

# Prioritizing Realistic Outcomes for Nutrition



REGION VII



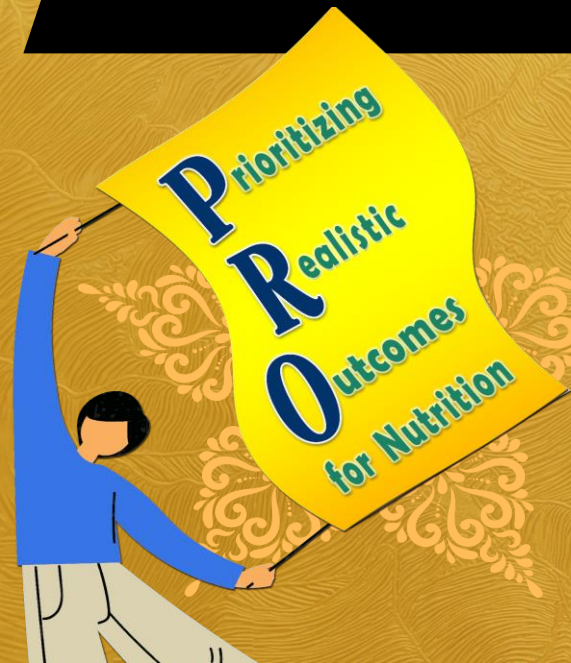
**A call to legislators and youth  
leaders for PPAN Engagement**

**09 November 2022, Tuesday  
1:00 PM Live at NNC 7 Facebook page**





# Technical Discussion



**A call to legislators and youth leaders for PPAN Engagement**

**09 November 2022, Tuesday  
1:00 PM Live at NNC 7 Facebook page**





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## **Nasudi G. Soluta, RND**

***Nutrition Officer III, NNC 7***

- ❖ *Ten (10) years in service under the National Nutrition Council Region VII;*
- ❖ *Ongoing Masters in Public Health focused in Nutrition at Silliman University; and*
- ❖ *A graduate of Bachelor of Science in Nutrition and Dietetics at UP Los Baños.*





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# Nutrition Situation

**Nasudi G. Soluta, RND**

*Nutrition Officer III, NNC 7*





# Central Visayas Nutrition Situation

Nasudi G. Soluta, RND

NO III, NNC 7





# Outline



Triple Burden of  
Malnutrition

Consequences of  
Malnutrition

Nutrition Situation in  
Central Visayas

Action Points from  
Legislative Bodies and  
the Youth Sector







# **Triple Burden of Malnutrition**



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# The triple burden of malnutrition in the PHILIPPINES

In the Philippines,  
**3.4 million** under 5 children are stunted,  
**685,000** under 5 are wasted



In the Philippines



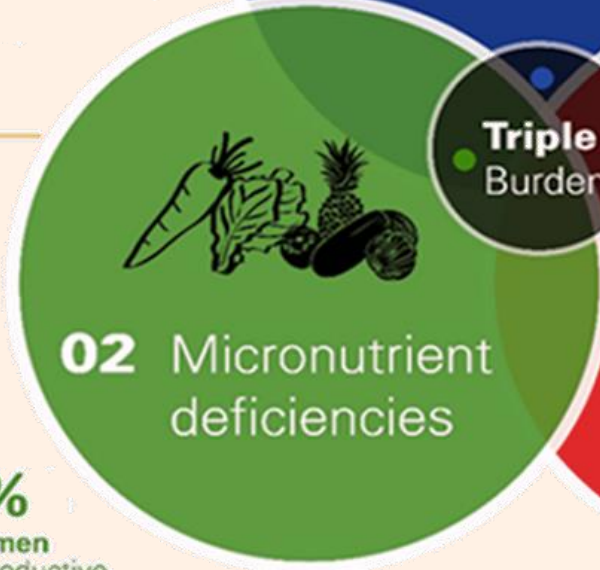
**17%**  
of children  
have a  
micronutrient  
deficiency

**1.8 million**

children under 5  
are micronutrient  
deficient



**10%**  
of women  
of reproductive  
age are anemic



**Causes of all forms**  
of malnutrition:



- Poverty and inequality
- Social cultural factors
- Poor water quality
- Poor sanitation and hygiene
- Maternal nutrition
- Poor diets



**350,000**  
children under 5 are  
overweight or obese

**3.3 million**  
school children  
and adolescents  
are overweight



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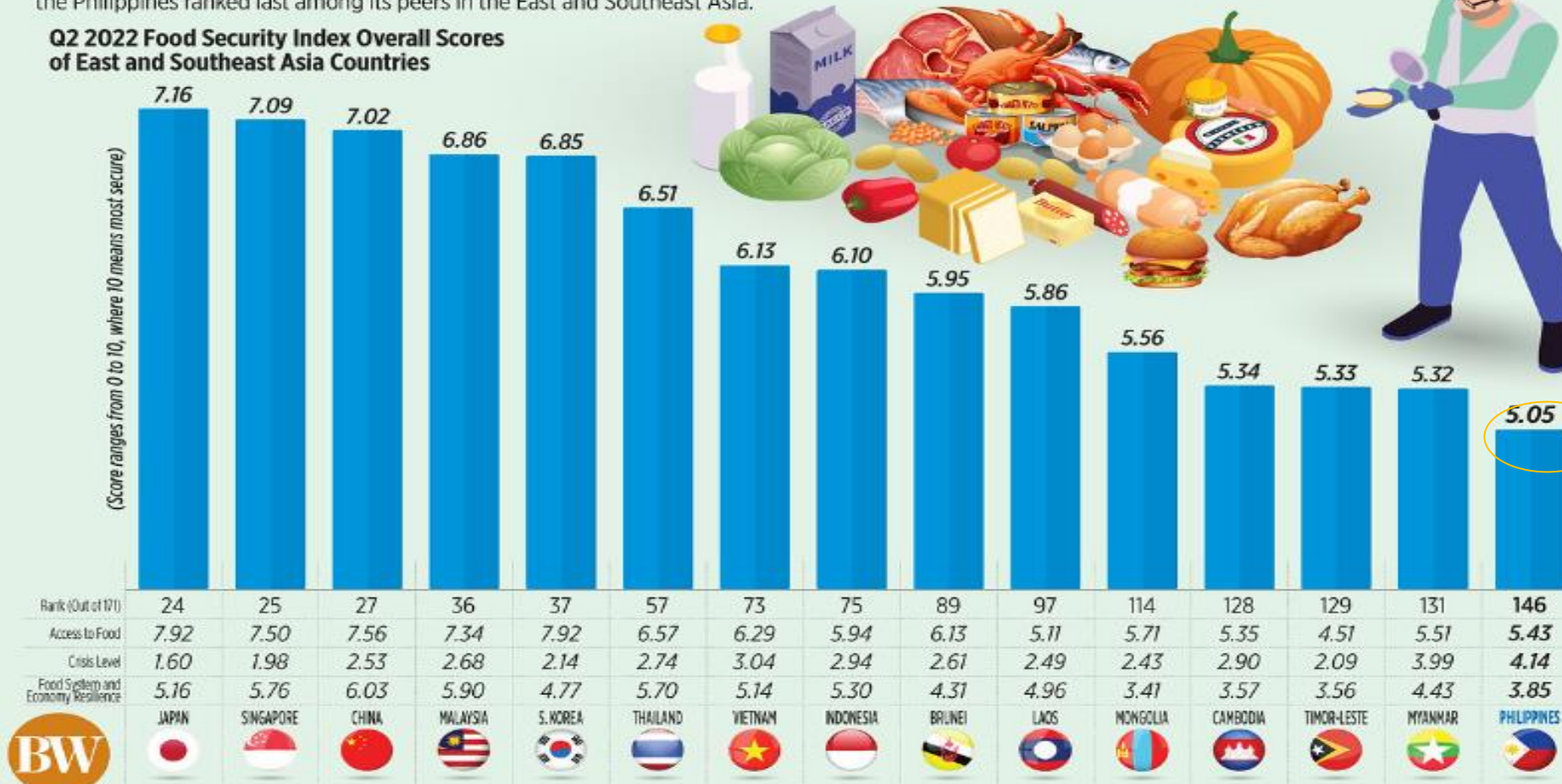


# Philippine food security index score: 5.05/10

## PHILIPPINES MOST FOOD INSECURE IN EAST AND SOUTHEAST ASIA

The Philippines placed 146<sup>th</sup> out of 171 countries in the Global Food Security Index Q2 2022 developed by consultancy agency Deep Knowledge Analytics. The index was constructed from 40 food security indicators divided into three main dimensions: food accessibility; crisis level; and food system and economy resilience. With an overall food security index score of 5.05 out of the possible 10, the Philippines ranked last among its peers in the East and Southeast Asia.

Q2 2022 Food Security Index Overall Scores of East and Southeast Asia Countries



### Top 10

Rank (Out of 171)	Country	Overall Score (Out of 10)
1	United States	7.90
2	Norway	7.89
3	Ireland	7.82
4	Netherlands	7.79
5	Canada	7.79
6	Germany	7.75
7	France	7.54
8	New Zealand	7.52
9	Poland	7.50
10	Finland	7.49

### Bottom 10

Rank (Out of 171)	Country	Overall Score (Out of 10)
171	Somalia	2.97
170	Dem. Rep. of the Congo	3.75
169	Mozambique	3.76
168	Central African Republic	3.79
167	Afghanistan	3.79
166	Burkina Faso	4.05
165	Nigeria	4.11
164	South Sudan	4.15
163	Niger	4.24
162	Chad	4.28

**NOTES:**

- The index identifies countries at risk for humanitarian emergencies and disasters that could overwhelm current national response capacity and therefore lead to a need for international assistance. It covers three main dimensions:
- Access to Food** - measures ease of access to sufficient and nutritious food that meets people's dietary needs for a healthy and active life.
- Crisis Level** - assesses a country's exposure to the impacts of a changing climate, sociological or biological hazards.
- Food System and Economy Resilience** - evaluates resources available that can alleviate the impact of global food crisis.
- According to the report, the global food system has been destabilized by the recent Russian invasion of Ukraine, and levels of hunger and existing acute food insecurity are expected to increase even further by the end of 2022.
- The report is based on data collected until July 1, 2022.

SOURCE: DEEP KNOWLEDGE ANALYTICS' GLOBAL FOOD SECURITY INDEX 2022  
BUSINESSWORLD RESEARCH; ABIGAIL MARIE P. YRAOLA  
BUSINESSWORLD GRAPHICS; BONG R. FORTIN



# STUNTING: A SILENT PANDEMIC

Stunting is the most serious of malnutrition

An irreversible outcome of inadequate nutrition and repeated bouts of infection in the First 1000 Days

1 in 3 Filipino children is stunted



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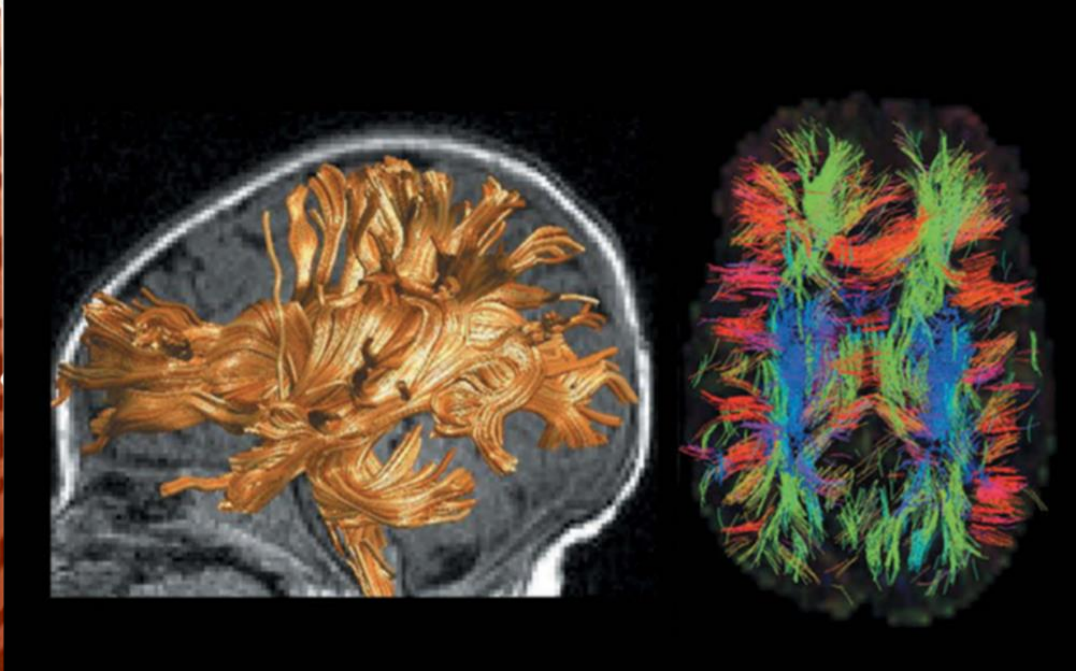
# Consequences of Malnutrition



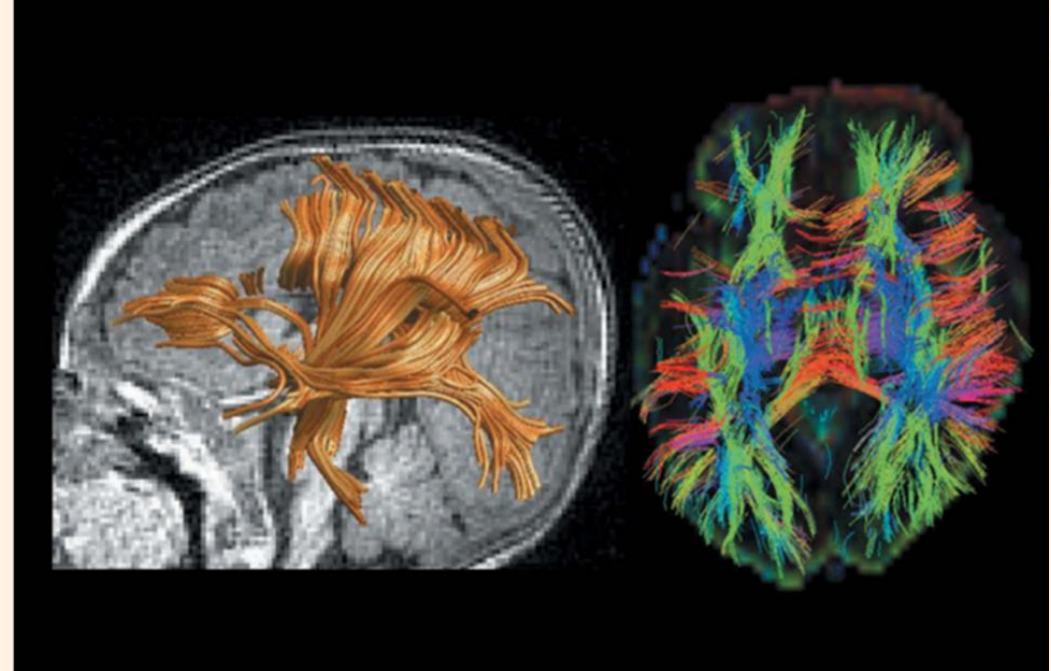
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# Negative impact of stunting in the brain development



HEALTHY GROWTH



STUNTED GROWTH

A stunted child has poorly developed brain connections  
vs. to those of a healthy child

Source: <https://www.worldbank.org/en/publication/wdr2018>





# CONSEQUENCES OF STUNTING

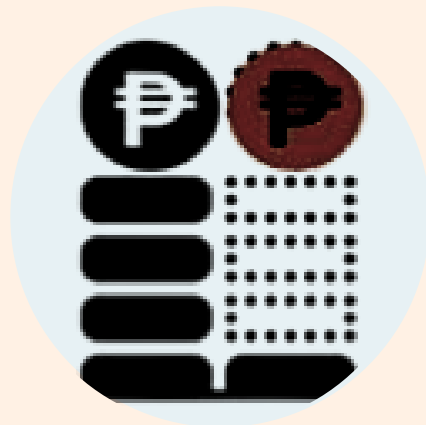
Reduced learning capacity



More prone to Non-Communicable Diseases (NCDs)



Lesser income by 20%

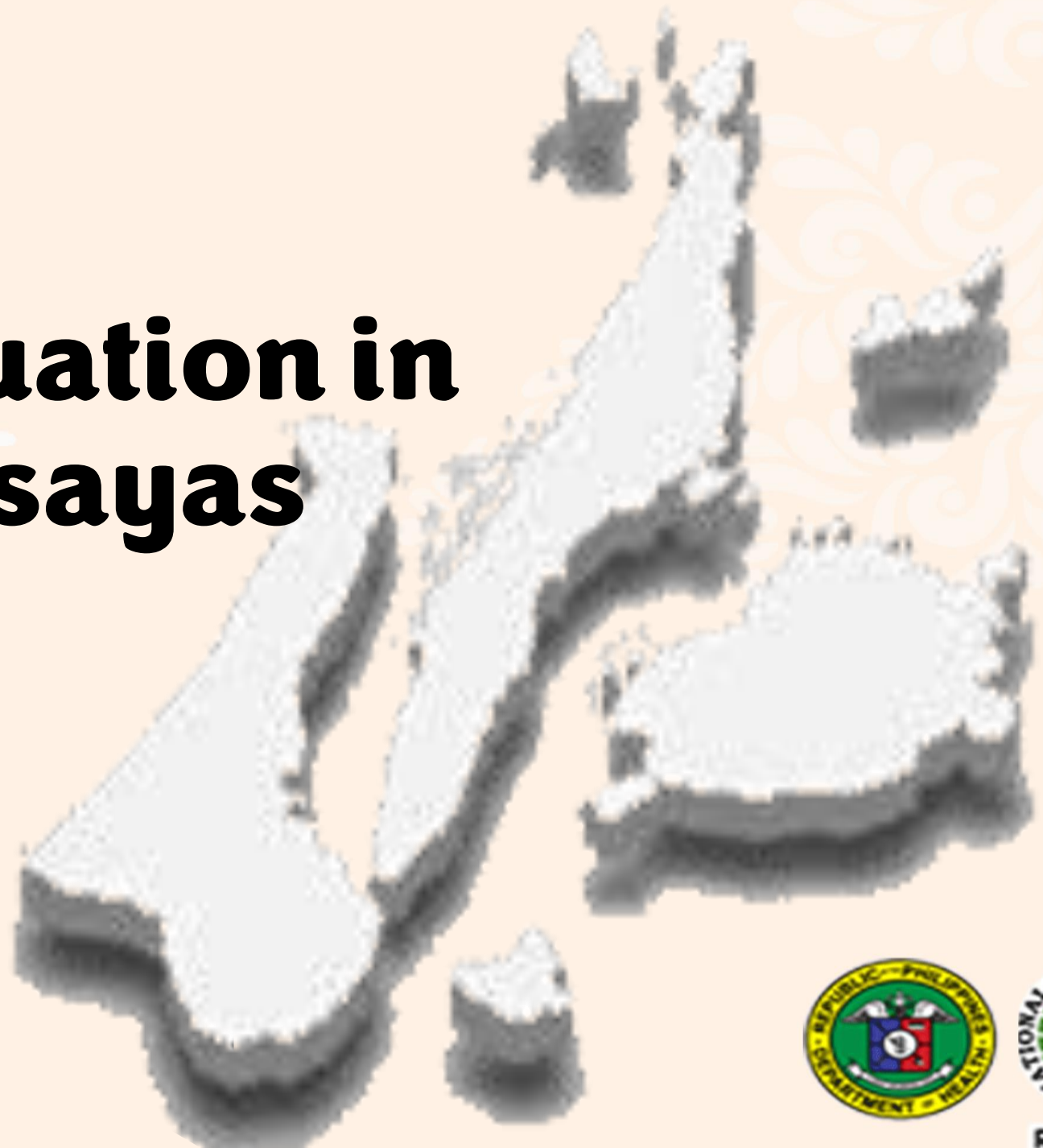


Loss in economic productivity





# **Nutrition Situation in Central Visayas**



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# Operation Timbang (OPT) Plus

Annual mass weighing and height taking for all preschool children ages 0-59 mos old.

Indices used:  
Weight-For-Age,  
Length/Height-For-Age  
and Weight-For-  
Length/Height

The NNC Governing Board issued a Memorandum Circular dated 10 May 2017 stating the full implementation of NNC GB Resolution No. 4 S2012.

We target at least 80% of all 0-59 months old children in all LGUs





# Central Visayas Nutrition Situation



**Stunted  
(Pagkaputot)**

**8.9% or (55,741)**



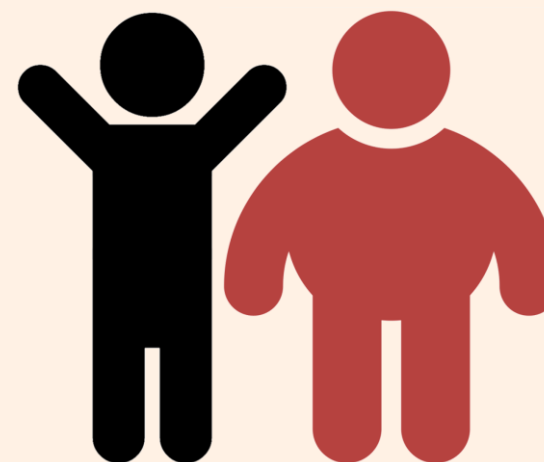
**Wasted  
(Niwang)**

**2.3% or (14,503)**



**Underweight  
(Gaan)**

**3.8% or (23,737)**



**Overweight  
(Tambok)**

**3.0% or (18,650)**

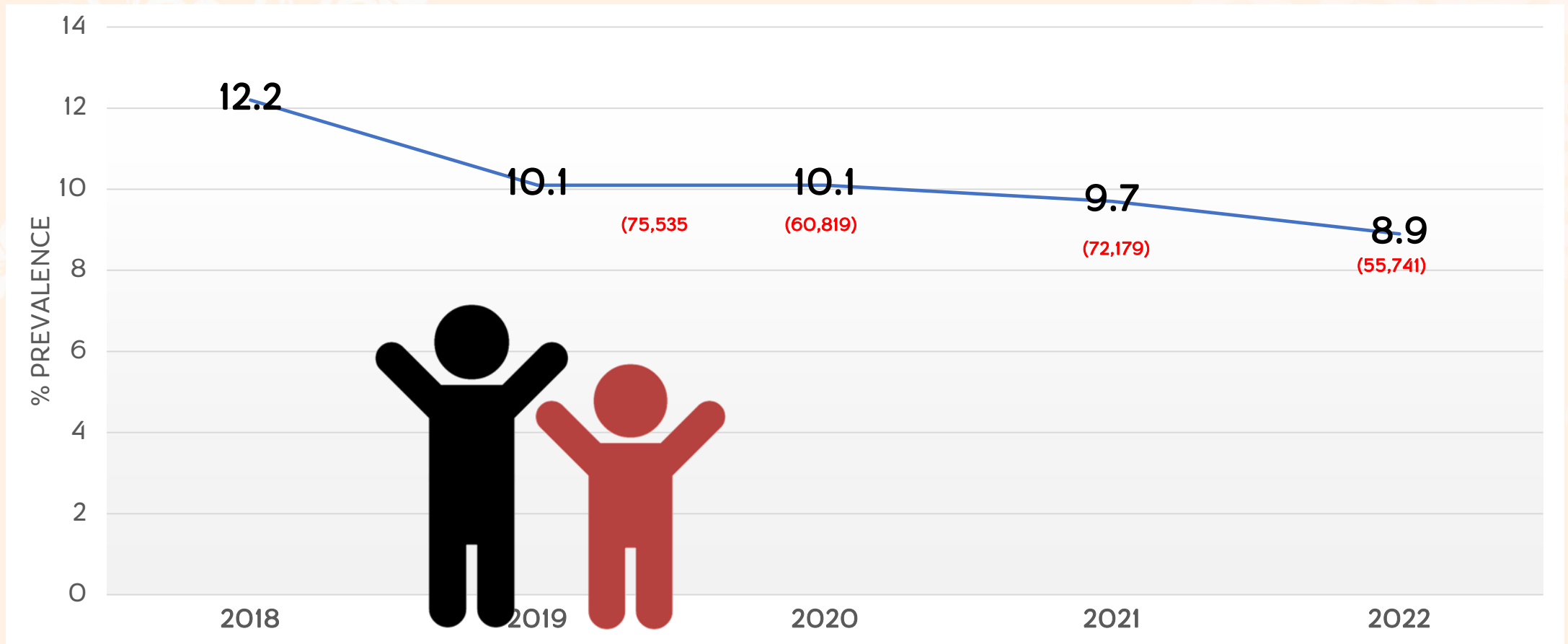
Source: 2022 OPT Plus Results  
\*No results from Lapu-lapu city





# Malnutrition Prevalence from 2018–2022

## Stunted (Putot)



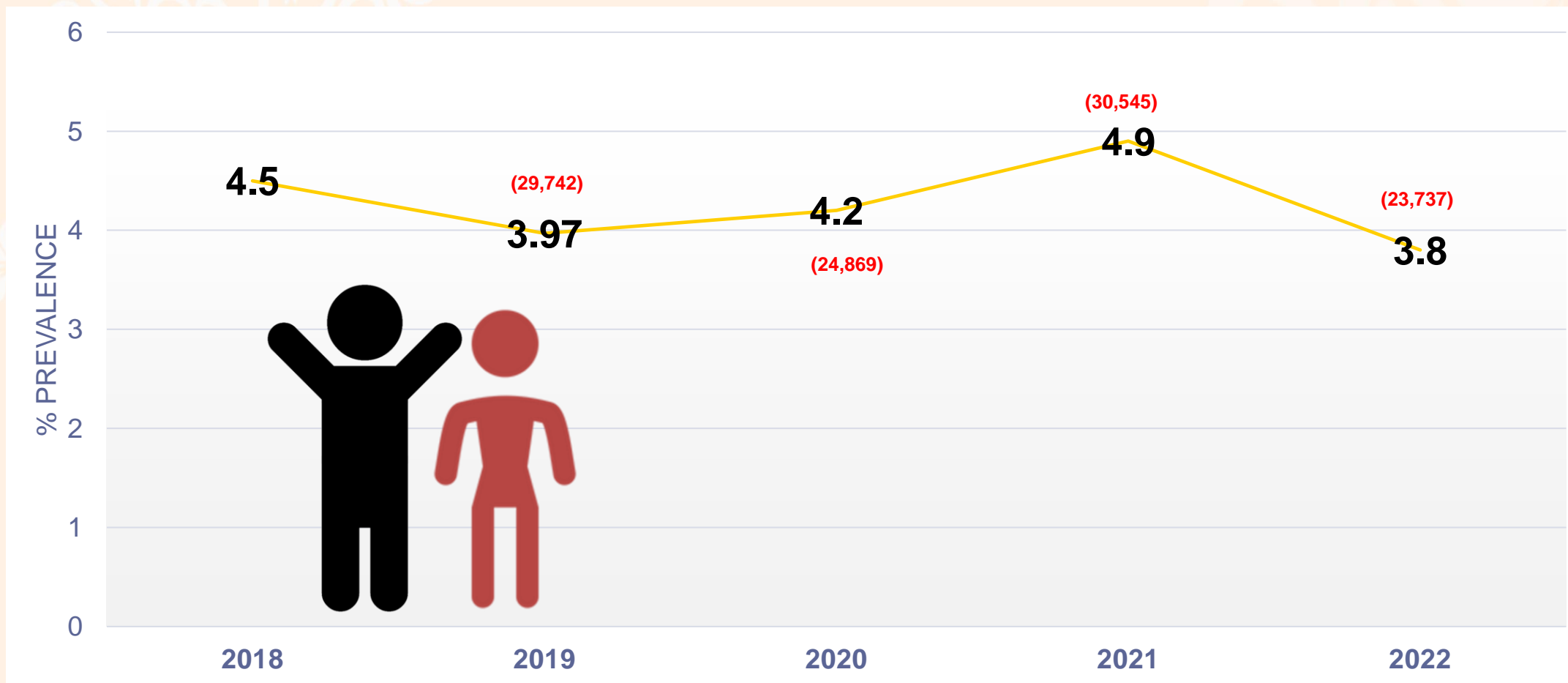
Source: 2022 OPT Plus Results  
\*No results from Lapu-lapu city





# Malnutrition Prevalence from 2018-2022

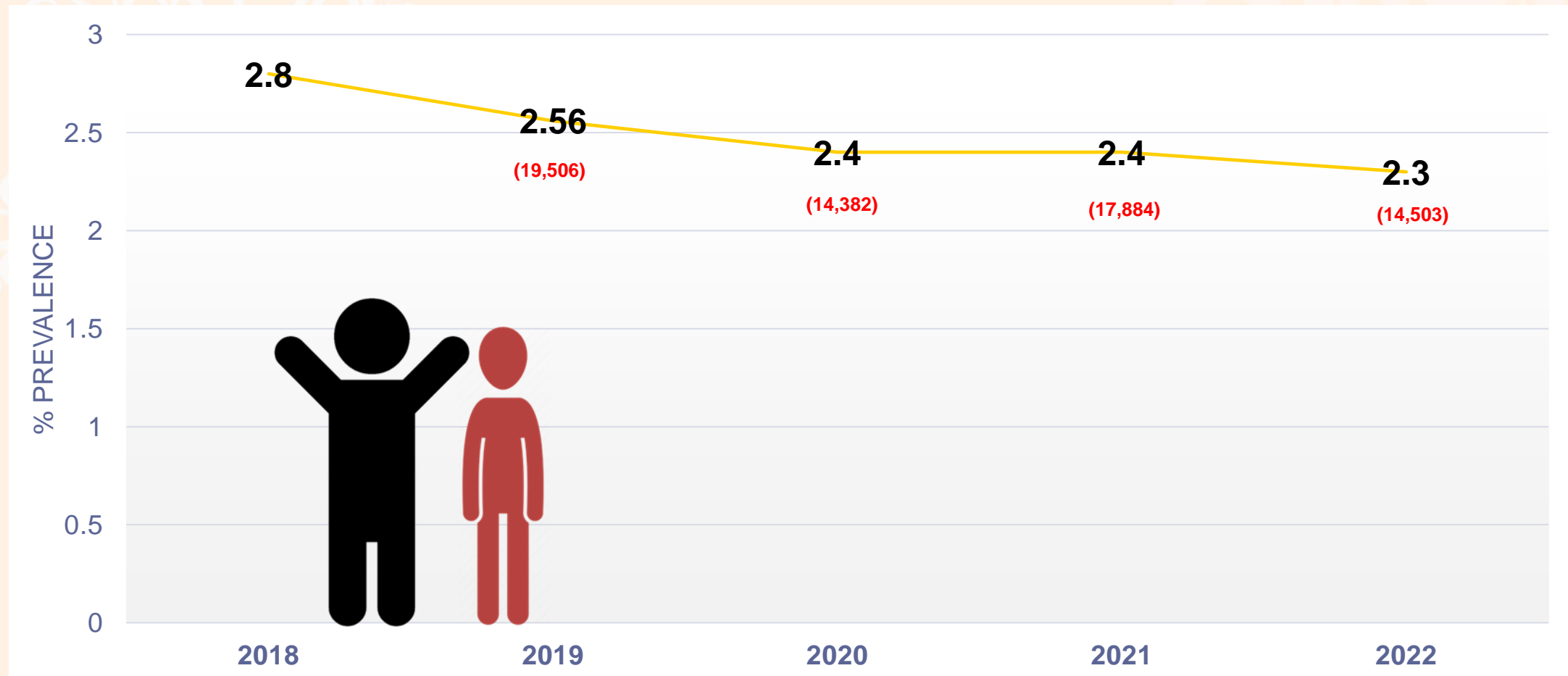
## Underweight (Gaan)



Source: 2022 OPT Plus Results  
\*No results from Lapu-lapu city



# Malnutrition Prevalence from 2018-2022 Wasted (Niwang)



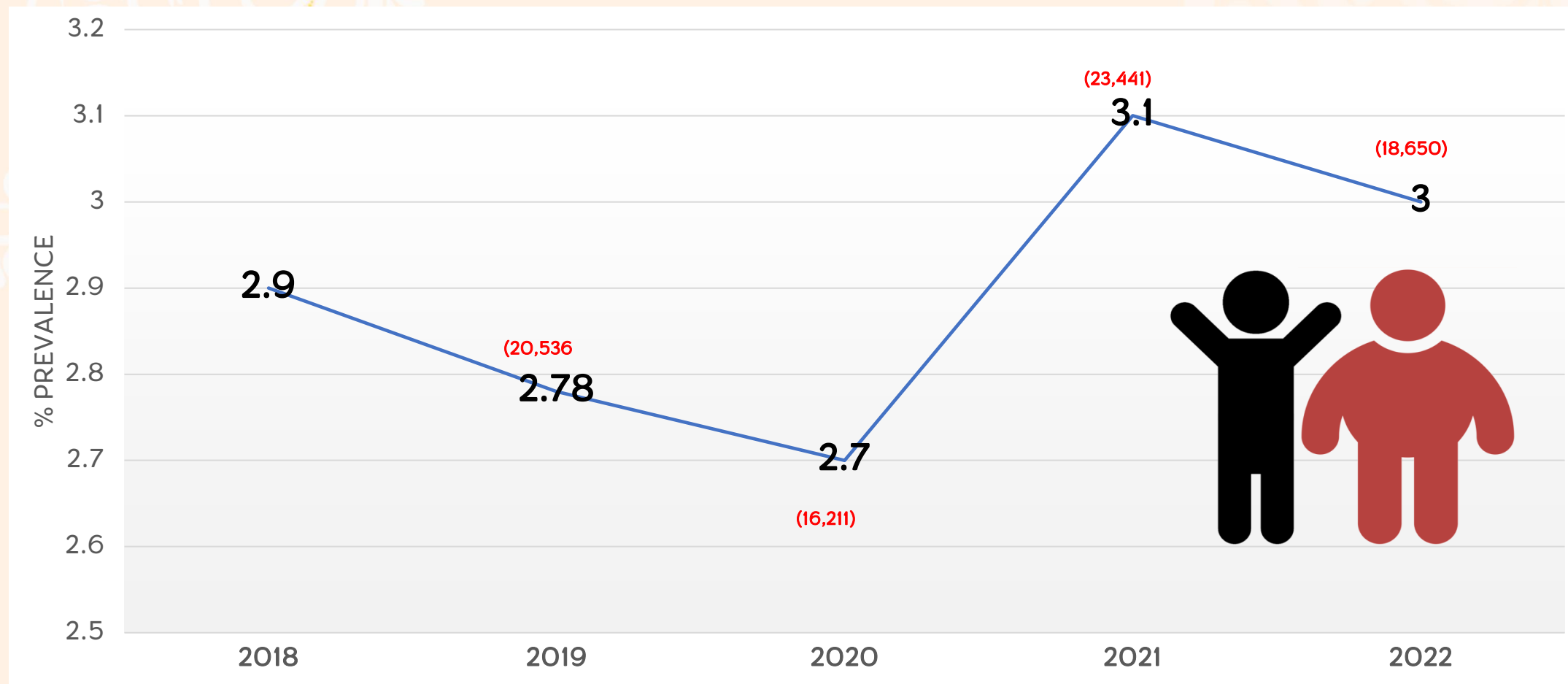
Source: 2022 OPT Plus Results  
\*No results from Lapu-lapu city





# Malnutrition Prevalence from 2018-2022

## Overweight (Tambok)



Source: 2022 OPT Plus Results  
\*No results from Lapu-lapu city



# Malnutrition Ranking

## Underweight

Rank*	Municipality/Component City	Province	Underweight + Severely Underweight (%)	Number of Underweight + Severely Underweight
1	ALCANTARA	Cebu	11.83%	129
2	GUIHULNGAN	Negros Oriental	9.53%	820
3	OSLOB	Cebu	8.87%	184
4	SAN JOSE	Negros Oriental	8.80%	141
5	MABINAY	Negros Oriental	8.40%	683
6	MALABUYOC	Cebu	8.33%	117
7	GINATILAN	Cebu	8.30%	78
8	VALLEHERMOSO	Negros Oriental	8.26%	279
9	SIBONGA	Cebu	8.23%	368
10	CARMEN	Cebu	8.16%	408



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# Malnutrition Ranking

## Stunting

Rank*	Municipality/Component City	Province	Stunted + Severely Stunted (%)	Number of Stunted + Severely Stunted
1	BACONG	Negros Oriental	7.44%	217
2	DUMANJUG	Cebu	6.32%	325
3	ALCANTARA	Cebu	5.78%	63
4	LA LIBERTAD	Negros Oriental	5.76%	213
5	SANTANDER	Cebu	5.39%	74
6	BARILI	Cebu	5.32%	324
7	MABINAY	Negros Oriental	5.20%	423
8	AYUNGON	Negros Oriental	5.04%	198
9	GINATILAN	Cebu	4.89%	46
10	ALCOY	Cebu	4.79%	69



# Malnutrition Ranking

## Wasting

Rank*	Municipality/Component City	Province	Wasted + Severely Wasted (%)	Number of Wasted + Severely Wasted
1	GINATILAN	Cebu	29.47%	277
2	ALEGRIA	Cebu	24.82%	566
3	ALCANTARA	Cebu	24.68%	269
4	SAN JOSE	Negros Oriental	20.77%	333
5	SAMBOAN	Cebu	20.12%	244
6	MABINAY	Negros Oriental	20.03%	1628
7	GUIHULNGAN	Negros Oriental	19.82%	1706
8	SANTANDER	Cebu	19.16%	263
9	MALABUYOC	Cebu	18.93%	266
10	SIBONGA	Cebu	18.81%	841

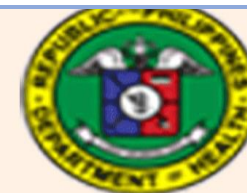




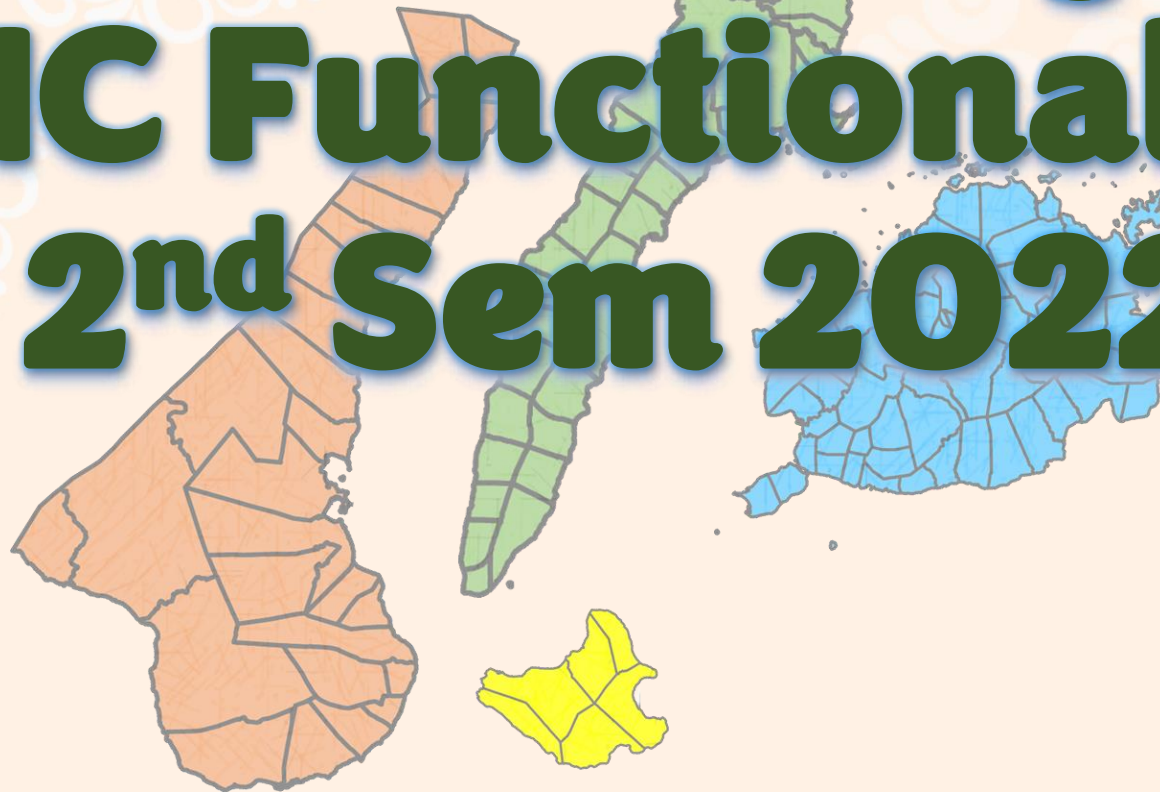
# Malnutrition Ranking

## Overweight and Obesity

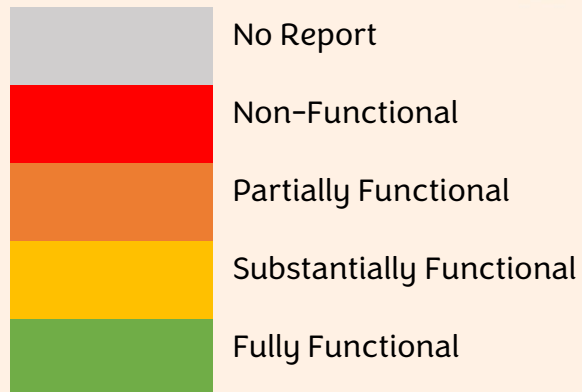
Rank*	Municipality/Component City	Province	Overweight + Obese (%)	Number of Overweight + Obese
1	BARILI	Cebu	8.00%	487
2	BACLAYON	Bohol	7.35%	102
3	CITY OF TALISAY	Cebu	6.89%	1538
4	SAMBOAN	Cebu	6.84%	83
5	GINATILAN	Cebu	6.60%	62
6	SAN FRANCISCO	Cebu	6.58%	296
7	LARENA	Siquijor	5.98%	45
8	LOAY	Bohol	5.93%	59
9	CONSOLACION	Cebu	5.85%	664
10	ALEGRIA	Cebu	5.79%	132

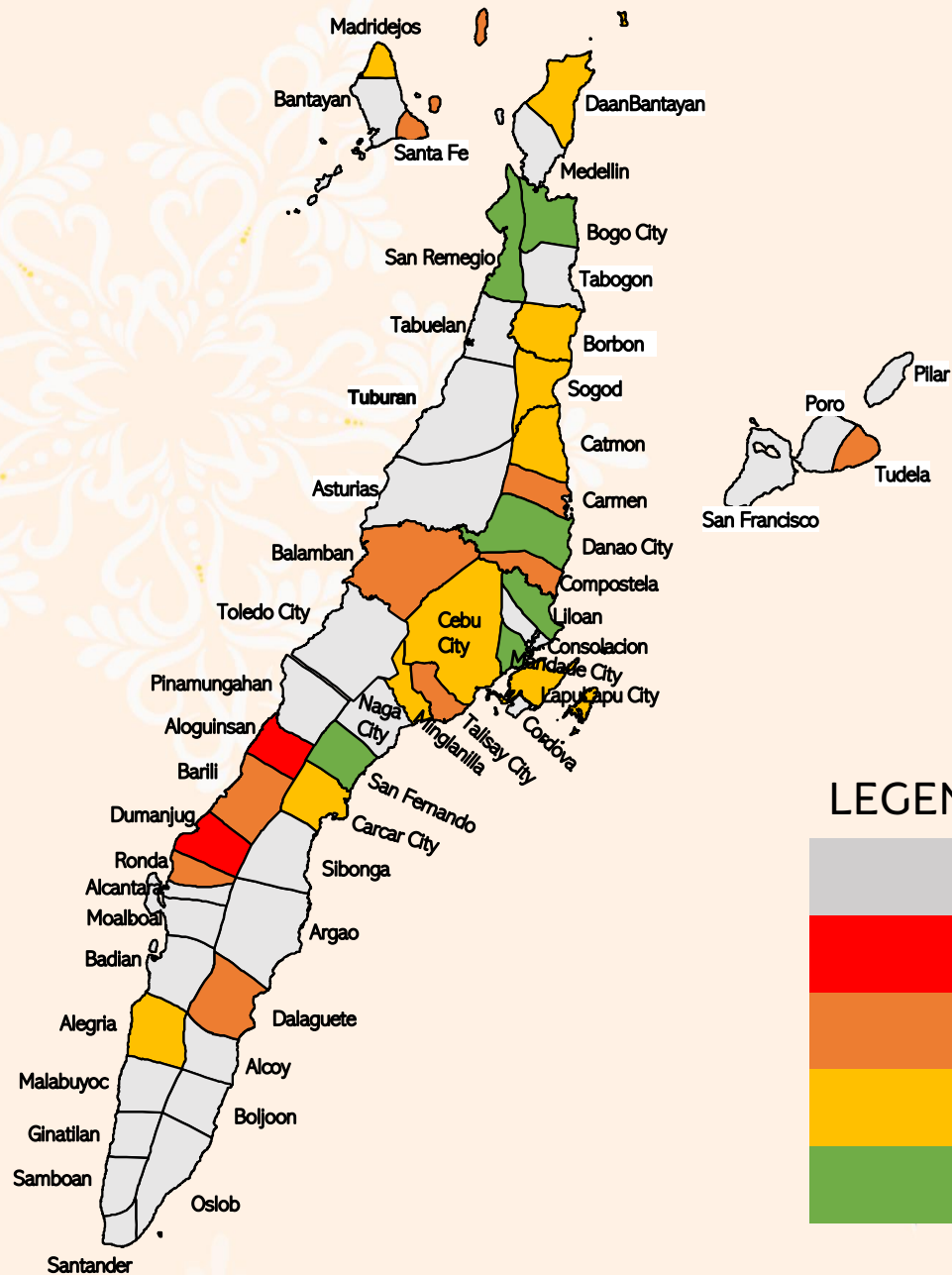


# **Central Visayas LNC Functionality 2<sup>nd</sup> Sem 2022**



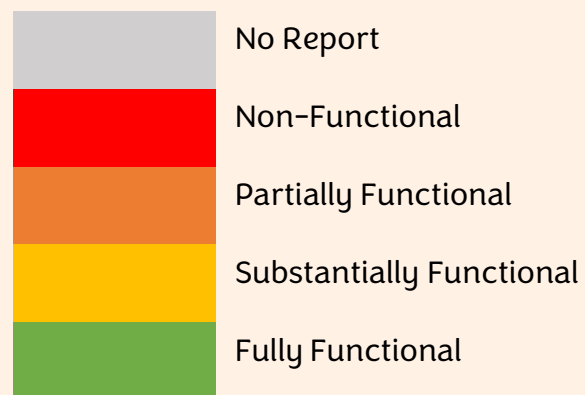






# Cebu

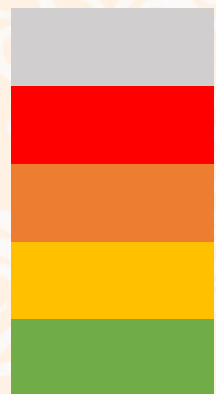
## LEGEND:



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## LEGEND:



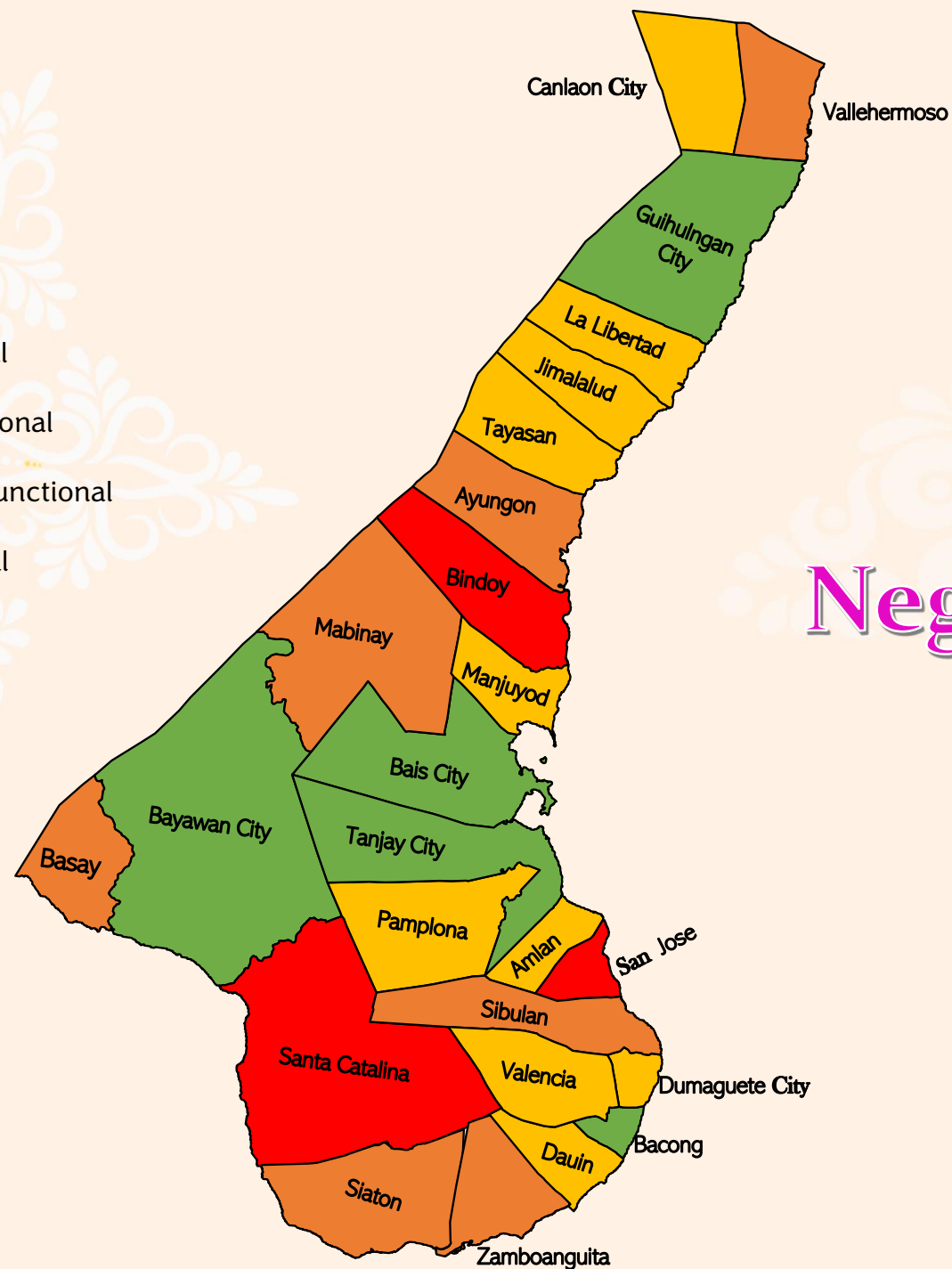
No Report

Non-Functional

Partially Functional

Substantially Functional

Fully Functional

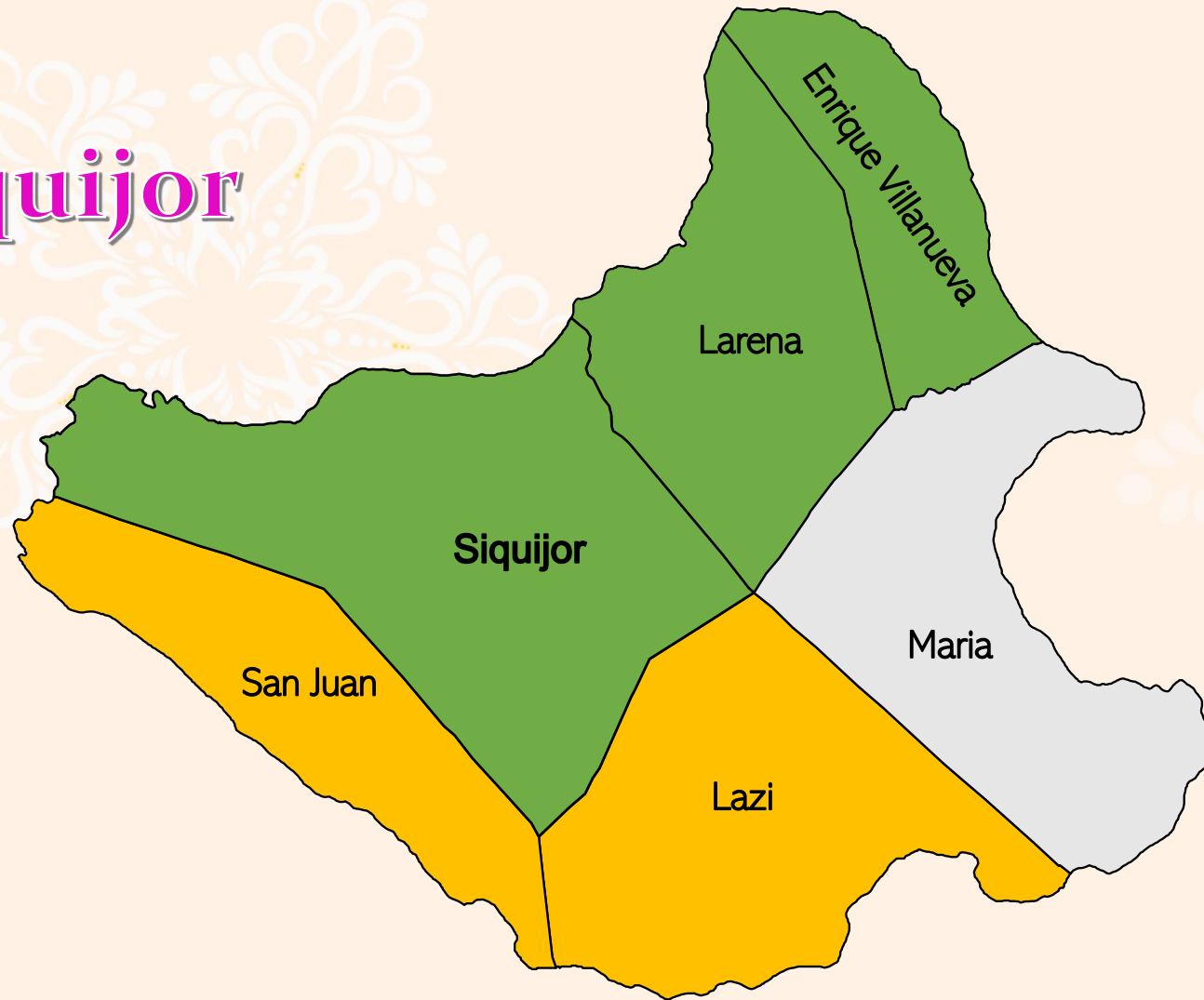


# Negros Oriental

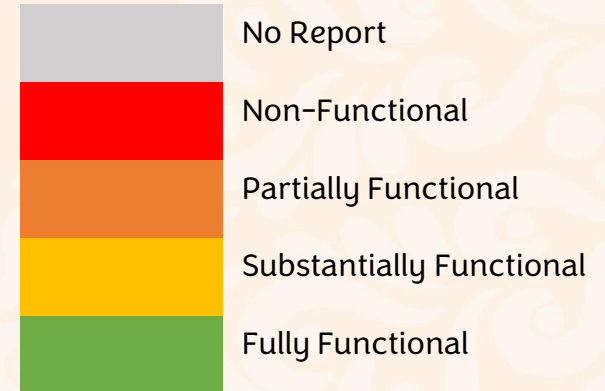


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# Siquijor



## LEGEND:



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# Action Points



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# Implications of Nutritional Status



Efforts towards  
decreasing STUNTING  
and OVERWEIGHT AND  
OBESITY are needed

Despite the decrease in  
prevalence, the  
different forms of  
malnutrition in the  
region is still great in  
magnitude



Local Nutrition  
Committee  
Functionality is  
important to reach the  
targets and goals of  
the PPAN 2023-2028





# Action Points

- Passage of nutrition related policies and programs
- Ensure the adoption of the Philippine Plan of Action for Nutrition
- Involvement in the implementation of the nutrition program

For SB  
Members



- Mobilize youth leaders for nutrition education
- Initiate young-people targeted nutrition programs

For SK  
Members



# Thank you!

## National Nutrition Council Region VII

DOH-CV CHD Cmpd., Osmeña Blvd., Cebu City

Telefax Nos; (032) 254-3263


Website: [www.nnc.gov.ph](http://www.nnc.gov.ph)

Email: [region7@nnc.gov.ph](mailto:region7@nnc.gov.ph)

Facebook page: [facebook.com/nncrvii](https://facebook.com/nncrvii)







# Prioritizing Realistic Outcomes for Nutrition



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**A call to legislators and youth  
leaders for PPAN Engagement**

**09 November 2022, Tuesday  
1:00 PM Live at NNC 7 Facebook page**





## **Dr. Parolita A. Mission, RN**

***Regional Nutrition Program Coordinator, NNC 7***

- ❖ *Twenty years of service as the Regional Nutrition Program Coordinator of NNC 7.*
- ❖ *Initiated the organization of several socio-civic organizations such as PAN-Cebu Chapter, MIND 7, and other networks for nutrition.*
- ❖ *Spearheaded the conduct of the first Visayas-wide GO and NGO Consultation Workshop for health development funded by UNICEF*







# The Philippine Plan of Action for Nutrition 2022-2028

**Dr. Parolita A. Mission, RN**

*Regional Nutrition Program Coordinator, NNC 7*





# OUTLINE

Goals and Targets



Strategies and Interventions



**Legislative Agenda to Support PPAN**

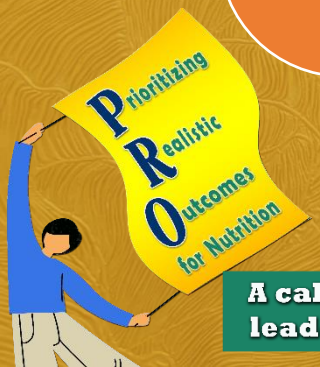


**Youth Participation in PPAN**



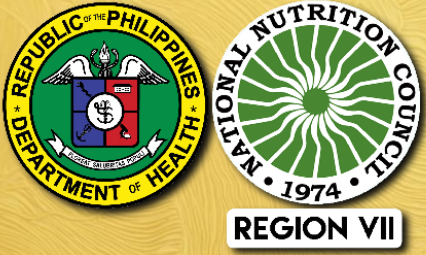
# GOALS AND TARGETS

PPAN  
2023-  
2028



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# The Philippine Plan of Action for Nutrition (PPAN) 2023 - 2028

The country's framework of actions for nutrition improvement

Addresses nutrition situation

Consistent with the *Ambisyon Natin* 2040, 2025 Global Targets for Maternal, Infant and Young Child Nutrition and with the Scaling Up Nutrition road map to 2030

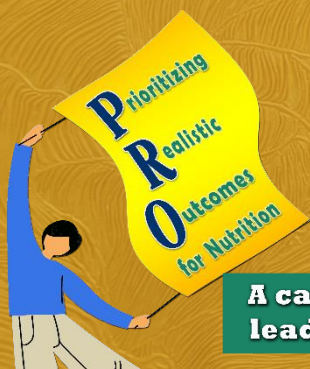
Lays out targets, directions, and priority actions

Guide for all who want to be involved in nutrition action

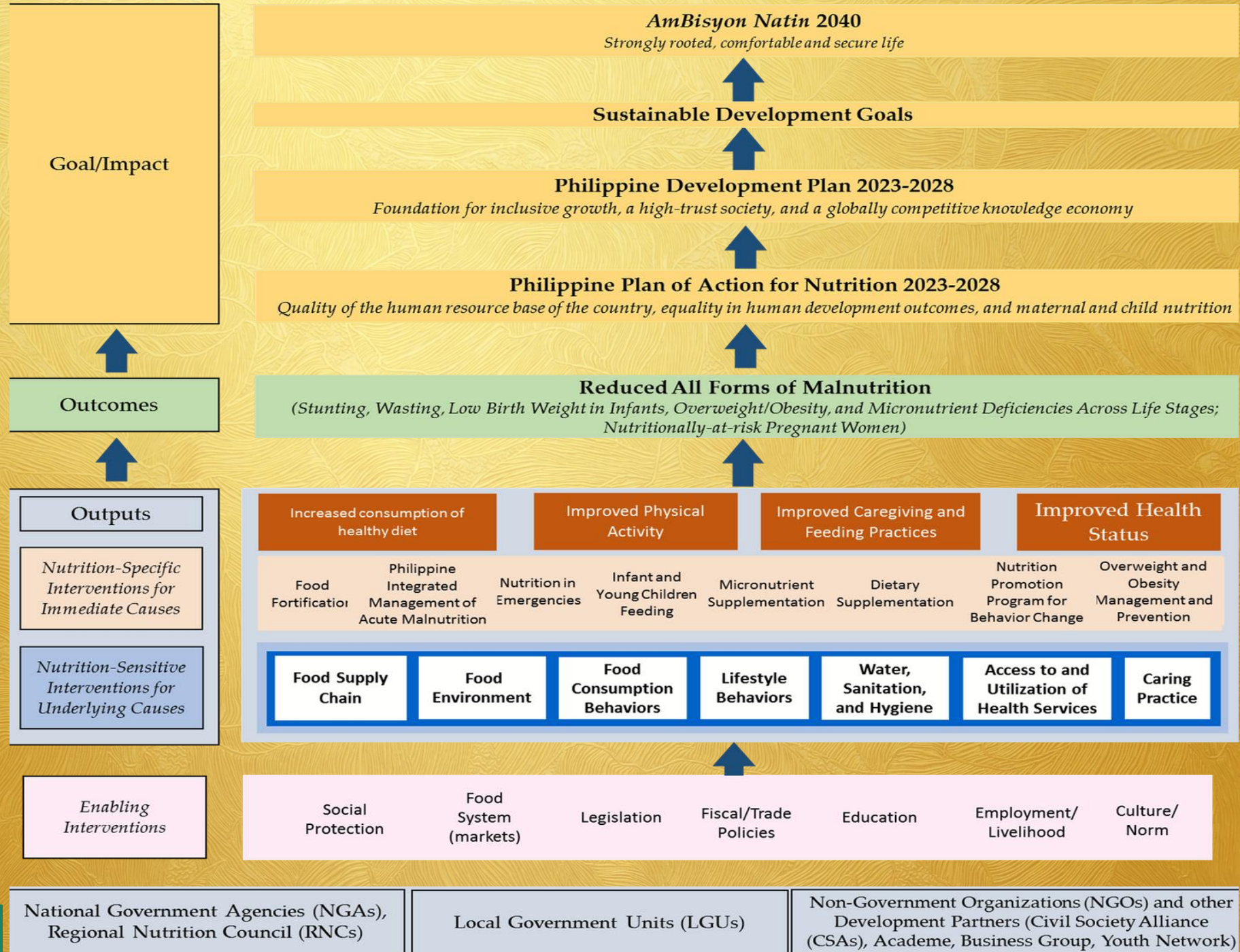




# STRATEGIC FRAMEWORK 2023 2028



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# Goals

Achieving Ambisyon Natin 2040 by improving the quality of human resources in the country.

Reducing inequality in human development outcomes

Reducing child and maternal mortality

# Targets

Reduce Undernutrition

Reduce Overnutrition

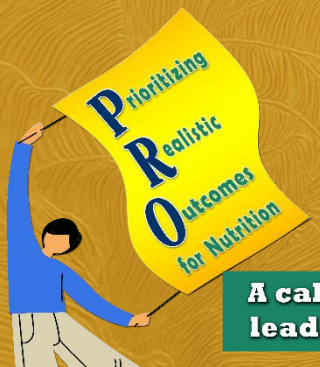
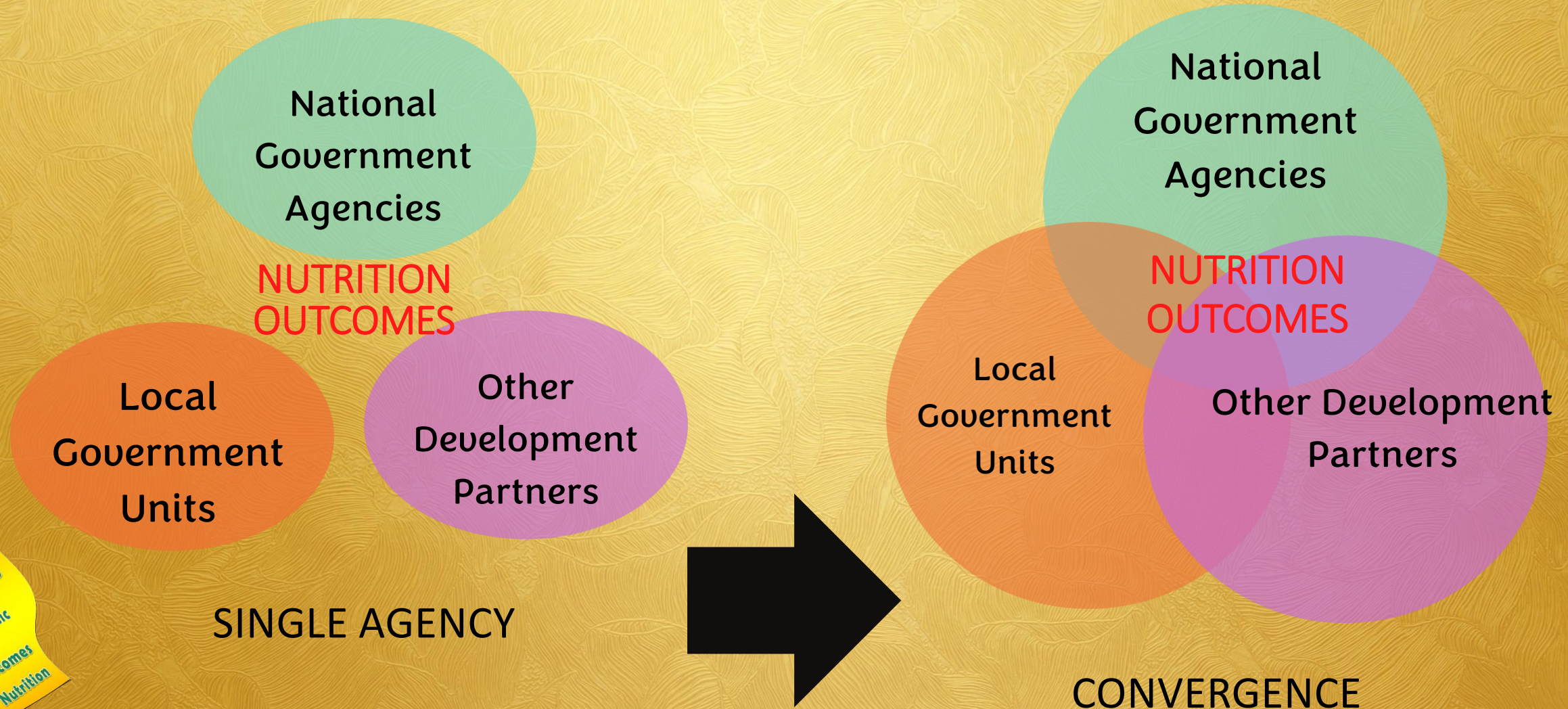
Reduce Micronutrient Deficiencies

Reduce Inadequate Infant and Young Child Feeding Practices

Reduce Food Insecurity



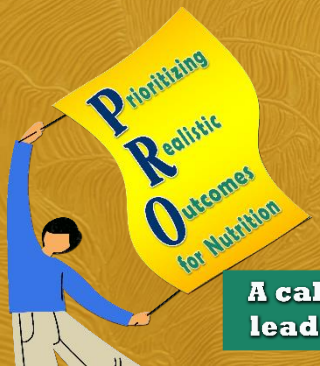
# Convergence of Actions for Nutrition



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# Strategies and Interventions



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leaders for PPAN Engagement**




# Proposed PPAN Strategies on Nutrition



1. Nutrition Across the Life Course with a Focus on the First 1000 days of life.



2. Nutrition for Older Adults



3. Complementation and convergence of nutrition-specific and nutrition-sensitive programs



4. Strengthening of the governance structures for nutrition.



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# Proposed PPAN Strategies on Nutrition



5. Calibrating support to LGUs based on Need and Capacity



6. Reaching areas with high poverty incidence and GIDA.



7. Increasing access and consumption of healthy and diversified diets.



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# Basic Elements of the 2023-2025 Nutrition Action Plans



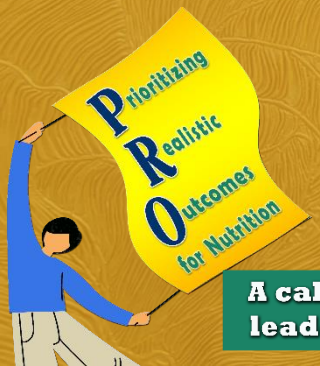
Nutrition Specific



Nutrition Sensitive



Enabling Mechanism



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# NUTRITION SPECIFIC INTERVENTIONS

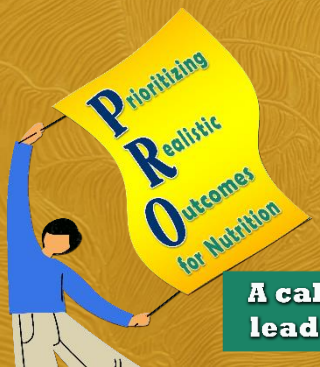


Management of Acute Malnutrition

First 1000 Days Program

- Infant and Young Child Feeding
- Micronutrient Supplementation

Dietary Supplementation Program



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# NUTRITION SPECIFIC INTERVENTIONS

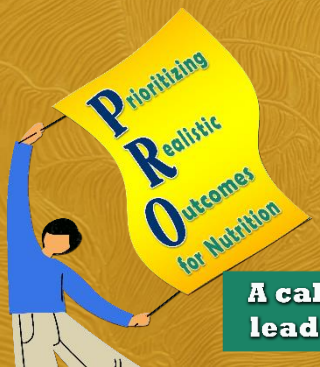


Overweight & Obesity Management and Prevention

Mandatory Food Fortification

Nutrition in Emergencies

Nutrition Promotion Program for Behavior Change



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# NUTRITION SENSITIVE

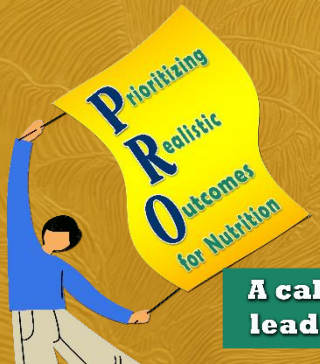


Food Security

Livelihood Programs

Water, Sanitation and Hygiene

Strengthening Families



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# NUTRITION SENSITIVE

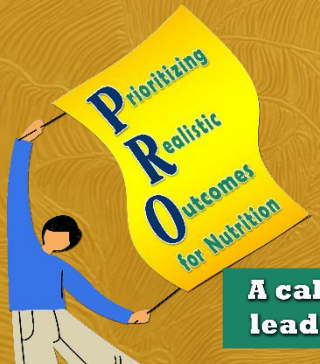


Capacity Development

Research and Development

Surveillance, Monitoring and Evaluation

Information Management



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# NUTRITION SENSITIVE

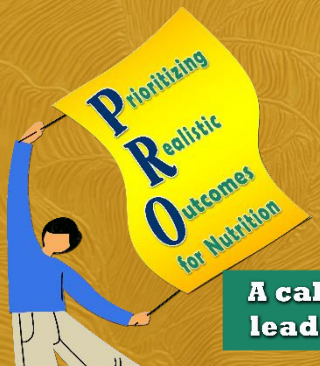


Accountability Incentive Regulations

Legislation

Policy and Research Agenda



Planning and Budgeting





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# INTERVENTIONS



Life Stage	Program/Services	
	Nutrition-specific	Nutrition-sensitive
<b>Pregnant Women and Lactating Mothers</b> 	<b>Apparently healthy</b> <ul style="list-style-type: none"> <li>- Micronutrient Supplementation (Iron Folic Acid, Vitamin A)</li> <li>- Counseling</li> </ul> <b>In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Dietary Supplementation</li> <li>- Micronutrient Supplementation</li> </ul>	<ul style="list-style-type: none"> <li>- Provision of pre-natal and post-natal care</li> <li>- Maternal mental health</li> </ul>
<b>Infant and Young Children (0-23 months)</b> 	<b>Apparently healthy</b> <ul style="list-style-type: none"> <li>- Newborn screening</li> <li>- Appropriate feeding (IYCF)</li> </ul> <b>In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Appropriate feeding (IYCF)</li> <li>- Micronutrient Supplementation (Vitamin A, iron)</li> <li>- Management of Acute Malnutrition</li> <li>- Dietary Supplementation (complementary feeding for children &gt;6 months old)</li> </ul>	<ul style="list-style-type: none"> <li>- Routine immunization</li> <li>- Provision of baby-friendly space Mother-Baby Friendly Hospital Initiatives (MBFHI)</li> <li>- Early Child Development (developmental milestones)</li> </ul>

# INTERVENTIONS

Life Stage	Program/Services	
	Nutrition-specific	Nutrition-sensitive
<b>Preschool children</b> (<5 year olds) 	<b>Apparently healthy</b> <ul style="list-style-type: none"> <li>- Appropriate feeding (IYCF)</li> </ul> <b>In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Dietary Supplementation</li> <li>- Management of Acute Malnutrition</li> </ul>	<ul style="list-style-type: none"> <li>- Routine immunization</li> <li>- Child Protection</li> <li>- Early Child Development (CDCs, SPs, etc., developmental milestones)</li> <li>- Classroom education</li> </ul>
<b>School-aged children (5-10 years old)</b> 	<b>Apparently healthy</b> <ul style="list-style-type: none"> <li>- Appropriate feeding/ balanced diet</li> </ul> <b>In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Dietary Supplementation</li> <li>- Management of Acute Malnutrition</li> </ul>	<ul style="list-style-type: none"> <li>- Child Protection</li> <li>- Classroom education</li> </ul>



# INTERVENTIONS

Life Stage	Program/Services	
	Nutrition-specific	Nutrition-sensitive
<b>Adolescents</b> (> 10-19 years old) 	<b>Apparently healthy &amp; In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Nutrition Counseling</li> <li>- Adolescent health and preconception nutrition</li> </ul>	<ul style="list-style-type: none"> <li>- Healthy and family planning services</li> <li>- Classroom education and Alternative Learning Modules</li> <li>- Adolescent programs (e.g., establishment of teen centers)</li> <li>- Mental health programs</li> </ul>
<b>Adults</b> (20-59 years old) 	<b>Apparently healthy</b> <ul style="list-style-type: none"> <li>- Nutrition counseling</li> </ul> <b>In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Nutrition counseling</li> <li>- Nutrition support to CED (e.g., iron supplement to WRA, food assistance)</li> <li>- Disease prevention and management</li> </ul>	<ul style="list-style-type: none"> <li>- Livelihood</li> <li>- Gender and Development</li> <li>- Healthy and family planning services (WRA)</li> <li>- social safety nets</li> <li>- Alternative Learning Modules</li> </ul>

# INTERVENTIONS

Life Stage	Program/Services	
	Nutrition-specific	Nutrition-sensitive
<b>Older Adults</b> (60 years old and above) 	<b>Apparently healthy &amp; In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Nutrition support for older adults</li> <li>- Nutrition counseling</li> </ul>	<ul style="list-style-type: none"> <li>- Socioeconomic programs for older adults</li> </ul>
<b>All population groups (families, individuals)</b> 	<b>Apparently healthy &amp; In need of Treatment and management</b> <ul style="list-style-type: none"> <li>- Nutrition counseling/education</li> <li>- Individual nutrition assessment</li> <li>- Nutrition SBCC</li> <li>- Physical activity</li> <li>- Weight management</li> <li>- Food Fortification</li> <li>- Nutrition in emergencies</li> </ul>	<ul style="list-style-type: none"> <li>- Water, Sanitation and Hygiene (WASH)</li> <li>- Agriculture and food security</li> <li>- Mental health</li> </ul>



# PPAN IMPLEMENTATION





# Nutrition Action Plans at Different Administrative Levels



Philippine Plan of Action for Nutrition (PPAN)



Regional Plan of Action for Nutrition (RPAN)



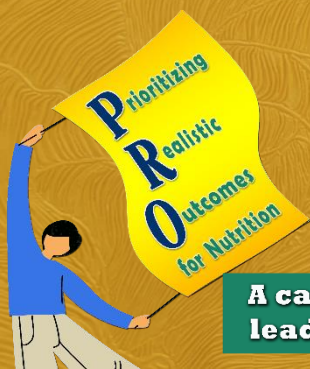
Provincial Nutrition Action Plan (PNAP)



City/Municipal Nutrition Action Plan  
(CNAP/MNAP)



Barangay Nutrition Action Plan (BNAP)



**A call to legislators and youth  
leaders for PPAN Engagement**



# Possible Legislative Agenda to Support the Philippine Plan of Action for Nutrition



Establishing a Nutrition Office in a City/Municipality and hiring of full-time Nutrition Action Officer with technical and admin staff support

Ensuring funding support for the nutrition program



First 1000 Days interventions

On food security

Functionality of local nutrition committee

Policies to support healthy lifestyle in localities (e.g. bike lanes, green spaces)



# YOUTH PARTICIPATION IN PPAN

## Planning

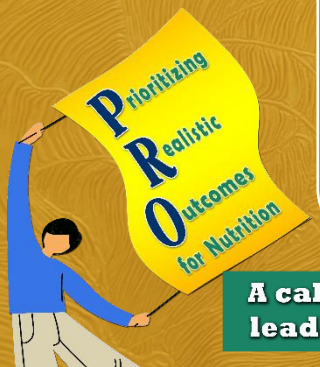
- Initiates and assists the formulation of local nutrition action plan
- Ensure prioritization of nutritionally at-risk youth in the programs in the LNAP

## Coordination

- Involve the youth in the LNC meetings
- Coordinates with LNC the participation of the youth in LNAP implementation

## Advocacy

- Promotes and advocates nutrition programs



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# YOUTH PARTICIPATION IN PPAN

## Implementation

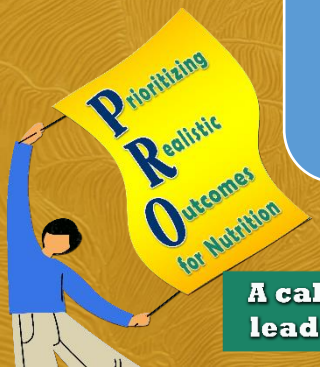
- Ensures the implementation of planned programs, projects, and activities

## Monitoring and Evaluation

- Monitors nutritional status of the community
- Follow-up beneficiaries

## Resource Mobilization/Generation

- Mobilizes and generates human and financial resources in coordination with the LNC



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# Daghang Salamat !

**National Nutrition Council Region VII**

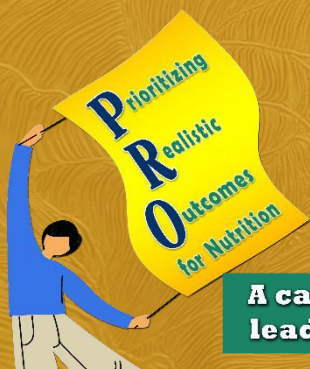
DOH-CV CHD Cmpd., Osmeña Blvd., Cebu City

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Facebook page: [facebook.com/nncruvii](https://facebook.com/nncruvii)




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**TOGETHER  
LET US  
END  
ALL FORMS OF  
MALNUTRITION**







# Prioritizing Realistic Outcomes for Nutrition



REGION VII



**A call to legislators and youth  
leaders for PPAN Engagement**

**09 November 2022, Tuesday  
1:00 PM Live at NNC 7 Facebook page**

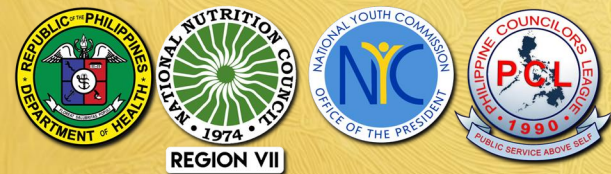




# Panel Discussion

***“Sharing of experiences on nutrition legislation and good nutrition practices of the legislators and youth leaders”***





# Panel Discussion



**Cherry Mae L. Malate**

*Presidential Staff Officer I*  
National Youth Commission – Cebu



**Dr. Corazon R. Cablao**

*CNAO, Bais City*  
*President, CeVANA, Inc.*



**Hon. Nestor D. Archival**

*City Councilor,*  
*Cebu City*






# Panel Discussion

***“Sharing of experiences on nutrition legislation and good nutrition practices of the legislators and youth leaders”***





# Prioritizing Realistic Outcomes for Nutrition



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