



**2023**

# **REGIONAL NUTRITION SITUATION**

## **FOR EASTERN VISAYAS (REGION VIII)**

# OPT COVERAGE

$$\text{OPT COVERAGE (\%)} = \frac{\text{Actual Number of 0–59 months old measured}}{\text{Estimated population of 0–59 months old}} \times 100$$

- ☐ Estimated population is based from projections coming from the DOH Epidemiology Bureau
- ☐ A higher coverage means a better representation of the given population.
- ☐ Desired Coverage at Minimum:  $\geq 80\%$ 
  - ☐ MELLPI Score for Dimension 6 Equivalent to Score 3 (Average)
  - ☐ A good representation of a population

***LGUs with >  
80% Coverage:***

***2022: 10 LGUs***

***2023: 34  
LGUs  
managed to  
reach an >80  
% coverage in  
OPT Plus***

NO.	PROVINCE	LGU NAME	E-OPT COVERAGE (%)
1	S. Leyte	Hinunangan	84.76
2	S. Leyte	Bontoc	81.24
3	Samar	Catbalogan City	107.52
4	Samar	Marabut	104.22
5	Samar	Pagsanghan	101.75
6	Samar	Talalora	101.36
7	Samar	Paranas	94.61
8	Samar	Villareal	88.63
9	Samar	Calbayog City	87.64
10	Samar	Santa Rita	84.25
11	Samar	Matuguinao	84.12
12	Samar	San Sebastian	83.08
13	Samar	Hinabangan	80.60

***LGUs with >  
80% Coverage:***

***2022: 10 LGUs***

***2023: 34  
LGUs  
managed to  
reach an >80  
% coverage in  
OPT Plus***

NO.	PROVINCE	LGU NAME	E-OPT COVERAGE (%)
14	Samar	San Jorge	80.25
15	Samar	San Jose de Buan	80.15
16	N. Samar	Allen	101.41
17	N. Samar	Biri	85.36
18	N. Samar	Catarman	84.13
19	N. Samar	San Jose	82.91
20	Leyte	Barugo	95.70
21	Leyte	San Miguel	86.08
22	E. Samar	Taft	90.90
23	E. Samar	Giporlos	84.20
24	E. Samar	Salcedo	82.50
25	E. Samar	Jipapad	82.37
26	E. Samar	Oras	80.07
27	E. Samar	Maydolong	80.40

***LGUs with >  
80% Coverage:***

***2022: 10 LGUs***

***2023: 34 LGUs  
managed to  
reach an >80  
% coverage in  
OPT Plus***

NO.	PROVINCE	LGU NAME	E-OPT COVERAGE (%)
28	Biliran	Naval	84.65
29	Biliran	Biliran	83.16
30	Biliran	Almeria	80.99
31	Biliran	Kawayan	80.12
32		Ormoc City	83.6
33		Samar Province	83.2
34		Biliran Province	81.0

## 2023 OPERATION TIMBANG PLUS COVERAGE

LGU	No. of LGUs	No. of LGU with Submission	% Submission
Province	6	6	100%
City	7	7	100%
Municipality	141	141	100%

Year	Total Population	Estimated population 0-59 months	Actual number of 0-59	Percent Coverage
2022	4,865,157	550,559	355,004	64.5 %
2023	4,651,322	486,648	352, 905	72.5 %

## **2023 OPERATION TIMBANG PLUS COVERAGE**

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<b>No. of Indigenous Preschoolers (IP PS) measured</b>	<b>2, 025</b>
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<b>Males</b>	<b>1,077</b>
<b>Females</b>	<b>948</b>

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Province/Independent City	Total Number of Cities/Municipalities	Number of Cities/Municipalities with OPT Plus Results	Total Number of Barangays	Number of Barangays with OPT Results	Barangay Coverage %
EASTERN SAMAR	23	23	597	597	100%
SAMAR	26	26	951	951	100%
NORTHERN SAMAR	24	24	569	551	97%
LEYTE	41	41	1,392	1,363	98%
SOUTHERN LEYTE	19	19	500	500	100%
BILIRAN	8	8	132	131	99%
TACLOBAN	0	0	138	124	90%
ORMOC	0	0	85 <sup>(1)</sup>	85 <sup>(1)</sup>	100%
BAYBAY*	0	0	92		
MAASIN*	0	0	70		
CATBALOGAN*	0	0	57		
CALBAYOG*	0	0	157		
BORONGAN*	0	0	61		

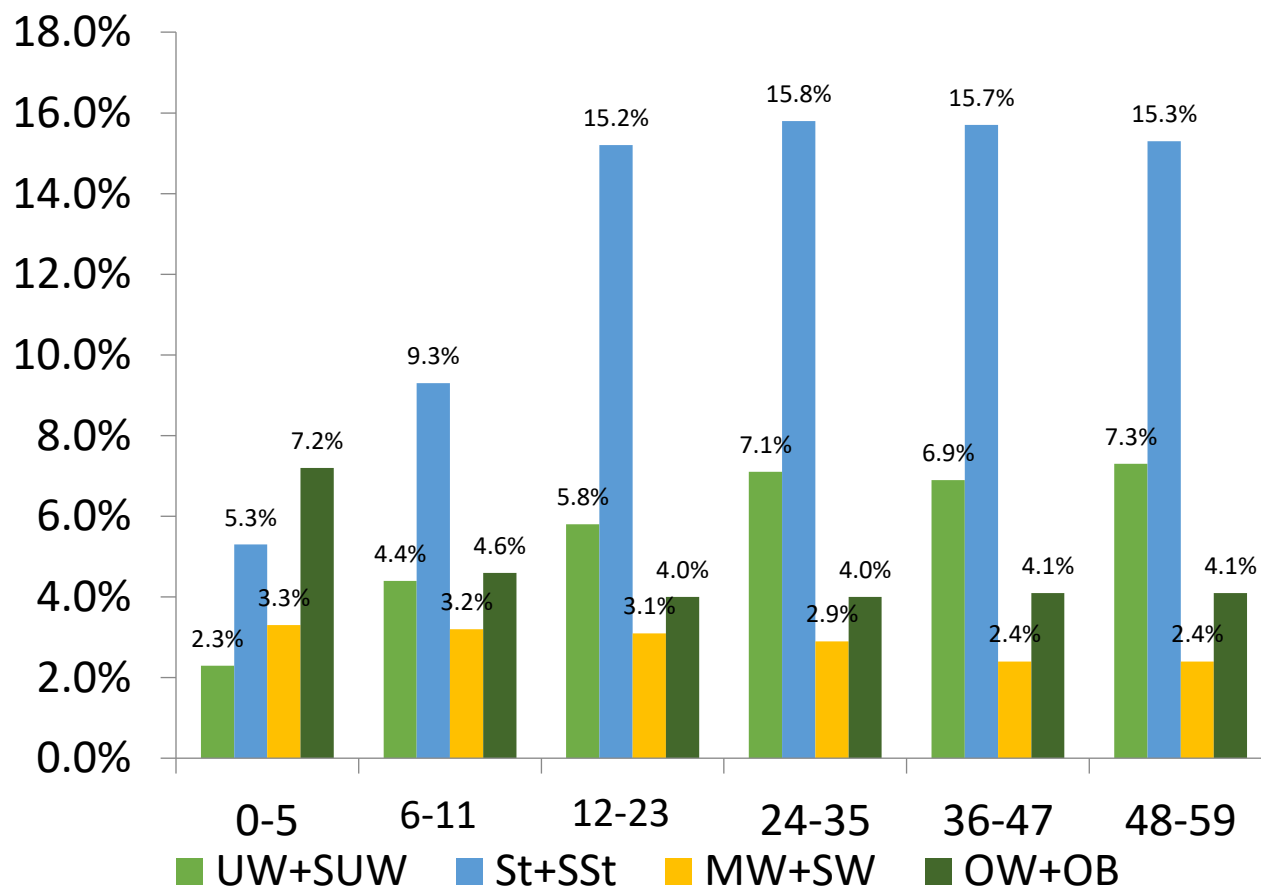
*\*Component Cities*

*(1) Merging and renaming of Ormoc Barangays in Poblacion Area:*

- a. Barangay 1-8, 12-13, 15, 17, 23 and 27 renamed as Barangay South*
- b. Barangay 9-11, 16, 18, 25, 28 renamed as Barangay East*
- c. Barangays 14, 19, 20-22, 24, and 26 renamed as Barangay West*
- d. Barangay 29 as Barangay North*



# 2023 REGIONAL NUTRITIONAL STATUS (per age group)

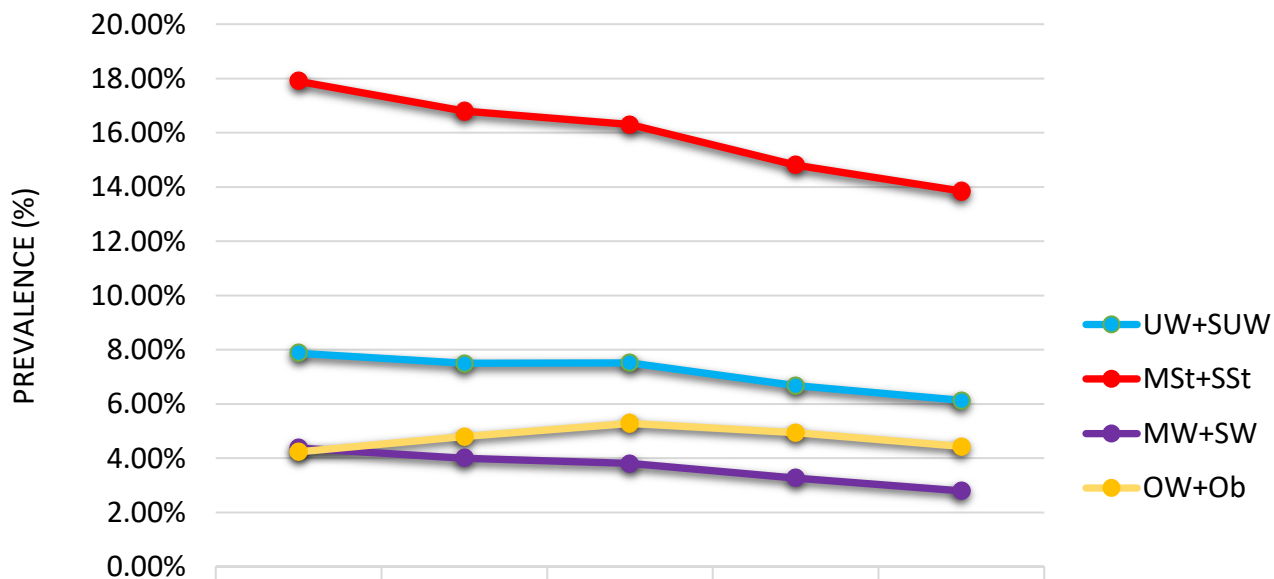


**Underweight and Stunting Prevalence** increases as age of child increases

**Wasting and Overnutrition Prevalence** decreases as age of child increases

# NUTRITIONAL STATUS (0-59 months Preschool Children) 5-YEAR COMPARATIVE TREND

## Malnutrition Prevalence in Eastern Visayas from 2019-2023

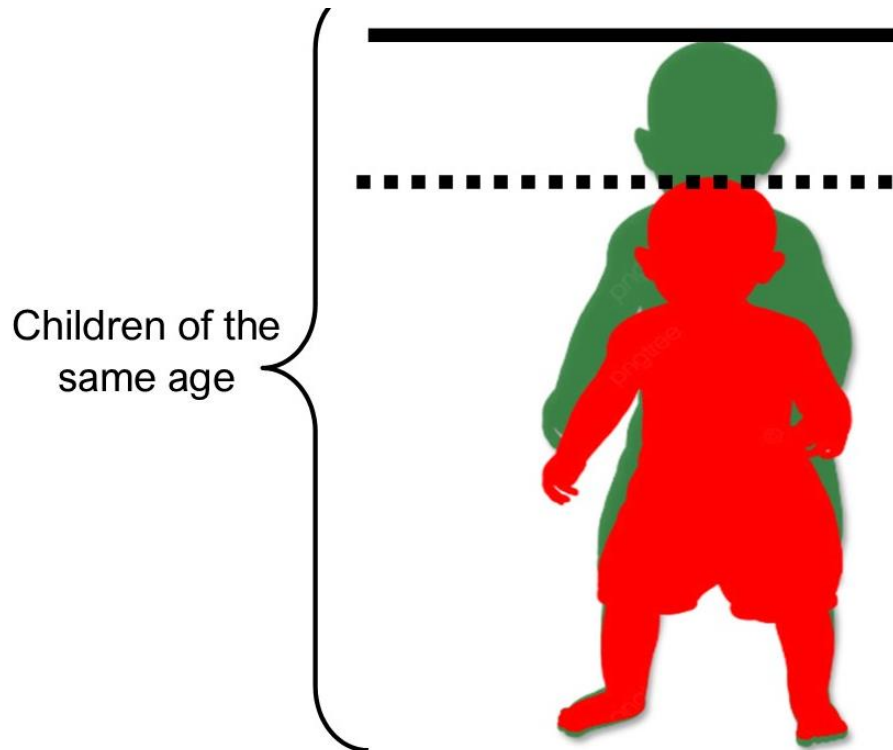


Overall  
**decreasing**  
trend of  
malnutrition

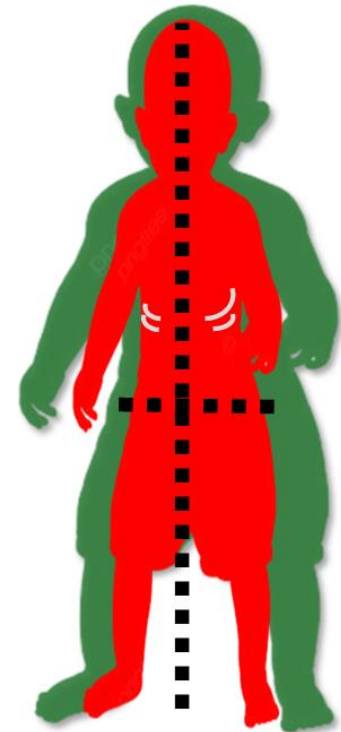
	2019	2020	2021	2022	2023
UW+SUW	7.87%	7.50%	7.51%	6.68%	6.13%
MSt+SSt	17.90%	16.80%	16.31%	14.81%	13.85%
MW+SW	4.38%	4.00%	3.81%	3.27%	2.79%
OW+Ob	4.24%	4.80%	5.29%	4.94%	4.44%

# **MALNOURISHED 0-59 MONTHS OLD CHILDREN IN REGION 8 FOR 2023**

7 out of 50 children are  
**Stunted**  
(Moderate and Severe)

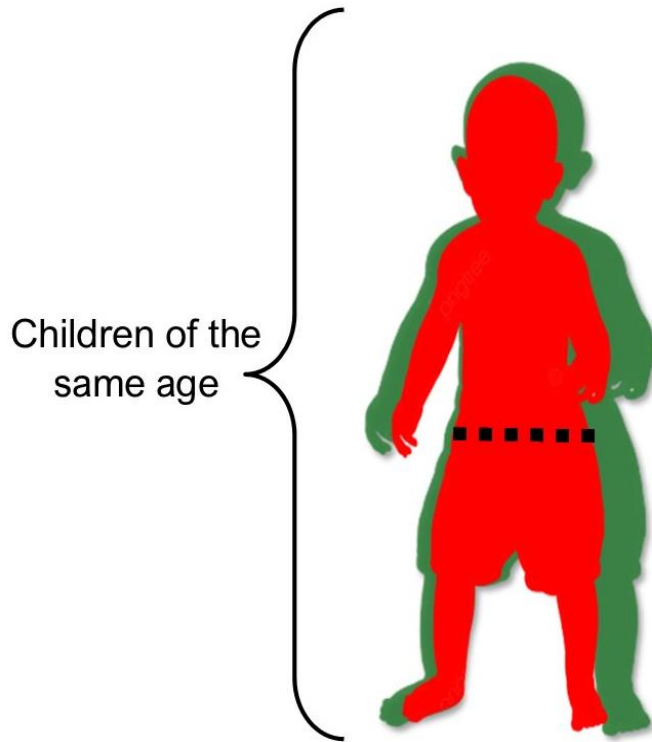


3 out of 100 children are  
**Wasted**  
(Moderate and Severe)

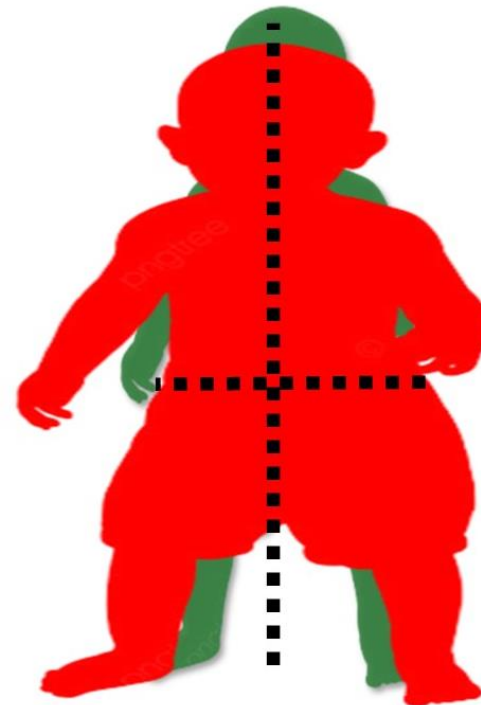


# **MALNOURISHED 0-59 MONTHS OLD CHILDREN IN REGION 8 FOR 2023**

3 out of 50 children are  
**Underweight**  
(Moderate and Severe)



1 out of 25 children are  
**Overweight/Obese**



# MODERATE and SEVERE STUNTING

Child's height is lower or below the normal  
height for his/her age

Moderately Short/stunted  $<-2SD$

Severely Stunted  $<-3SD$

*Cut-off values, de Onis et al., 2018*

$<2.5\%$  very low

2.5 to  $<10\%$  low

10 to  $<20\%$  medium

20 to  $<30\%$  high

$\geq 30\%$  very high



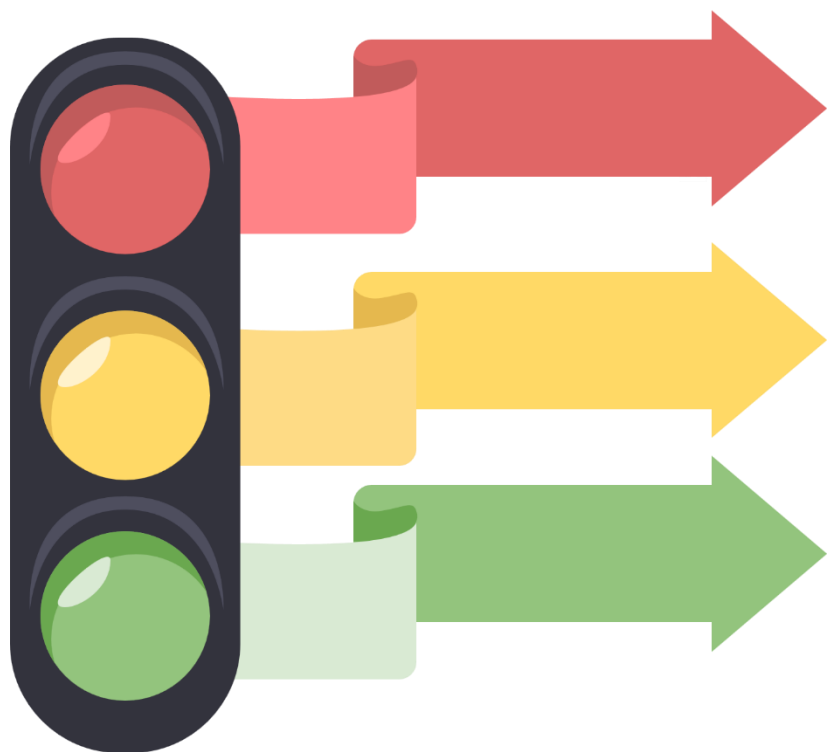
# BENCHMARK FOR NUTRITION STATUS (based on 8<sup>th</sup> National Nutrition Survey)

## *STUNTING*

$\geq 40\%$  (Very High)  
30-39 % (High)

20-29% (Medium)







$< 20\%$  (Low)



# HEIGHT FOR AGE

## PREVALENCE OF MODERATELY+SEVERELY STUNTED

### Provincial & INDEPENDENT CITIES Ranking

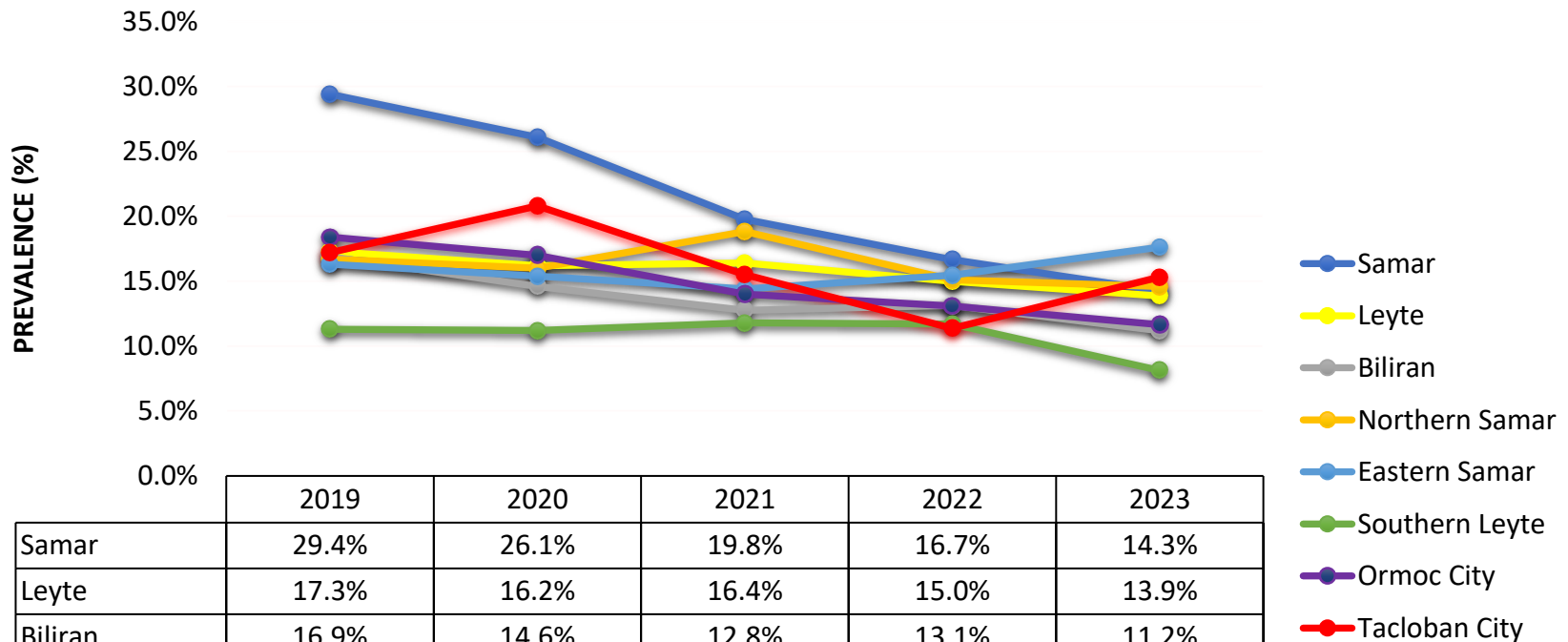
RANK	PROVINCE	MAGNITUDE	PREVALENCE	2022 RANK
1	Eastern Samar	6,416	17.62%	2 
2	City of Tacloban	2,493	15.32%	8 
3	Northern Samar	7,701	14.58%	3
4	Samar	10,408	14.26%	1 
5	Leyte	15,601	13.87%	4 
6	City of Ormoc	2,510	11.65%	6
7	Biliran	1,676	11.18%	5 
8	Southern Leyte	2,068	8.13%	7 

# HEIGHT FOR AGE

## PREVALENCE OF MODERATELY+SEVERELY STUNTED

### 5-YEAR COMPARATIVE TREND BY PROVINCE & INDEPENDENT CITIES

**Stunting Prevalence in Provinces/Independent Cities of Eastern Visayas from 2019-2023**



	2019	2020	2021	2022	2023
Samar	29.4%	26.1%	19.8%	16.7%	14.3%
Leyte	17.3%	16.2%	16.4%	15.0%	13.9%
Biliran	16.9%	14.6%	12.8%	13.1%	11.2%
Northern Samar	16.7%	16.0%	18.8%	15.1%	14.6%
Eastern Samar	16.3%	15.4%	14.4%	15.5%	17.6%
Southern Leyte	11.3%	11.2%	11.8%	11.7%	8.1%
Ormoc City	18.4%	17.0%	14.0%	13.1%	11.7%
Tacloban City	17.2%	20.8%	15.5%	11.4%	15.3%



# HEIGHT FOR AGE

## PREVALENCE OF MODERATELY+SEVERELY STUNTED

Ranking per COMPONENT City

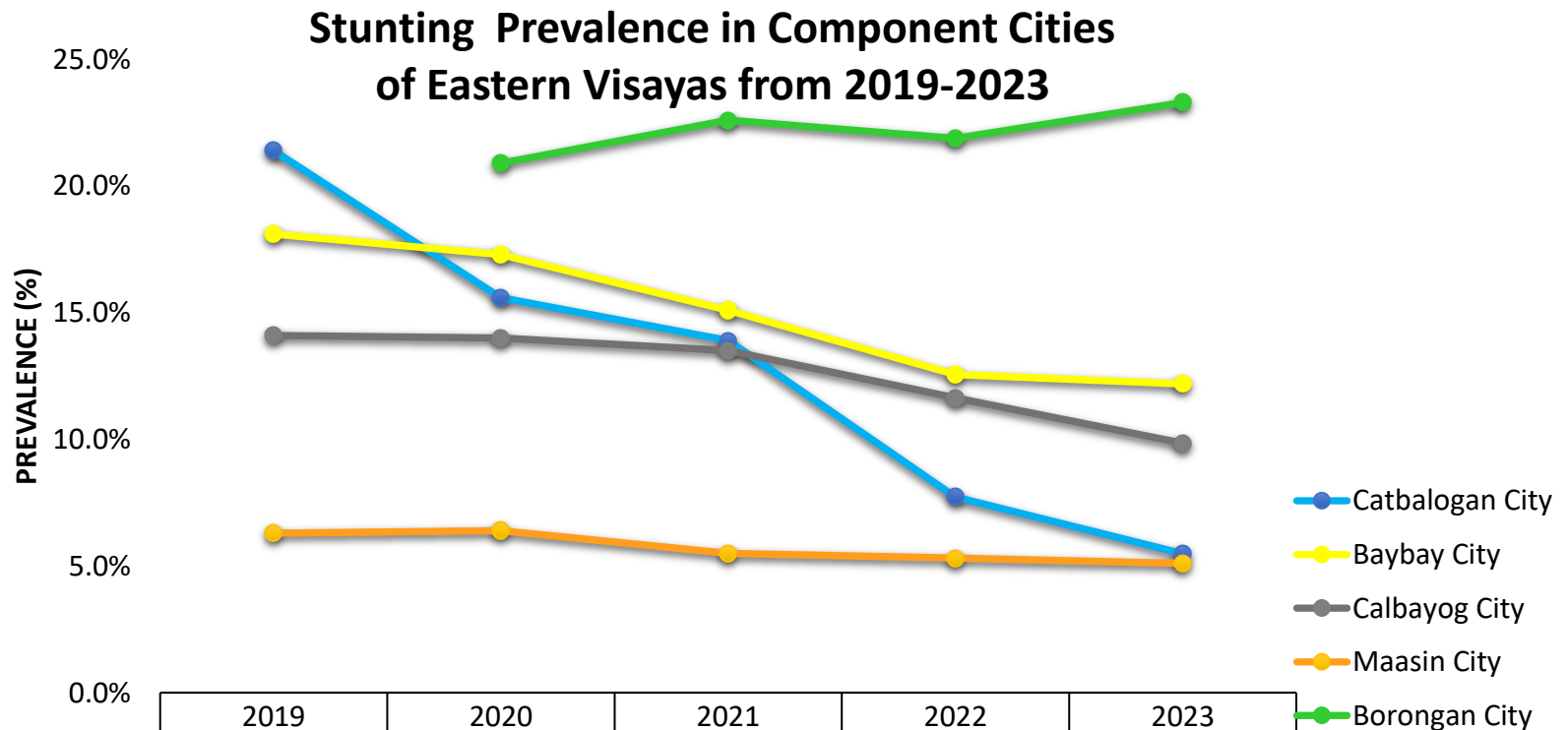
RANK	CITY	MAGNITUDE	PREVALENCE	2022 RANKING
1	Borongan	1,186	23.3	1
2	Baybay	1,031	12.19	2
3	Calbayog	1,819	9.85	3
4	Catbalogan	713	5.49	4
5	Maasin	249	5.10	5

# HEIGHT FOR AGE

## PREVALENCE OF MODERATELY+SEVERELY STUNTED

### COMPONENT City Ranking

### 5-YEAR COMPARATIVE TREND



	2019	2020	2021	2022	2023
Catbalogan City	21.4%	15.6%	13.9%	7.7%	5.5%
Baybay City	18.1%	17.3%	15.1%	12.6%	12.2%
Calbayog City	14.1%	14.0%	13.5%	11.6%	9.9%
Maasin City	6.3%	6.4%	5.5%	5.3%	5.1%
Borongan City		20.9%	22.6%	21.9%	23.3%

**HEIGHT FOR AGE  
PREVALENCE OF MODERATELY+SEVERELY STUNTED  
Top 10 LGUs**

<b>PROVINCE</b>	<b>NAME OF LGU</b>	<b>COVERAGE</b>	<b>PREVALENCE</b>
Samar	Gandara	66.49	<b>36.82</b>
E. Samar	Maslog	71.49	<b>36.31</b>
Samar	San Jose de Buan	80.15	<b>30.41</b>
Samar	San Sebastian	83.08	<b>30.35</b>
N. Samar	Lope de Vega	76.98	<b>29.01</b>
N. Samar	Las Navas	50.69	<b>26.34</b>
E. Samar	Arteche	73.72	<b>26.04</b>
Leyte	Dagami	64.86	<b>25.07</b>
Leyte	Abuyog	57.49	<b>24.44</b>
Leyte	Julita	71.28	<b>24.08</b>

# MODERATE and SEVERE WASTING

Child's body weight in proportion to length/height or thinness is low relative to the standard weight-for-length/height

Moderately Wasted  $<-2SD$

Severely Wasted  $<-3SD$

*Cut of Values, de Onis et al, 2018*

*$<2.5\%$  very low*

*$2.5$  to  $<5\%$  low*

*$5$  to  $<10\%$  medium*

*$10$  to  $<15\%$  high*

*$\geq 15\%$  very high*



# BENCHMARK FOR NUTRITION STATUS

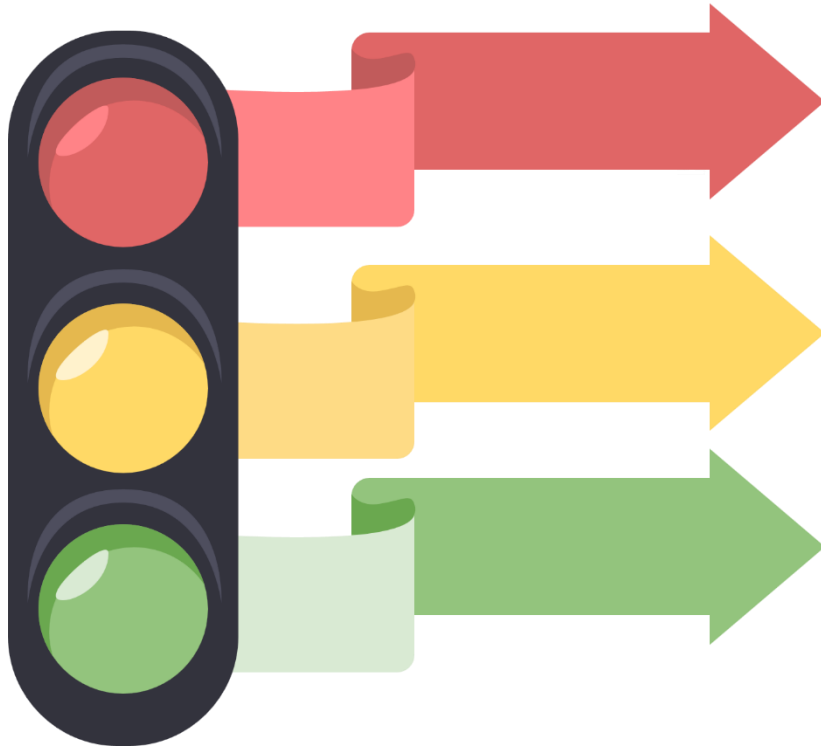
(based on 8<sup>th</sup> National Nutrition Survey)

## *WASTING*

$\geq 15$  % (Critical)  
10-14 % (Serious)

5-9 % (Poor)








$< 5$ % (Acceptable)



# WEIGHT FOR LENGTH/HEIGHT

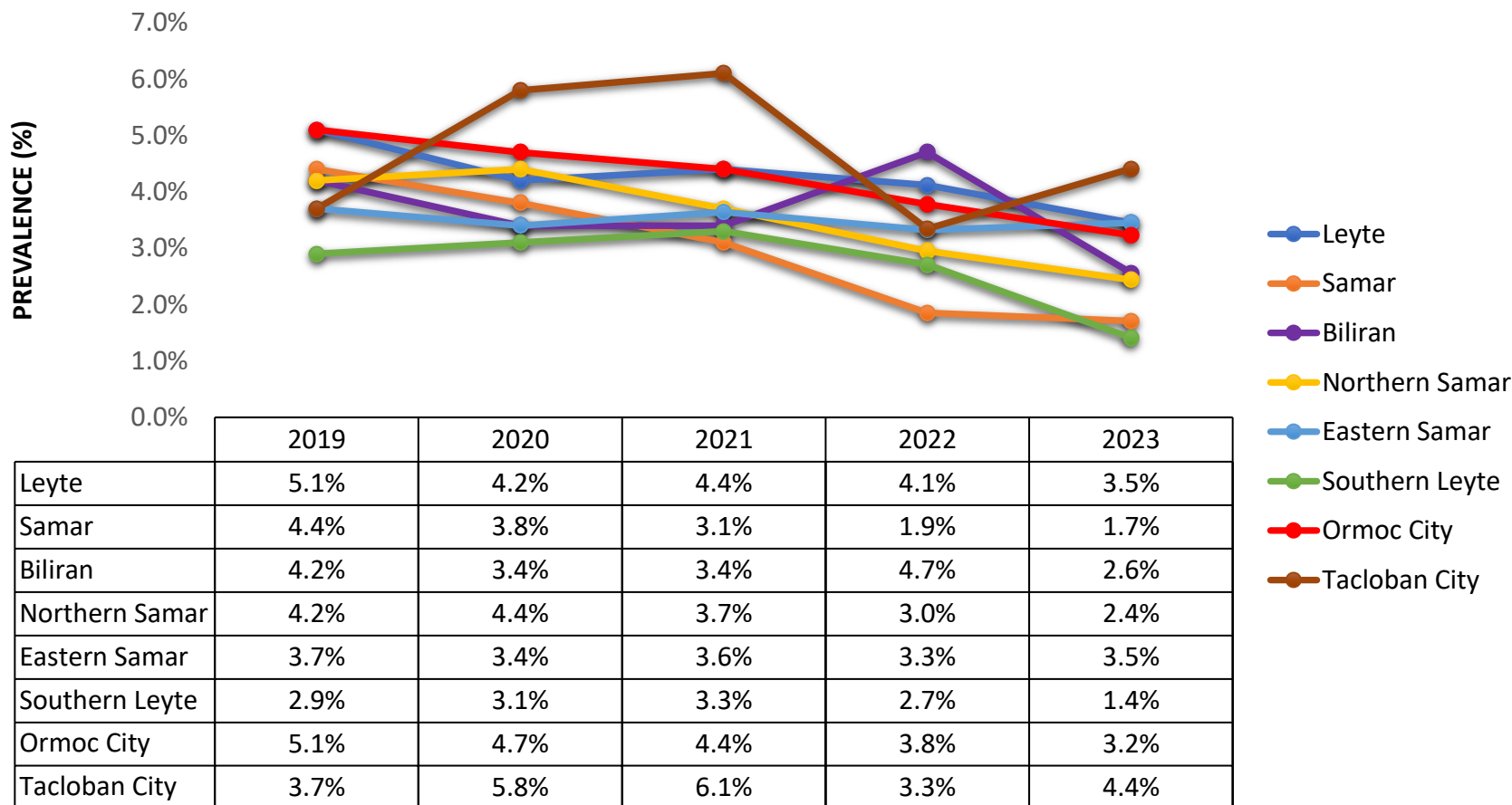
## PREVALENCE OF MODERATELY+SEVERELY WASTED

### Provincial & INDEPENDENT CITIES Ranking

RANK	PROVINCE	MAGNITUDE	PREVALENCE	2022 RANK
1	City of Tacloban	717	4.41%	4 
2	Eastern Samar	1,256	3.45%	5 
3	Leyte	3,878	3.45%	2 
4	City of Ormoc	696	3.23%	3 
5	Biliran	384	2.56%	1 
6	Northern Samar	1,289	2.44%	6
7	Samar	1,250	1.71%	8 
8	Southern Leyte	359	1.41%	7 

# MODERATELY + SEVERELY WASTED (WEIGHT FOR LENGTH/HEIGHT) 5-YEAR COMPARATIVE TREND BY PROVINCE & INDEPENDENT CITIES



**Wasting Prevalence in Provinces/Independent Cities  
of Eastern Visayas from 2019-2023**



# WEIGHT FOR LENGTH/HEIGHT

## PREVALENCE OF MODERATELY +SEVERELY WASTED

Ranking per COMPONENT City

RANK	CITY	MAGNITUDE	PREVALENCE	2022 RANKING
1	Borongan	195	3.83	1
2	Calbayog	311	1.68	2
3	Baybay	107	1.27	3
4	Catbalogan	41	0.32	5 
5	Maasin	13	0.27	4 



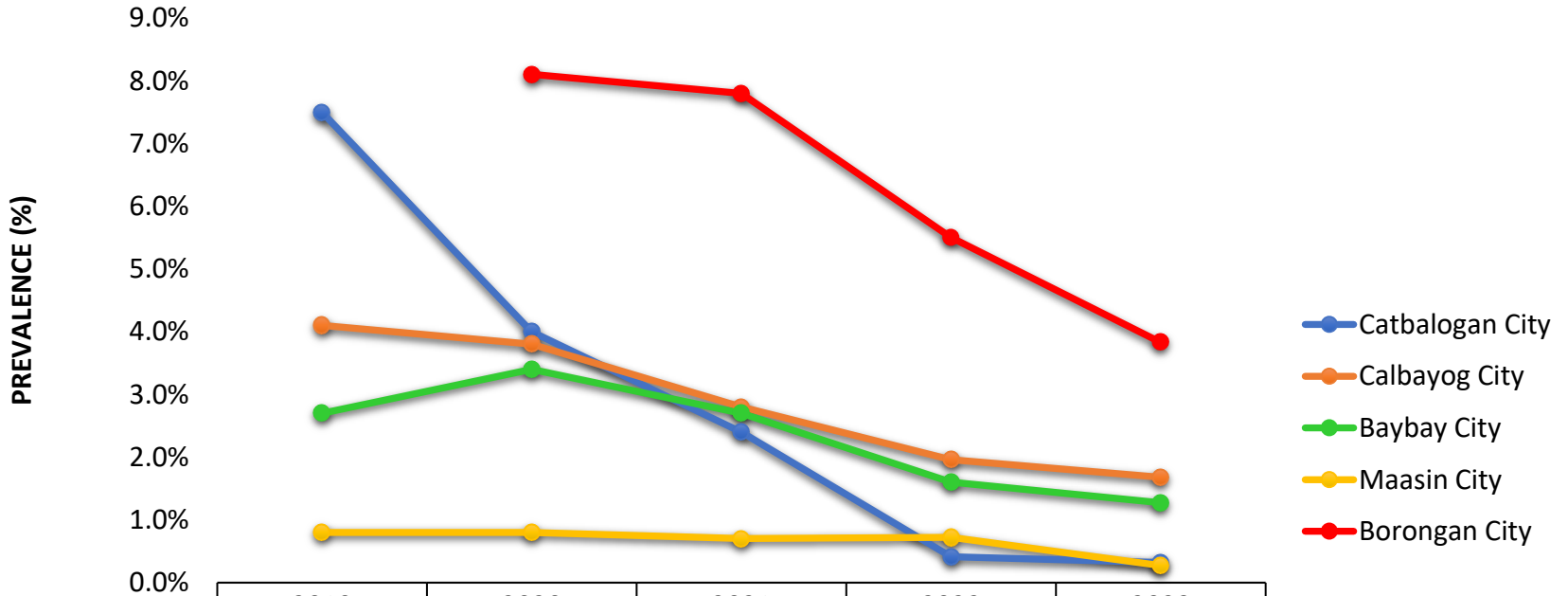
# WEIGHT FOR LENGTH/HEIGHT

## PREVALENCE OF MODERATELY+SEVERELY WASTED

Ranking per City

### 5-YEAR COMPARATIVE TREND

**Wasting Prevalence in Component Cities  
of Eastern Visayas from 2019-2023**



	2019	2020	2021	2022	2023
Catbalogan City	7.5%	4.0%	2.4%	0.4%	0.3%
Calbayog City	4.1%	3.8%	2.8%	2.0%	1.7%
Baybay City	2.7%	3.4%	2.7%	1.6%	1.3%
Maasin City	0.8%	0.8%	0.7%	0.7%	0.3%
Borongan City		8.1%	7.8%	5.5%	3.8%

# WEIGHT FOR LENGTH/HEIGHT

## PREVALENCE OF MODERATELY+SEVERELY WASTED

### Top 10 LGUs

PROVINCE	NAME OF LGU	COVERAGE	PREVALENCE
E. Samar	Arteche	73.72	8.71%
Leyte	Tunga	73.26	8.01%
Leyte	Matag-ob	74.24	7.47%
Leyte	Abuyog	57.49	7.22%
Leyte	Villaba	51.00	7.12%
Leyte	Tabontabon	79.36	6.93%
Leyte	Isabel	57.88	6.89%
N. Samar	Las Navas	50.69	6.36%
Leyte	Palompon	60.48	6.34%
Leyte	San Isidro	64.01	6.33%

# **MODERATELY and SEVERELY UNDERWEIGHT**

Child's weight is lower or below the  
normal weight for his/her age

Underweight  $< -2SD$

Severely Underweight  $< -3SD$

*WHO Cut Off values, 1995*  
*<10% low prevalence*  
*10-19% medium prevalence*  
*20-29% high prevalence*  
 *$\geq 30\%$  Very high prevalence*



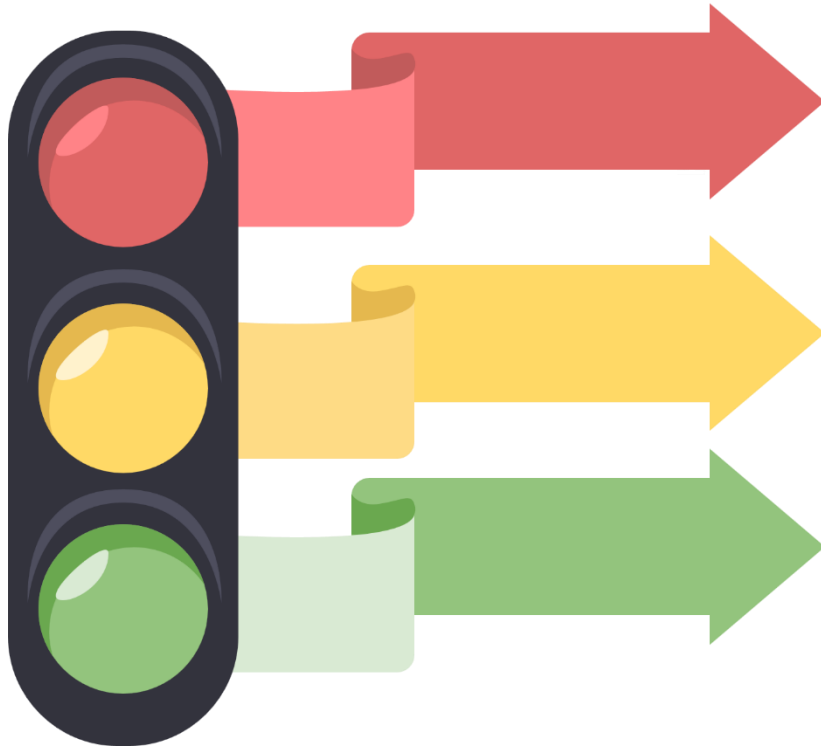
# BENCHMARK FOR NUTRITION STATUS (based on 8<sup>th</sup> National Nutrition Survey)

## *UNDERWEIGHT*








$\geq 30\%$  (Very High)  
20-29 % (High)

10-19% (Medium)

$< 10\%$  (Low)

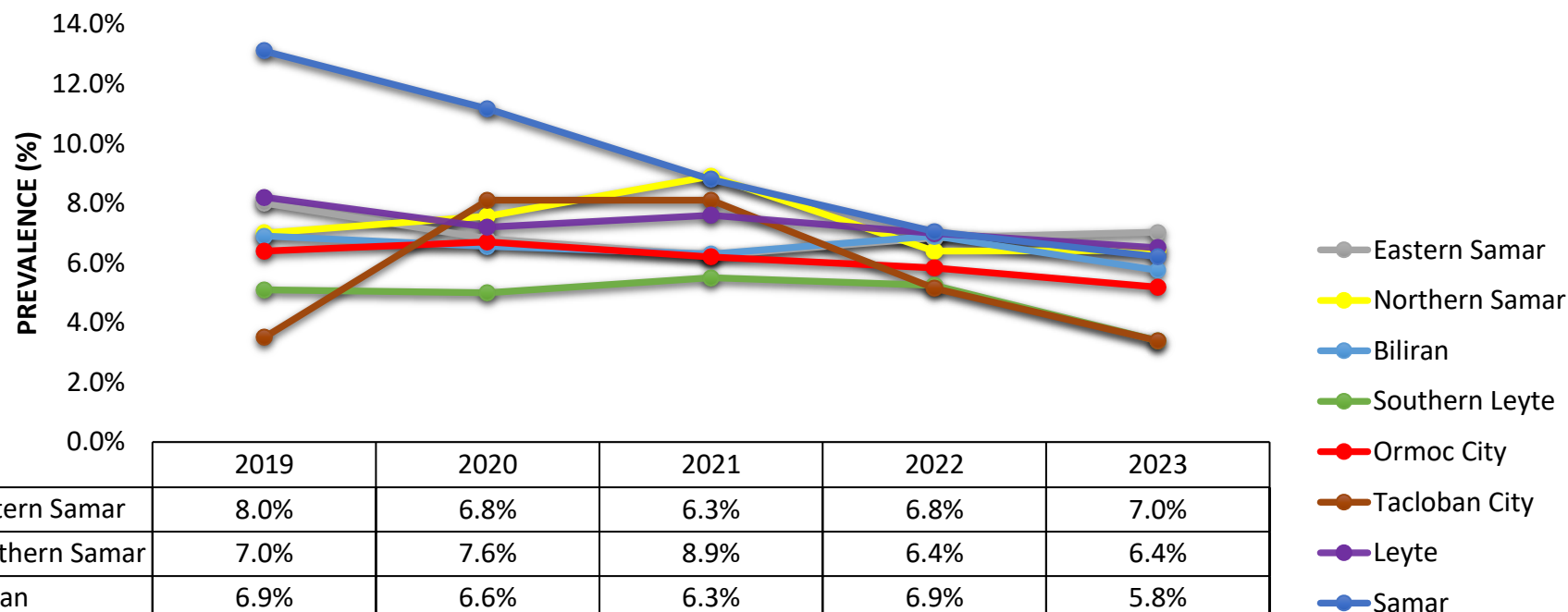


**WEIGHT FOR AGE  
PREVALENCE OF UNDERWEIGHT+SEVERELY UNDERWEIGHT  
PROVINCIAL & INDEPENDENT CITIES RANKING**

RANK	PROVINCE & INDEPENDENT CITIES	MAGNITUDE	PREVALENCE	2022 RANK
1	Eastern Samar	2,558	7.03%	5 
2	Leyte	7,321	6.51%	2
3	Northern Samar	3,393	6.42%	4 
4	Samar	4,528	6.21%	1 
5	City of Tacloban	983	6.04%	8 
6	Biliran	862	5.75%	3 
7	City of Ormoc	1,117	5.19%	6 
8	Southern Leyte	861	3.39%	7 

# WEIGHT FOR AGE PREVALENCE OF UNDERWEIGHT+ SEVERELY UNDERWEIGHT 5-YEAR COMPARATIVE TREND BY PROVINCE & INDEPENDENT CITIES

**Underweight Prevalence in Provinces/Independent Cities  
of Eastern Visayas from 2019-2023**



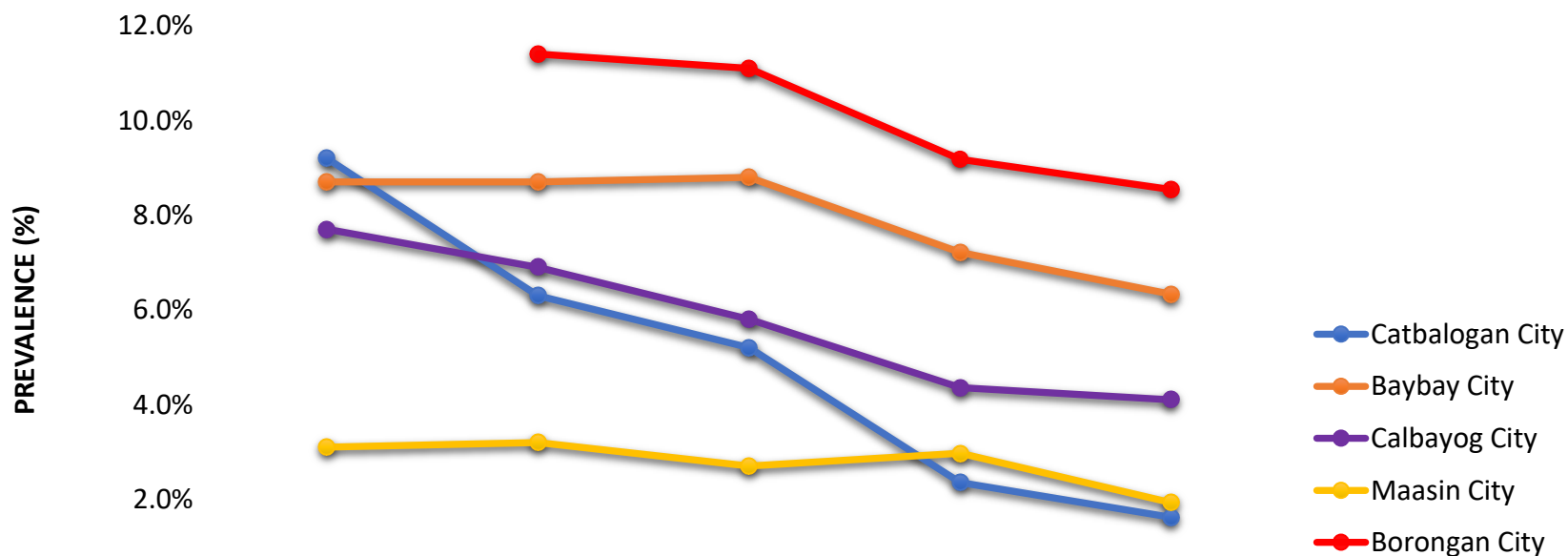
	2019	2020	2021	2022	2023
Eastern Samar	8.0%	6.8%	6.3%	6.8%	7.0%
Northern Samar	7.0%	7.6%	8.9%	6.4%	6.4%
Biliran	6.9%	6.6%	6.3%	6.9%	5.8%
Southern Leyte	5.1%	5.0%	5.5%	5.3%	3.4%
Ormoc City	6.4%	6.7%	6.2%	5.8%	5.2%
Tacloban City	3.5%	8.1%	8.1%	5.2%	3.4%
Leyte	8.2%	7.2%	7.6%	7.0%	6.5%
Samar	13.1%	11.2%	8.8%	7.1%	6.2%

**WEIGHT FOR AGE**  
**PREVALENCE OF UNDERWEIGHT +SEVERELY UNDERWEIGHT**  
 Ranking per Component City

RANK	CITY	MAGNITUDE	PREVALENCE	2022 RANKING
1	Borongan	435	8.54	1
2	Baybay	535	6.33	2
3	Calbayog	757	4.10	3
4	Maasin	94	1.93	4
5	Catbalogan	210	1.62	5

# WEIGHT FOR AGE PREVALENCE OF UNDERWEIGHT + SEVERELY UNDERWEIGHT 5-YEAR COMPARATIVE TREND BY COMPONENT CITY

**Underweight Prevalence in Component Cities  
of Eastern Visayas from 2019-2023**



	2019	2020	2021	2022	2023
Catbalogan City	9.2%	6.3%	5.2%	2.4%	1.6%
Baybay City	8.7%	8.7%	8.8%	7.2%	6.3%
Calbayog City	7.7%	6.9%	5.8%	4.4%	4.1%
Maasin City	3.1%	3.2%	2.7%	3.0%	1.9%
Borongan City		11.4%	11.1%	9.2%	8.5%



# WEIGHT FOR AGE

## PREVALENCE OF UNDERWEIGHT +SEVERELY UNDERWEIGHT

### Top 10 LGUs

PROVINCE	NAME OF LGU	COVERAGE	PREVALENCE
Samar	Gandara	66.49	<b>20.13</b>
E. Samar	Maslog	71.49	<b>15.87</b>
Samar	San Jose de Buan	80.15	<b>14.54</b>
Samar	Santo Nino	72.18	13.18
Leyte	Abuyog	57.49	12.78
Leyte	Dagami	64.86	12.28
N. Samar	San Vicente	61.64	12.02
N. Samar	Las Navas	50.69	11.86
Leyte	Tabon Tabon	79.36	11.65
Leyte	Julita	71.28	11.54

# OVERWEIGHT and OBESITY

Child's body weight in proportion to length/height or fatness is high relative to the standard weight for his/her weight-for-length/height

Overweight  $>+2SD$

Obese  $>+3SD$

*Cut of Values, de Onis et al, 2018*

*<2.5% very low*

*2.5 to <5% low*






*5 to <10% medium*

*10 to <15% high*

*$\geq 15\%$  very high*

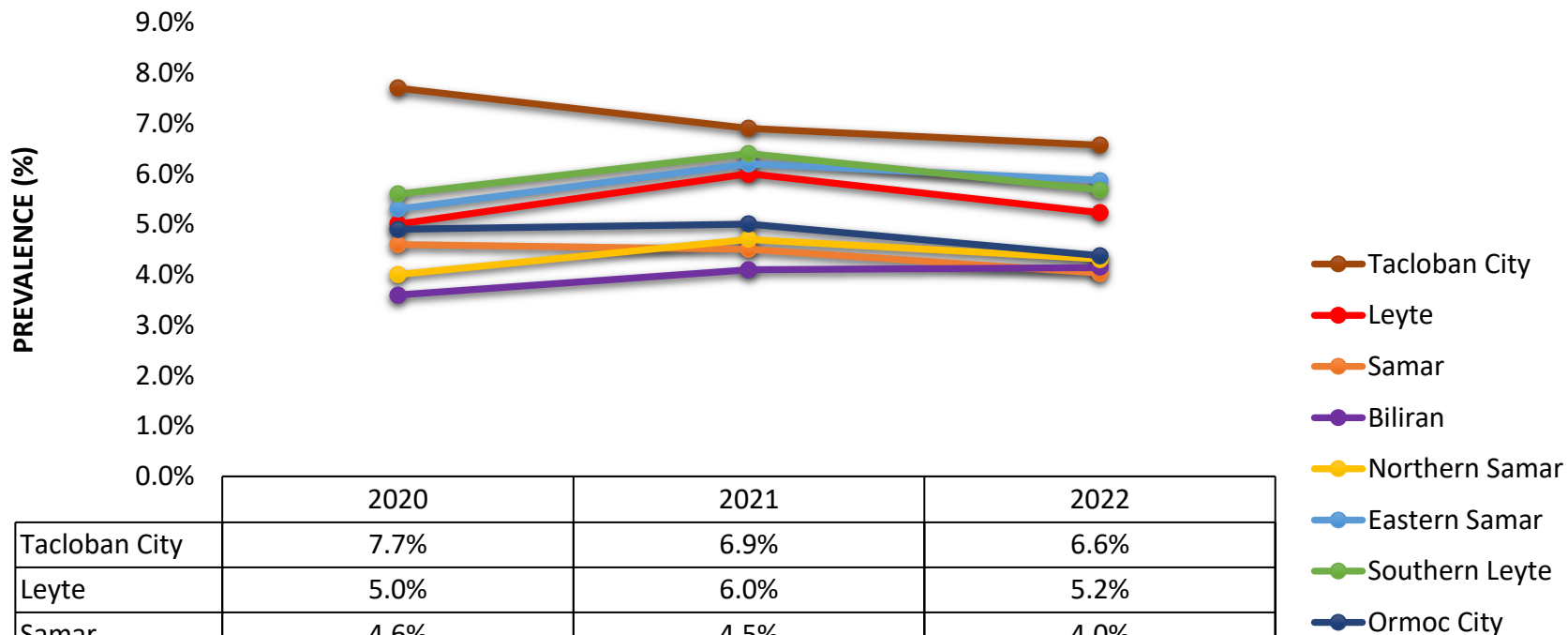


**WEIGHT FOR LENGTH/HEIGHT**  
**PREVALENCE OF OVERWEIGHT +OBESITY**  
**Provincial & INDEPENDENT CITIES Ranking**

RANK	PROVINCE	MAGNITUDE	PREVALENCE	2022 RANK
1	City of Tacloban	1,231	7.56%	1
2	Eastern Samar	2,470	6.79%	2
3	Leyte	5,160	4.59%	4 
4	Northern Samar	2,179	4.12%	6 
5	City of Ormoc	871	4.04%	5
6	Southern Leyte	947	3.72%	3 
7	Samar	2,351	3.22%	8 
8	Biliran	453	3.02%	7 

# OVERWEIGHT + OBESE (WEIGHT FOR LENGTH/HEIGHT) 5-YEAR COMPARATIVE TREND BY PROVINCE & INDEPENDENT CITIES

## Overnutrition Prevalence in Provinces/Independent Cities of Eastern Visayas from 2020-2023



	2020	2021	2022
Tacloban City	7.7%	6.9%	6.6%
Leyte	5.0%	6.0%	5.2%
Samar	4.6%	4.5%	4.0%
Biliran	3.6%	4.1%	4.1%
Northern Samar	4.0%	4.7%	4.3%
Eastern Samar	5.3%	6.2%	5.9%
Southern Leyte	5.6%	6.4%	5.7%
Ormoc City	4.9%	5.0%	4.4%

# WEIGHT FOR LENGTH/HEIGHT

PREVALENCE OF PREVALENCE OF OVERWEIGHT +OBESITY

Ranking per City

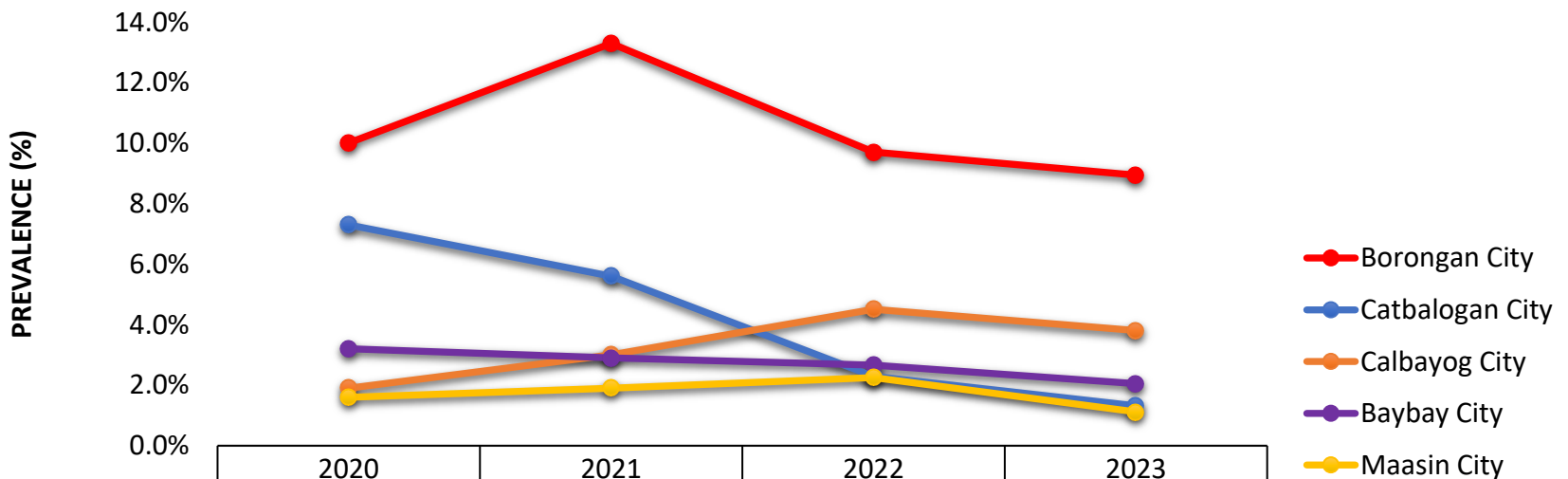
RANK	CITY	MAGNITUDE	PREVALENCE	2022 RANKING
1	Borongan	455	8.94	1
2	Calbayog	702	3.80	2
3	Baybay	173	2.05	3
4	Catbalogan	170	1.31	4
5	Maasin	54	1.11	5

# WEIGHT FOR LENGTH/HEIGHT

## PREVALENCE OF PREVALENCE OF OVERWEIGHT +OBESITY

Ranking per City  
5-YEAR COMPARATIVE TREND

### Overnutrition Prevalence in Component Cities of Eastern Visayas from 2020-2023



	2020	2021	2022	2023
Borongan City	10.0%	13.3%	9.7%	8.9%
Catbalogan City	7.3%	5.6%	2.3%	1.3%
Calbayog City	1.9%	3.0%	4.5%	3.8%
Baybay City	3.2%	2.9%	2.7%	2.1%
Maasin City	1.6%	1.9%	2.3%	1.1%

**WEIGHT FOR LENGTH/HEIGHT  
PREVALENCE OF PREVALENCE OF OVERWEIGHT +OBESITY  
Top 10 LGUs**

<b>PROVINCE</b>	<b>NAME OF LGU</b>	<b>COVERAGE</b>	<b>PREVALENCE</b>
E. Samar	Llorente	66.52	<b>11.65%</b>
Leyte	Tunga	73.26	<b>10.61%</b>
E. Samar	Mercedes	71.48	<b>10.24%</b>
E. Samar	Hernani	71.80	<b>10.18%</b>
E. Samar	Dolores	79.27	<b>9.80%</b>
Samar	San Sebastian	83.08	<b>9.73%</b>
Leyte	Albuera	76.27	<b>8.93%</b>
Leyte	Palompon	60.48	<b>8.74%</b>
E. Samar	Sulat	77.35	<b>8.29%</b>
Samar	Basey	59.75	<b>8.00%</b>