



Framework of Actions to improve Maternal Nutrition in the Philippines

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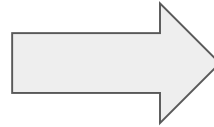
Outline

- Why is maternal nutrition important?
- Predictors of maternal nutrition
- The Philippine Framework of Action for Improving
Maternal Nutrition

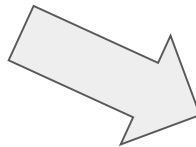


Why is maternal nutrition important?

- Poor maternal weight gain
 - Maternal short stature
 - Micronutrient deficiencies
- before and during pregnancy



LOW BIRTH WEIGHT

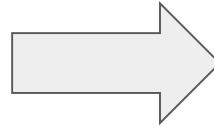


INCREASED RISK OF
MATERNAL
MORTALITY

Why is maternal nutrition important?

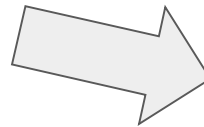
- Overweight/Obesity

before and during pregnancy



STILLBIRTH

PREMATURE DELIVERIES



INCREASED RISK OF
OBESITY, TYPE 2
DIABETES

What are the predictors of maternal nutrition?

Food environment

- Poverty and limited access to a diverse diet.
- Inappropriate promotion and marketing of unhealthy food and drink.

WASH environment

- Unsafe foods and unhygienic behaviour.

Social and cultural

- Limited knowledge, incorrect beliefs (over-reliance on rice) and food taboos.
- Practical barriers facing working women.
- Early childbirth.

Health and nutrition services

- Inadequate coverage of micronutrient supplements.
- Limited counselling of pregnant and breastfeeding women.
- Lack of training of health workers.
- Limited indicators on service delivery.



Education system

- Inadequate delivery of micronutrient supplements to adolescent girls.

**Enabling
Factors**



**Priority Strategic
Actions**

Overarching Priority Actions

Policy/Program: Support implementation of RA 11148

SBCC: Develop a comprehensive SBCC campaign strategy including social media for maternal nutrition that can be modified and adopted by the local government

M&E: Include maternal nutrition indicators in routine and survey data to monitor progress

R&D: Conduct research to develop evidence-based policies, standards, and guidelines relating to maternal nutrition for inclusion in related research agenda



Priority Actions: Health System

- Ensure inclusion of maternal nutrition services from pre-pregnancy up to post-partum in PHIC benefit packages
- Implement mandatory assessment and monitoring of the nutritional status of pregnant women
- Improve the procurement, storage, distribution, delivery and use of micronutrient supplements for PLW
- Review and assess adoption of MMS for P(L)W
- Strengthen community support systems through BHW/BNS/Mother SG capacity building, home visits, supportive supervision



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Priority Actions: Education System

- Strengthen universal IFA supplementation for all adolescent girls
- Review and integrate health and nutrition concepts in the K-12 curriculum



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Priority Actions: WASH

- Provision of safe water and sanitation facilities
- Integrate environmental hygiene into WASH services



Priority Actions: Social Protection

- Use social protection programs (e.g., 4Ps, Kalahi-CIDSS) to improve access to the integrated maternal services package



Priority Actions: Food System

- Strengthen legislation to control the marketing of unhealthy foods, improve nutrition labelling and support reformulation
- Improve food access at the household level through home gardening and small animal dispersal



The time to act is NOW!

OVERARCHING

Program: Support implementation of RA No. 11148: Strengthened integrated strategy for MNCHN in the First 1000 Days of Life

Monitoring and Evaluation: Include maternal nutrition indicators in routine and survey data to monitor progress

SBCC: Develop a comprehensive SBCC campaign strategy including social media for maternal nutrition that can be modified and adopted by the local government

R&D: Conduct research to develop evidence-based policies, standards, and guidelines relating to MN for inclusion in related research agenda

HEALTH system:

- Ensure inclusion of maternal nutrition services from pre-pregnancy up to postpartum in PHIC benefit packages
- Implement mandatory assessment and monitoring of the nutritional status of pregnant women
- Improve the procurement, storage, distribution, delivery and use of micronutrient supplements for pregnant and lactating women
- Review and assess adoption of MMS for pregnant and lactating women
- Strengthen **community** support systems through capacity building of BHWs, BNSs, mother support groups and regular **home visits** and supportive supervision of food and nutrition, WASH, and SWM practices

SOCIAL PROTECTION system:

- Use social protection programs e.g. 4Ps, KALAHI CIGDS to improve access to the integrated maternal services package



EDUCATION system:

- Strengthen universal IFA supplementation for all adolescent girls
- Review and integrate health and nutrition including RH concepts in K-12 curriculum

FOOD system:

- Strengthen legislation to control the marketing of unhealthy foods, improve nutrition labeling and support reformulation
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WASH system:

- Provision of safe water and sanitation facilities
- Integrate environmental hygiene into WASH services

Thank You

