

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL

OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2012 Page 1 of 3

Region: **X**

Total Population of Region: **4,922,257**

Source: **NSO**

Estimated No. of Preschoolers: 0-59 months old^{2/} **664,505** 0-71 months old^{3/} **797,406**

OPT Plus Year/Period Covered: **2018**

Actual No. of PS measured: 0-59 months old **480,770** 0-71 months old **504,708**

CY 2018 Past Yr. Prevalence Rate UW & SUW ^{1/}: **4.5%**

Percent OPT Plus Coverage: 0-59 months old **72.4%** 0-71 months old **63.3%**

Total No. of Provs./Cities: **14**

Prev Rate UW&SUW: 0-59 mos. = **4.0%** 0-71 mos **3.9%**

No. of Indigenous PS measured: 0-59 months old **62,171** 0-71 months old **39,561**

Total No. of Provs&Cities with OPT Plus results/Total Number of Provs&Cities: **92.9%** (LGU Coverage)

Indigenous Group/s, if any: *(Please specify)* **Manobo, Talaanding, Higa-onon, Subanen**

Age Group (1)	Weight for Age Status											Total, by age group							
	Normal (N)		Underweight (UW)		Sev. Underwt (SUW)		Overweight (OW)		TOTAL			Total N		Total UW		Total SUW		Total OW	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Total	No	Prev (%)	No	Prev (%)	No	Prev	No	Prev (%)
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)
0-5 months (R1)	22142	22015	270	185	97	69	631	660	23140	22929	46069	44157	95.8	455	1.0	166	0.4	1291	2.8
6-11 months (R2)	22220	21519	590	445	191	139	221	228	23222	22331	45553	43739	96.0	1035	2.3	330	0.7	449	1.0
12-23 months (R3)	45168	43200	1525	1301	433	344	362	389	47488	45234	92722	88368	95.3	2826	3.0	777	0.8	751	0.8
24-35 months (R4)	46641	44299	1804	1586	420	404	323	313	49188	46602	95790	90940	94.9	3390	3.5	824	0.9	636	0.7
36-47 months (R5)	48594	45661	1962	1828	422	425	244	220	51222	48134	99356	94255	94.9	3790	3.8	847	0.9	464	0.5
48-59 months (R6)	48931	46965	2032	1976	426	414	307	229	51696	49584	101280	95896	94.7	4008	4.0	840	0.8	536	0.5
60-71 months (R7)	11925	11331	287	232	41	49	44	29	12297	11641	23938	23256	97.2	519	2.2	90	0.4	73	0.3
Total (R8)																			
0-59 mos	233696	223659	8183	7321	1989	1795	2088	2039	245956	234814	480770	457355		15504		3784		4127	
0-71 mos	245621	234990	8470	7553	2030	1844	2132	2068	258253	246455	504708	480611		16023		3874		4200	
Prev (%) (R9)																			
0-59 mos	95.0	95.2	3.3	3.1	0.8	0.8	0.8	0.9	51.2	48.8			95.1		3.2		0.8		0.9
0-71 mos	95.1	95.3	3.3	3.1	0.8	0.7	0.8	0.8	51.2	48.8			95.2		3.2		0.8		0.8

Note: a) R1 means Row No. 1, R2 means Row 2, etc. b) Total (R8) - refers to the sum of preschoolers by nutritional status and by age group c) Prev (R9)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 months and 0- 71 months

d) Prev (C22,24,26,28)- refers to the prevalence rate by total by age group 1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 13.5 x Total Population 3/ 0-71 months = 16.2 x Total Population

Use **WEIGHT-FOR-LENGTH** or **WEIGHT-FOR-HEIGHT** to correctly determine overweight and obesity

Prepared by: **Arle Joy O. Damiles**
Name and Signature of DCNPC/Nutritionist/PNAO

Checked: **NPZ Gladys Mae S. Fernandez**
Name and Signature of Provincial Health Officer

Approved: **Dir. Nimfa B. Torrizo**
Name and Signature of Governor,
PNC Chair

Date: **March 27, 2019**

Date: **March 27, 2019**

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OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2012 Page 2 of 3

Region: **X** Total Population of Province: **4,922,257** Source: **NSO** Estimated No. of Preschoolers: 0-59 months old^{2/} **664,505** 0-71 months old^{3/} **797,406**

OPT Plus Year/Period Covered: **2018** Actual No. of PS measured: 0-59 months old **480,770** 0-71 months old **504,708**

CY 2018 Past Yr. Prevalence Rate St. & SSt. ^{1/}: **11.0%** Percent OPT Plus Coverage: 0-59 months old **72.4%** 0-71 months old **63.3%**

Total No. of Muns./Cities: **14** Prev Rate St&SSt: 0-59 mos.= **9.7%** 0-71 mos.= **9.5%** No. of Indigenous PS measured: 0-59 months old **62,171** 0-71 months old **39,561**

Total No. of Cities&Muns w/ OPT Plus results/Total Number of Cities&Muns.: **92.9%** (LGU Coverage) Indigenous Group/s: *(Please specify)* **Manobo, Talaanding, Higa-onon, Subanen**

Age Group	Length/Height for Age Status											Total, by age group							
	Normal (N)		Stunted /Short (St)		Sev Stunted (SSt)		Tall (T)		TOTAL			Total N		Total St		Total SSt		Total T	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Total	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)
0-5 months (R1)	16831	16156	634	484	297	230	1229	1334	18991	18204	37195	32987	88.7	1118	3.0	527	1.4	2563	6.9
6-11 months (R2)	16833	16423	905	647	463	298	727	701	18928	18069	36997	33256	89.9	1552	4.2	761	2.1	1428	3.9
12-23 months (R3)	35238	34134	2914	2203	1344	1096	1185	1135	40681	38568	79249	69372	87.5	5117	6.5	2440	3.1	2320	2.9
24-35 months (R4)	36824	34942	3320	2848	1389	1086	812	822	42345	39698	82043	71766	87.5	6168	7.5	2475	3.0	1634	2.0
36-47 months (R5)	38760	36372	3832	3246	1391	1119	420	388	44403	41125	85528	75132	87.8	7078	8.3	2510	2.9	808	0.9
48-59 months (R6)	39403	36718	3832	3504	1294	1126	277	255	44806	41603	86409	76121	88.1	7336	8.5	2420	2.8	532	0.6
60-71 months (R7)	8254	8103	400	332	71	51	9	6	8734	8492	17226	16357	95.0	732	4.2	122	0.7	15	0.1
Total (R8)																			
0-59 mos	183889	174745	15437	12932	6178	4955	4650	4635	210154	197267	407421	358634		28369		11133		9285	
0-71 mos	192143	182848	15837	13264	6249	5006	4659	4641	218888	205759	424647	374991		29101		11255		9300	
Prev (%) (R9)																			
0-59 mos	87.5	88.6	7.3	6.6	2.9	2.5	2.2	2.3	51.6	48.4			88.0		7.0		2.7		2.3
0-71 mos	87.8	88.9	7.2	6.4	2.9	2.4	2.1	2.3	51.5	48.5			88.3		6.9		2.7		2.2

Note: a) R1 means Row No. 1, R2 means Row 2, etc. b) Total (R8) - refers to the sum of preschoolers by nutritional status and by age group c) Prev (R9)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 months and 0- 71 months

d) Prev (C22,24,26,28)- refers to the prevalence rate by total by age group 1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 13.5 x Total Population 3/ 0-71 months = 16.2 x Total Population

Use **WEIGHT-FOR-LENGTH** or **WEIGHT-FOR-HEIGHT** to correctly determine overweight and obesity

Prepared by: **Arle Joy O. Damiles**
Name and Signature of DCNPC/Nutritionist /PNAO

Date: **March 27, 2019**

Checked: **NPC Gladys Mae S. Fernandez**
Name and Signature of Provincial Health Officer

Date: **March 27, 2019**

Approved: **Dir. Nino B. Torrizo**
Name and Signature of Governor,
PNC Chair

Date: **March 27, 2019**

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OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2012 Page 3 of 3

Region: X Total Population of Province: Source: NSO Estimated No. of Preschoolers: 0-59 months old^{2/} **664,505** 0-60 months old^{3/} **664,505**
OPT Plus Year/Period Covered: **2018** Actual No. of PS measured: 0-59 months old **480,770** 0-60 months old **407,486**
CY 2018 Past Yr. Prevalence Rate W&SW ^{1/}: **3.2%** Percent OPT Plus Coverage: 0-59 months old **72.4%** 0-60 months old **61.3%**
Total No. of Muns./Cities: **14** Prev Rate W&SW: 0-59 mos.= **3.5%** 0-60 mos.= **3.5%** No. of Indigenous PS measured: 0-59 months old **62,171** 0-60 months old **25,782**
Total No. of Cities&Muns w/ OPT Plus results/Total Number of Cities&Muns.: **92.9%** (LGU Coverage) Indigenous Group/s, if any (Please specify): **Manobo, Talaanding, Higa-onon, Subanen**

Age Group (1)	Weight for Length/Height Status													Total, by age group									
	Normal (N)		Wasted (W)		SevWasted (SW)		Overweight (OW)		Obese (Ob)		TOTAL			Total N		Total W		Total SW		Total OW		Total Ob	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Total	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
0-5 months (R1)	17177	16672	403	342	375	308	699	587	569	545	19223	18454	37677	33849	89.8	745	2.0	683	1.8	1286	3.4	1114	3.0
6-11 months (R2)	17888	17115	480	362	261	170	313	293	234	163	19176	18103	37279	35003	93.9	842	2.3	431	1.2	606	1.6	397	1.1
12-23 months (R3)	38145	36292	1117	927	560	411	530	506	317	331	40669	38467	79136	74437	94.1	2044	2.6	971	1.2	1036	1.3	648	0.8
24-35 months (R4)	39412	37511	1230	951	531	335	503	451	331	249	42007	39497	81504	76923	94.4	2181	2.7	866	1.1	954	1.2	580	0.7
36-47 months (R5)	40927	38994	1033	1014	468	308	518	353	354	241	43300	40910	84210	79921	94.9	2047	2.4	776	0.9	871	1.0	595	0.7
48-59 months (R6)	41945	40034	899	914	398	299	493	382	344	238	44079	41867	85946	81979	95.4	1813	2.1	697	0.8	875	1.0	582	0.7
60 months (R7)	891	809	17	13	0	1	2	0	1	0	911	823	1734	1700	98.0	30	1.7	1	0.1	2	0.1	1	0.1
Total (R8)																							
0-59 mos	195494	186618	5162	4510	2593	1831	3056	2572	2149	1767	208454	197298	405752	382112		9672		4424		5628		3916	
0-60 mos	196385	187427	5179	4523	2593	1832	3058	2572	2150	1767	209365	198121	407486	383812		9702		4425		5630		3917	
Prev (%) (R9)																							
0-59 mos	93.8	94.6	2.5	2.3	1.2	0.9	1.5	1.3	1.0	0.9	51.4	48.6			94.2		2.4		1.1		1.4		1.0
0-60 mos	93.8	94.6	2.5	2.3	1.2	0.9	1.5	1.3	1.0	0.9	51.4	48.6			94.2		2.4		1.1		1.4		1.0

Note: a) R1 means Row No. 1, R2 means Row 2, etc. b) Total (R8) - refers to the sum of preschoolers by nutritional status and by age group c) Prev (R9)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 months and 0- 71 months
d) Prev (C22,24,26,28)- refers to the prevalence rate by total by age group 1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 13.5 x Total Population 3/ 0-71 months = 16.2 x Total Population

Use WEIGHT-FOR-LENGTH for 0-23 months old preschool children and WEIGHT-FOR-HEIGHT for 24-60 months old preschool children.

Prepared by: Arlie Joy O. Damiles
Name and Signature of DCNPC/Nutritionist /PNAO

Date: March 27, 2019

Checked: NPE Gladys Mae S. Fernandez
Name and Signature of Provincial Health Officer

Date: March 27, 2019

Approved: Dir. Nimfa B. Torrizo
Name and Signature of Governor

PNC Chair
Date: March 27, 2019

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OPT Plus Form 4B. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2012

Region: X

Total Population: 4,922,257

Source: PSA

CY2018 Prevalence Rate Weight for Age: 4.0%

Year/ Period of Measurement: 2018 No. of Indigenous Groups Measured: [REDACTED]

Prevalence Rate: Weight/Age 3.9% Length-Height/Age 9.5% Weight/Length-Height 3.5%

Province/City (1)	Total Number of Municipalities (2)	Number of Municipalities with OPT Results (3)	Total Number of Barangays (4)	Number of Barangays with OPT Results (5)	Estimated Number of Preschoolers Aged 0-71 months (6)	Actual Number of Preschoolers		Actual Number of Indigenous PS	
						Weight (7)	Height (8)	Weight (9)	Height (10)
BUKIDNON	20	20	387	366	176,523	166,517	166,538	33,609	33,609
CAGAYAN DE ORO CITY	1	1	80	74	119,314	72,807	72,800	9,048	9,048
CAMIGUIN	5	5	58	58	14,771	9,918	9,918	0	0
EL SALVADOR CITY	1	1	15	15	8,463	5,231	5,228	0	0
GINGOOG CITY	1	1	79	79	21,633	15,824	15,822	971	640
ILIGAN	1	1	44	44	59,270	46,405	0	0	0
LANAO DEL NORTE	22	22	24	24	117,075	65,563	32,644	0	0
MALAYBALAY CITY	1	1	46	46	29,425	17,962	17,961	7,177	7,177
MISAMIS OCCIDENTAL	14	14	339	339	52,898	23,587	23,587	23,587	23,587
MISAMIS ORIENTAL	23	23	329	327	127,430	76,172	76,172	0	0
OZAMIZ CITY	1	1	51	51	25,578	11,810	11,810	429	429
TANGUB CITY	1	1	55	55	11,310	6,116	6,116	370	370
VALENCIA CITY	1	1	31	31	33,234	21,101	21,101	3,901	3,901

Prepared by: NO I Arlie Joy O. Damiles
Nutrition Officer III, NNC-Reg. X

Validated by: Gladys Mae S. Fernandez
Nutrition Program Coordinator, NNC-Reg. X

Date: March 27, 2019