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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 1 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Region: X

Year/Period of Measurement: 2019
Indigenous Groups:
Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: ☒ Normal Weight for Age ☐ Normal Length/Height for Age ☐ Normal Weight for Length/Height

Total Number of Children																	Total # Normal WFA Measured
Province/ Independent City (1)	Estimated No. of 0-59 mos. old Preschool Children (2)	Total No. of 0-59 mos. old PS measured (3)	Coverage % (4)	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
Bukidnon	119626	115159	96.3%	5,433	5,070	4,781	4,777	10,899	10,384	11,546	11,040	12,231	11,522	11,123	10,656	109462	
Cagayan de Oro	75368	74410	98.7%	2,797	3,093	3,233	3,248	7,925	7,824	7,544	7,268	7,374	7,137	8,413	7,865	73721	
Camiguin	9870	7373	74.7%	312	304	310	276	685	661	651	734	680	793	785	777	6968	
El Salvador City	5794	4688	80.9%	224	194	211	199	451	413	447	384	501	459	511	454	4448	
Gingoog City	13892	12963	93.3%	474	476	526	530	1,266	1,231	1,408	1,334	1,318	1,337	1,439	1,228	12567	
Iligan City	39271	31518	80.3%	1,607	1,455	1,307	1,274	2,976	2,772	2,886	2,795	2,980	2,715	3,033	2,888	28688	
Lanao del Norte	77530	62464	80.6%	2,326	2,333	2,936	2,936	5,424	5,136	5,656	5,894	5,865	5,858	6,400	6,594	57358	
Malaybalay City	19736	17899	90.7%	941	842	825	754	1,747	1,653	1,917	1,747	1,856	1,688	1,613	1,469	17052	
Misamis Occidental	35717	22510	63.0%	761	781	1,063	987	2,114	1,971	2,255	2,170	2,458	2,204	2,361	2,319	21444	
Misamis Oriental	85772	71269	83.1%	3,388	3,231	3,098	2,815	6,893	6,446	7,037	6,804	7,455	6,748	7,706	6,970	68591	
Oroquieta City	7921	4925	62.2%	311	290	217	213	483	428	410	386	435	405	413	397	4388	
Ozamiz City	16752	10721	64.0%	429	450	512	480	1,179	1,100	1,074	925	1,107	1,068	1,009	955	10288	
Tangub City	7324	5751	78.5%	299	225	249	248	563	573	586	521	625	536	602	548	5575	
Valencia City	22638	23295	102.9%	1,110	1,061	1,018	934	2,355	2,098	2,460	2,380	2,496	2,410	2,416	2,332	23070	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	20,412	19,805	20,286	19,671	44,960	42,690	45,877	44,382	47,381	44,880	47,824	45,452	443,620	

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NAME AND SIGNATURE
Date: 11 November 2019

Nutrition Officer III, NNC-Regional Office, Region X
Regional Nutrition Program Coordinator, NNC Region X

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 2 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:
Number of Indigenous PS measured: (0-59 mos old) 105300

Region: X

Normal Weight for Age



Normal Length/Height for Age

Normal Weight for Length/Height

Total Number of Children																	Total # Normal HFA Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	4,897	4,576	4,202	4,315	9,278	9,190	9,650	9,776	10,721	10,302	9,829	9,585	96321	
Cagayan de Oro	75368	74410	98.7%	2,723	3,016	3,124	3,160	7,739	7,647	7,358	7,161	7,266	7,033	8,338	7,804	72369	
Camiguin	9870	7373	74.7%	304	319	260	250	603	592	560	647	599	724	736	680	6274	
El Salvador City	5794	4688	80.9%	210	179	197	191	430	397	425	380	495	456	516	449	4325	
Gingoog City	13892	12963	93.3%	466	464	513	514	1,204	1,190	1,322	1,280	1,232	1,253	1,368	1,186	11992	
Iligan City	39271	31518	80.3%	1,464	1,330	1,212	1,172	2,676	2,500	2,689	2,565	2,682	2,501	2,773	2,669	26233	
Lanao del Norte	77530	62464	80.6%	2,147	2,224	2,738	2,763	4,842	4,661	5,119	5,423	5,432	5,452	5,992	6,204	52997	
Malaybalay City	19736	17899	90.7%	824	775	742	694	1,509	1,477	1,721	1,567	1,664	1,525	1,456	1,317	15271	
Misamis Occidental	35717	22510	63.0%	734	729	1,021	955	1,952	1,850	2,084	2,021	2,304	2,076	2,250	2,196	20172	
Misamis Oriental	85772	71269	83.1%	3,238	3,097	2,942	2,655	6,410	6,103	6,669	6,452	7,034	6,366	7,359	6,644	64969	
Oroquieta City	7921	4925	62.2%	304	279	197	198	416	387	377	343	419	366	378	361	4025	
Ozamiz City	16752	10721	64.0%	423	439	501	465	1,156	1,080	1,047	903	1,087	1,053	986	939	10079	
Tangub City	7324	5751	78.5%	271	200	229	231	519	534	560	505	608	531	602	540	5330	
Valencia City	22638	23295	102.9%	1,075	1,031	990	908	2,297	2,060	2,405	2,329	2,442	2,370	2,370	2,287	22564	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	19,080	18,658	18,868	18,471	41,031	39,668	41,986	41,352	43,985	42,008	44,953	42,861	412,921	

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Regional Nutrition Program Coordinator, NNC Region X

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 3 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups: _____

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check:

☐ Normal Weight for Age

☐ Normal Length/Height for Age

☒ Normal Weight for Length/Height

Total Number of Children																	Total #
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		Normal WFL/個 Measured	
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls				
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	4,921	4,631	4,502	4,578	10,682	10,111	11,431	10,959	12,224	11,637	11,190	10,792	107658	
Cagayan de Oro	75368	74410	98.7%	2,787	3,092	3,224	3,241	7,929	7,823	7,529	7,283	7,378	7,155	8,442	7,895	73778	
Camiguin	9870	7373	74.7%	312	328	271	244	660	659	641	723	675	769	811	743	6836	
El Salvador City	5794	4688	80.9%	224	198	214	198	451	411	451	386	505	458	510	462	4468	
Gingoog City	13892	12963	93.3%	457	469	528	532	1,284	1,246	1,426	1,360	1,344	1,361	1,441	1,244	12692	
Iligan City	39271	31518	80.3%	1,452	1,342	1,268	1,247	2,930	2,706	2,814	2,729	2,898	2,683	3,022	2,862	27953	
Lanao del Norte	77530	62464	80.6%	2,261	2,339	2,908	2,902	5,499	5,088	5,644	5,898	5,942	5,938	6,565	6,821	57805	
Malaybalay City	19736	17899	90.7%	808	746	777	713	1,684	1,598	1,908	1,738	1,834	1,692	1,597	1,469	16564	
Misamis Occidental	35717	22510	63.0%	741	761	1,056	980	2,099	1,991	2,267	2,206	2,499	2,239	2,395	2,351	21585	
Misamis Oriental	85772	71269	83.1%	3,306	3,161	3,094	2,786	6,910	6,443	7,099	6,860	7,565	6,891	7,799	7,081	68995	
Oroquieta City	7921	4925	62.2%	291	283	205	200	484	424	407	382	432	417	427	419	4371	
Ozamiz City	16752	10721	64.0%	426	449	514	480	1,202	1,106	1,105	958	1,127	1,093	1,037	994	10491	
Tangub City	7324	5751	78.5%	285	214	242	247	556	555	578	518	621	533	596	541	5486	
Valencia City	22638	23295	102.9%	1,034	998	977	901	2,260	2,043	2,366	2,295	2,438	2,355	2,317	2,244	22228	
																0	
																0	
																0	
																0	
TOTAL	537211	464945	86.5%	19,305	19,011	19,780	19,249	44,630	42,204	45,666	44,295	47,482	45,221	48,149	45,918	440,910	

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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 4 of 13



Year/Period of Measurement: 2019
Indigenous Groups:
Number of Indigenous PS measured: (0-59 mos old) 105300

Region: X

Please check:



Underweight Weight for Age

Stunted Length/Height for Age

Wasted Weight for Length/Height

Total Number of Children																	Total # UW Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
(1)	(2)	(3)	(4)														
Bukidnon	119626	115159	96.3%	37	50	102	73	391	322	563	464	554	547	519	495	4117	
Cagayan de Oro	75368	74410	98.7%	11	6	20	15	55	44	39	52	49	59	62	55	467	
Camiguin	9870	7373	74.7%	1	18	3	3	13	36	32	15	42	15	46	9	233	
El Salvador City	5794	4688	80.9%	1	0	8	5	18	8	14	17	27	14	19	17	148	
Gingoog City	13892	12963	93.3%	4	2	8	4	41	34	39	47	35	42	29	28	313	
Iligan City	39271	31518	80.3%	54	29	56	47	141	101	148	118	137	129	142	133	1235	
Lanao del Norte	77530	62464	80.6%	49	30	91	68	307	201	345	302	404	353	411	430	2991	
Malaybalay City	19736	17899	90.7%	6	6	24	13	67	43	99	88	78	78	73	62	637	
Misamis Occidental	35717	22510	63.0%	14	8	26	16	65	55	80	80	92	82	94	76	688	
Misamis Oriental	85772	71269	83.1%	30	22	55	23	191	144	230	168	246	269	228	219	1825	
Oroquieta City	7921	4925	62.2%	10	6	8	5	41	25	34	25	39	30	36	45	304	
Ozamiz City	16752	10721	64.0%	0	1	5	4	35	22	39	37	38	36	35	41	293	
Tangub City	7324	5751	78.5%	1	0	3	2	9	4	13	14	12	16	11	8	93	
Valencia City	22638	23295	102.9%	4	1	10	5	23	29	32	29	18	18	8	7	184	
																0	
																0	
																0	
TOTAL	537211	464945	86.5%	222	179	419	283	1,397	1,068	1,707	1,456	1,771	1,688	1,713	1,625	13,528	

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Regional Nutrition Program Coordinator, NNC Region X

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 5 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: Underweight Weight for Age ☒ Stunted Length/Height for Age ☒ Wasted Weight for Length/Height

Province/ Independent City (1)	Estimated No. of 0-59 mos. old Preschool Children (2)	Total No. of 0-59 mos. old PS measured (3)	Coverage % (4)	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		Total # Stunted Measured
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)	
Bukidnon	119626	115159	96.3%	232	165	318	208	1,165	839	1,393	1,100	1,599	1,383	1,410	1,216	11028
Cagayan de Oro	75368	74410	98.7%	33	14	43	24	117	78	138	82	129	125	124	98	1005
Camiguin	9870	7373	74.7%	2	0	26	11	64	72	93	74	102	83	101	96	724
El Salvador City	5794	4688	80.9%	3	2	10	3	12	6	11	9	18	11	13	18	116
Gingoog City	13892	12963	93.3%	5	4	10	17	72	60	104	88	102	114	88	63	727
Iligan City	39271	31518	80.3%	79	64	81	64	300	208	250	243	327	266	334	301	2517
Lanao del Norte	77530	62464	80.6%	69	52	150	99	490	347	558	516	592	575	626	643	4717
Malaybalay City	19736	17899	90.7%	39	25	49	32	180	123	214	187	231	204	193	170	1647
Misamis Occidental	35717	22510	63.0%	25	38	40	33	150	119	194	169	188	176	181	179	1492
Misamis Oriental	85772	71269	83.1%	89	48	111	82	460	337	503	412	596	603	553	514	4308
Oroquieta City	7921	4925	62.2%	13	12	25	12	78	50	59	52	63	61	66	72	563
Ozamiz City	16752	10721	64.0%	5	5	11	8	46	22	51	51	63	54	54	59	429
Tangub City	7324	5751	78.5%	2	3	6	8	24	18	18	14	16	12	9	8	138
Valencia City	22638	23295	102.9%	9	2	13	11	53	37	64	61	72	56	48	51	477
																0
																0
																0
																0
TOTAL	537,211	464,945	86.5%	605	434	893	612	3,211	2,316	3,650	3,058	4,098	3,723	3,800	3,488	29,888

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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 6 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: **Underweight Weight for Age** **Stunted Length/Height for Age** ☒ **Wasted Weight for Length/Height**

Total Number of Children																	Total # Wasted Measured
Province/ Independent City (1)	Estimated No. of 0-59 mos. old Preschool Children (2)	Total No. of 0-59 mos. old PS measured (3)	Coverage % (4)	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
Bukidnon	119626	115159	96.3%	177	124	187	131	322	326	386	350	323	276	248	273	3123	
Cagayan de Oro	75368	74410	98.7%	11	11	31	9	38	29	34	22	36	20	23	19	283	
Camiguin	9870	7373	74.7%	1	3	11	6	24	16	17	18	30	25	18	27	196	
El Salvador City	5794	4688	80.9%	3	0	5	7	20	7	9	13	18	14	18	6	120	
Gingoog City	13892	12963	93.3%	8	1	5	5	22	18	18	20	12	15	25	15	164	
Iligan City	39271	31518	80.3%	70	47	53	26	141	81	105	93	105	92	97	88	998	
Lanao del Norte	77530	62464	80.6%	67	43	75	62	177	152	195	179	198	148	154	148	1598	
Malaybalay City	19736	17899	90.7%	27	19	35	18	68	56	72	53	59	47	54	29	537	
Misamis Occidental	35717	22510	63.0%	17	10	21	13	56	31	49	37	42	47	44	44	411	
Misamis Oriental	85772	71269	83.1%	37	43	48	34	123	104	114	76	97	95	94	81	946	
Oroquieta City	7921	4925	62.2%	13	5	12	6	30	16	22	11	30	14	14	14	187	
Ozamiz City	16752	10721	64.0%	4	1	8	4	17	10	11	7	12	8	12	13	107	
Tangub City	7324	5751	78.5%	2	2	5	4	13	10	11	13	7	12	10	5	94	
Valencia City	22638	23295	102.9%	23	26	28	17	88	51	89	66	53	55	73	61	630	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	460	335	524	342	1,139	907	1,132	958	1,022	868	884	823	9,394	

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Date: 11 November 2019

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 7 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: ☒ Severely Underweight Weight for Age

Severely Stunted Length/Height for Age

Severely Wasted Weight for Length/Height

Total Number of Children																	Total # SUW Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
(1)	(2)	(3)	(4)														
Bukidnon	119626	115159	96.3%	21	9	41	19	101	75	101	99	89	93	65	76	789	
Cagayan de Oro	75368	74410	98.7%	2	3	10	3	20	19	8	5	11	6	8	7	102	
Camiguin	9870	7373	74.7%	1	2	1	2	4	4	3	6	5	9	10	7	54	
El Salvador City	5794	4688	80.9%	1	1	2	0	7	1	3	4	1	10	5	1	36	
Gingoog City	13892	12963	93.3%	0	3	2	6	12	4	3	8	5	7	3	7	60	
Iligan City	39271	31518	80.3%	24	10	19	15	37	31	33	26	36	30	39	39	339	
Lanao del Norte	77530	62464	80.6%	19	17	56	32	127	83	126	112	135	113	125	128	1073	
Malaybalay City	19736	17899	90.7%	2	0	1	1	12	7	13	8	7	11	4	9	75	
Misamis Occidental	35717	22510	63.0%	7	7	9	6	19	18	15	12	19	16	21	23	172	
Misamis Oriental	85772	71269	83.1%	9	5	28	6	36	30	39	40	38	46	36	35	348	
Oroquieta City	7921	4925	62.2%	3	8	2	2	15	7	11	5	15	13	12	5	98	
Ozamiz City	16752	10721	64.0%	4	1	5	0	12	5	8	8	7	4	8	12	74	
Tangub City	7324	5751	78.5%	0	0	2	2	9	2	3	5	3	1	3	1	31	
Valencia City	22638	23295	102.9%	1	0	1	0	7	4	1	3	1	3	0	0	21	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	94	66	179	94	418	290	367	341	372	362	339	350	3,272	

Prepared by: NO I ARLE JOY DAMILES
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Validated by: GLADYS MAES FERNANDEZ
NAME AND SIGNATURE:
Regional Nutrition Program Coordinator, NNC Region X

Date: November 2019

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 8 of 13



Total No. of Provinces/Cities: 14
Year/Period of Measurement: 2019
Total No. of Provinces/Cities w/ OPT Plus Results: 14
Indigenous Groups:

Region: X
Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: Severely Underweight Weight for Age ☒ Severely Stunted Length/Height for Age ☒ Severely Wasted Weight for Length/Height

Total Number of Children																	Total # SSt Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	78	85	167	98	531	363	871	432	539	440	464	420	4488	
Cagayan de Oro	75368	74410	98.7%	8	3	15	4	36	29	17	14	21	16	23	17	203	
Camiguin	9870	7373	74.7%	0	0	17	12	24	23	24	24	27	18	9	18	196	
El Salvador City	5794	4688	80.9%	1	0	4	0	9	2	12	7	12	9	8	5	69	
Gingoog City	13892	12963	93.3%	1	6	5	2	34	18	19	15	23	20	18	15	176	
Iligan City	39271	31518	80.3%	65	39	34	42	103	81	108	86	130	95	110	88	981	
Lanao del Norte	77530	62464	80.6%	41	31	79	56	341	212	334	287	350	286	304	302	2623	
Malaybalay City	19736	17899	90.7%	28	10	19	15	74	42	69	64	51	45	50	57	524	
Misamis Occidental	35717	22510	63.0%	24	13	33	22	78	57	86	62	81	57	59	43	615	
Misamis Oriental	85772	71269	83.1%	20	15	41	18	127	71	97	96	105	88	92	79	849	
Oroquieta City	7921	4925	62.2%	5	7	3	4	37	17	27	19	20	24	28	17	208	
Ozamiz City	16752	10721	64.0%	1	1	2	1	17	10	20	13	13	8	16	12	114	
Tangub City	7324	5751	78.5%	4	1	4	6	20	9	14	11	14	8	5	9	105	
Valencia City	22638	23295	102.9%	4	1	3	0	5	7	8	6	2	5	4	1	46	
																0	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	280	212	426	280	1,436	941	1,706	1,136	1,388	1,119	1,190	1,083	11,197	

Prepared by: NOTARIE JOY D. DAMILES
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Regional Nutrition Program Coordinator, NNC Region X

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 9 of 13



Total No. of Provinces/Cities: 14
Year/Period of Measurement: 2019
Total No. of Provinces/Cities w/ OPT Plus Results: 14
Indigenous Groups:
Number of Indigenous PS measured: (0-59 mos old) 105300

Region: X

Please check: Severely Underweight Weight for Age Severely Stunted Length/Height for Age ☒ Severely Wasted Weight for Length/Height

Total Number of Children																	Total # SW Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	123	142	107	70	223	165	220	130	136	81	87	48	1532	
Cagayan de Oro	75368	74410	98.7%	3	9	4	4	7	11	16	8	9	11	8	3	93	
Camiguin	9870	7373	74.7%	0	0	7	5	8	4	4	9	2	8	8	5	60	
El Salvador City	5794	4688	80.9%	1	3	1	0	5	2	2	3	3	7	5	2	34	
Gingoog City	13892	12963	93.3%	2	0	1	3	6	2	1	4	2	2	1	0	24	
Iligan City	39271	31518	80.3%	75	39	34	31	53	60	63	38	63	41	30	39	566	
Lanao del Norte	77530	62464	80.6%	91	66	76	61	108	102	139	93	95	72	79	56	1038	
Malaybalay City	19736	17899	90.7%	25	17	7	8	34	24	17	15	16	7	10	10	190	
Misamis Occidental	35717	22510	63.0%	18	14	11	10	23	21	18	16	15	11	16	14	187	
Misamis Oriental	85772	71269	83.1%	30	24	22	12	42	30	46	25	32	29	27	19	338	
Oroquieta City	7921	4925	62.2%	6	8	2	5	5	9	10	2	7	1	5	3	63	
Ozamiz City	16752	10721	64.0%	0	0	2	1	6	7	4	3	4	3	1	0	31	
Tangub City	7324	5751	78.5%	5	2	2	1	6	5	3	4	4	1	3	0	36	
Valencia City	22638	23295	102.9%	21	13	9	6	24	19	24	25	6	9	19	26	201	
																0	
																0	
																0	
																0	
TOTAL	532,211	464,945	86.5%	400	337	285	217	550	461	567	375	394	283	299	225	4,393	

Prepared by: NOI ARLE JOY P. DAMILES
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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 10 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: ☒ Overweight Weight for Age ☐ Tall Length/Height for Age ☐ Total Number of Children ☐ Overweight Weight for Length/Height ☐ Obese Weight for Length/Height

Total Number of Children																	Total # OverWt Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	155	157	50	54	91	78	44	39	44	31	31	17	791	
Cagayan de Oro	75368	74410	98.7%	23	36	7	6	9	15	5	5	6	0	6	2	120	
Camiguin	9870	7373	74.7%	16	18	3	2	14	6	4	15	6	15	10	9	118	
El Salvador City	5794	4688	80.9%	11	12	3	7	3	4	4	1	4	2	4	1	56	
Gingoog City	13892	12963	93.3%	2	3	0	1	1	3	2	1	0	5	4	1	23	
Iligan City	39271	31518	80.3%	174	188	79	86	124	132	82	81	63	84	85	78	1256	
Lanao del Norte	77530	62464	80.6%	156	205	80	52	120	129	71	69	47	38	32	43	1042	
Malaybalay City	19736	17899	90.7%	29	30	5	5	8	15	7	5	14	2	10	5	135	
Misamis Occidental	35717	22510	63.0%	26	13	14	13	18	13	27	21	17	16	22	6	206	
Misamis Oriental	85772	71269	83.1%	83	78	24	23	51	49	46	30	31	16	48	26	505	
Oroquieta City	7921	4925	62.2%	27	23	2	2	7	6	19	11	18	6	11	3	135	
Ozamiz City	16752	10721	64.0%	2	2	3	1	7	2	7	6	14	11	6	5	66	
Tangub City	7324	5751	78.5%	12	14	4	5	5	1	2	2	3	1	3	0	52	
Valencia City	22638	23295	102.9%	2	2	0	0	5	1	3	1	4	1	0	1	20	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	718	781	274	257	463	454	323	287	271	228	272	197	4,525	

Prepared by: NO I ARLE JOY O. DAMILES
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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 11 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: Overweight Weight for Age ☒ Tall Length/Height for Age ☒ Overweight Weight for Length/Height ☐ Obese Weight for Length/Height ☐

Total Number of Children																	Total # Tall Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
(1)	(2)	(3)	(4)														
Bukidnon	119626	115159	96.3%	439	460	287	302	508	467	340	334	59	68	35	23	3322	
Cagayan de Oro	75368	74410	98.7%	69	105	88	82	117	150	83	73	24	28	4	10	833	
Camiguin	9870	7373	74.7%	24	23	14	10	25	20	13	25	5	7	5	8	179	
El Salvador City	5794	4688	80.9%	23	26	13	17	28	21	20	10	8	9	2	1	178	
Gingoog City	13892	12963	93.3%	8	10	8	8	10	4	7	7	1	4	1	0	68	
Iligan City	39271	31518	80.3%	251	249	134	144	199	247	102	126	77	96	82	80	1787	
Lanao del Norte	77530	62464	80.6%	293	278	196	170	305	329	187	151	77	49	46	46	2127	
Malaybalay City	19736	17899	90.7%	87	68	45	32	71	76	32	30	9	5	1	1	457	
Misamis Occidental	35717	22510	63.0%	25	29	18	12	36	31	13	31	13	9	8	6	231	
Misamis Oriental	85772	71269	83.1%	163	176	111	112	174	158	83	82	35	22	14	13	1143	
Oroquieta City	7921	4925	62.2%	29	29	4	8	15	12	11	13	5	3	0	0	129	
Ozamiz City	16752	10721	64.0%	6	9	11	11	14	17	10	9	3	4	2	3	99	
Tangub City	7324	5751	78.5%	35	35	19	12	23	19	12	12	5	3	3	0	178	
Valencia City	22638	23295	102.9%	29	30	23	20	35	28	19	17	3	1	2	1	208	
																0	
																0	
																0	
TOTAL	532,211	464,945	86.5%	1,481	1,527	971	940	1,560	1,579	932	920	324	308	205	192	10,939	

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Validated by: GLADYS M. S. FERNANDEZ
NAME AND SIGNATURE:

Date: 11 November 2019

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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 11 of 13

Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups: _____

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: ☒ **Overweight Weight for Age** ☒ **Tall Length/Height for Age**

Overweight Weight for Length/Height **Obese Weight for Length/Height**

Total Number of Children																	Total # Tall Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	439	460	287	302	508	467	340	334	59	68	35	23	3322	
Cagayan de Oro	75368	74410	98.7%	69	105	88	82	117	150	83	73	24	28	4	10	833	
Camiguin	9870	7373	74.7%	24	23	14	10	25	20	13	25	5	7	5	8	179	
El Salvador City	5794	4688	80.9%	23	26	13	17	28	21	20	10	8	9	2	1	178	
Gingoog City	13892	12963	93.3%	8	10	8	8	10	4	7	7	1	4	1	0	68	
Iligan City	39271	34518	80.3%	251	249	134	144	199	247	102	126	77	96	82	80	1787	
Lanao del Norte	77530	62464	80.6%	293	278	196	170	305	329	187	151	77	49	46	46	2127	
Malaybalay City	19736	17899	90.7%	87	68	45	32	71	76	32	30	9	5	1	1	457	
Misamis Occidental	35717	22510	63.0%	25	29	18	12	36	31	13	31	13	9	8	6	231	
Misamis Oriental	85772	71269	83.1%	163	176	111	112	174	158	83	82	35	22	14	13	1143	
Oroquieta City	7921	4925	62.2%	29	29	4	8	15	12	11	13	5	3	0	0	129	
Ozamiz City	16752	10721	64.0%	6	9	11	11	14	17	10	9	3	4	2	3	99	
Tangub City	7324	5751	78.5%	35	35	19	12	23	19	12	12	5	3	3	0	178	
Valencia City	22638	23295	102.9%	29	30	23	20	35	28	19	17	3	1	2	1	208	
																0	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	1,481	1,527	971	940	1,560	1,579	932	920	324	308	205	192	10,939	

Prepared by: NOTARIE JOY D. DAMILES Validated by: GLADIS MAE S. FERNANDEZ
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Regional Nutrition Program Coordinator, NNC Region X

Date: 11 November 2019

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
Revised February 2019 Page 12 of 13



Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: Overweight Weight for Age Tall Length/Height for Age ☒ Overweight Weight for Length/Height Obese Weight for Length/Height

Total Number of Children																	Total # Over Wt WFL/H Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	231	199	116	96	174	166	147	129	133	126	104	78	1699	
Cagayan de Oro	75368	74410	98.7%	17	18	6	13	31	31	14	12	11	9	11	7	180	
Camiguin	9870	7373	74.7%	11	6	15	14	17	21	17	10	20	18	7	17	173	
El Salvador City	5794	4688	80.9%	6	3	3	4	3	3	2	2	2	3	3	1	35	
Gingoog City	13892	12963	93.3%	7	8	1	0	6	5	2	4	0	5	2	3	43	
Iligan City	39271	31518	80.3%	66	82	27	37	50	88	74	64	65	42	46	49	690	
Lanao del Norte	77530	62464	80.6%	77	77	55	29	99	119	119	118	118	119	80	107	1117	
Malaybalay City	19736	17899	90.7%	68	53	27	21	39	32	22	27	27	23	28	24	391	
Misamis Occidental	35717	22510	63.0%	20	15	18	11	24	11	25	15	18	14	23	5	199	
Misamis Oriental	85772	71269	83.1%	84	68	28	27	62	70	57	52	46	46	63	44	647	
Oroquieta City	7921	4925	62.2%	29	20	6	7	20	12	17	19	23	14	15	10	192	
Ozamiz City	16752	10721	64.0%	4	3	0	0	5	3	3	6	9	7	4	2	46	
Tangub City	7324	5751	78.5%	12	12	4	2	7	6	9	5	7	5	4	6	79	
Valencia City	22638	23295	102.9%	21	20	12	13	14	13	13	25	14	10	8	5	168	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	653	584	318	274	551	580	521	488	493	441	398	358	5,659	

Prepared by: NOTARRETORIO, DAMILES Validated by: GLADYS MAE S. FERNANDEZ Date: 11 November 2019
NAME AND SIGNATURE
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Regional Nutrition Program Coordinator, NNC Region X



Total No. of Provinces/Cities: 14 Year/Period of Measurement: 2019
Total No. of Provinces/Cities w/ OPT Plus Results: 14 Indigenous Groups: _____

Region: X Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: **Overweight Weight for Age** **Tall Length/Height for Age** ☒ **Overweight Weight for Length/Height** **Obese Weight for Length/Height**

Total Number of Children																	Total # OverWt WFL/H Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Bukidnon	119626	115159	96.3%	231	199	116	96	174	166	147	129	133	126	104	78	1699	
Cagayan de Oro	75368	74410	98.7%	17	18	6	13	31	31	14	12	11	9	11	7	180	
Camiguin	9870	7373	74.7%	11	6	15	14	17	21	17	10	20	18	7	17	173	
El Salvador City	5794	4688	80.9%	6	3	3	4	3	3	2	2	2	3	3	1	35	
Gingoog City	13892	12963	93.3%	7	8	1	0	6	5	2	4	0	5	2	3	43	
Iligan City	39271	31518	80.3%	66	82	27	37	50	88	74	64	65	42	46	49	690	
Lanao del Norte	77530	62464	80.6%	77	77	55	29	99	119	119	118	118	119	80	107	1117	
Malaybalay City	19736	17899	90.7%	68	53	27	21	39	32	22	27	27	23	28	24	391	
Misamis Occidental	35717	22510	63.0%	20	15	18	11	24	11	25	15	18	14	23	5	199	
Misamis Oriental	85772	71269	83.1%	84	68	28	27	62	70	57	52	46	46	63	44	647	
Oroquieta City	7921	4925	62.2%	29	20	6	7	20	12	17	19	23	14	15	10	192	
Ozamiz City	16752	10721	64.0%	4	3	0	0	5	3	3	6	9	7	4	2	46	
Tangub City	7324	5751	78.5%	12	12	4	2	7	6	9	5	7	5	4	6	79	
Valencia City	22638	23295	102.9%	21	20	12	13	14	13	13	25	14	10	8	5	168	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	653	584	318	274	551	580	521	488	493	441	398	358	5,659	

Prepared by: NOT ARRIE JOY D. DAMILES Validated by: GLADYS MAE S. FERRANDEZ Date: 11 November 2019
NAME AND SIGNATURE (NAME AND SIGNATURE)
Nutrition Officer III, NNC-Regional Office, Region X Regional Nutrition Program Coordinator, NNC Region X

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results
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Total No. of Provinces/Cities: 14
Total No. of Provinces/Cities w/ OPT Plus Results: 14

Year/Period of Measurement: 2019
Indigenous Groups:

Region: X

Number of Indigenous PS measured: (0-59 mos old) 105300

Please check: Overweight Weight for Age Tall Length/Height for Age Overweight Weight for Length/Height Obese Weight for Length/Height

Total Number of Children																	Total # Obese WFL/H Measured
Province/ Independent City (1)	Estimated No. of 0-59 mos. old Preschool Children (2)	Total No. of 0-59 mos. old PS measured (3)	Coverage % (4)	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys (5)	Girls (6)	Boys (7)	Girls (8)	Boys (9)	Girls (10)	Boys (11)	Girls (12)	Boys (13)	Girls (14)	Boys (15)	Girls (16)		
Bukidnon	119626	115159	96.3%	194	190	62	48	81	91	70	74	102	73	109	53	1147	
Cagayan de Oro	75368	74410	98.7%	15	8	5	1	4	12	3	5	6	7	5	5	76	
Camiguin	9870	7373	74.7%	6	5	13	14	7	7	11	10	6	12	7	10	108	
El Salvador City	5794	4688	80.9%	3	3	1	2	0	3	4	2	5	3	3	2	31	
Gingoog City	13892	12963	93.3%	6	6	1	1	2	1	5	2	0	8	6	2	40	
Iligan City	39271	31518	80.3%	196	172	79	81	104	101	93	96	85	100	104	100	1311	
Lanao del Norte	77530	62464	80.6%	54	60	49	34	95	88	101	89	98	85	90	63	906	
Malaybalay City	19736	17899	90.7%	50	43	9	13	9	8	17	15	19	10	11	13	217	
Misamis Occidental	35717	22510	63.0%	12	9	6	8	14	3	18	9	12	7	20	10	128	
Misamis Oriental	85772	71269	83.1%	53	40	13	8	34	22	36	29	30	18	35	25	343	
Oroquieta City	7921	4925	62.2%	12	11	4	4	7	5	18	13	15	8	11	4	112	
Ozamiz City	16752	10721	64.0%	1	1	1	0	3	3	5	2	14	8	4	4	46	
Tangub City	7324	5751	78.5%	8	9	5	3	4	4	3	2	4	3	6	5	56	
Valencia City	22638	23295	102.9%	18	7	3	2	4	6	4	2	8	3	7	4	68	
																0	
																0	
																0	
TOTAL	537,211	464,945	86.5%	628	564	251	219	368	354	388	350	404	345	418	300	4,589	

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