



REPUBLIC OF THE PHILIPPINES
REGIONAL DEVELOPMENT COUNCIL -X
NORTHERN MINDANAO

REGIONAL DEVELOPMENT COUNCIL-X
Resolution No. 13 (s. 2022)

**ENJOINING THE PROVINCE OF LANA DEL NORTE AND ITS CONCERNED
MUNICIPALITIES TO SUPPORT THE *TUTOK KAINAN*
DIETARY SUPPLEMENTATION PROGRAM**

WHEREAS, in October 2020, the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-MEID) recommended to provide feeding to malnourished pregnant women and 6-23 months old stunted and wasted children to minimize the impact of the pandemic on the nutrition of vulnerable groups;

WHEREAS, the IATF on Zero Hunger and the National Nutrition Council (NNC) responded to this recommendation through the implementation of the *Tutok Kainan* Dietary Supplementation Program (TK DSP);

WHEREAS, the *Tutok Kainan* is a platform of the National Dietary Supplementation Program of the Philippine Plan of Action for Nutrition (PPAN) 2017-2022;

WHEREAS, the *Tutok Kainan* operationalizes Republic Act 11148 or the *Kalusugan at Nutrisyon ng Mag-Nanay* Act by focusing on the needed services on Dietary Supplementation Program of pregnant women and young children aged 6-23 months old;

WHEREAS, the *Tutok Kainan* aims to:

- a. Determine the situation concerning the care of pregnant women, infants, and young child feeding;
- b. Provide supplemental food to pregnant women for 90 calendar days and complementary food for children 6-23 months for 180 calendar days with priority to those who are nutritionally at risk or undernourished;
- c. Implement, monitor, and evaluate an integrated nutrition program that helps ensure delivery of complementary early childhood care and development services in the first 1,000 days under RA 11148; and
- d. Document program experiences and strategies for replication in other local government units;

WHEREAS, the first 1,000 days of life is the period spanning the nine months of pregnancy starting from conception equivalent to 270 days, infancy stage of six months or 180 days, and early childhood from six months to a child's second birthday, equivalent to 550 days;

WHEREAS, the first 1,000 days of life, also called the "golden window of opportunity," is the foundation of optimum health, growth, and neurodevelopment.

WHEREAS, focusing on critical interventions for the first 1,000 days of life will help prevent malnutrition, and build immunity and resilience against diseases and pandemics;

WHEREAS, the province of Lanao del Norte is one of the target areas for the *Tutok Kainan* under the priority provinces in the country of the Human Development and Poverty Reduction Cabinet (HDPRC) Cluster due to high prevalence of stunting, teenage pregnancy, and poverty incidence;

WHEREAS, the following 16 municipalities in the province of Lanao del Norte are identified as program recipients: Bacolod, Balo-i, Baroy, Kauswagan, Kolambugan, Lala, Linamon, Magsaysay, Maigo, Matungao, Nunungan, Salvador, Sapad, Sultan Naga Dimaporo, Tagoloan, and Tubod;

WHEREAS, the TK DSP is supportive of Chapter 10 on Accelerating Human Capital Development of the Updated Philippine Development Plan and the Northern Mindanao Regional Development Plan (RDP) 2017-2022 Midterm Update;

WHEREAS, during its meeting on 18 February 2022, the RDC-X Social Development Committee (SDC), upon the request of the National Nutrition Council Regional Office X (NNC-X), sought the RDC-X's support and advocacy, particularly the concerned LGUs, on the implementation of the *Tutok Kainan* Dietary Supplementation Program in the province of Lanao del Norte.

THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, on a motion by Dir. Mylah Faye Aurora B. Cariño, CESO III, Regional Director of the NEDA-X and Vice-Chairperson of the RDC-X, and severally seconded, to enjoin the province of Lanao del Norte and its concerned municipalities to support the *Tutok Kainan* Dietary Supplementation Program;

RESOLVED FURTHER, to strengthen and intensify regional initiatives on the promotion of health and nutrition, especially in the province of Lanao del Norte as one of the priority provinces in the country under the HDPRC Cluster;

RESOLVED FURTHER, for the concerned LGUs to conduct the following:

1. Operationalize the program at the community level;
2. Provide counterpart support, such as transportation, allowance, and other augmentations to service providers;
3. Record in the monthly monitoring forms and update via text messages, through the online database *Tutok Kainan* Reporting System, the weekly status of delivery of dry and wet commodities, daily status of consumption and actual weight during follow-up weighing after every 30 days of each beneficiary; and
4. Consolidate data gathered from barangay monitoring forms at the municipal level and submit these to the provincial Nutrition Office and the NNC-X for further consolidation;

RESOLVED FURTHER, for the province of Lanao del Norte and its concerned municipalities, to support and strengthen implementation efforts of the first 1,000 days of life;



RESOLVED FURTHER, for the following regional line agencies to support and advocate the same:

1. Department of Agrarian Reform-Regional Office X (DAR-X);
2. Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI);
3. Department of Agriculture-Regional Field Office X (DA-RFO X);
4. Department of Budget and Management-Regional Office X (DBM-X);
5. Department of the Interior and Local Government- Regional Office 10 (DILG-10);
6. Department of Health Center for Health Development- Northern Mindanao (DOH CHD-NM);
7. Department of Science and Technology- Regional Office X (DOST-X);
8. Department of Social Welfare and Development-Field Office X (DSWD-X); and
9. National Economic and Development Authority-Regional Office X (NEDA-X);

RESOLVED FINALLY, that copies of this resolution be furnished to the IATF on Zero Hunger, NNC Central and Region X Offices, Province of Lanao del Norte and its TK DSP recipient municipalities, concerned regional line agencies, and members of the RDC-X Full Council and RDC-X SDC, for their appropriate action and support.


Approved, 07 March 2022

129th RDC-X Full Council Meeting


Palladium Hall, Mallberry Suites Business Hotel

Limketkai, Cagayan de Oro City and via Zoom


Certified Correct:


LEONILA G. CAJARTE
Secretary, RDC-X
Assistant Regional Director, NEDA-X

Attested:


MYLAH FAYE AURORA B. CARIÑO, CESO III
Vice-Chairperson, RDC-X
Regional Director, NEDA-X

Approved:


GOV. PHILIP T. TAN
Chairperson, RDC-X
Governor, Province of Misamis Occidental
(Presiding Officer)

POLICY BRIEF
TUTOK KAINAN DIETARY SUPPLEMENTATION PROGRAM
For Lanao del Norte Areas
Social Development Committee X
18 February 2022

Background

Following the emergence of COVID-19 pandemic, the Interagency Task Force (IATF) on Emerging Infectious Diseases recommended last October 2020 to provide feeding to malnourished pregnant women and 6-23 months old stunted and wasted children to minimize the impact of the pandemic on the nutrition of vulnerable groups. The IATF on Zero Hunger chaired by Cabinet Secretary Karlo Alexei Nograles and the National Nutrition Council (NNC) responded to this recommendation through the implementation of the *Tutok Kainan* Dietary Supplementation Program (TK DSP). *Tutok Kainan* is a platform of the National Dietary Supplementation Program of the Philippine Plan of Action for Nutrition (PPAN) 2017-2022.



This program operationalizes RA 11148 or the *Kalusugan at Nutrisyon ng Mag-Nanay Act* by focusing on one of the needed services indicated in the law that has not been given attention especially the Dietary Supplementation Program of pregnant women and young children aged 6-23 months old.

The program implementation for Phases I and II in Bukidnon Province has gained support from the Regional Development Council-X through Resolution No. 46 (s. 2021) entitled "Supporting and Advocating the Tutok Kainan Dietary Supplementation Program to the Local Government Units and Regional Line Agencies in Region X", approved on 24 June 2021 during its 126th Full Council Meeting. This policy brief seeks to gather the same support from the RDC-X, for the Lanao del Norte program implementation.

Program Objectives

General objective:

To contribute to the prevention of stunting among children 0-23 months old by improving the quality and quantity of food and nutrient intakes and utilization of related Early Childhood Care and Development-First 1000 Days services among nutritionally at-risk pregnant women and children 6-23 months old in the target TK-DSP areas.

Specific objectives:

- a. Determine the situation with reference to care of pregnant women and infant and young child feeding;
- b. Provide supplemental food to pregnant women for 90 calendar days and complementary food for children 6-23 months for 180 calendar days with priority to those who are nutritionally at-risk or undernourished;
- c. Implement, monitor and evaluate an integrated nutrition program that helps ensure delivery of complementary early childhood care and development services in the first 1000 days pursuant to RA 11148; and
- d. Document program experiences and strategies for replication in other local government units of the country.

The First 1000 Days

The First 1,000 Days of life is the period spanning the nine (9) months of pregnancy starting from conception equivalent to 270 days, infancy stage of six (6) months or 180 days, and early childhood from six months to a child's second birthday, equivalent to 550 days. It is called the *golden window of opportunity* as the foundations of optimum health, growth, and neurodevelopment across the lifespan are established. Focusing on critical interventions for the First 1000 Days will help prevent malnutrition and build immunity and resilience against diseases and pandemics.

A child who is not well-nourished in the first 1000 days will become stunted in his/her early years. Hence, the impact of the first 1000 days on the **physical** development of a child. Stunting or being too short for one's age indicates chronic undernutrition in a child who is not receiving enough nutrition to grow and develop to reach his or her full potential. Also, proper nutrition in the first 1000 days is critical to the cognitive development of every child. According to studies, brain scans of stunted children show 40% less brain mass compared to their non-stunted counterparts. The temporal lobe is less developed, as well. The temporal lobe is responsible for perception and comprehension, memory, and language.

Poor nutrition during the first 1000 days of life can have irreversible effects on the physical and mental development of the child, which might generate lifetime consequences such as stunting and low mental capacity.

Conversely, preventing stunting by ensuring proper nutrition in the first 1000 days of a child produces positive impact in his/her personal health and development, and in his/her productivity and family health later in adult life. Well-nourished children in the first 1000 days, as proven by several international and local research:

- a. Are 10 times more likely to overcome life-threatening diseases such as measles and diarrhea;
- b. Complete 4.6 more grades in school;
- c. Go to earn 21% more in wages as adults; and
- d. Are more likely as adults to have healthier families.

Preventing stunting and other forms of malnutrition is a good pathway to resiliency against diseases, as well as, strong household food security with better education, incomes, and health.

Situation on maternal nutrition and stunting

Stunting among children under-five years old continues to be a major nutrition problem, affecting millions of children. While the prevalence of stunting among children under-five years old decreased from 33.8% in 2003 to 30.3% in 2018 and then to 28.8% in 2019, the decline has been slow with increases between 2008 (32.2%) and 2011 (33.7%), 2013 (30.3%) and 2015 (33.4%). (Source: DOST-Food and Nutrition Research Institute)

To add, based on Region X data from the 2015 National Nutrition Survey (NNS), about 4 out of 10 or 36.5% of children below 5 years old were stunted, which is relatively lower than among infants 0-11 months old, but significantly higher among older infants.

Poor maternal nutritional status, as well as, poor infant and young child feeding practices can help explain the stunting trends. For the former, results of national nutrition surveys have shown that the national prevalence of nutritionally-at-risk pregnant women has hovered around the 25% level since 2011 (25% in 2011, 24.8% in 2013, and 24.7% in 2015), then decreasing to 20% in 2018.

The practice of complementary feeding or the introduction of semi-solid and solid foods to children aged 6 months old with continued breastfeeding has also been very poor. The 2018 Expanded NNS reported a decrease in the percentage of children 6-23 months old with the minimum acceptable diet (18.6% in 2015 to 13.4% in 2018) nationwide, which is a composite indicator of frequency of feeding and diet diversity. A look at aggregates by income group shows that even among the fifth quintile (highest income level), complementary feeding practices was poor (18.9% met the minimum acceptable diet).

Complementary feeding practices was also poor among infants 6-11 months old with only 4% meeting the minimum acceptable diet.

Program coverage

The *Tutok Kainan* DSP targets the following priority groups:

- a. Pregnant women
 1. Nutritionally-at-risk pregnant women in 3rd trimester;
 2. Pregnant women in 3rd trimester; and
 3. Nutritionally-at-risk pregnant women regardless of gestational age.
- b. Children 6-23 months old
 1. Stunted 6-23 months old children; and
 2. Wasted 6-23 months old children.

In Region X, Bukidnon and Lanao del Norte Province are the target areas for *Tutok Kainan* as they are identified under the Priority 1 and 2 provinces of the Human Development and Poverty Reduction Cabinet (HDPRC) Cluster due to its high prevalence of stunting, teenage pregnancy, and poverty incidence.

Specifically in Lanao del Norte, program phases and area coverage per phase are as follows:

1. Phase III (420 children aged 6-23 months old) – Lanao del Norte: Kauswagan, Kolambugan, Linamon, Matungao, Nunungan, Sultan Naga Dimaporo, and Tagoloan
2. Phase IV (1,150 children aged 6-23 months old) – Lanao del Norte: Bacolod, Balo-i, Baroy, Kapatagan, Lala, Magsaysay, Maigo, Salvador, Sapad and Tubod

Program implementation in Lanao del Norte

A. Level of supplementation

Below are the target levels of daily supplementation for the priority groups:

Target group	Level of supplementation per day	Daily Food Cost (PhP)	Duration
Infants, 6-11 mos old	130-200 kcal, 5-10 grams of protein, preferably with multiple micronutrient powder (This is NOT in addition to what is regularly distributed)	32.00 per child	180 days
Children 11-23 mos old	200-300 kcal, 5-10 grams of protein	32.00 per child	180 days

B. Food commodity schemes

Beneficiaries	Food Commodity	Duration
6-23 months old children	Complementary food products from FNRI technology adapters and/or hot meals	180 days

The food technologies developed by FNRI will be used for the supplementary feeding for children. These technologies are made up of local ingredients and processed for easy preparation and use, while keeping its nutritional quality.

Ingredients for the hot meals will be procured from the Agrarian Reform Beneficiaries Organizations (ARBOs) as support to the Enhanced Partnership Against Hunger and Poverty (EPAHP) Program. Said program aims to uplift the economic situations of the local farmers and other community-based organizations such as ARBOs, thus, alleviating both hunger and poverty that may cause malnutrition.

C. Nutri-text

Aside from the food commodities mentioned above, beneficiaries will also receive *Nutri-text*, a nutrition education initiative via daily SMS that aims to improve nutrition knowledge of beneficiaries by sharing key messages on maternal and infant nutrition and support services and encourage participation and completion of the TK DSP.

D. Procurement method and logistics

Food commodities for the entire duration of the program will be procured by NNC Central and Regional Offices, while the LGUs are responsible for operationalizing the program in the community level, providing counterparts such as transportation, allowance, and other augmentations to service providers.

E. Monitoring scheme

Monitoring of the TK DSP implementation is done by accomplishing both the monitoring forms and SMS report. Barangay focal persons will record in the monitoring forms and update via text the daily status of consumption of each beneficiary, and actual weight during follow-up weighing every after 30 days.

At the city or municipal level, focal persons will record and send SMS report upon receipt, inspection, and distribution of the food commodities delivered. Data gathered from the monitoring forms of the barangays will be consolidated at the city or municipal level and will be submitted to the province and region for further consolidation. An online database will collect and consolidate the monitoring data received from the LGU nutrition workers.

F. Implementation updates

Social preparation phase in Lanao del Norte Province is still ongoing in all 17 identified program recipient areas. In each municipality, a series of advocacy meetings for the *Tutok Kainan* were held with Local Chief Executives (LCEs), nutrition staff from the Rural Health Unit (RHU), and DOH HRH-Nutritionist-Dietitians. Social mobilization is also ongoing in all beneficiary barangays, with program orientations for Barangay Nutrition Scholars (BNS) taking place. LGUs are getting ready for a storage facility for the dry and wet goods that will be received once the implementation begins. LGUs are likewise submitting and completing required documents such as Memorandum of Understanding (MOU), masterlists of 6-23-months old children, and focal person's directory.

Further, in coordination with the Department of Agrarian Reform (DAR) Provincial Office of Lanao del Norte (DARPO LDN), the identification of eligible ARBOs which will supply each program recipient area is progressing, with five (5) lead ARBOs and four (4) small brother ARBOs already identified. And more ARBOs are being identified on a continuous basis as needed. NNC X and DARPO LDN held regular updates to track the ARBOs' progress in completing and submitting their legal, technical, and financial requirements.

For all of the phases, continued coordination is being done with NNC Central Office, recipient LGUs, and suppliers. On-going activities in the LGU level include consolidation of monitoring forms and sending of SMS reports, preparations for the implementation of the feeding scheme, finalization of the masterlist of 6-23 months old children, among others. NNC X through the Provincial Nutrition Focal Points reviews and consolidates the submitted documents and oversees the overall program implementation.