

2019 OPT Plus Results



National Capital Region

Operation Timbang (OPT) Plus

- annual mass weighing of all preschoolers 0-59 months old or below five (5) years old
- Weighing is done every 1st quarter



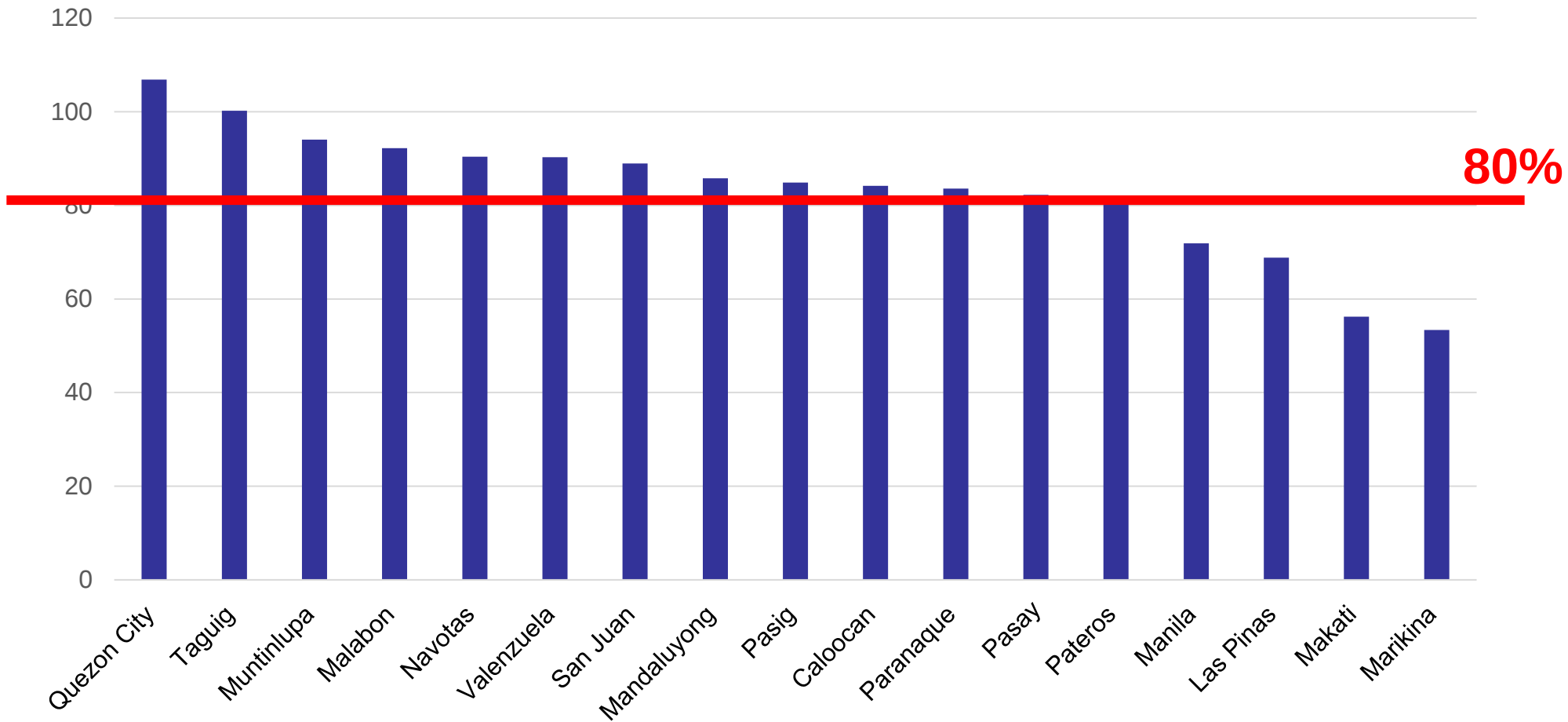
Weight and height of children were measured using salter scale, infant weighing scale, detecto weighing scale and heightboard.

- Data generated is used for:
 - local nutrition program planning, particularly in describing the nutritional status of the community
 - quantifying the number of malnourished
 - identifying which barangays have more malnourished children
 - for identifying who will be given priority in the provision of nutrition interventions

Regional Coverage of Operation Timbang Plus, NCR, 2019

- 1,669 barangays out of 1,706 barangays were covered
 - 1,691 barangays covered in 2018
- All LGUs have 100% coverage of barangays except:
 - Caloocan (186/188 barangays; 98.94%)
 - Quezon City (137/142 barangays; 96.48%)
 - Manila (875/897 barangays; 97.55%)
 - Makati (25/33 barangays; 75.76%)
 - *With eight (8) disputed and elite barangays*

Ranking of LGUs according to % Weighing Coverage, NCR, 2019



Ranking of LGUs accdg. to % Weighing Coverage, NCR, 2019

Rank	Cities/ Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
1	Quezon City	328,448	351,031	106.88
2	Taguig	101,500	101,722	100.22
3	Muntinlupa	59,659	56,115	94.06
4	Malabon	39,994	36,896	92.25
5	Navotas	26,639	24,087	90.42
6	Valenzuela	69,995	63,183	90.27
7	San Juan	13,125	11,676	88.96
8	Mandaluyong	47,000	40,313	85.77
9	Pasig	88,161	74,805	84.85

Ranking of LGUs accdg. to % Weighing Coverage, NCR, 2019

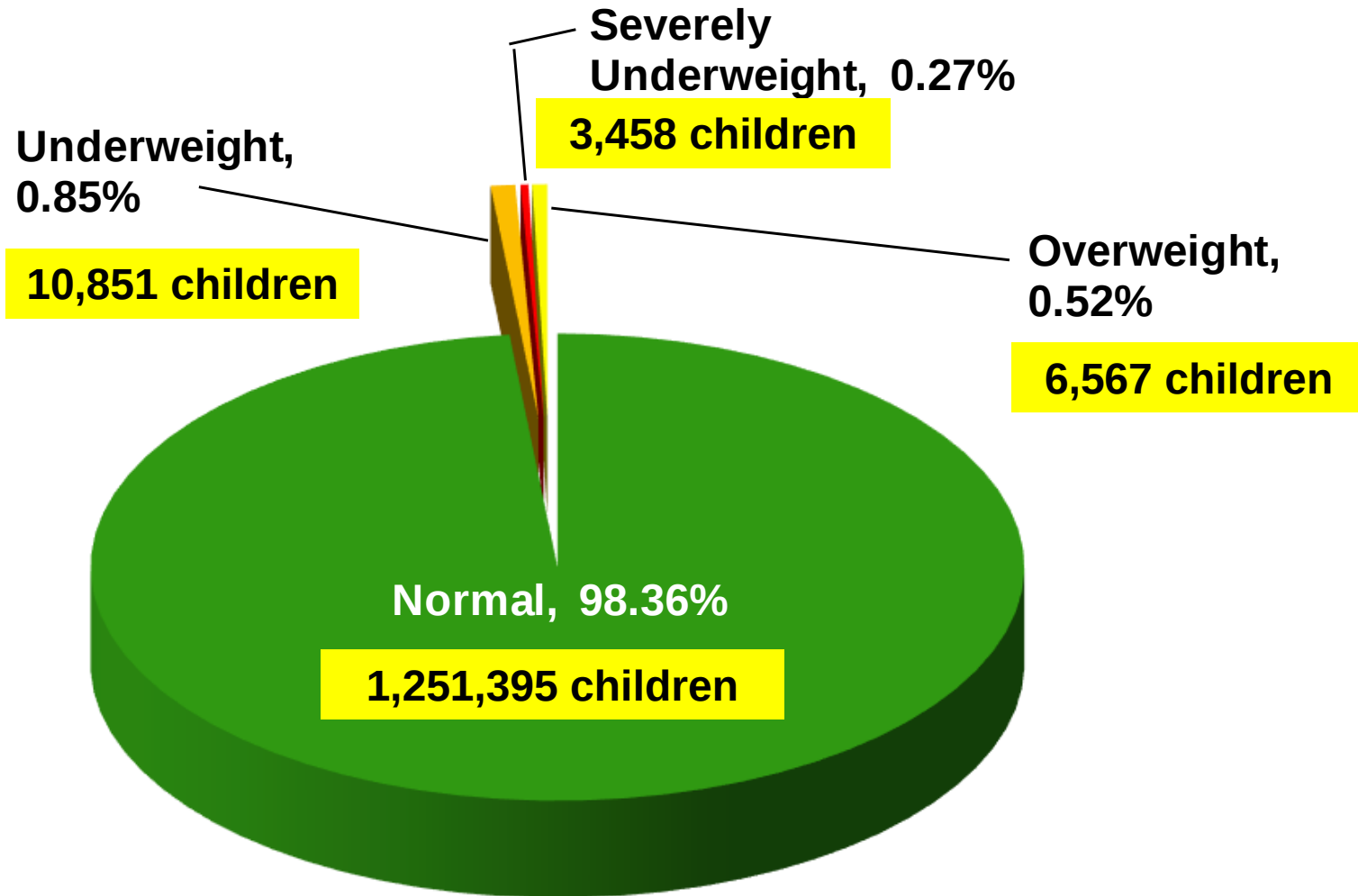
Rank	Cities/ Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
10	Caloocan	176,941	148,949	84.18
11	Parañaque	78,017	65,221	83.60
12	Pasay	46,495	38,238	82.24
13	Pateros	6,790	5,493	80.90
14	Manila	201,436	144,771	71.87
15	Las Piñas	65,876	45,339	68.82
16	Makati	66,918	37,606	56.20
17	Marikina	50,268	26,826	53.37
Regional Coverage		1,467,262	1,272,271	86.71

Note: Estimated population based on DOH-NCRO data – TP x 0.10714

Nutritional Status of Children (0-59 months)

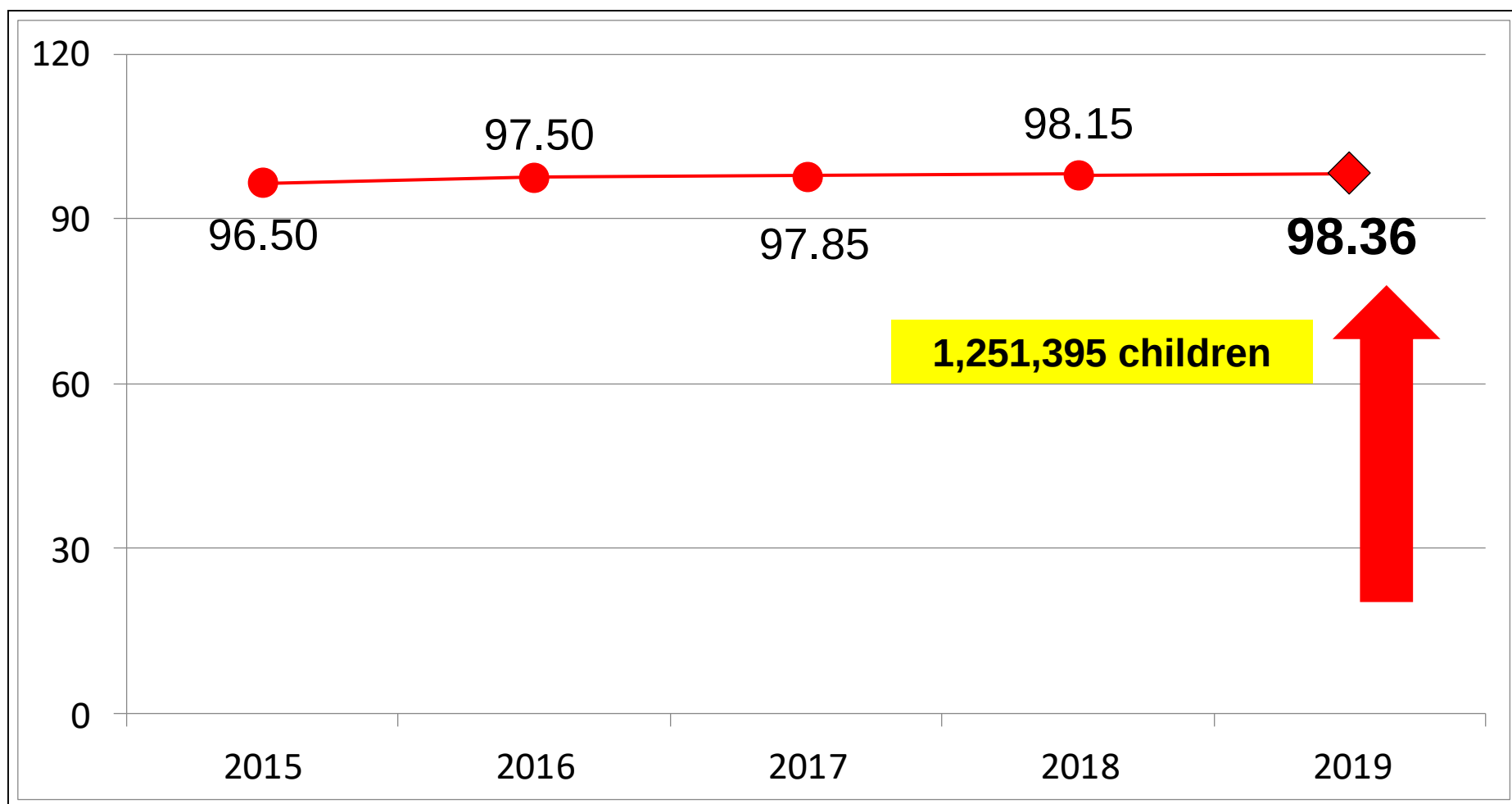
Weight-for-Age

2019 Nutritional Status of 0 – 59 months old children, NCR accdg to Weight-for-Age

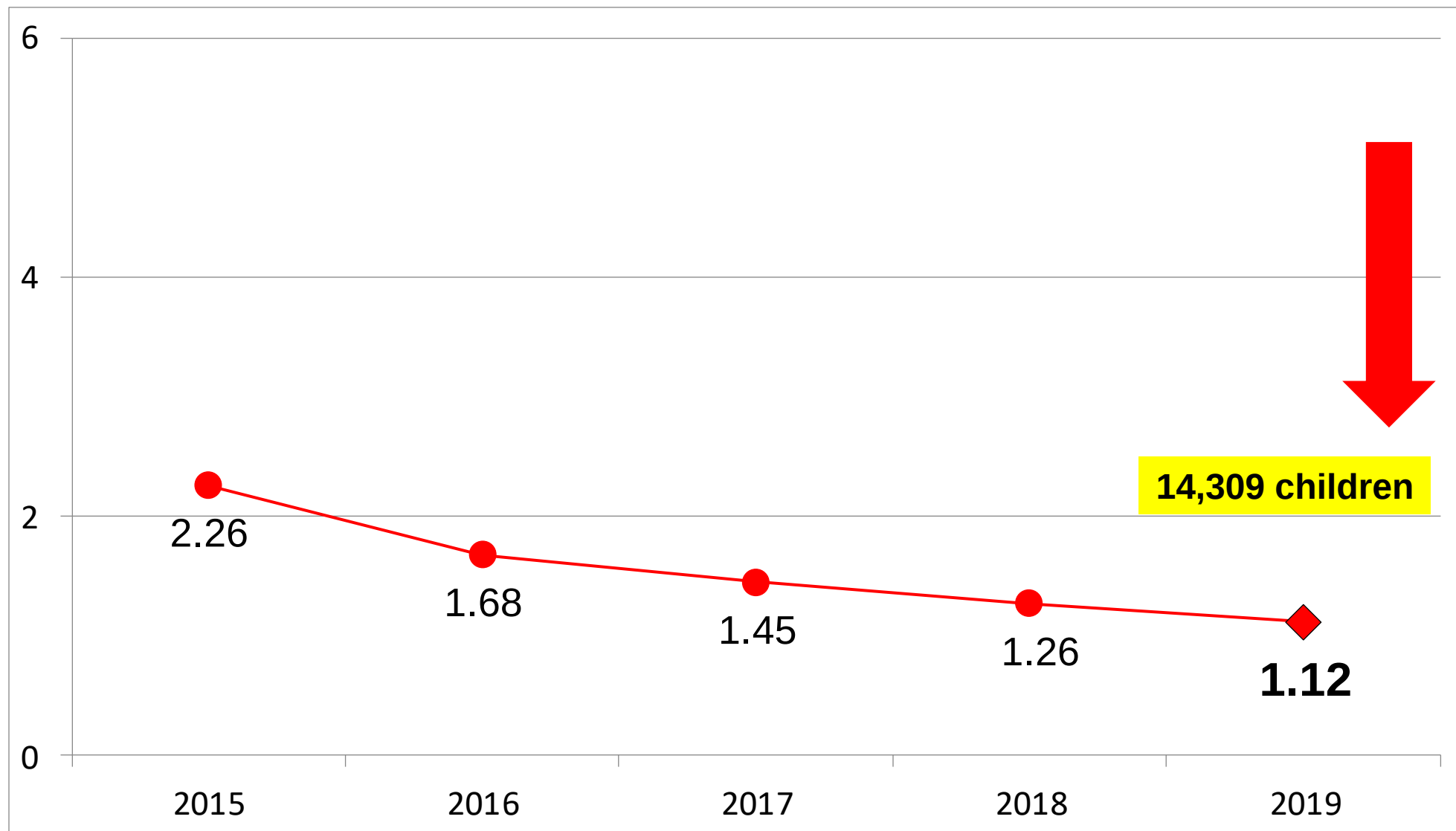


N = 1,272,271

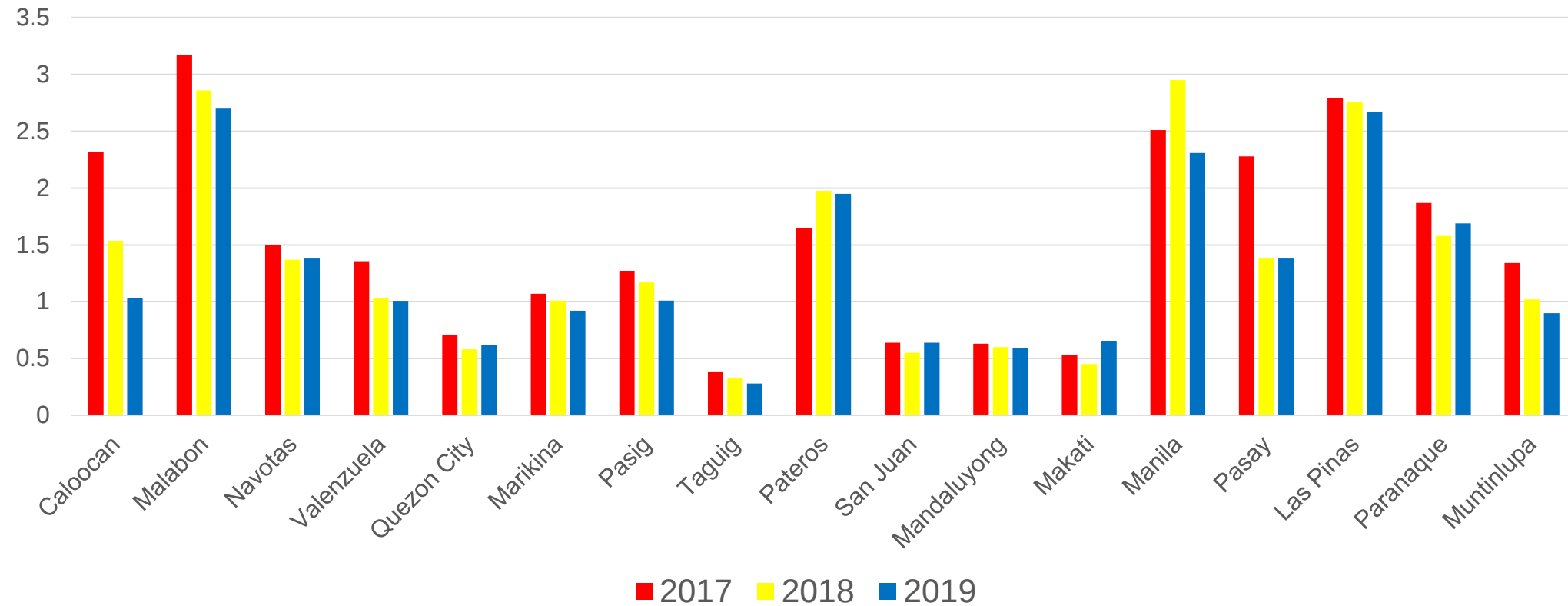
Percentage of Children 0-59 months old with Normal Nutritional Status according to Weight-for-Age, 2015-2019



Prevalence of Underweight and Severely Underweight among children 0-59 months old in NCR, 2015-2019



Comparison of LGUs accdg. to Prevalence of Underweight and Severe Underweight-for-age among children 0-59 months old, 2017-2019



Caloocan
Malabon
Valenzuela
Marikina
Pasig

Muntinlupa
Taguig
Mandaluyong
Pasay
Las Piñas

Navotas
Quezon City
San Juan
Makati
Parañaque

Pateros
Manila

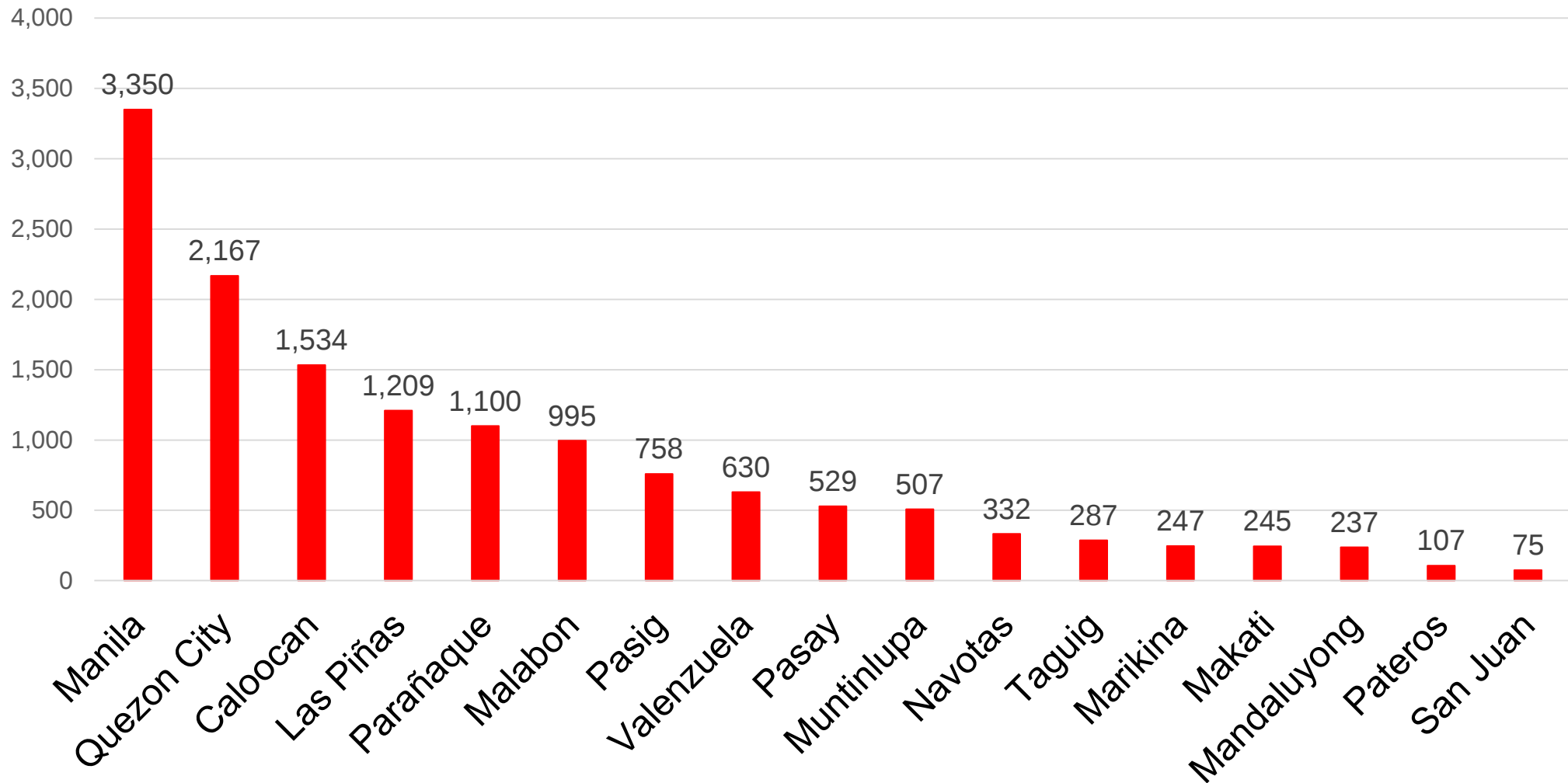
Ranking of Cities/Municipality based on Prevalence of Underweight and Severely Underweight-for-age among children 0-59 months old, NCR, 2017-2019

2017			2018			2019		
Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate
1	Malabon	3.17	1	Manila	2.95	1	Malabon	2.70
2	Las Piñas	2.79	2	Malabon	2.86	2	Las Piñas	2.67
3	Manila	2.51	3	Las Piñas	2.76	3	Manila	2.31
4	Caloocan	2.32	4	Pateros	1.97	4	Pateros	1.95
5	Pasay	2.28	5	Parañaque	1.58	5	Parañaque	1.69
6	Parañaque	1.87	6	Caloocan	1.53	6	Navotas	1.38
7	Pateros	1.65	7	Pasay	1.38	6	Pasay	1.38
8	Navotas	1.50	8	Navotas	1.37	7	Caloocan	1.03
9	Valenzuela	1.35	9	Pasig	1.17	8	Pasig	1.01
10	Muntinlupa	1.34	10	Valenzuela	1.03	9	Valenzuela	1.00
11	Pasig	1.27	11	Muntinlupa	1.02	10	Marikina	0.92
12	Marikina	1.07	12	Marikina	1.01	11	Muntinlupa	0.90
13	Quezon City	0.71	13	Mandaluyong	0.60	12	Makati	0.65
14	San Juan	0.64	14	Quezon City	0.58	13	San Juan	0.64
15	Mandaluyong	0.63	15	San Juan	0.55	14	Quezon City	0.62
16	Makati	0.53	16	Makati	0.45	15	Mandaluyong	0.59
17	Taguig	0.38	17	Taguig	0.33	16	Taguig	0.28

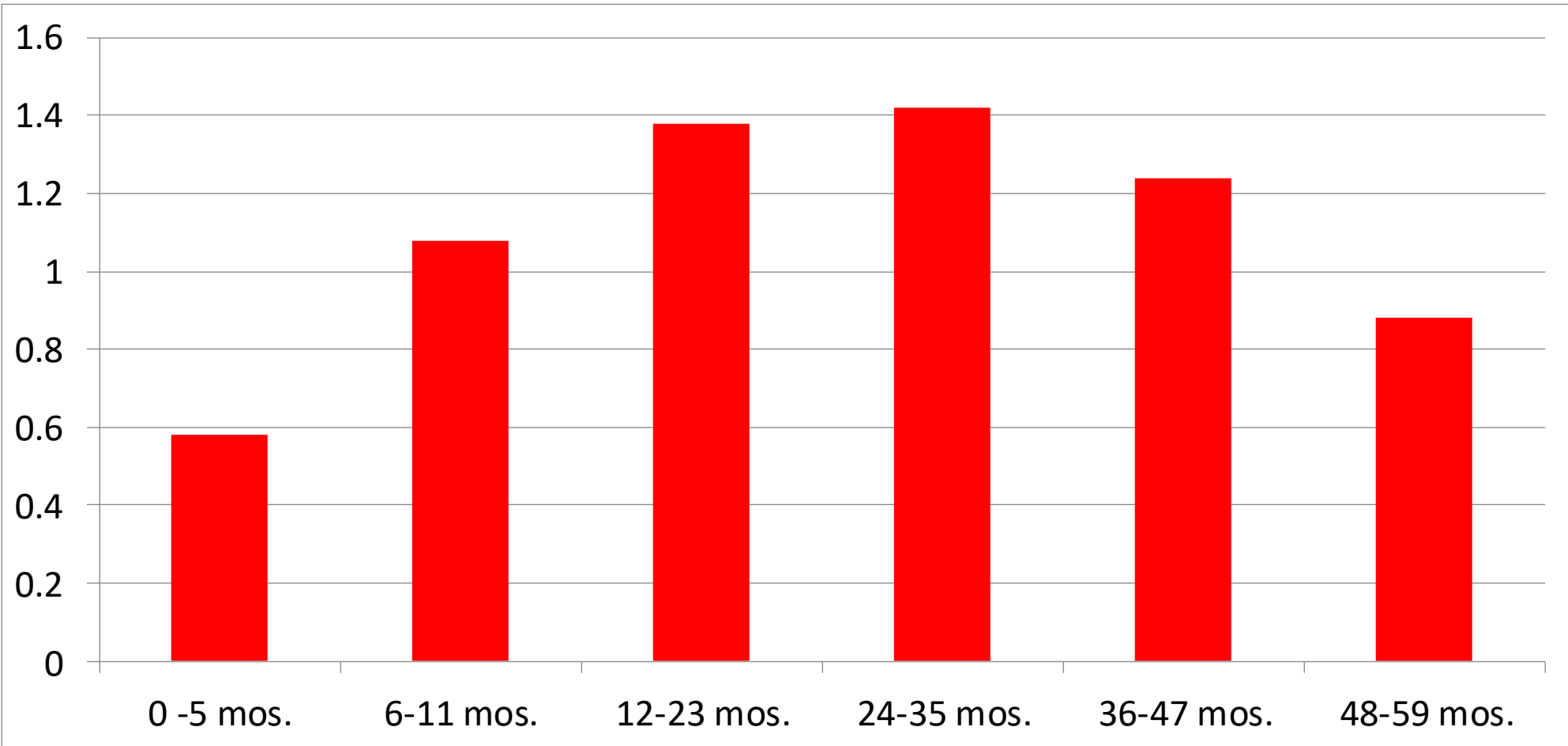
Ranking of Cities/Municipality based on the Total Number of Underweight and Severely Underweight-for-age Children 0-59 months old in NCR, 2017-2019

2017			2018			2019		
Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children
1	Caloocan	3,894	1	Manila	4,825	1	Manila	3,350
2	Manila	3,749	2	Caloocan	2,648	2	Quezon City	2,167
3	Quezon City	2,777	3	Quezon City	2,322	3	Caloocan	1,534
4	Las Piñas	1,945	4	Las Piñas	1,250	4	Las Piñas	1,209
5	Parañaque	1,487	5	Parañaque	1,188	5	Parañaque	1,100
6	Malabon	1,245	6	Malabon	1,180	6	Malabon	995
7	Pasay	1,023	7	Pasig	892	7	Pasig	758
8	Valenzuela	974	8	Valenzuela	758	8	Valenzuela	630
9	Pasig	921	9	Muntinlupa	629	9	Pasay	529
10	Muntinlupa	683	10	Pasay	616	10	Muntinlupa	507
11	Navotas	465	11	Navotas	435	11	Navotas	332
12	Taguig	439	12	Marikina	300	12	Taguig	287
13	Marikina	382	13	Taguig	365	13	Marikina	247
14	Mandaluyong	281	14	Mandaluyong	272	14	Makati	245
15	Makati	241	15	Makati	201	15	Mandaluyong	237
16	Pateros	97	16	Pateros	115	16	Pateros	107
17	San Juan	87	17	San Juan	80	17	San Juan	75
Total	20,690		Total	18,076		Total	14,309	

Number of Underweight and Severely Underweight-for-age Children 0-59 months old per LGU, NCR, 2019

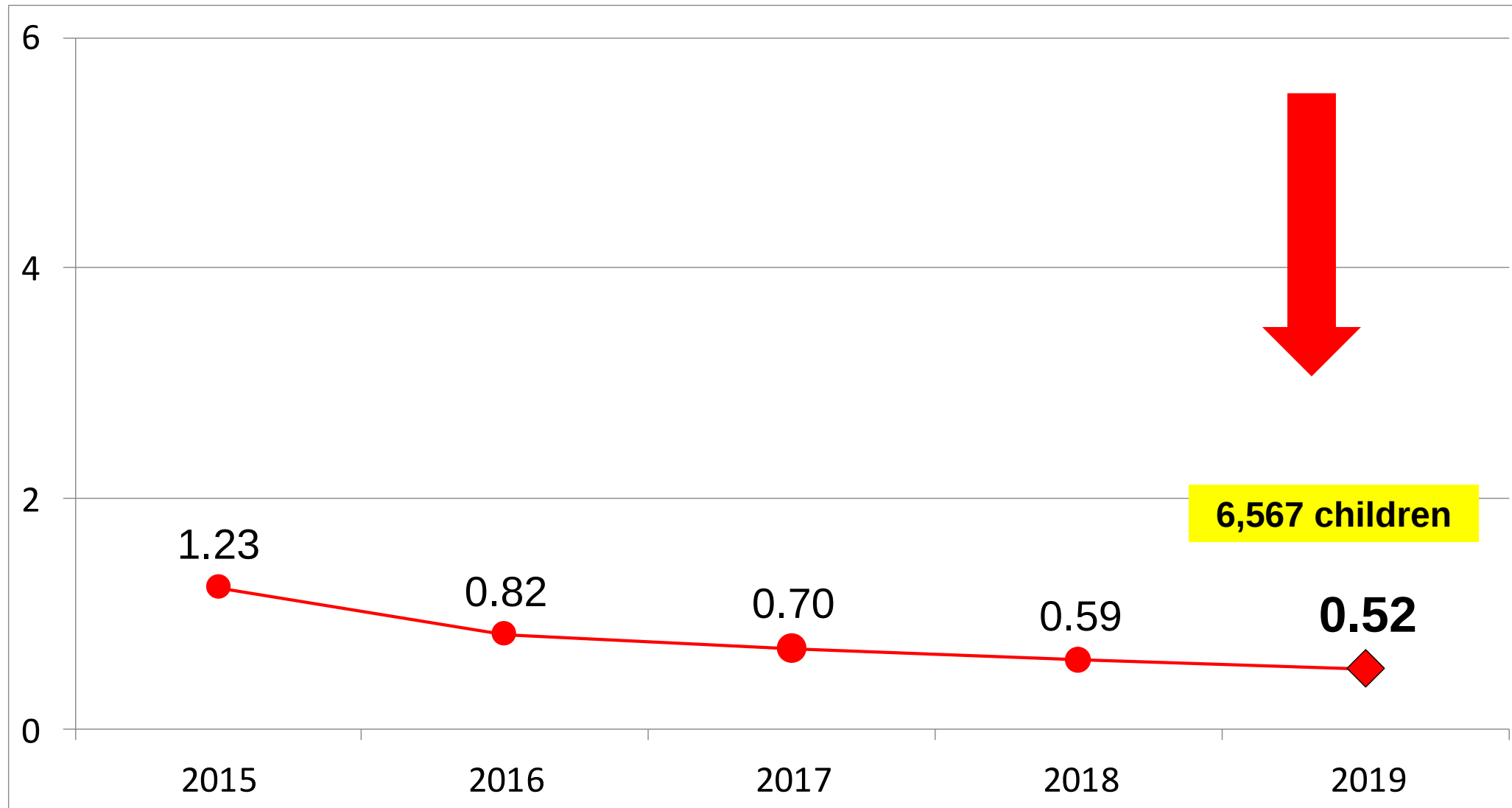


2019 Prevalence of Underweight and Severely Underweight-for-age Children 0-59 months old in NCR, per age group



- Increasing trend of underweight from 0-5 mos. until 24-35 mos. then decreasing trend from 36-47 mos.

Prevalence of Overweight-for-age among children 0-59 months old in NCR, 2015-2019



Ranking of LGUs based on Prevalence of Overweight-for-age among children 0-59 months old, NCR, 2017-2019

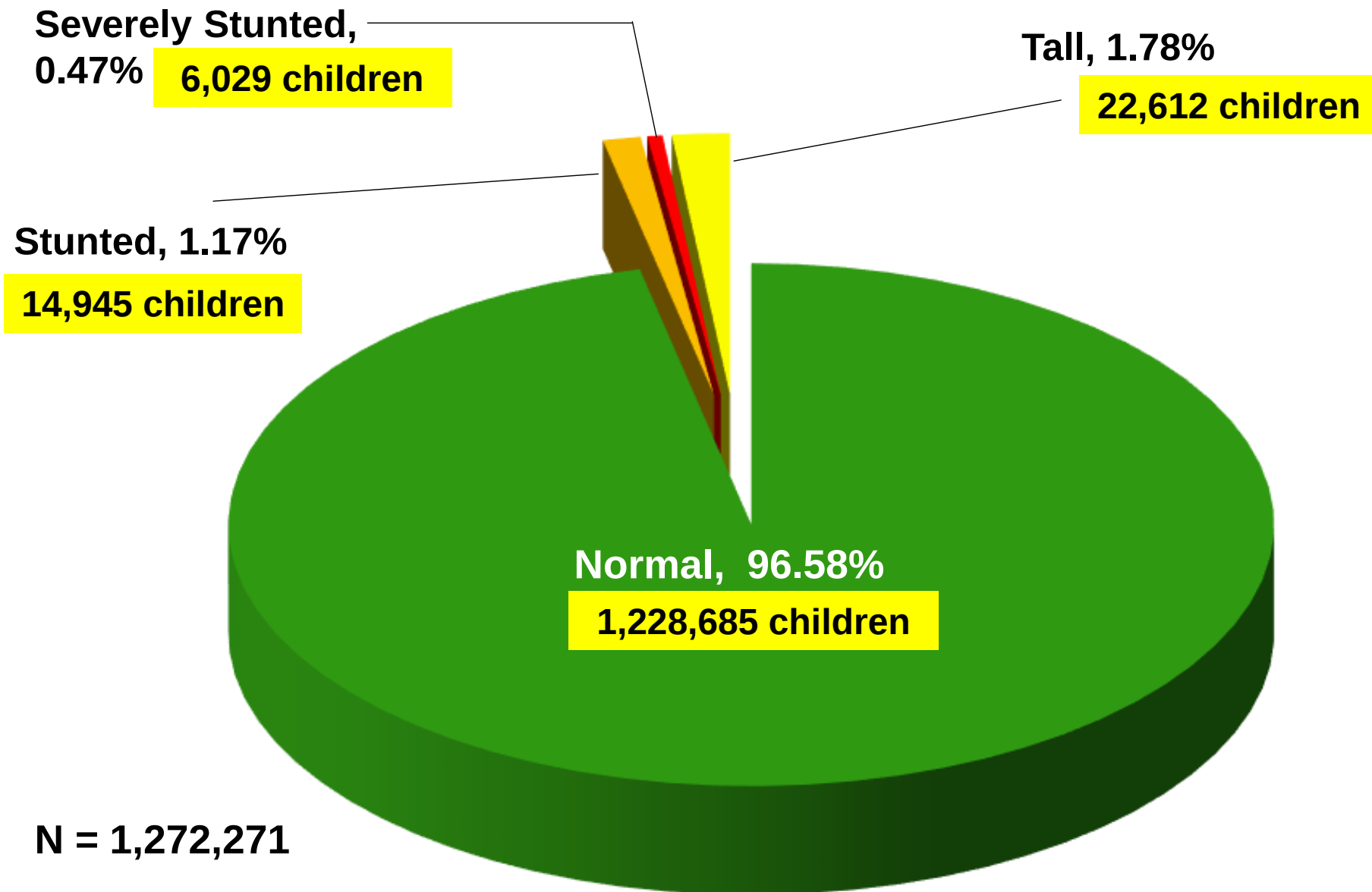
2017			2018			2019		
Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate
1	Makati	2.76	1	Pateros	1.94	1	Pateros	1.49
2	Pateros	2.15	2	Marikina	1.86	2	Makati	1.12
3	Marikina	2.32	3	Makati	1.71	3	Navotas	0.97
4	Pasay	1.64	4	Las Piñas	0.98	4	Marikina	0.88
5	Malabon	0.89	5	Pasay	0.83	5	Pasay	0.83
6	Pasig	0.78	6	Valenzuela	0.76	6	Caloocan	0.81
6	San Juan	0.78	7	Malabon	0.73	7	Valenzuela	0.80
7	Caloocan	0.76	8	Manila	0.71	8	Malabon	0.72
7	Manila	0.76	9	Muntinlupa	0.70	9	Manila	0.57
8	Valenzuela	0.72	10	Pasig	0.61	10	Las Piñas	0.52
9	Muntinlupa	0.64	11	Caloocan	0.54	10	Pasig	0.52
10	Navotas	0.53	12	San Juan	0.53	11	San Juan	0.51
11	Parañaque	0.47	13	Navotas	0.46	12	Muntinlupa	0.50
12	Quezon City	0.39	14	Quezon City	0.42	13	Parañaque	0.43
13	Taguig	0.37	15	Parañaque	0.36	14	Quezon City	0.31
14	Las Piñas	0.25	16	Mandaluyong	0.21	15	Mandaluyong	0.16
14	Mandaluyong	0.25	17	Taguig	0.13	16	Taguig	0.08

Ranking of Cities/Municipality based on the Total Number of Overweight-for-age Children 0-59 months old in NCR, 2017-2019								
2017			2018			2019		
Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children
1	Quezon City	1,503	1	Quezon City	1,685	1	Caloocan	1,210
2	Caloocan	1,274	2	Manila	1,167	2	Quezon City	1,079
3	Makati	1,268	3	Caloocan	932	3	Manila	828
4	Manila	1,144	4	Makati	762	4	Valenzuela	506
5	Marikina	827	5	Valenzuela	558	5	Makati	420
6	Pasay	736	6	Marikina	551	6	Pasig	388
7	Pasig	563	7	Pasig	463	7	Pasay	317
8	Valenzuela	520	8	Las Piñas	445	8	Parañaque	281
9	Taguig	427	9	Muntinlupa	430	9	Muntinlupa	278
10	Parañaque	370	10	Pasay	370	10	Malabon	266
11	Malabon	348	11	Malabon	302	11	Marikina	236
12	Muntinlupa	325	12	Parañaque	271	11	Las Piñas	236
13	Las Piñas	175	13	Navotas	146	12	Navotas	234
14	Navotas	165	14	Taguig	138	13	Pateros	82
15	Pateros	126	15	Pateros	113	14	Taguig	81
16	Mandaluyong	112	16	Mandaluyong	96	15	Mandaluyong	65
17	San Juan	105	17	San Juan	76	16	San Juan	60
Total	9,988		Total	8,505		Total	6,567	

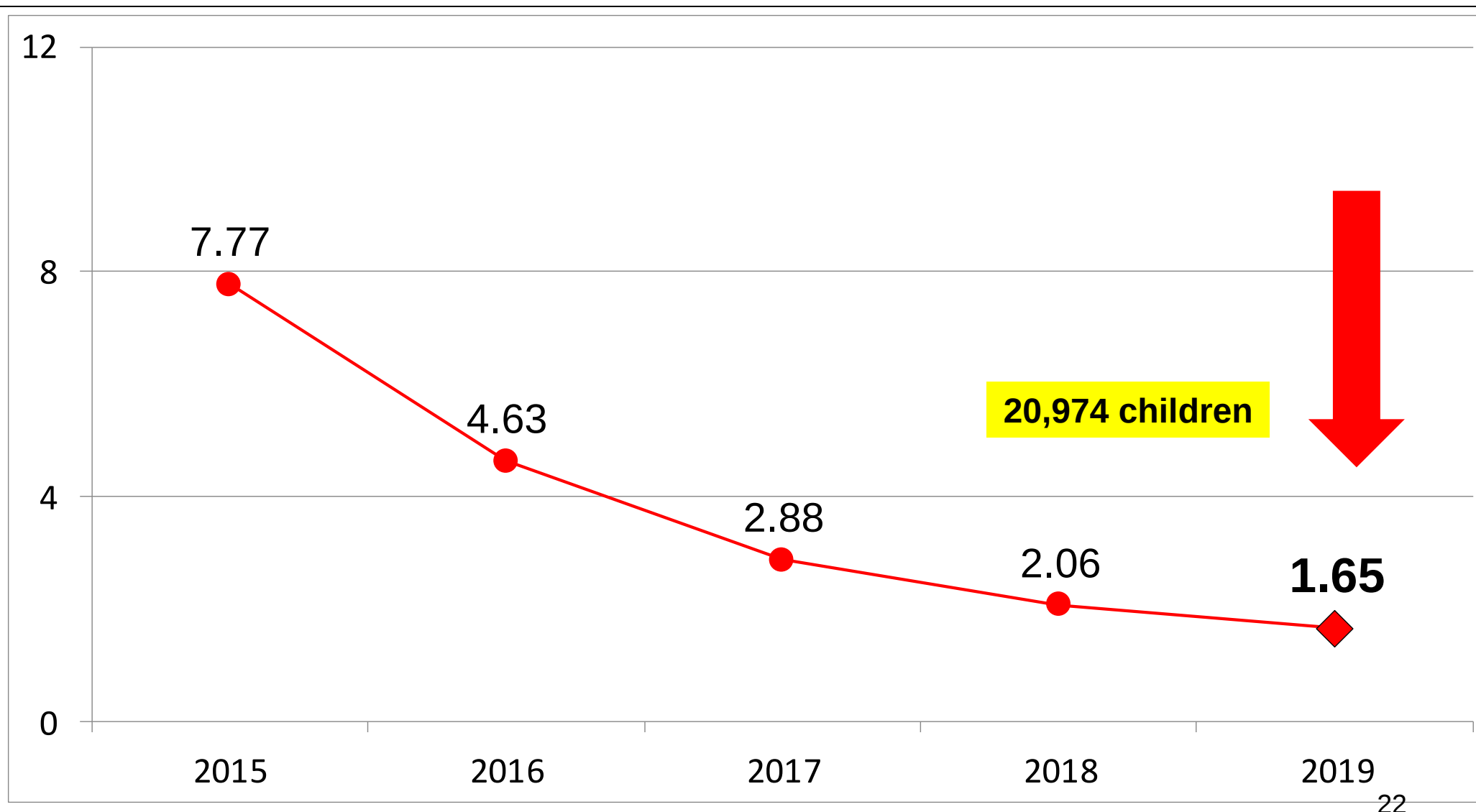
Nutritional Status of Children (0-59 months)

Length/Height-for-Age

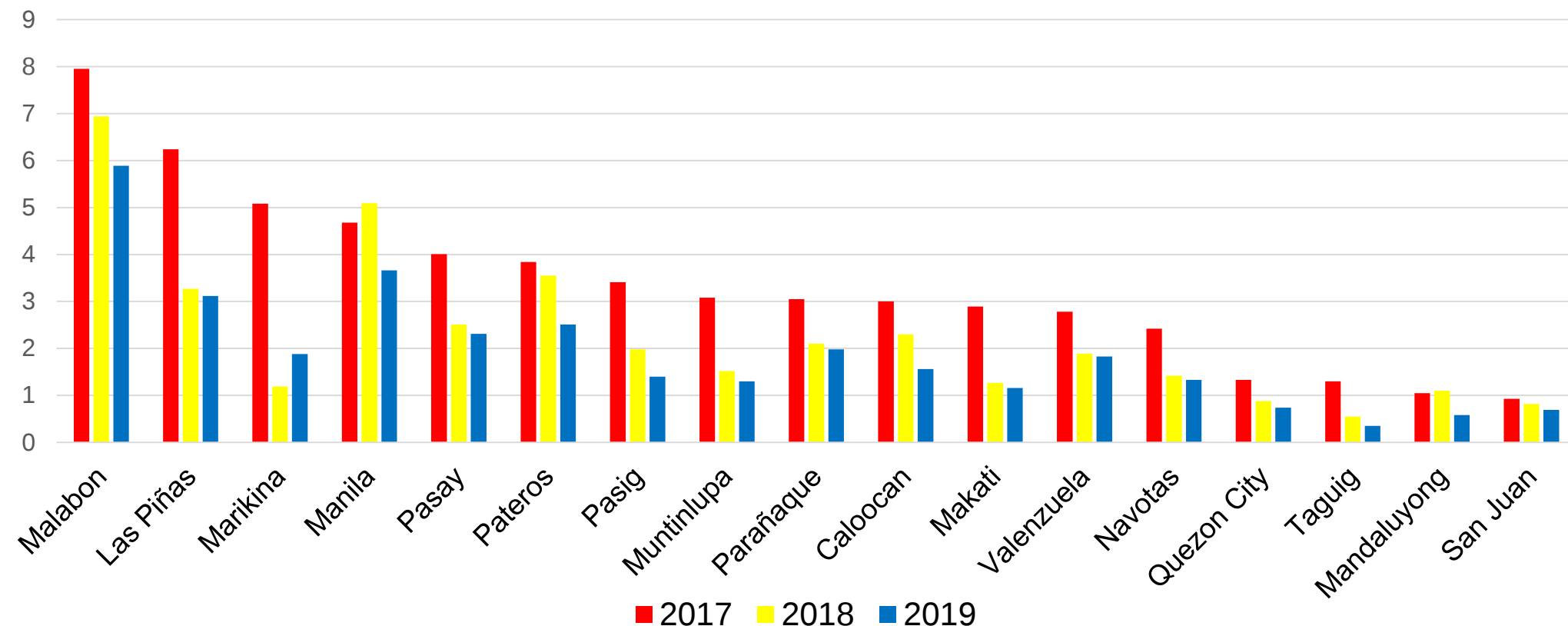
2019 Nutritional Status of 0 – 59 months old children, NCR



Prevalence of Stunting and Severe Stunting among Children 0-59 months old, NCR, 2015-2019



Comparison of LGUs according to Prevalence of stunting and Severe stunting among children 0-59 months old, 2017-2019



Caloocan
Malabon
Valenzuela
Pasay
Pasig

Muntinlupa
Taguig
Pateros
Paranaque
Las Piñas

Makati
Quezon City
San Juan



Manila
Mandaluyong

Marikina

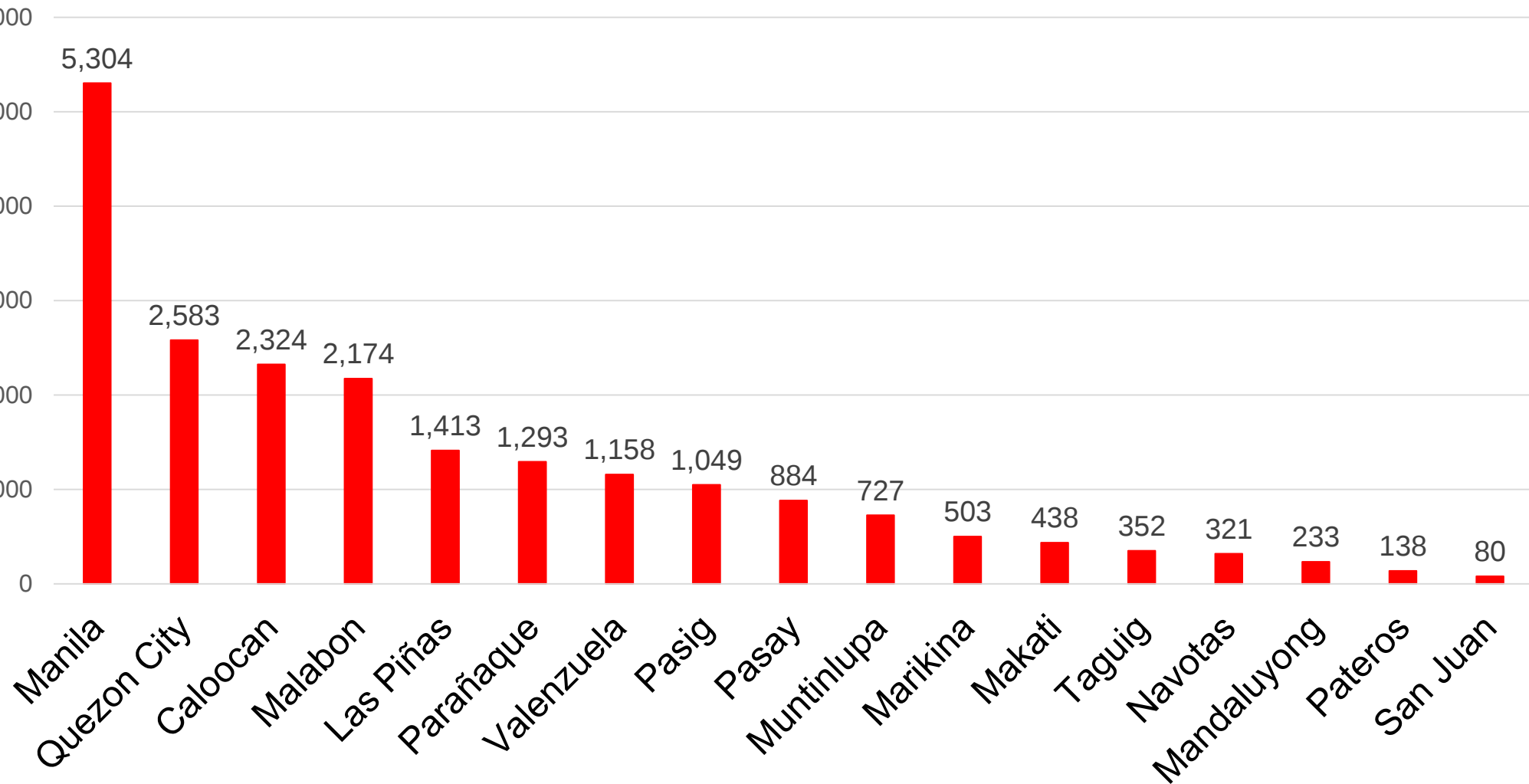
Ranking of Cities/Municipality based on Prevalence of Stunting and Severe Stunting among children 0-59 months old, NCR, 2017-2019

2017			2018			2019		
Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate
1	Malabon	7.95	1	Malabon	6.94	1	Malabon	5.89
2	Las Piñas	6.24	2	Manila	5.09	2	Manila	3.66
3	Marikina	5.08	3	Pateros	3.55	3	Las Piñas	3.12
4	Manila	4.68	4	Las Piñas	3.27	4	Pateros	2.51
5	Pasay	4.01	5	Pasay	2.51	5	Pasay	2.31
6	Pateros	3.84	6	Caloocan	2.29	6	Parañaque	1.98
7	Pasig	3.41	7	Parañaque	2.10	7	Marikina	1.88
8	Muntinlupa	3.08	8	Pasig	1.98	8	Valenzuela	1.83
9	Parañaque	3.05	9	Valenzuela	1.89	9	Caloocan	1.56
10	Caloocan	3.00	10	Muntinlupa	1.52	10	Pasig	1.40
11	Makati	2.89	11	Navotas	1.42	11	Navotas	1.33
12	Valenzuela	2.78	12	Makati	1.27	12	Muntinlupa	1.30
13	Navotas	2.42	13	Marikina	1.19	13	Makati	1.16
14	Quezon City	1.33	14	Mandaluyong	1.10	14	Quezon City	0.74
15	Taguig	1.30	15	Quezon City	0.88	15	San Juan	0.69
16	Mandaluyong	1.05	16	San Juan	0.82	16	Mandaluyong	0.58
17	San Juan	0.93	17	Taguig	0.55	17	Taguig	0.35

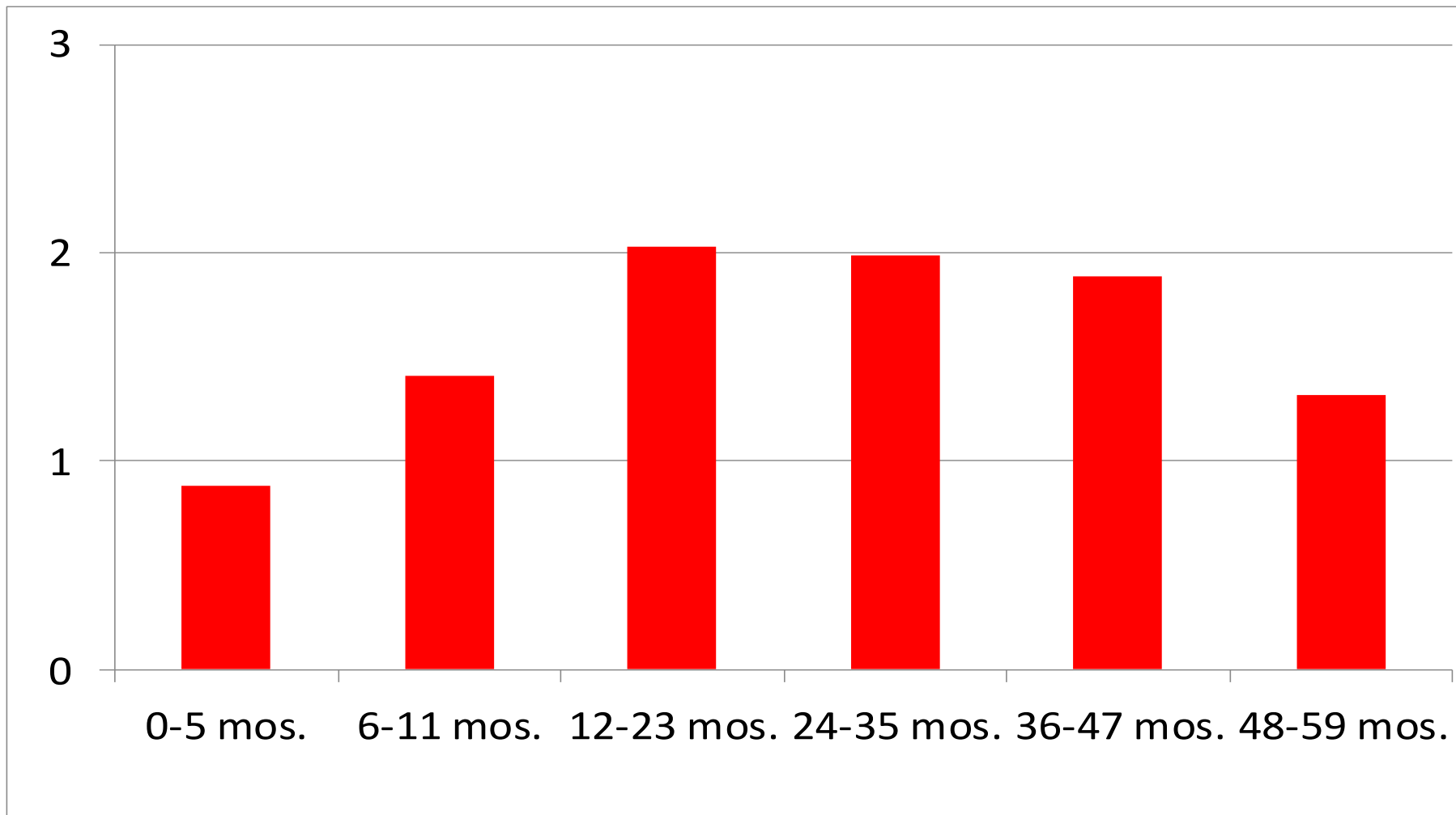
Ranking of Cities/Municipality based on the Total Number of Stunted and Severely Stunted children 0-59 months old in NCR, 2017-2019

2017			2018			2019		
Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children
1	Manila	7,011	1	Manila	8,321	1	Manila	5,304
2	Quezon City	5,161	2	Caloocan	3,975	2	Quezon City	2,583
3	Caloocan	5,025	3	Quezon City	3,501	3	Caloocan	2,324
4	Las Piñas	4,349	4	Malabon	2,867	4	Malabon	2,174
5	Malabon	3,127	5	Parañaque	1,585	5	Las Piñas	1,413
6	Pasig	2,472	6	Pasig	1,506	6	Parañaque	1,293
7	Parañaque	2,421	7	Las Piñas	1,481	7	Valenzuela	1,158
8	Valenzuela	2,007	8	Valenzuela	1,395	8	Pasig	1,049
9	Pasay	1,800	9	Pasay	1,119	9	Pasay	884
10	Marikina	1,790	10	Muntinlupa	942	10	Muntinlupa	727
11	Muntinlupa	1,574	11	Taguig	607	11	Marikina	503
12	Taguig	1,483	12	Makati	566	12	Makati	438
13	Makati	1,287	13	Mandaluyong	499	13	Taguig	352
14	Navotas	751	14	Navotas	451	14	Navotas	321
15	Mandaluyong	466	15	Marikina	348	15	Mandaluyong	233
16	Pateros	225	16	Pateros	207	16	Pateros	138
17	San Juan	126	17	San Juan	118	17	San Juan	80
Total	41,075		Total	29,488		Total	20,974	

Number of Stunting and Severe Stunting among Children 0-59 months old per LGU, NCR, 2019



Prevalence of Stunting and Severe Stunting among Children 0-59 months old in NCR, per age group, 2019

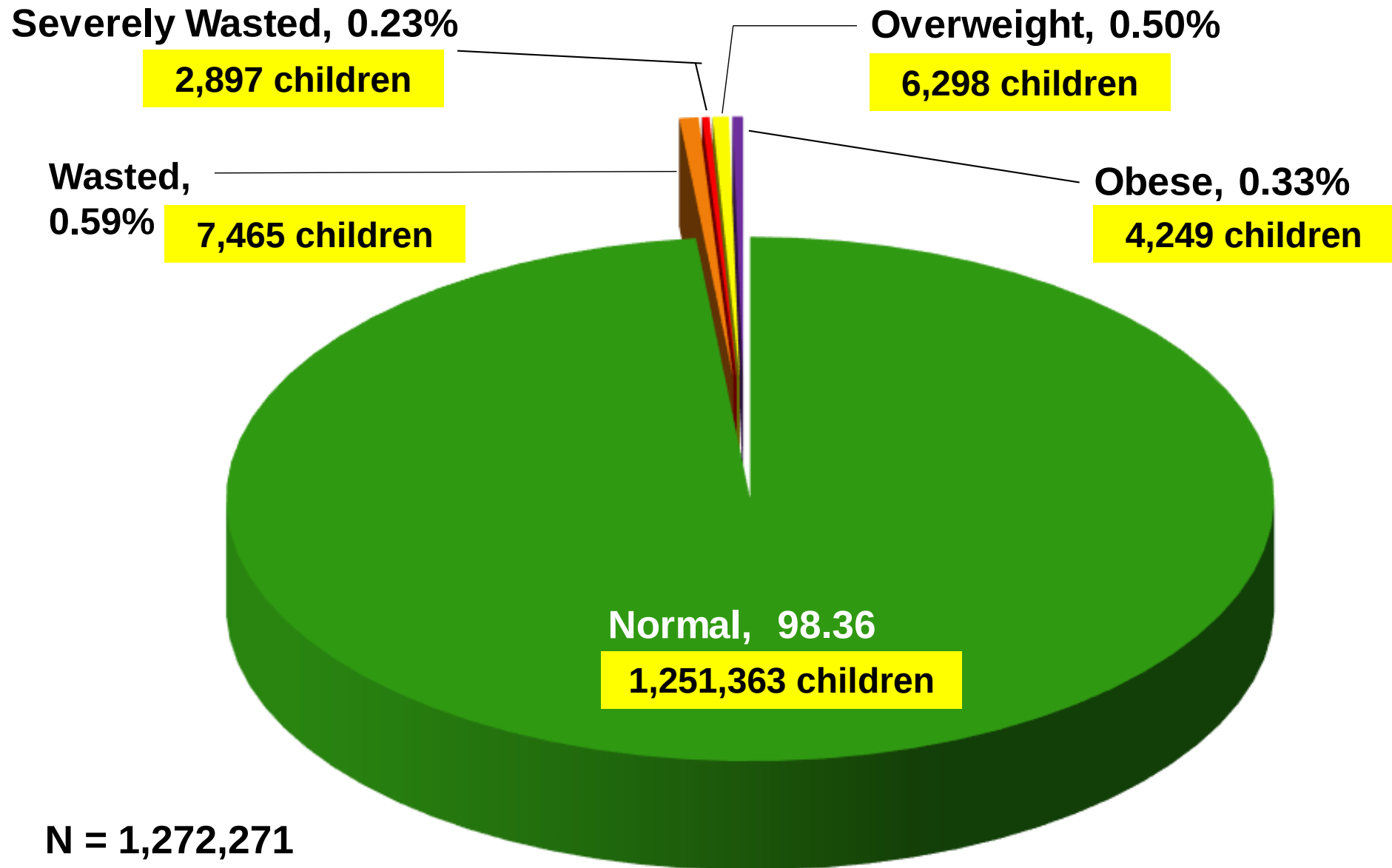


- Highest prevalence of stunting is among 12-23 mos. old
- Increasing trend of stunting from 0-5 mos. until 12-23 mos.

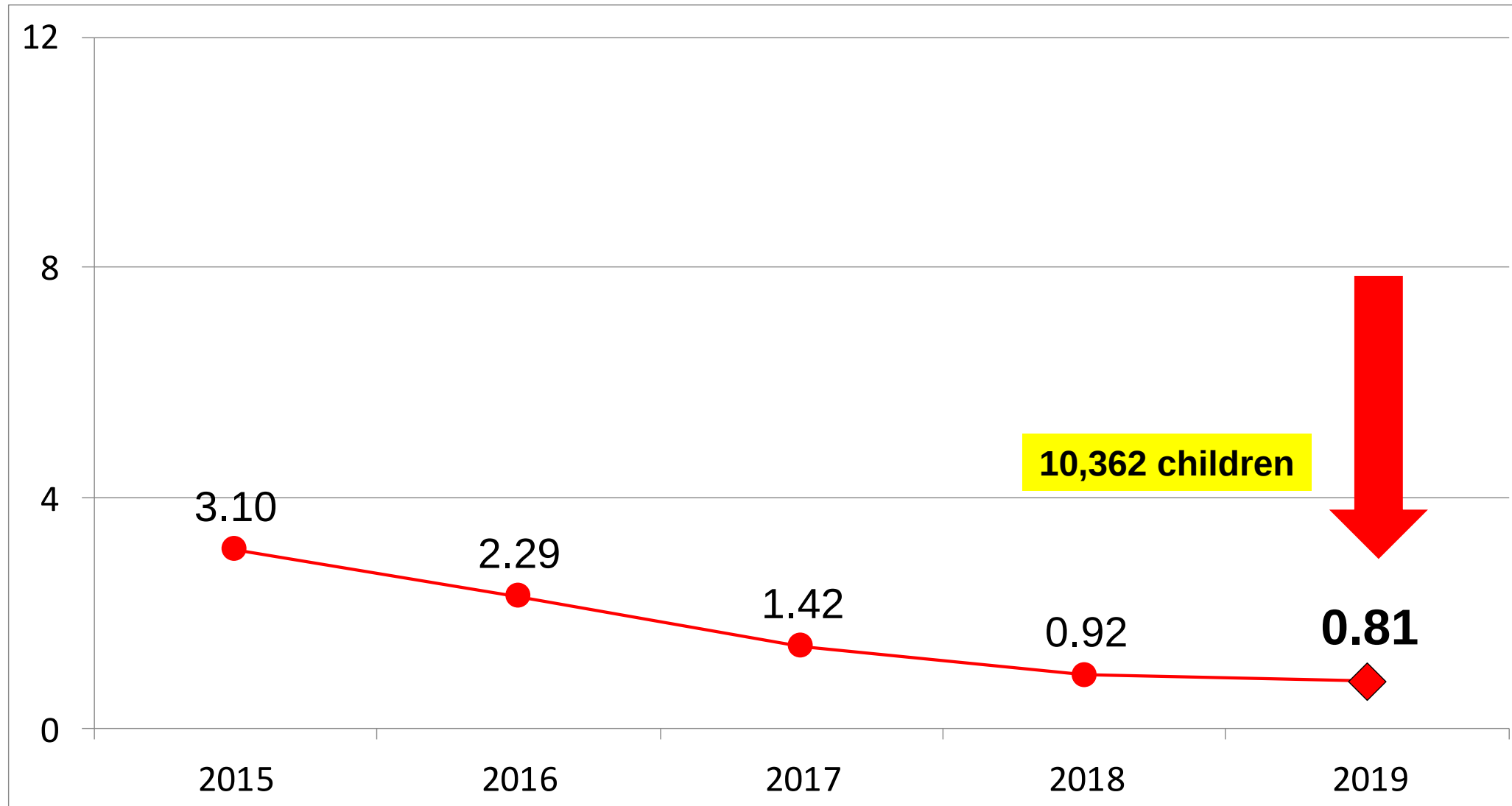
Nutritional Status of Children (0-59 months)

Weight-for-Length/Height

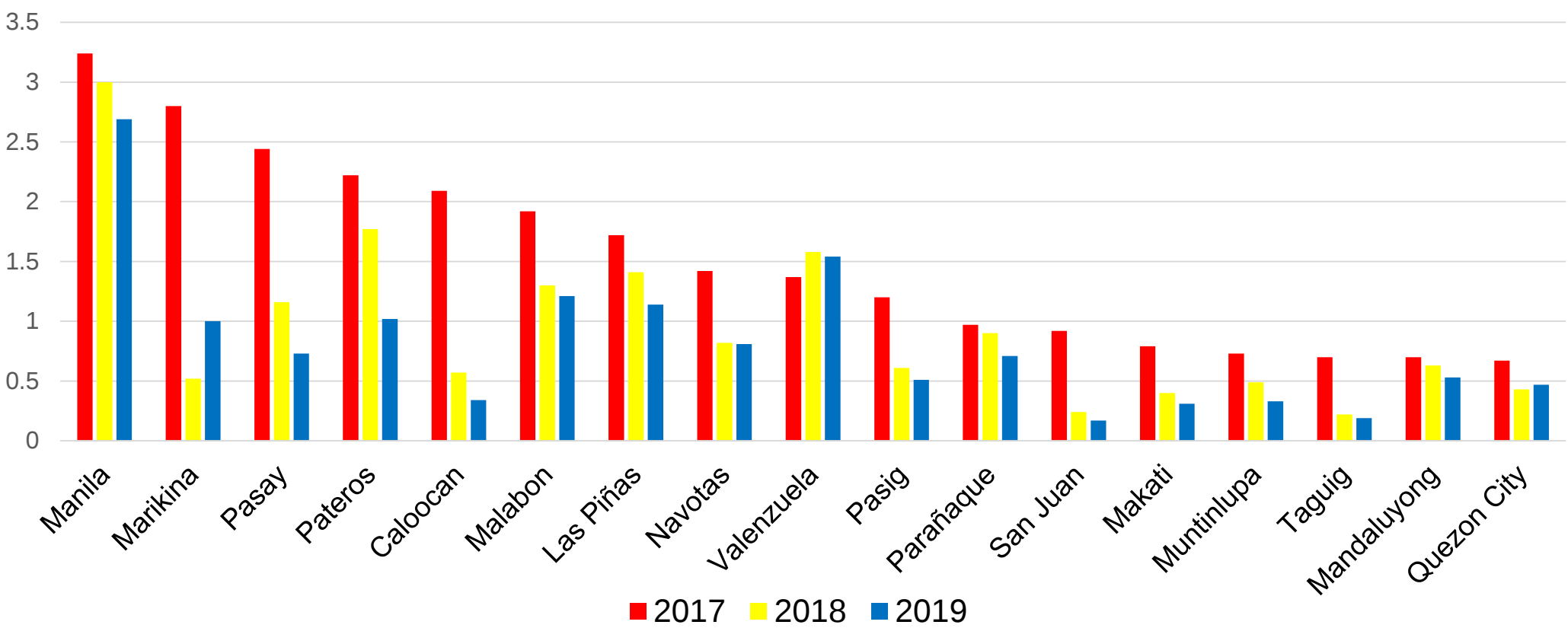
2019 Nutritional Status of 0 – 59 months old children, NCR



Prevalence of Wasting and Severe Wasting among Children 0-59 months old, NCR, 2015-2019



Comparison of LGUs according to Prevalence of wasting and Severe wasting among children 0-59 months old, 2017-2019



Caloocan
Malabon
Valenzuela
Pasay
Pasig

Muntinlupa
Taguig
Pateros
Paranaque
Las Piñas

Makati
Quezon City
San Juan
Navotas
Mandaluyong

Manila

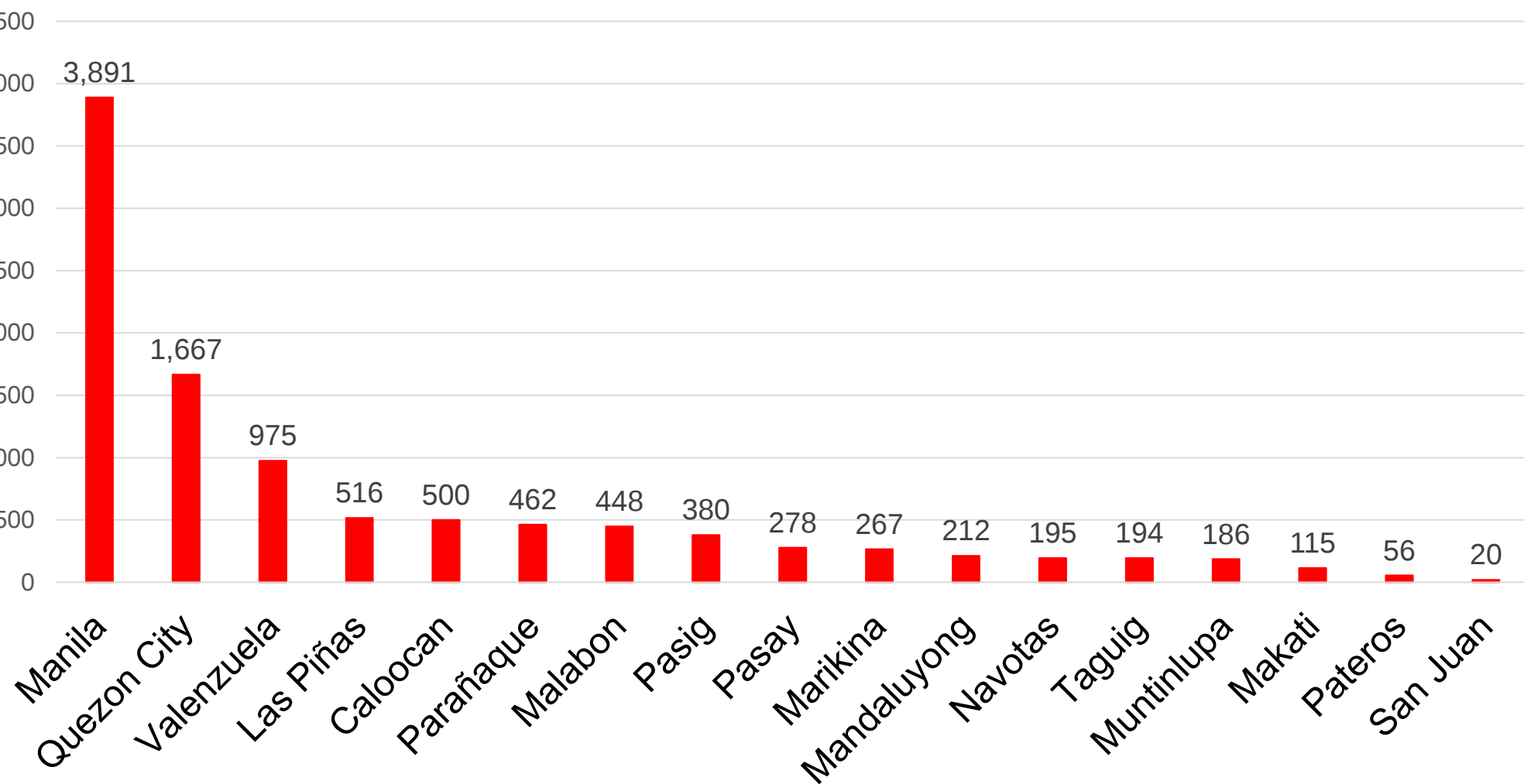
Marikina
Quezon City

Ranking of Cities/Municipality based on Prevalence of Wasting and Severe Wasting among children 0-59 months old, NCR, 2017-2019

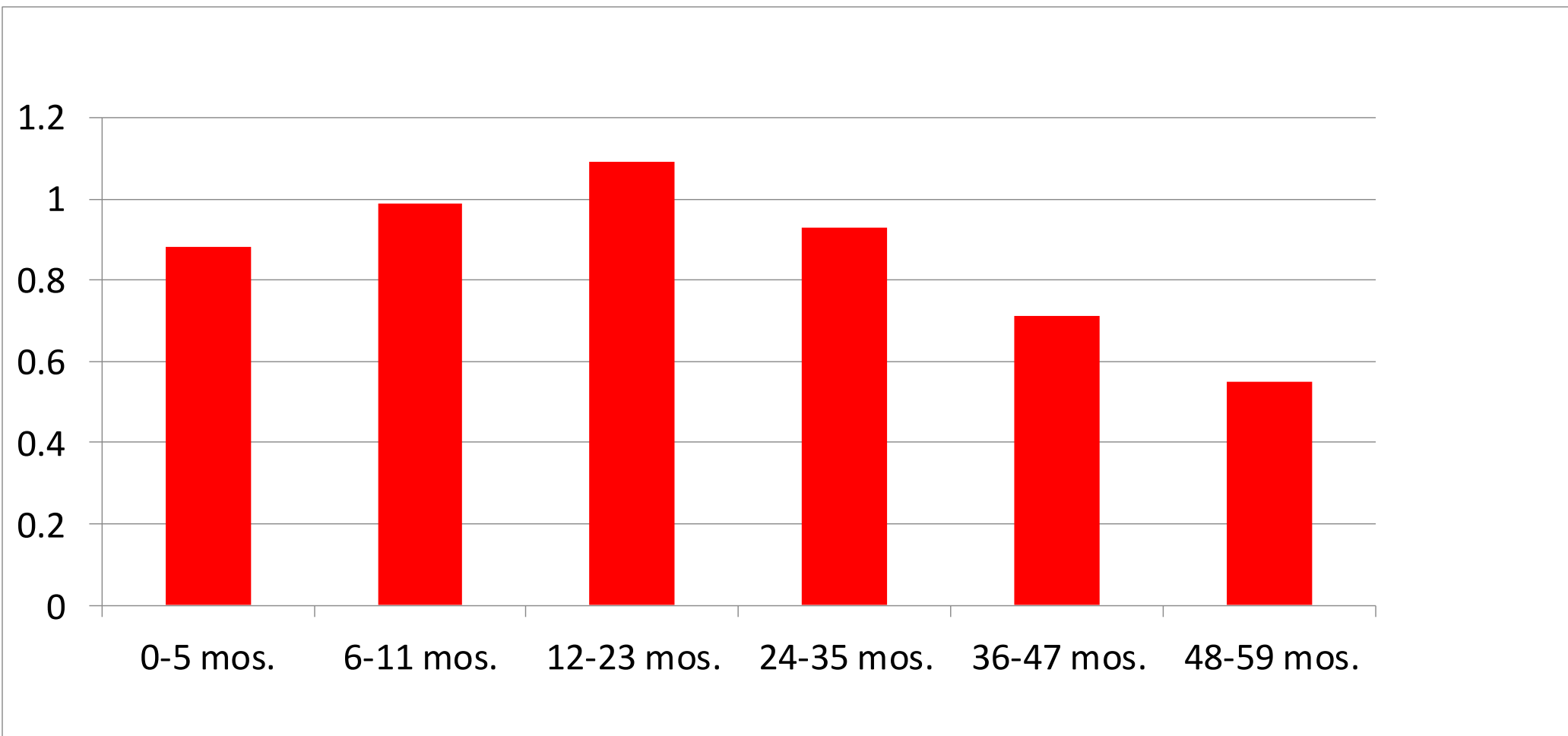
2017			2018			2019		
Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate
1	Manila	3.24	1	Manila	3.00	1	Manila	2.69
2	Marikina	2.80	2	Pateros	1.77	2	Valenzuela	1.54
3	Pasay	2.44	3	Valenzuela	1.58	3	Malabon	1.21
4	Pateros	2.22	4	Las Piñas	1.41	4	Las Piñas	1.14
5	Caloocan	2.09	5	Malabon	1.30	5	Pateros	1.02
6	Malabon	1.92	6	Pasay	1.16	6	Marikina	1.00
7	Las Piñas	1.72	7	Parañaque	0.90	7	Navotas	0.81
8	Navotas	1.42	8	Navotas	0.82	8	Pasay	0.73
9	Valenzuela	1.37	9	Mandaluyong	0.63	9	Parañaque	0.71
10	Pasig	1.20	10	Pasig	0.61	10	Mandaluyong	0.53
11	Parañaque	0.97	11	Caloocan	0.56	11	Pasig	0.51
12	San Juan	0.92	12	Marikina	0.52	12	Quezon City	0.47
13	Makati	0.79	13	Muntinlupa	0.49	13	Caloocan	0.34
14	Muntinlupa	0.73	14	Quezon City	0.43	14	Muntinlupa	0.33
15	Taguig	0.70	15	Makati	0.40	15	Makati	0.31
15	Mandaluyong	0.70	16	San Juan	0.24	16	Taguig	0.19
16	Quezon City	0.67	17	Taguig	0.22	17	San Juan	0.17

Ranking of Cities/Municipality based on the Total Number of Wasted and Severely Wasted among children 0-59 months old in NCR, 2017-2019								
2017			2018			2019		
Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children
1	Manila	4,846	1	Manila	4,906	1	Manila	3,891
2	Caloocan	3,512	2	Quezon City	1,718	2	Quezon City	1,667
3	Quezon City	2,613	3	Valenzuela	1,162	3	Valenzuela	975
4	Las Piñas	1,202	4	Caloocan	978	4	Las Piñas	516
5	Pasay	1,093	5	Parañaque	677	5	Caloocan	500
6	Marikina	987	6	Las Piñas	639	6	Parañaque	462
7	Valenzuela	986	7	Malabon	536	7	Malabon	448
8	Pasig	867	8	Pasay	520	8	Pasig	380
9	Taguig	802	9	Pasig	466	9	Pasay	278
10	Parañaque	771	10	Muntinlupa	302	10	Marikina	267
11	Malabon	753	11	Mandaluyong	286	11	Mandaluyong	212
12	Navotas	441	12	Navotas	260	12	Navotas	195
13	Muntinlupa	372	13	Taguig	246	13	Taguig	194
14	Mandaluyong	311	14	Makati	180	14	Muntinlupa	186
15	Makati	300	15	Marikina	153	15	Makati	115
16	Pateros	130	16	Pateros	103	16	Pateros	56
17	San Juan	124	17	San Juan	34	17	San Juan	20
Total	20,110		Total	13,166		Total	10,362	

Number of Wasting and Severe Wasting among Children 0-59 months old per LGU, NCR, 2019

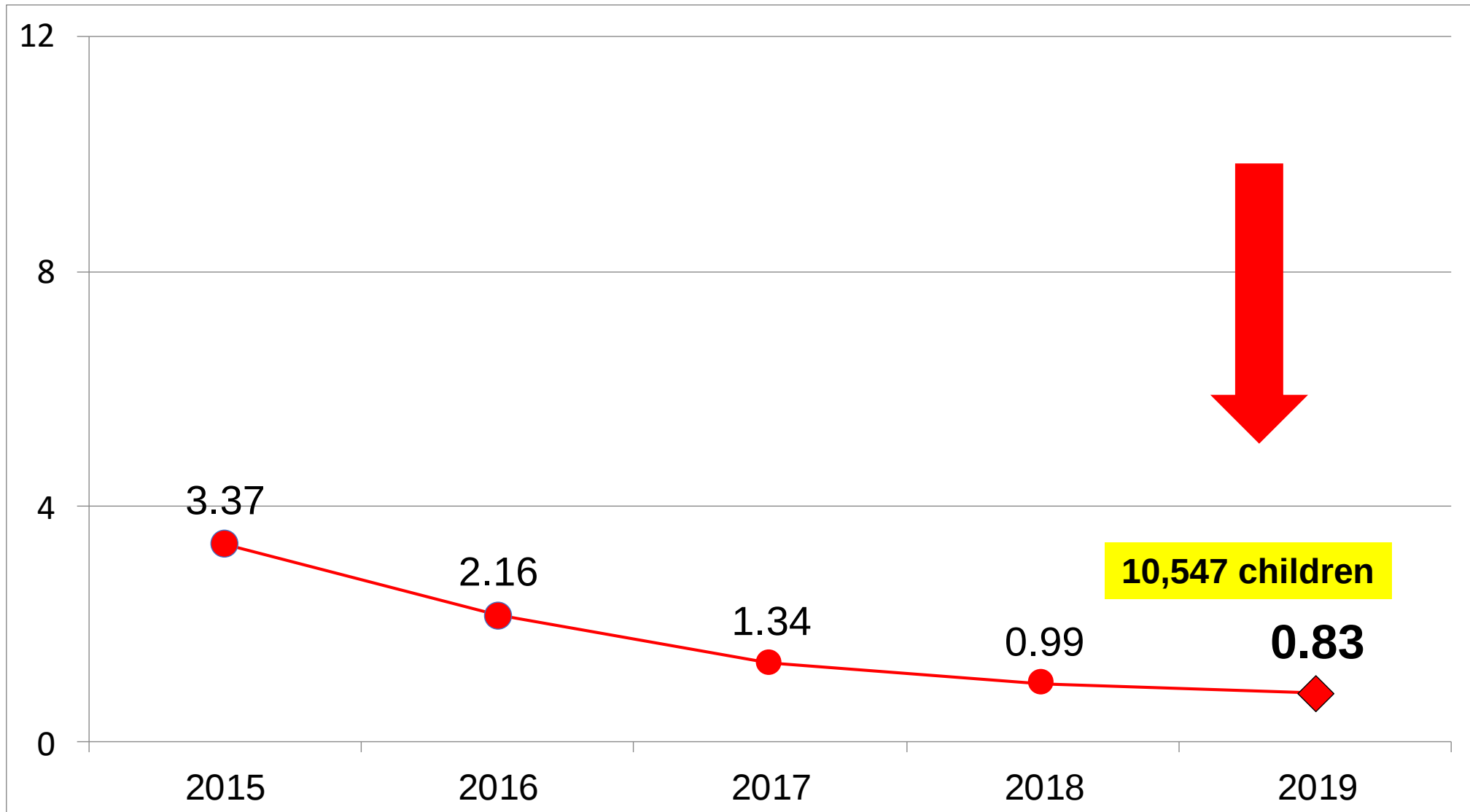


Prevalence of Wasting and Severe Wasting among Children 0-59 months old in NCR, per age group, 2019

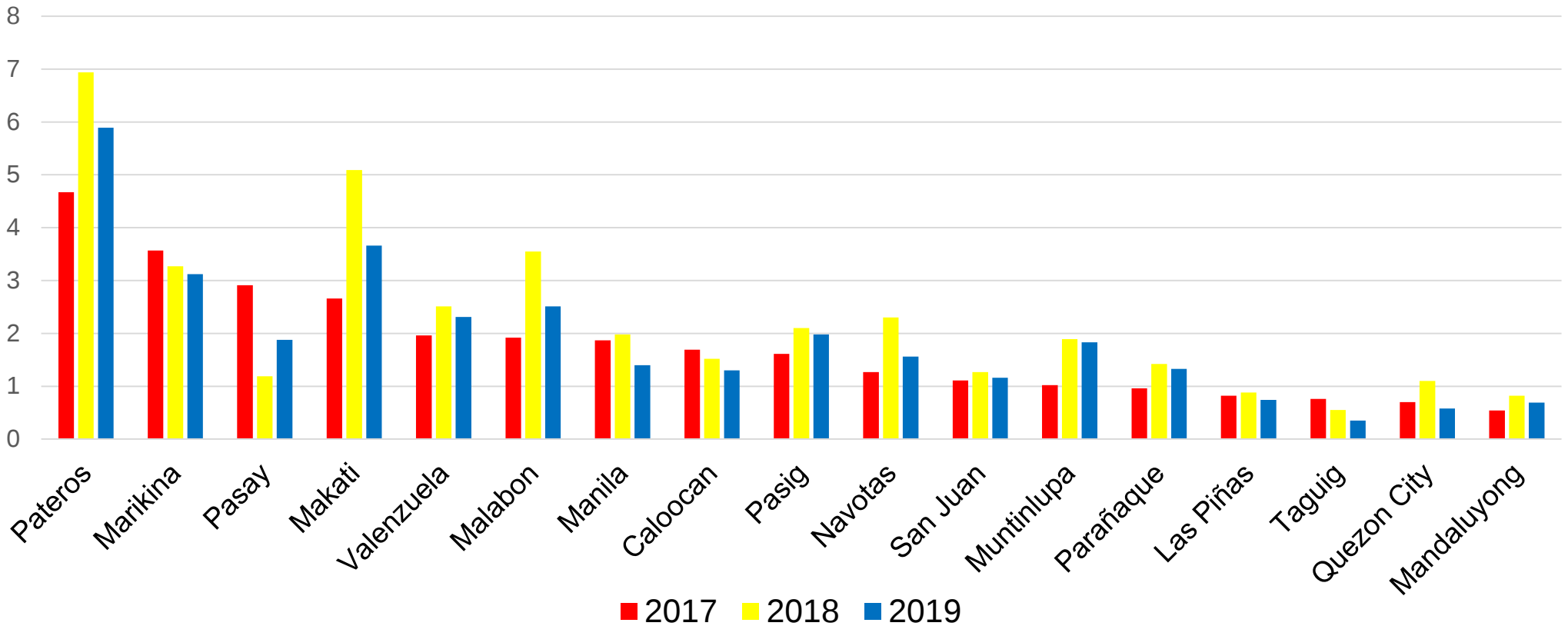


Highest prevalence of wasting and severe wasting is found in children 12-23 months.

Prevalence of Overweight-for-length/height and Obesity among Children 0-59 months old, NCR, 2017-2019



Comparison of LGUs according to Prevalence of overweight and obesity among children 0-59 months old, 2017-2019



Pateros

Malabon

Navotas

Paranaque

Quezon City

Pasay

Manila

San Juan

Taguig

Pasig

Makati

Muntinlupa

Marikina

Las Pinas

Mandaluyong

Caloocan

Valenzuela

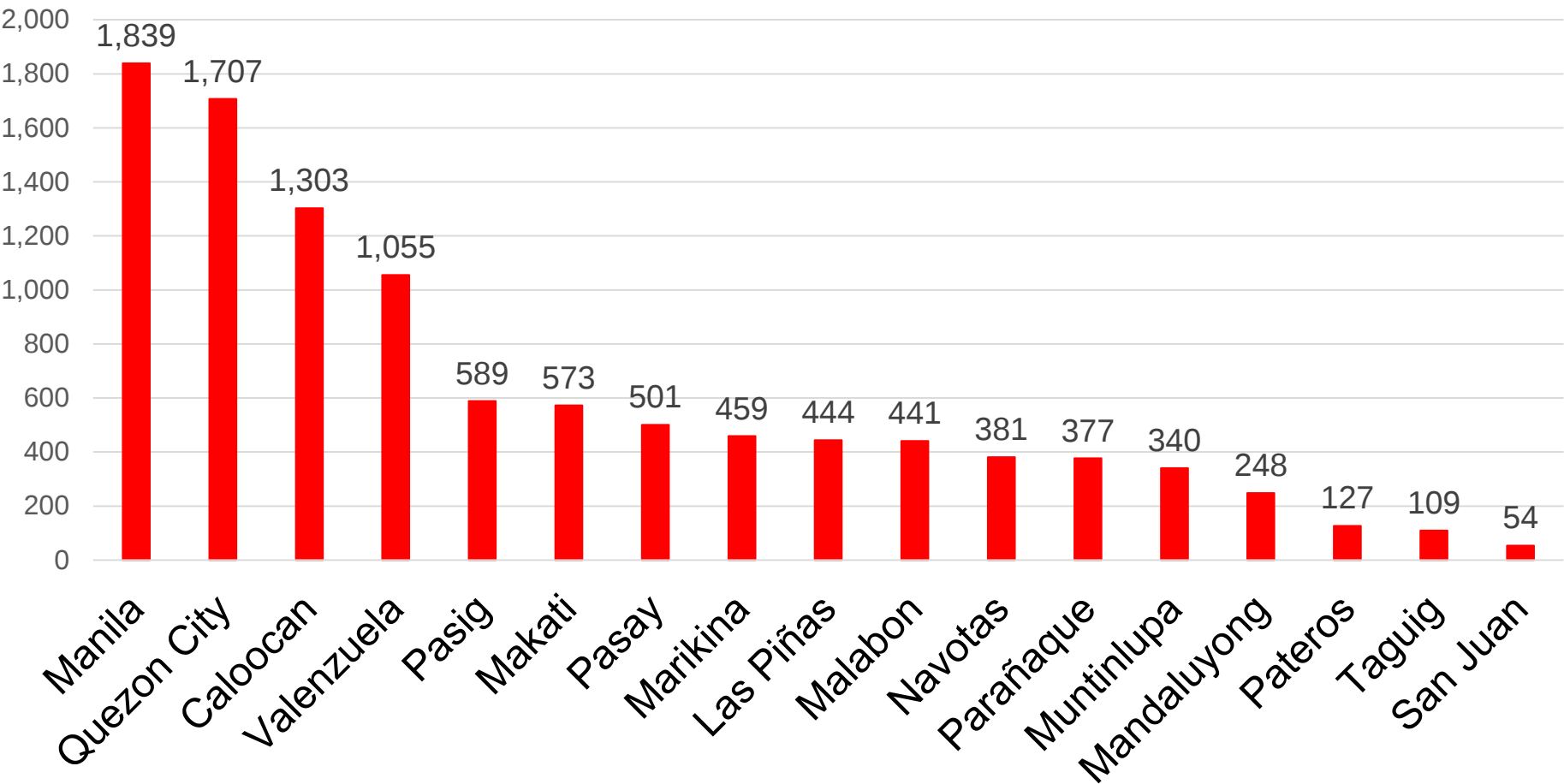
Ranking of Cities/Municipality based on Prevalence of Overweight-for-length/height and obesity among children 0-59 months old, NCR, 2017-2019

2017			2018			2019		
Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate	Rank	Cities/ Municipality	% Prev. Rate
1	Pateros	4.67	1	Pateros	4.01	1	Pateros	2.31
2	Marikina	3.57	2	Marikina	3.75	2	Marikina	1.71
3	Pasay	2.91	3	Makati	1.72	3	Valenzuela	1.67
4	Makati	2.66	4	Manila	1.70	4	Navotas	1.58
5	Valenzuela	1.96	5	Malabon	1.57	5	Makati	1.52
6	Malabon	1.92	6	Las Piñas	1.53	6	Pasay	1.31
7	Manila	1.87	7	Pasay	1.52	7	Manila	1.27
8	Caloocan	1.69	7	Valenzuela	1.52	8	Malabon	1.20
9	Pasig	1.61	8	Pasig	0.98	9	Las Piñas	0.98
10	Navotas	1.27	9	Muntinlupa	0.89	10	Caloocan	0.87
11	San Juan	1.11	10	Caloocan	0.79	11	Pasig	0.79
12	Muntinlupa	1.02	11	Navotas	0.74	12	Mandaluyong	0.62
13	Parañaque	0.96	11	Parañaque	0.74	13	Muntinlupa	0.61
14	Las Piñas	0.82	12	Mandaluyong	0.65	14	Parañaque	0.58
15	Taguig	0.76	13	Quezon City	0.59	15	Quezon City	0.49
16	Quezon City	0.70	14	San Juan	0.57	16	San Juan	0.46
17	Mandaluyong	0.54	15	Taguig	0.20	17	Taguig	0.11

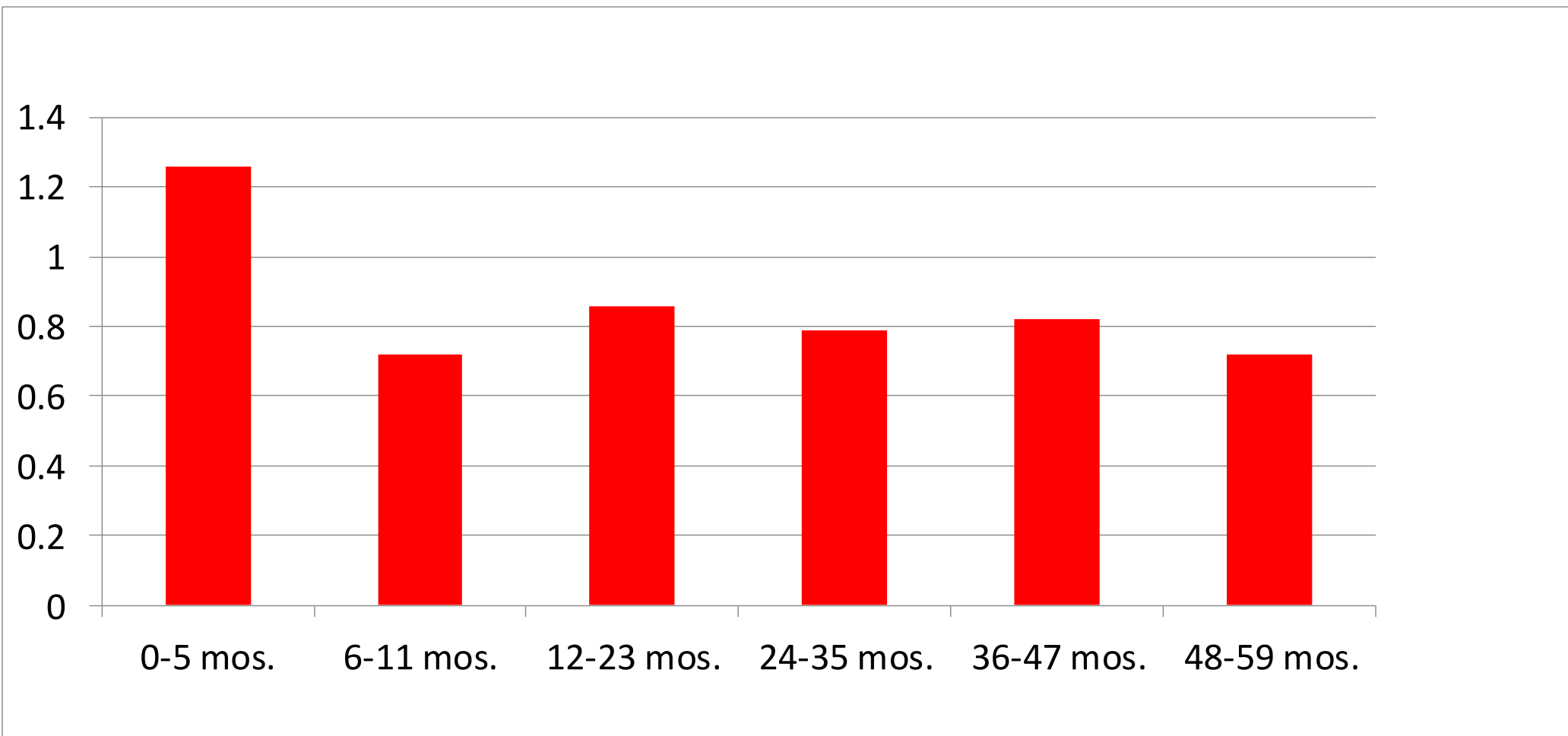
Ranking of Cities/Municipality based on the Total Number of Overweight-for-length/height Children 0-59 months old in NCR, 2016-2018

2017			2018			2019		
Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children	Rank	Cities/ Municipality	Total # of Children
1	Caloocan	2,827	1	Manila	2,782	1	Manila	1,839
2	Manila	2,803	2	Quezon City	2,339	2	Quezon City	1,707
3	Quezon City	2,742	3	Caloocan	1,366	3	Caloocan	1,303
4	Valenzuela	1,416	4	Valenzuela	1,118	4	Valenzuela	1,055
5	Pasay	1,304	5	Makati	766	5	Pasig	589
6	Marikina	1,260	6	Pasig	748	6	Makati	573
7	Pasig	1,169	7	Marikina	723	7	Pasay	501
8	Makati	1,012	8	Las Piñas	693	8	Marikina	459
9	Taguig	868	9	Pasay	679	9	Las Piñas	444
10	Parañaque	761	10	Malabon	647	10	Malabon	441
11	Malabon	754	11	Parañaque	555	11	Navotas	381
12	Las Piñas	570	12	Muntinlupa	551	12	Parañaque	377
13	Muntinlupa	523	13	Mandaluyong	292	13	Muntinlupa	340
14	Navotas	396	14	Navotas	235	14	Mandaluyong	248
15	Pateros	274	15	Pateros	234	15	Pateros	127
16	Mandaluyong	241	16	Taguig	219	16	Taguig	109
17	San Juan	150	17	San Juan	82	17	San Juan	54
Total	19,070		Total	14,029		Total	10,547	

Total Number of Overweight-for-length/height Children 0-59 months old in NCR, 2109

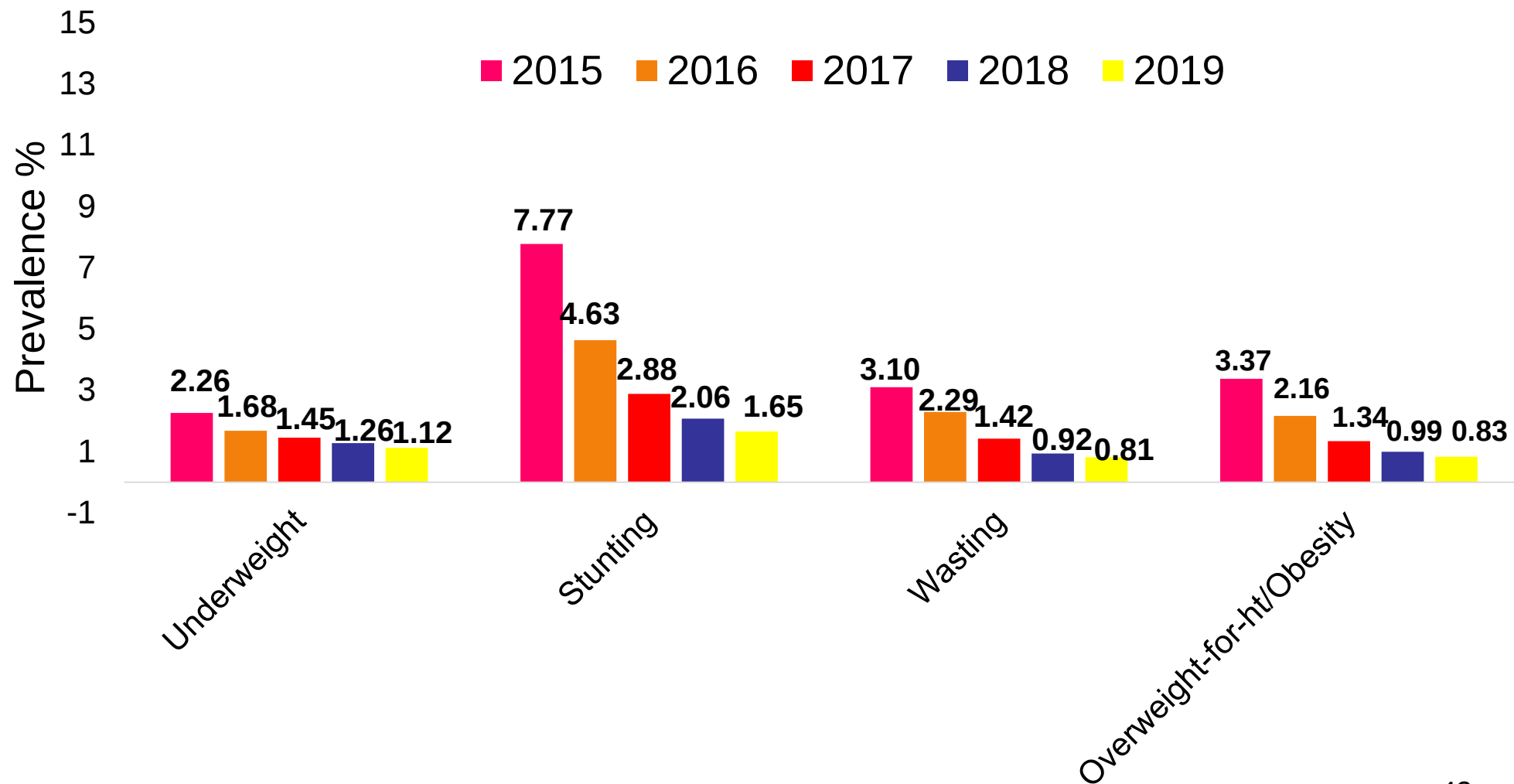


Prevalence of Overweight-for-Length/Height and Obesity among Children 0-59 months old in NCR, per age group, 2019

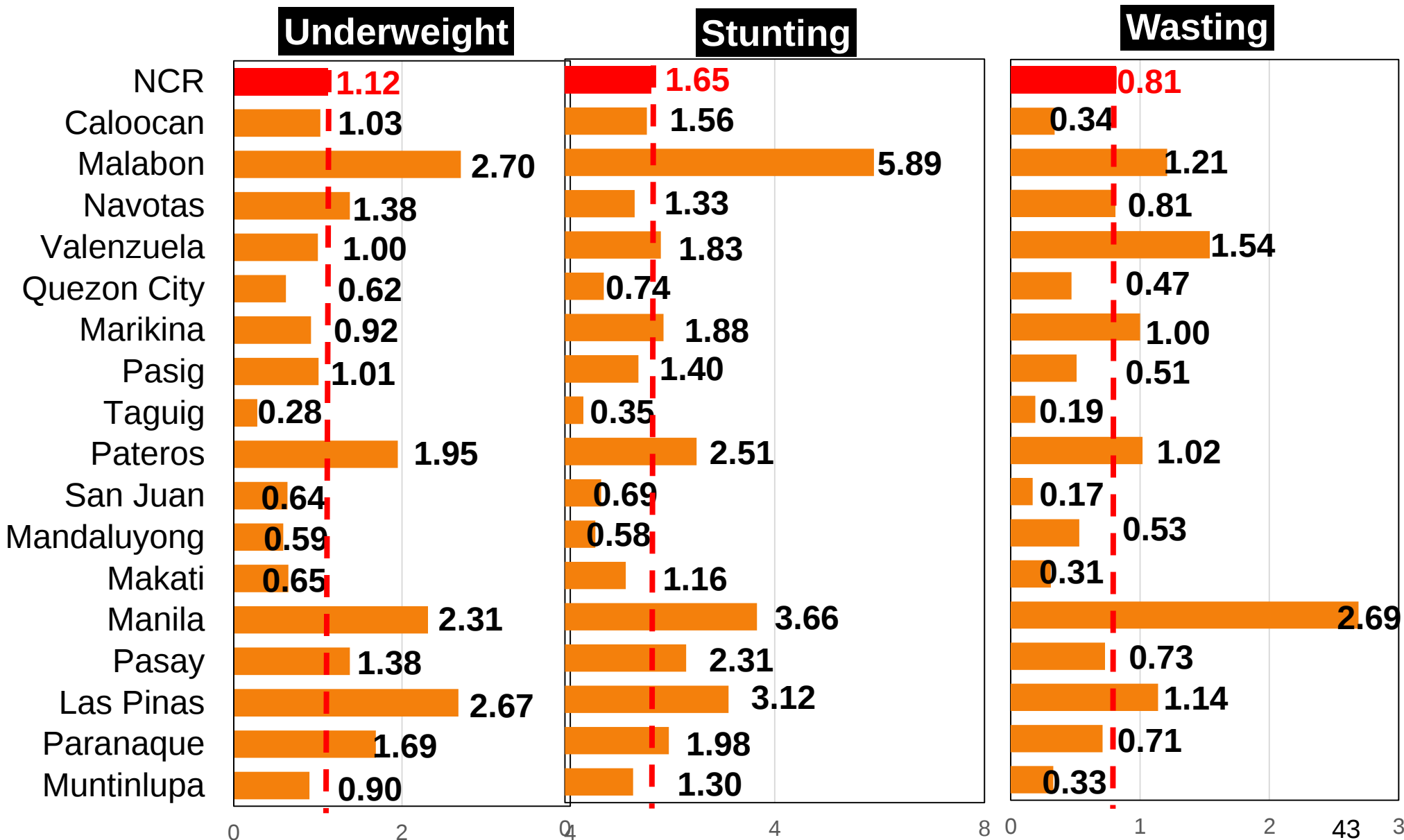


Highest prevalence of overweight and obesity is found in children 0-5 months.

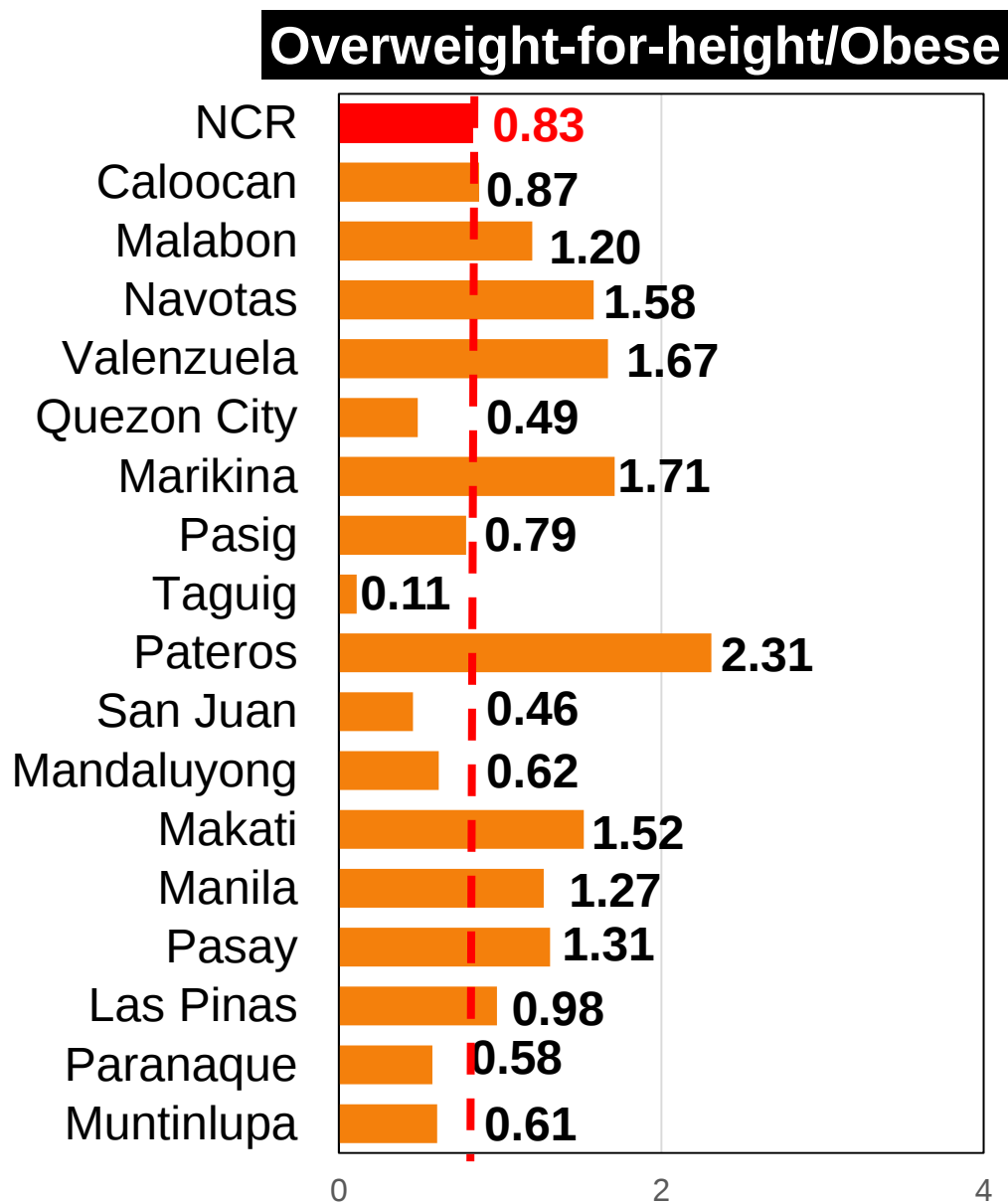
Prevalence of malnourished among Children 0-59 months old in NCR, 2015-2019



Prevalence of undernutrition among Children 0-59 months old in NCR by LGU, 2019



Prevalence of overweight-for-height and obesity among Children 0-59 months old in NCR by LGU, 2019



In summary

Decrease in prevalence from 2018 to 2019:



underweight	1.26	➡	1.12
stunting	2.07	➡	1.65
wasting	0.92	➡	0.81
overweight-for-height	0.99	➡	0.83
/obese			

In summary (cont.)

Highest prevalence in NCR:

- Underweight and Stunting – Malabon
- Wasting - Manila
- Overweight-for-height and Obesity– Pateros

THANK YOU! ☺