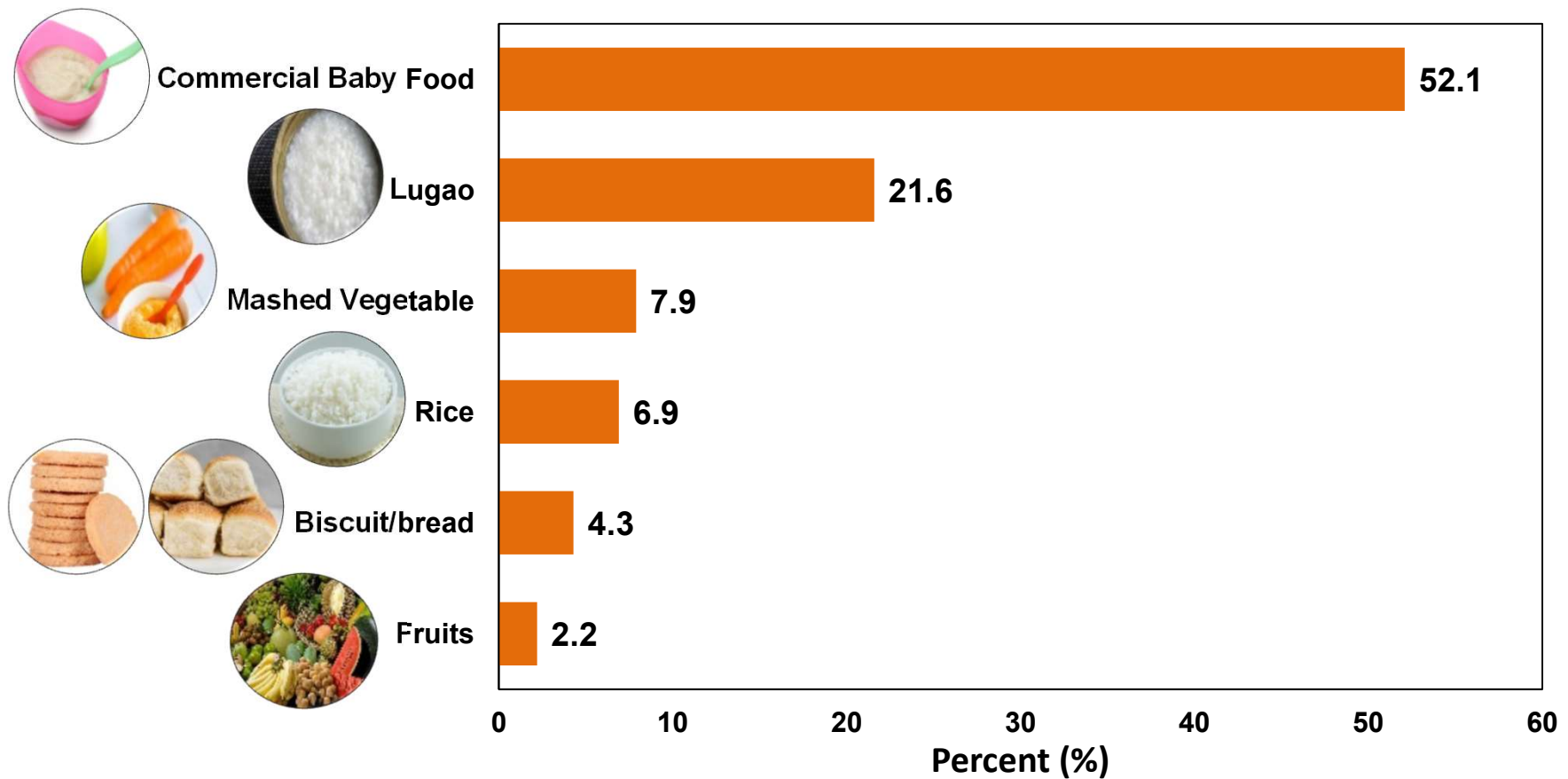
1. Age of introducing complementary foods at 6 months
2. Minimum dietary diversity (MDD); micronutrient adeq. (quality)
3. Minimum meal frequency (MMF); energy adequacy (quantity)
4. Minimum acceptable diet (MAD); combining indicators 2 and 3



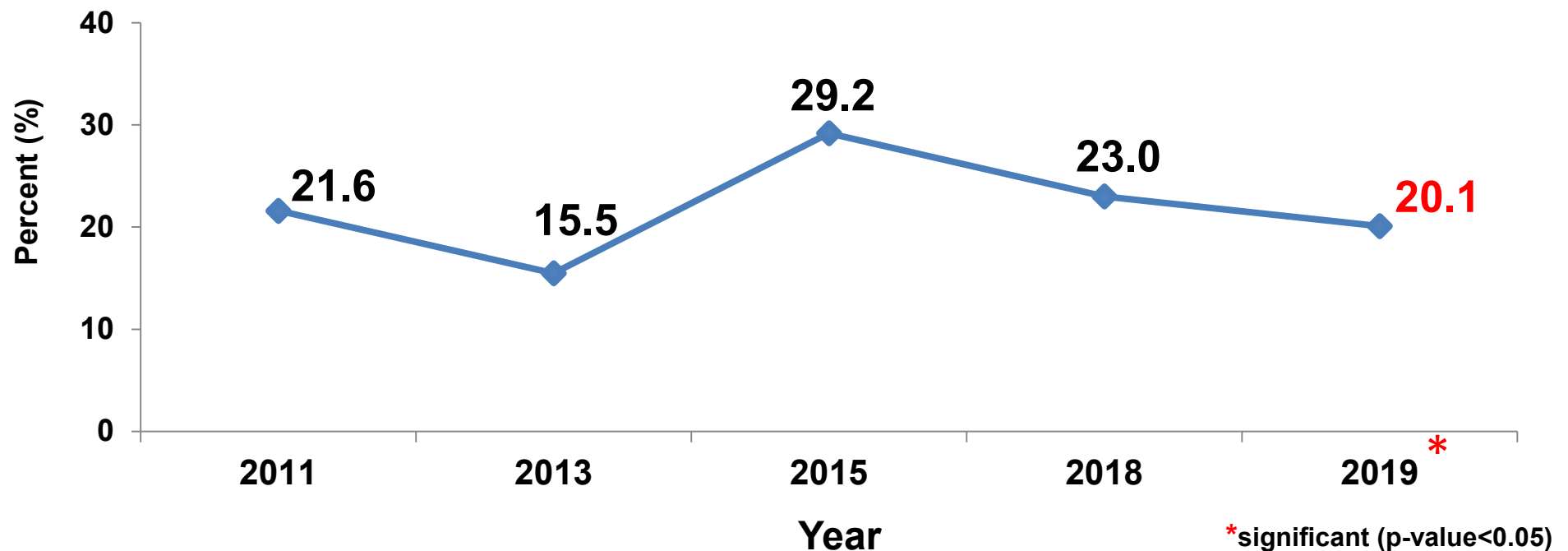
Trends in the proportion of children who received timely complementary foods at 6-8 months: Philippines, 2015-2019



What complementary foods do young children 6-23 months old eating?



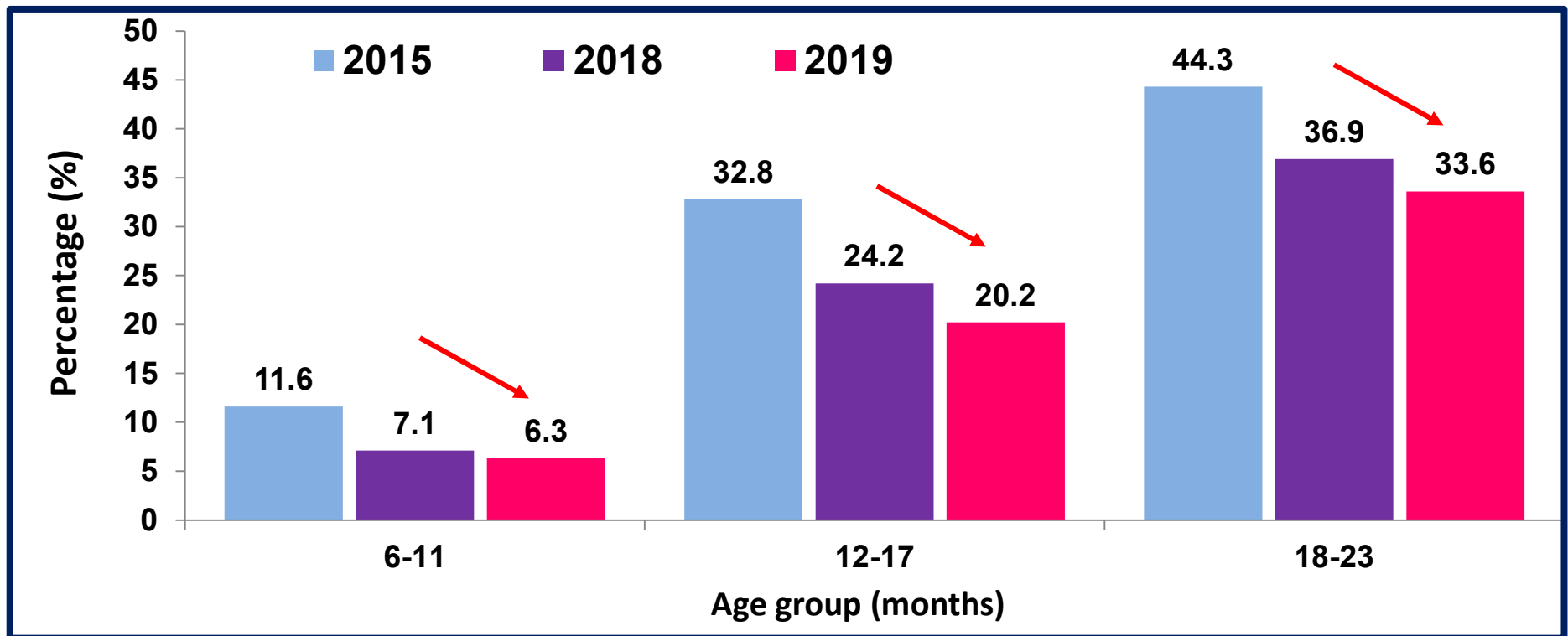
Trends in the proportion of Filipino children 6-23 months meeting the **Minimum Dietary Diversity (MDD)**



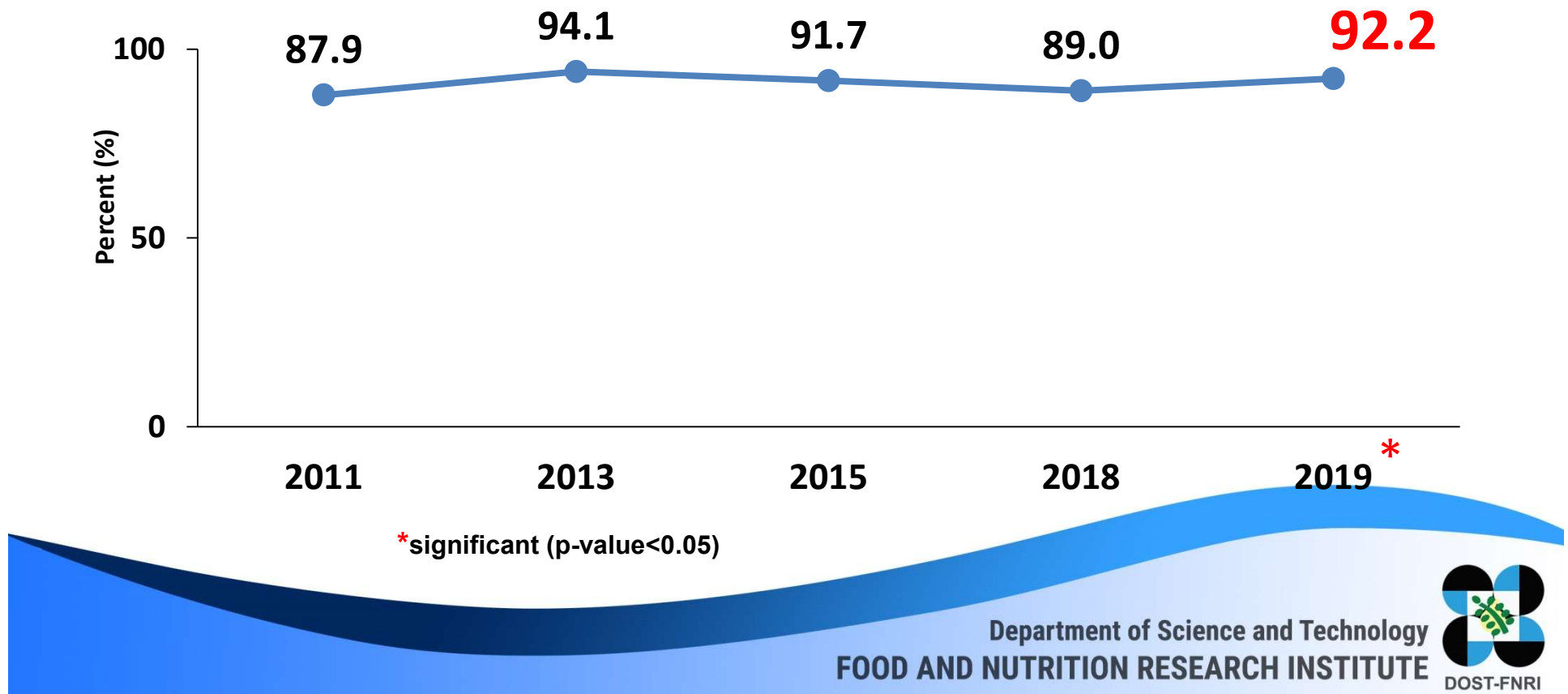
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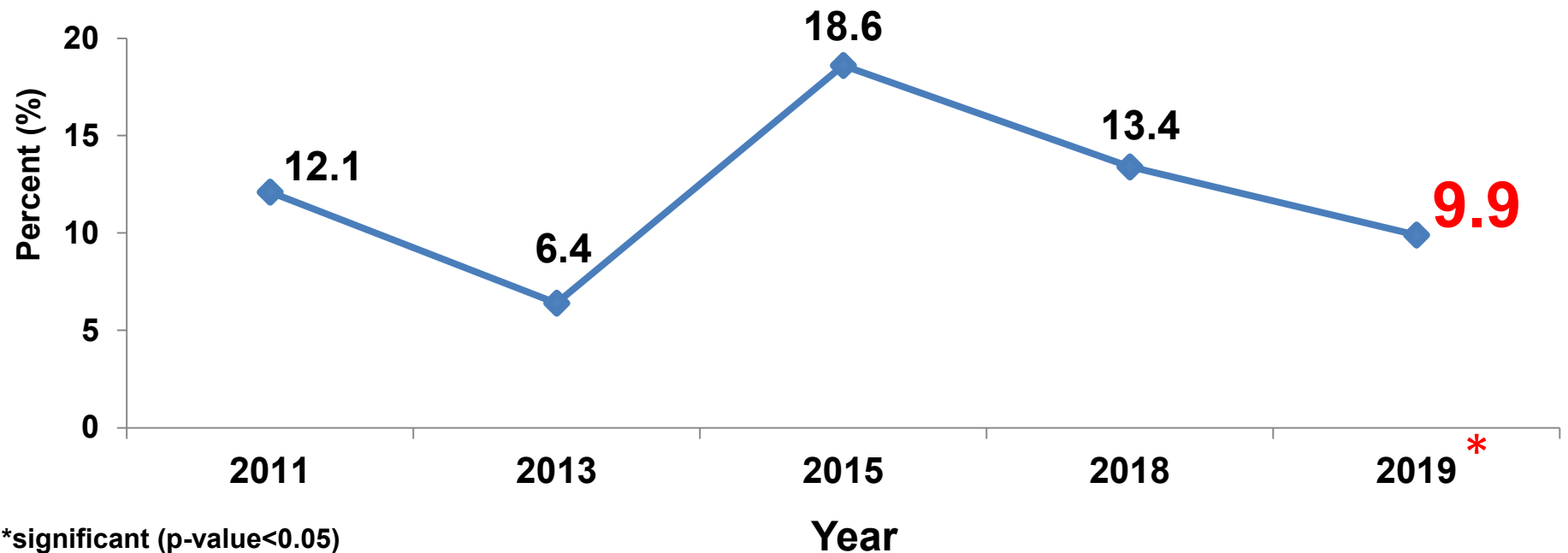
Trends in the proportion of children meeting the **Minimum Dietary Diversity (MDD) by age group: Philippines, 2015-2019**



Trends in the proportion of Filipino children 6-23 months meeting the **Minimum Meal Frequency (MMF)**



Trends in the proportion Filipino children of 6-23 months meeting the **Minimum Acceptable Diet**



*significant (p-value<0.05)

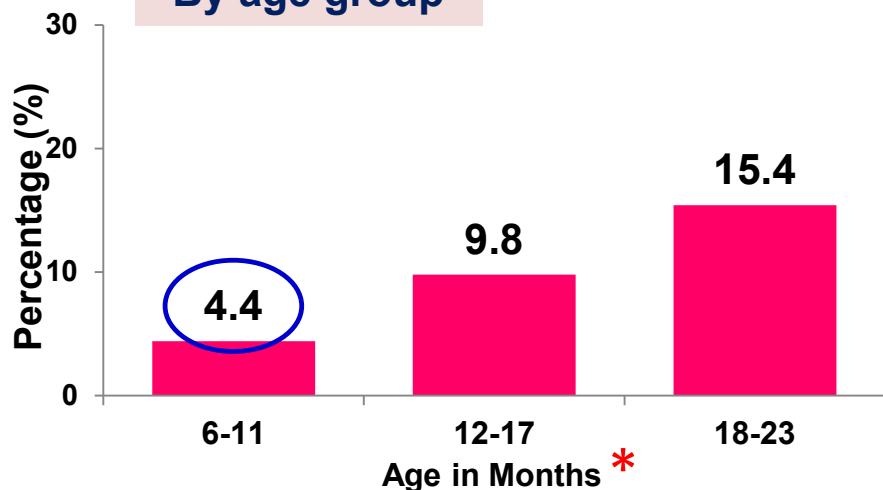
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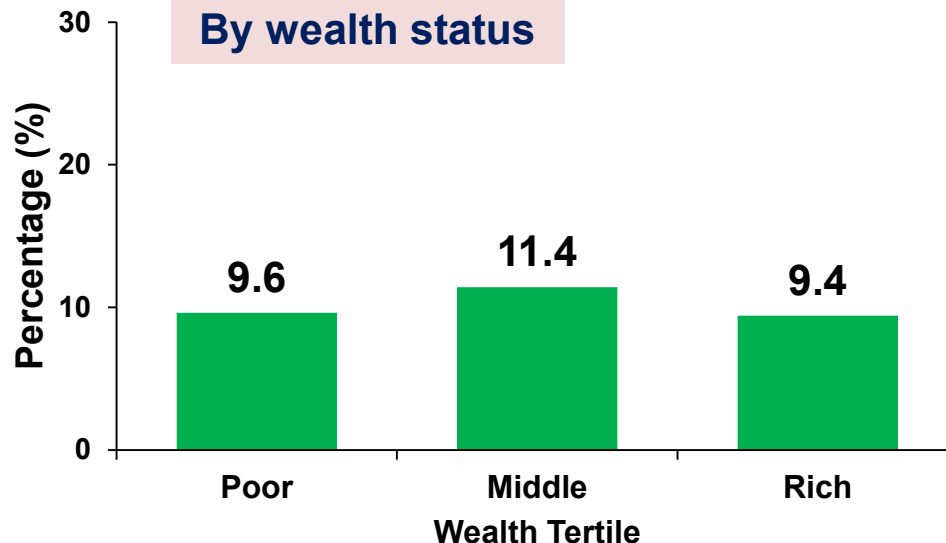
Proportion of children 6-23 months meeting the **Minimum Acceptable Diet**: Philippines, 2019

Philippines: 9.9

By age group



By wealth status



*significant (p-value<0.05)

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Summary

Breastfeeding



- ❖ Although early breastfeeding initiation (74.0%) and exclusive breastfeeding (57.9%) were common feeding practice, **the rate of breastfeeding exclusively until 5.9 months was low at 35.9%, recording an average of 4.4 months duration.**

Summary

Low adherence to IYCF guidelines /recommendations:

Complementary feeding



74.2% of children 6-23 months received timely introduction of complementary feeding at 6 months.



8 out of 10 children 6-23 months were not meeting the minimum dietary diversity.



9 out of 10 children 6-23 months did not receive appropriate complementary feeding based on minimum acceptable diet, suggesting poor quality and quantity of complementary foods.



Thank
you

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