



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

Revised February 2019 Page 1 of 3

Total Popn of Region: 4,689,302

Source: PSA

Estimated No. of PS:

0-59 months old² 502,412

Year OPT Plus: 2019

Actual No. of PS measured:

0-59 months old 464,945

0-71 months old: 4,024

Region: X

CY 2018

Prevalence Rate UW + SUW¹: 4.0%

Percent OPT Plus Coverage:

0-59 months old 92.5%

Total # of LGUs: 14

0-59 mos.: 3.6%

Indigenous PS measured:

0-59 months old 105300

0-71 months old: 20,586

Total # of LGUs with OPT Plus Results/Total # of LGUs: 100.0%

Indigenous Group/s: (Please specify)

Age Group	Weight for Age Status										Total, by age group									
	Normal (N)		Underweight (UW)		Sev. Underw (SUW)		Overweight (OW)		TOTAL		Total N		Total UW		Total SUW		Total OW			
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	No	Prev (%)	No	Prev (%)	No	Prev	No	Prev (%)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	
0-5 months (R1)	20,412	19,805	222	179	94	66	718	781	21,446	20,831	42,277	40,217	95.1	401	0.9	160	0.4	1499	3.5	
6-11 months (R2)	20,286	19,671	419	283	179	94	274	257	21,158	20,305	41,463	39,957	96.4	702	1.7	273	0.7	531	1.3	
12-23 months (R3)	44,960	42,690	1,397	1,068	418	290	463	454	47,238	44,502	91,740	87,650	95.5	2465	2.7	708	0.8	917	1.0	
24-35 months (R4)	45,877	44,382	1,707	1,456	367	341	323	287	48,274	46,466	94,740	90,259	95.3	3163	3.3	708	0.7	610	0.6	
36-47 months (R5)	47,381	44,880	1,771	1,688	372	362	271	228	49,795	47,158	96,953	92,261	95.2	3459	3.6	734	0.8	499	0.5	
48-59 months (R6)	47,824	45,452	1,713	1,625	339	350	272	197	50,148	47,624	97,772	93,276	95.4	3338	3.4	689	0.7	469	0.5	
60-71 months (R7)	1,800	1,758	163	139	62	58	23	21	2,048	1,976	4,024	3,558	88.4	302	7.5	120	3.0	44	1.1	
Total (R8)	226,740	216,880	7,229	6,299	1,769	1,503	2,321	2,204	238,059	226,886	464,945	443,620		13,528		3,272		4,525		
0-71 mos	228,540	218,638	7,392	6,438	1,831	1,561	2,344	2,225	240,107	228,862	468,969	447,178		13,830		3,392		4,569		
Prev (%) (R9)	95.2	95.6	3.0	2.8	0.7	0.7	1.0	1.0	51.2	48.8		95.4								
0-71 mos	95.2	95.5	3.1	2.8	0.8	0.7	1.0	1.0	51.2	48.8		95.4		2.9		0.7			1.0	

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

1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10.714% x Total Population

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

Prepared by:

NOI MARLE JOY Q. DAMILES
NAME AND SIGNATURE

Nutrition Officer III, NNC-Regional Office, Region X

Validated by:

GLADYS M. S. FERNANDEZ
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC, Region X

Date:

11 November 2017

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus
Revised February 2019 Page 2 of 3

Total Popn of Region: **4,689,302** Source/Yr: **PSA**

Estimated No. of PS:

0-59 months old² **502,412**

Year OPT Plus: **2019**

Actual No. of PS measured:

0-59 months old **464,945** 0-71 months old **4,024**

Region: **X**

CV 2018

Prevalence Rate of St. + Sst. ^{1/} **8.2%**

Percent OPT Plus Coverage:

0-59 months old **92.5%** 0-71 months old **20,586**

Total # of LGUs: **14**

0-59 mos: **8.8%**

Indigenous PS measured:

0-59 months old **105,300** 0-71 months old **20,586**

Total # of LGUs with OPT Plus Results/Total # of LGUs: **100.0%**

Indigenous Groups: *(Please specify)*

Age Group	Length/Height for Age Status														Total, by age group									
	Normal (N)		Stunted /Short (S)		Sev Stunted (SS)		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 (%)					
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)					
0-5 months (R1)	19,080	18,658	605	434	280	212	1,481	1,527	21,446	20,831	42,277	37,738	89.3	1039	2.5	492	1.2	3008	7.1					
6-11 months (R2)	18,868	18,471	893	612	426	280	971	940	21,158	20,303	41,461	37,339	90.1	1505	3.6	706	1.7	1911	4.6					
12-23 months (R3)	41,031	39,668	3,211	2,316	1,436	941	1,560	1,579	47,238	44,504	91,742	80,699	88.0	5527	6.0	2377	2.6	3139	3.4					
24-35 months (R4)	41,986	41,352	3,650	3,058	1,706	1,136	932	920	48,274	46,466	94,740	83,338	88.0	6708	7.1	2842	3.0	1852	2.0					
36-47 months (R5)	43,985	42,008	4,098	3,723	1,388	1,119	324	308	49,795	47,158	96,953	85,993	88.7	7821	8.1	2507	2.6	632	0.7					
48-59 months (R6)	44,953	42,861	3,800	3,488	1,190	1,083	205	192	50,148	47,624	97,772	87,814	89.8	7288	7.5	2273	2.3	397	0.4					
60-71 months (R7)	1,823	1,617	283	281	162	106	22	23	2,290	2,027	4,317	3,440	79.7	564	13.1	268	6.2	45	1.0					
Total (R8)	209,903	203,018	16,257	13,631	6,426	4,771	5,473	5,466	238,059	226,886	464,945	412,921		29,888		11,197		10,939						
0-71 mos	211,726	204,635	16,540	13,912	6,588	4,877	5,495	5,489	240,349	228,913	469,262	416,361		30,452		11,465		10,984						
Prev (%) (R9)	88.2	89.5	6.8	6.0	2.7	2.1	2.3	2.4	51.2	48.8			88.8		6.4		2.4		2.4					
0-59 mos	88.2	89.5	6.8	6.1	2.7	2.1	2.3	2.4	51.2	48.8			88.7		6.5		2.4		2.3					
0-71 mos	88.1	89.4	6.9	6.1	2.7	2.1	2.3	2.4	51.2	48.8			88.7		6.5		2.4		2.3					

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

1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = $10.714\% \times \text{Total Population}$

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

Prepared by:

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Nutrition Officer III, NNC-Regional Office, Region X

Validated by:

GRADY MAE S. FERANDEZ
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC, Region X

Date:

11 November 2019



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus
Revised February 2019 Page 2 of 3

Total Popn of Region: **4,689,302**Source/Yr: **PSA**

Year OPT Plus: **2019**

Prevalence Rate of St. + SSt. ^{1/}: **8.2%**

Actual No. of PS measured: **0-59 months old^{2/} 502,412**

Percent OPT Plus Coverage: **0-59 months old 464,945**

Indigenous PS measured: **0-59 months old 92.5%**

Indigenous Group(s): **0-71 months old: 4,024**

Indigenous Group(s): **0-59 months old 105,300**

Indigenous Group(s): **0-71 months old: 20,586**

Total # of LGUs: **14**

Region: **X**

CY **2018**

0-59 mos: **8.8%**

Total # of LGUs with OPT Plus Results/Total # of LGUs: **100.0%**

Age Group	Length/Height for Age Status																			Total, by age group														
	Normal (N)				Stunted /Short (S)				Sev Stunted (SS)				Tail (T)				TOTAL				Total N				Total St				Total SSt				Total T	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Total	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)									
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)															
0-5 months (R1)	19,080	18,658	605	434	280	212	1,481	1,527	21,446	20,831	42,277	37,738	89.3	1039	2.5	492	1.2	3008	7.1															
6-11 months (R2)	18,868	18,471	893	612	426	280	971	940	21,158	20,303	41,461	37,339	90.1	1505	3.6	706	1.7	1911	4.6															
12-23 months (R3)	41,031	39,668	3,211	2,316	1,436	941	1,560	1,579	47,238	44,504	91,742	80,699	88.0	5527	6.0	2377	2.6	3139	3.4															
24-35 months (R4)	41,986	41,352	3,650	3,058	1,706	1,136	932	920	48,274	46,466	94,740	83,338	88.0	6708	7.1	2842	3.0	1852	2.0															
36-47 months (R5)	43,985	42,008	4,098	3,723	1,388	1,119	324	308	49,795	47,158	96,953	85,993	88.7	7821	8.1	2507	2.6	632	0.7															
48-59 months (R6)	44,953	42,861	3,800	3,488	1,190	1,083	205	192	50,148	47,624	97,772	87,814	89.8	7288	7.5	2273	2.3	397	0.4															
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Total (R8)	209,903	203,018	16,257	13,631	6,426	4,771	5,473	5,466	238,059	226,886	464,945	412,921		29,888		11,197		10,939																
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Prev (%) (R9)	88.2	89.5	6.8	6.0	2.7	2.1	2.3	2.4	51.2	48.8			88.8		6.4		2.4		2.4															
0-71 mos	88.1	89.4	6.9	6.1	2.7	2.1	2.3	2.4	51.2	48.8			88.7		6.5		2.4		2.3															

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R6) - refers to the sum of preschoolers by nutritional status for children 0-59 months and 0-71 months; c) Prev (R9) - refers to the prevalence rate by sex, by nutritional status for age group 0-59 mos. & 0-71 mos.
1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10.7149% x Total Population

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

Prepared by: **NOI ARLEJOY P. DAMILES**

NAME AND SIGNATURE

Validated by: **GLADYS MAE S. FERRANDEZ**

NAME AND SIGNATURE

Date: **11 November 2019**

Nutrition Officer III, NINC-Regional Office, Region X

Regional Nutrition Program Coordinator, NINC, Region X



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus
Revised February 2019 Page 3 of 3

Total Popn of Region: #####

Source/Ref: PSA

Estimated No. of PS: 502,412

0-59 months old² 464,945

0-71 months old: 4,024

Region: X

CV 2018

Prevalence Rate W + SW ¹: 2.9%

Actual No. of PS measured: 0-59 months old 464,945

Percent OPT Plus Coverage: 0-59 months old 92.5%

0-71 months old: 20,586

Total # of LGUs: 14

0-59 mos: 3.0%

Indigenous Group/s: (Please specify)

Total # of LGUs with OPT Plus Results/Total # of LGUs: 100.0%

Indigenous Group/s: (Please specify)

Age Group	Weight for Length/Height Status														Total, by age group									
	Normal (N)		Wasted (W)		Se Wasted (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 (%)	
(1)	(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)	19,305	19,011	460	335	400	337	653	584	628	564	21,446	20,831	42,277	38,316	90.6	795	1.9	737	1.7	1237	2.9	1192	2.8	
6-11 months (R2)	19,780	19,249	524	342	285	217	318	274	251	219	21,158	20,301	41,459	39,029	94.1	866	2.1	502	1.2	592	1.4	470	1.1	
12-23 months (R3)	44,630	42,204	1,139	907	550	461	551	580	568	354	47,238	44,506	91,744	86,834	94.6	2046	2.2	1011	1.1	1131	1.2	722	0.8	
24-35 months (R4)	45,666	44,295	1,132	958	567	375	521	488	588	350	48,274	46,466	94,740	89,961	95.0	2090	2.2	942	1.0	1009	1.1	738	0.8	
36-47 months (R5)	47,482	45,221	1,022	868	394	283	493	441	404	345	49,795	47,158	96,953	92,703	95.6	1890	1.9	677	0.7	934	1.0	749	0.8	
48-59 months (R6)	48,149	45,918	884	823	299	225	398	358	418	300	50,148	47,624	97,772	94,067	96.2	1707	1.7	524	0.5	756	0.8	718	0.7	
60-71 months (R7)	2,035	1,852	63	46	48	42	41	26	40	18	2,227	1,984	4,211	3,887	92.3	109	2.6	90	2.1	67	1.6	58	1.4	
Total (R8)	225,012	215,898	5,161	4,233	2,495	1,898	2,934	2,725	2,457	2,132	238,059	226,886	464,945	440,910		9,394		4,393		5,659		4,589		
0-71 mos	227,047	217,750	5,224	4,279	2,543	1,940	2,975	2,751	2,497	2,150	240,286	228,870	469,156	444,797		9,503		4,483		5,726		4,647		
Prev (%) (R9)	94.5	95.2	2.2	1.9	1.0	0.8	1.2	1.2	1.0	0.9	51.2	48.8			94.8		2.0		0.9		1.2		1.0	
0-71 mos	94.5	95.1	2.2	1.9	1.1	0.8	1.2	1.2	1.0	0.9	51.2	48.8			94.8		2.0		1.0		1.2		1.0	

Note: a) RI means Row No. 1, R2 mean Row 2, etc.; b) Total (R8) - refers to the sum of preschoolers by nutritional status for children 0-59 months and 0-71 months; c) Prev (R8) - refers to the prevalence rate by sex, by nutritional status for age group 0-59 mos. & 0-71 mos.
1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10,71,496 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.
Use WEIGHT-FOR-LENGTH or WEIGHT-FOR-HEIGHT to correctly determine overweight and obese preschool children.

Prepared by: ANA MARIE JOY O. DAMILES

NAME AND SIGNATURE

Validated by: GLADYS M. S. FERNANDEZ

NAME AND SIGNATURE

Nutrition Officer III, NNC-Regional Office, Region X

Regional Nutrition Program Coordinator, NNC Region X

Date: 11 November 2019

2.9%

3.0%

Province/Independent City	Total Number of Cites/Municipalities	Number of Cites/Municipalities with OPT Plus Results	Total Number of Barangays	Number of Barangays with OPT Results	Estimated # of Preschoolers 0-59 months old	Actual # of Preschoolers Measured (0-59 mos)		Actual # of Indigenous PS Measured (0-59 mos)	
						Weight	Height	Weight	Height
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Bukidnon	20	20	387	387	119,624	115,159	115,159	83,201	83,201
Cagayan de Oro	0	0	80	63	91,504	64,423	64,425	7,299	7,299
Camiguin	5	5	58	58	9,870	7,373	7,373	0	0
El Salvador City	0	0	15	15	5,572	4,688	4,688	0	0
Gingoog City	0	0	79	79	13,497	13,275	13,275	2,309	2,309
Iligan City	0	0	44	44	40,409	31,521	31,522	725	725
Lanao del Norte	22	22	462	462	79,750	62,533	62,533	0	0
Malaybalay City	0	0	46	46	23,123	18,183	18,183	6,316	6,316
Misamis Occidental	14	14	337	337	36,844	22,510	22,510	0	0
Misamis Oriental	23	23	330	330	86,468	66,431	136,231	4,847	4,847
Oroquieta City	0	0	47	45	7,770	4,925	4,925	322	322
Ozamiz City	0	0	51	51	21,104	10,721	10,721	446	446
Tangub City	0	0	55	55	7,356	5,751	5,751	543	543
Valencia City	0	0	31	31	24,412	23,295	23,295	3,761	3,968
TOTAL	84	84	2,022	2,003	567,303	450,788	520,591	109,769	109,976

Date: 11 November 2019