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Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 1 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind.

Cities in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: IALAANDIG, HIGA-ONON, BUKIDNON, LIMAYAMNON, MATIGSALLIG, MANOBO

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 1. Normal Weight for Age

		NUMBER OF CHILDREN															Total # Normal WFA Measured
Province/ Independent City	PSGC	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	1001300000	177,670	156,582	88.1%	7959	7642	6863	6503	14975	14061	15123	14312	16918	15543	16777	15637	152,313
CAMIGUIN	1001800000	9,048	6,216	68.7%	255	291	240	233	543	489	608	558	649	642	639	631	5,778
LANAO DEL NORTE	1003500000	132,324	120,809	91.3%	3738	3823	4026	3895	10003	10112	10986	11045	14421	14103	15980	15648	117,780
MISAMIS OCCIDENTAL	1004200000	61,840	45,282	73.2%	1907	1766	1911	1758	4130	4001	4467	4218	5120	4751	4600	4411	43,040
MISAMIS ORIENTAL	1004300000	183,959	157,625	85.7%	7044	6689	6357	6072	14714	13634	14938	13910	17616	16364	19483	17850	154,671
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Prepared by: DMO II Arlie Joy O. Damiles
Nutrition Officer III, NNC- Region

Approved: Gladys Mae S. Fernandez
Regional Nutrition Program Coordinator

Date: November 15, 2023

Date: November 15, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 2 of 13

Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 2. Normal - Height for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # Normal HFA Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	7608	7237	6581	6190	14116	13354	14470	13800	16334	15000	16368	15271	146329	
CAMIGUIN	9,048	6,216	68.7%	238	270	220	216	478	439	563	512	593	605	609	587	5330	
LANAO DEL NORTE	132,324	120,809	91.3%	3482	3565	3758	3601	9156	9363	10362	10483	13856	13613	15453	15196	111888	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	1772	1664	1796	1674	3861	3758	4203	4041	4907	4574	4453	4282	40985	
MISAMIS ORIENTAL	183,959	157,625	85.7%	6855	6503	6167	5915	14217	13220	14632	13674	17375	16161	19371	17725	151815	
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Date:

November 15, 2023

Date:

November 15, 2023

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

Revised March 2021

Table 3 of 13

Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 3. Normal - Weight for Length/Height

Province/ Independent City	NUMBER OF CHILDREN																Total # Normal WFL/H Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	7865	7563	6875	6504	15044	14144	15298	14481	17085	15763	16920	15813	153,355	
CAMIGUIN	9,048	6,216	68.7%	236	281	234	231	534	488	610	569	665	651	649	649	5,797	
LANAO DEL NORTE	132,324	120,809	91.3%	3729	3859	4040	3903	10031	10124	10994	11053	14497	14205	16054	15728	118,217	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	1879	1774	1911	1748	4136	3986	4521	4234	5119	4813	4598	4454	43,173	
MISAMIS ORIENTAL	183,959	157,625	85.7%	7064	6739	6370	6087	14841	13715	15116	14089	17747	16563	19641	18023	155,995	
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Table 4 of 13

Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 4. Underweight - Weight for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # UW Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	40	30	111	67	318	274	385	359	362	362	315	292	2,915	
CAMIGUIN	9,048	6,216	68.7%	4	3	6	1	28	21	32	29	37	30	29	37	257	
LANAO DEL NORTE	132,324	120,809	91.3%	36	23	63	57	189	138	188	160	236	229	275	227	1,821	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	37	12	54	33	141	102	176	132	149	188	151	158	1,333	
MISAMIS ORIENTAL	183,959	157,625	85.7%	29	17	54	47	241	169	238	229	228	249	218	228	1,947	
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Date:

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

Revised March 2021

Table 5 of 13

Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 5. Stunted - Height for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # Stunted Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	126	80	181	126	728	552	792	666	847	807	688	620	6,213	
CAMIGUIN	9,048	6,216	68.7%	2	10	10	12	52	34	57	50	74	61	66	77	505	
LANAO DEL NORTE	132,324	120,809	91.3%	69	30	114	79	426	297	459	369	591	529	687	564	4,214	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	80	39	86	45	258	187	321	214	301	302	275	252	2,360	
MISAMIS ORIENTAL	183,959	157,625	85.7%	52	31	79	69	345	266	390	332	425	390	329	333	3,041	
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OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

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Table 6 of 13

Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 6. Moderately Wasted - Weight for Length/Height

Province/ Independent City	NUMBER OF CHILDREN															Total # Moderate Wasting Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	56	46	53	35	180	137	144	144	120	109	106	77	1,207
CAMIGUIN	9,048	6,216	68.7%	8	9	7	6	20	9	18	10	11	10	12	9	129
LANAO DEL NORTE	132,324	120,809	91.3%	69	54	52	41	126	90	121	91	101	91	120	104	1,060
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	41	21	40	29	88	69	71	72	102	64	72	59	728
MISAMIS ORIENTAL	183,959	157,625	85.7%	12	15	24	25	83	64	54	56	57	42	43	31	506
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Nutrition Officer III, NNC- Region

Approved:

Gladys Mae S. Fernandez
Regional Nutrition Program Coordinator

Date:

November 15, 2023

Date:

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Table 7 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 7. Severely Underweight - Weight for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # SUW Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	23	14	18	22	57	55	47	62	44	61	42	46	491	
CAMIGUIN	9,048	6,216	68.7%	2	1	1	8	4	3	7	7	6	9	6	6	60	
LANAO DEL NORTE	132,324	120,809	91.3%	18	10	17	15	70	54	58	57	55	58	45	45	502	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	9	13	21	14	44	32	60	39	45	35	38	26	376	
MISAMIS ORIENTAL	183,959	157,625	85.7%	14	12	13	11	47	31	36	44	32	39	33	33	345	
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Prepared by: DMO II Arlie Joy O. Damiles
Nutrition Officer III, NNC- Region

Approved: Gladys Mae S. Fernandez
Regional Nutrition Program Coordinator

Date: November 15, 2023

Date: November 15, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

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Table 8 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 8. Severely Stunted - Height for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # SSt Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	36	21	36	36	186	140	177	157	152	142	122	107	1,312	
CAMIGUIN	9,048	6,216	68.7%	8	2	7	2	31	18	25	22	22	17	14	15	183	
LANAO DEL NORTE	132,324	120,809	91.3%	31	15	51	28	163	113	166	151	166	154	127	131	1,296	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	19	18	35	23	119	104	136	79	100	84	83	68	868	
MISAMIS ORIENTAL	183,959	157,625	85.7%	21	15	17	15	102	56	85	86	69	80	66	59	671	
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Revised March 2021

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Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 9. Severely Wasted - Weight for Length/Height

Province/ Independent City	NUMBER OF CHILDREN															Total # SW Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	39	32	22	16	44	42	35	32	32	22	24	19	359
CAMIGUIN	9,048	6,216	68.7%	3	7	2	3	7	2	3	5	3	3	2	3	43
LANAO DEL NORTE	132,324	120,809	91.3%	51	20	12	22	55	47	48	38	40	26	27	27	413
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	31	19	19	18	45	28	37	19	28	33	40	27	344
MISAMIS ORIENTAL	183,959	157,625	85.7%	27	15	10	9	28	15	11	9	19	9	9	6	167
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Prepared by:

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Nutrition Officer III, NNC- Region

Approved:

Gladys Mae S. Fernandez
Regional Nutrition Program Coordinator

Date:

November 15, 2023

Date:

November 15, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 10 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 10. Overweight - Weight for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # OverWt Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	196	176	36	44	60	50	47	44	64	37	66	43	863	
CAMIGUIN	9,048	6,216	68.7%	13	22	6	7	14	5	13	5	6	7	16	7	121	
LANAO DEL NORTE	132,324	120,809	91.3%	165	155	49	45	61	75	36	23	23	23	31	20	706	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	89	102	17	22	37	51	39	37	37	31	46	25	533	
MISAMIS ORIENTAL	183,959	157,625	85.7%	139	147	26	23	52	36	42	33	49	28	59	28	662	
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Approved: Gladys Mae S. Fernandez
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NATIONAL NUTRITION COUNCIL



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

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Table 11 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 11. Tall - Height for Age

Province/ Independent City	NUMBER OF CHILDREN																Total # Tall Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	448	524	230	284	380	394	162	154	55	54	22	21	2,728	
CAMIGUIN	9,048	6,216	68.7%	26	35	16	19	28	27	15	15	9	5	1	2	198	
LANAO DEL NORTE	132,324	120,809	91.3%	375	401	232	304	578	606	281	282	122	117	64	49	3,411	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	171	172	86	85	114	137	82	92	43	45	24	18	1,069	
MISAMIS ORIENTAL	183,959	157,625	85.7%	298	316	187	154	390	328	147	124	56	49	27	22	2,098	
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NATIONAL NUTRITION COUNCIL



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

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REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities

in Region: 5

Year Covered: 2023

No. of Provs. & Cities w/ OPT+: 5

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,

Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 12. Overweight - Weight for Length/Height

Province/ Independent City	NUMBER OF CHILDREN																Total # OverWt WFL/H Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	156	136	58	63	104	89	70	86	81	69	83	60	1,055	
CAMIGUIN	9,048	6,216	68.7%	18	8	6	5	14	14	19	10	11	15	19	12	151	
LANAO DEL NORTE	132,324	120,809	91.3%	78	51	31	29	82	84	74	79	68	59	96	55	786	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	48	42	25	19	56	61	66	57	57	56	80	53	620	
MISAMIS ORIENTAL	183,959	157,625	85.7%	82	65	31	25	74	63	42	28	58	39	50	55	612	
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Date: November 15, 2023

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Table 13 of 13 Sheet 1 of 1

REGION: X NORTHERN MINDANAO

Total # Provinces & Ind. Cities
in Region: 5
No. of Provs. & Cities w/ OPT+: 5

Year Covered: 2023

Indigenous Groups: TALAANDIG, HIGA-ONON, BUKIDNON,
Number of Indigenous Children measured: (0-59 mos old) 62,016

Table 13. Obese - Weight for Length/Height

Province/ Independent City	NUMBER OF CHILDREN																Total # Obese WFL/H Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	177,670	156,582	88.1%	102	85	20	18	38	28	54	34	70	40	67	50	606	
CAMIGUIN	9,048	6,216	68.7%	9	12	4	4	14	5	10	5	8	9	8	8	96	
LANAO DEL NORTE	132,324	120,809	91.3%	30	27	20	17	29	34	31	24	29	32	34	26	333	
MISAMIS OCCIDENTAL	61,840	45,282	73.2%	43	37	8	13	27	42	47	44	45	39	45	27	417	
MISAMIS ORIENTAL	183,959	157,625	85.7%	41	31	15	7	28	13	31	34	45	27	50	23	345	
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