



Batang Pinoy, SANA TALL...
Iwas Stunting, SAMA ALL!
Iwas ALL din sa COVID-19!



46th Nutrition Month
July 2020



2020 NM Campaign Objectives



Raise

Awareness on the impact of stunting and evidence-based solutions to prevent stunting;

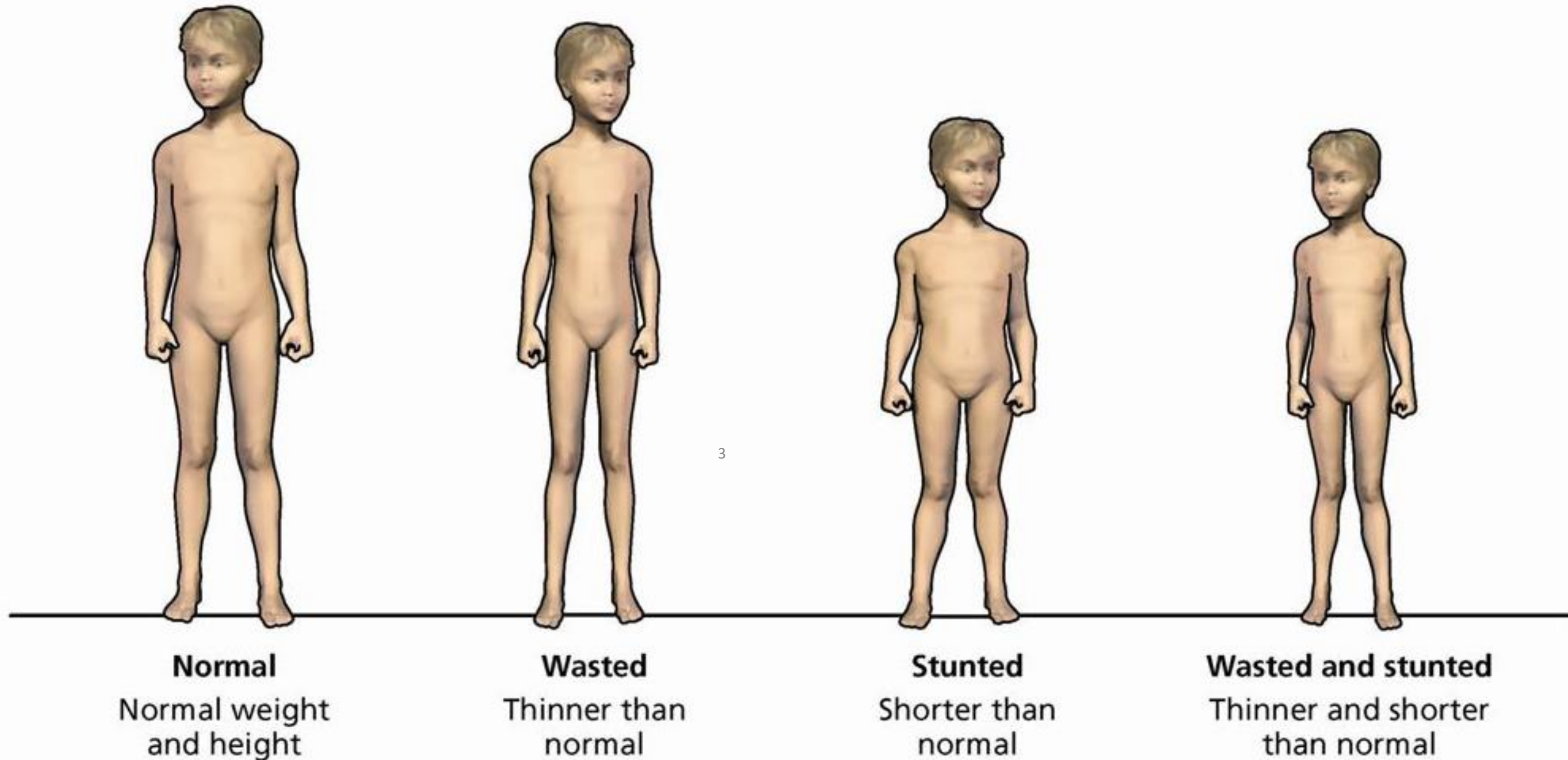
Stimulate

Discourse on stunting to understand its causes and the multi-sectoral solutions for increased investments in interventions

Generate

Commitments among various stakeholders to scale-up nutrition actions

Forms of Undernutrition



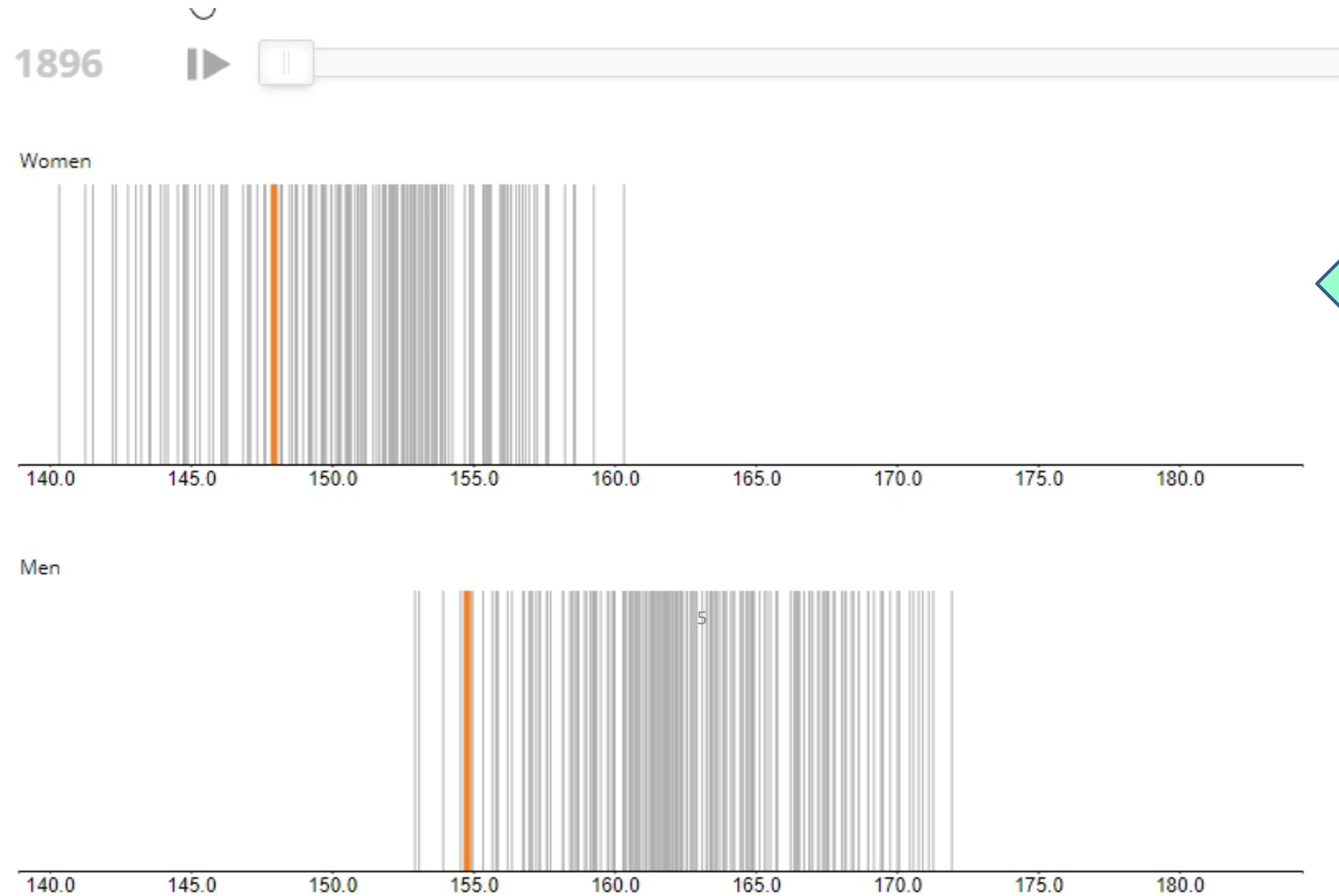
TRUE or FALSE?

Batang Pinoys are short because Pinoys are naturally short?



19/Shehzad Noorani

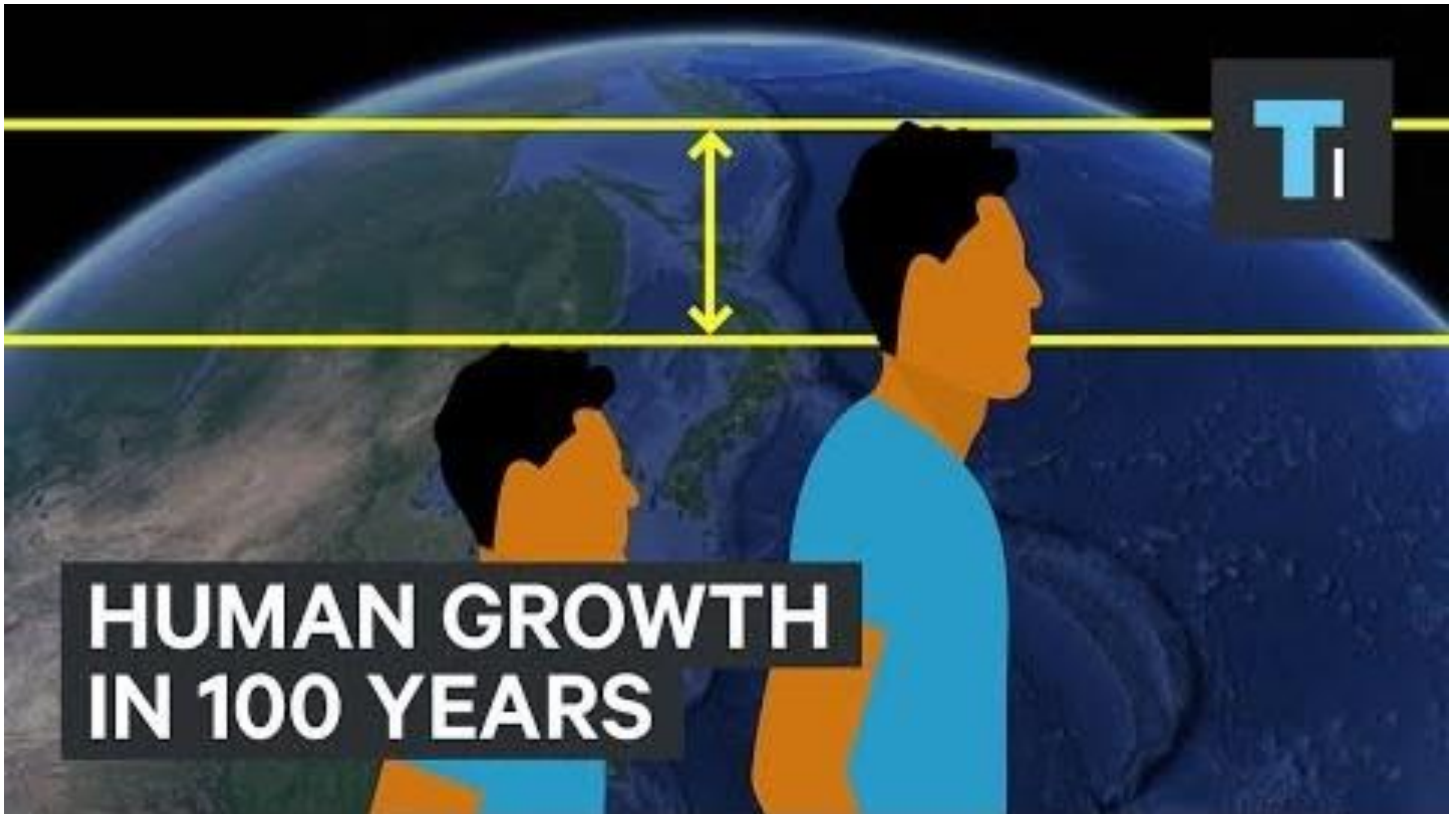
Comparison Philippines Mean Height with other countries, 1896-1996 (NCD Risk Factor Collaboration)



Follow the red line



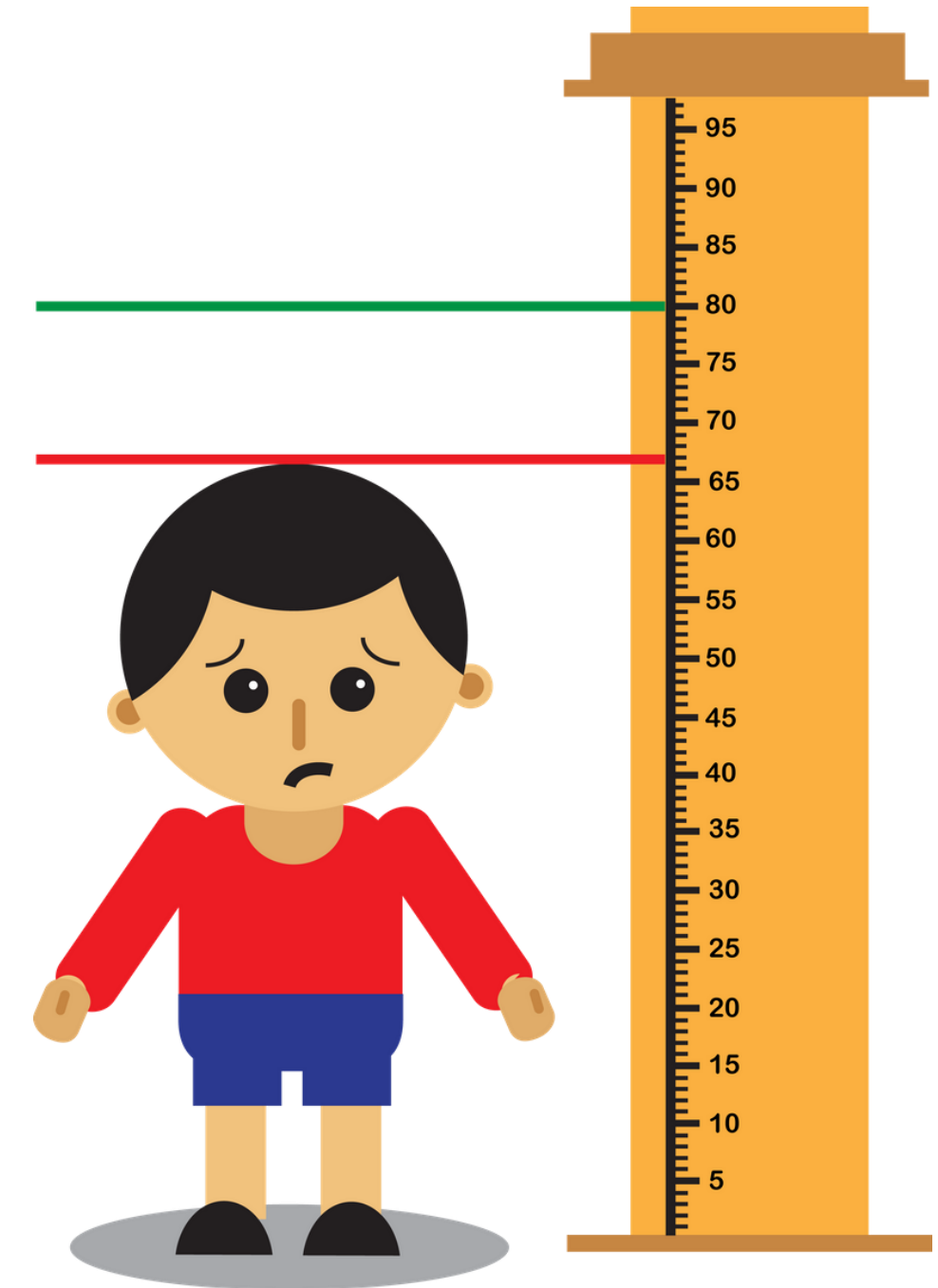
Source: <http://ncdrisc.org/height-mean-distribution.html>



Source: <https://www.youtube.com/watch?v=3erdjnrYQsk>

What is stunting?

the percentage of children aged 0 to 59 months (under 5 years old) whose height for age is below -2 standard deviation (moderate and severe stunting) and -3 standard deviations (severe stunting) from the median of the World Health Organization (WHO) Child Growth Standards



Stunting in Centimeters



Median height

110 cm

109.4 cm (3'7")

Moderate stunting

**96.1 to
100.7 cm**

**99.9 cm to
95.2 cm**

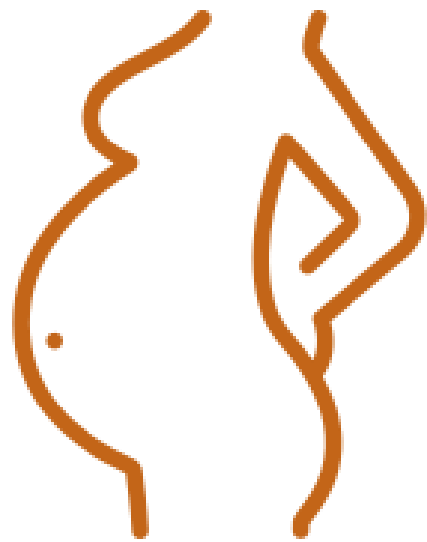
Severe stunting

<96.1 cm

<95.2 cm



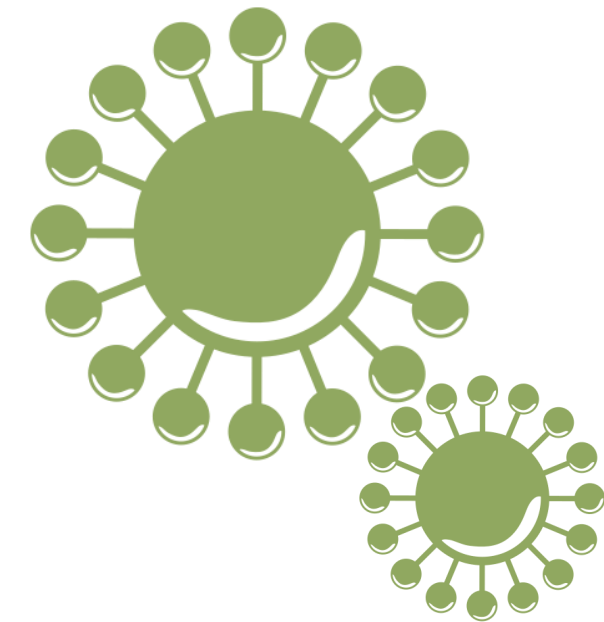
Stunting reflects long-term outcomes



Poor maternal health
and nutrition



Inadequate infant and
young child feeding
practices



Infections

Stunting as an Indicator



A decrease in stunting rates is a long-term indicator of **fair social development**



Stunting as an indicator is **best for use in evaluation** and not for monitoring



Child Stunting: A Global Issue

“Childhood stunting is one of the most significant impediments to human development, globally affecting approximately 162 million children under the age of 5 years.”

- World Health Organization (WHO), 2014



Child Stunting: A National and Global Issue

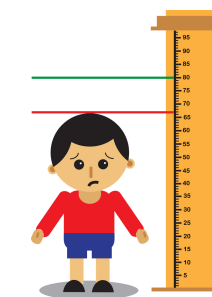


Stunting is an **irreversible outcome** of inadequate nutrition and repeated bouts of infection during the **First 1000 days**.



By 2025, about **127 million children** under 5 years will be stunted.

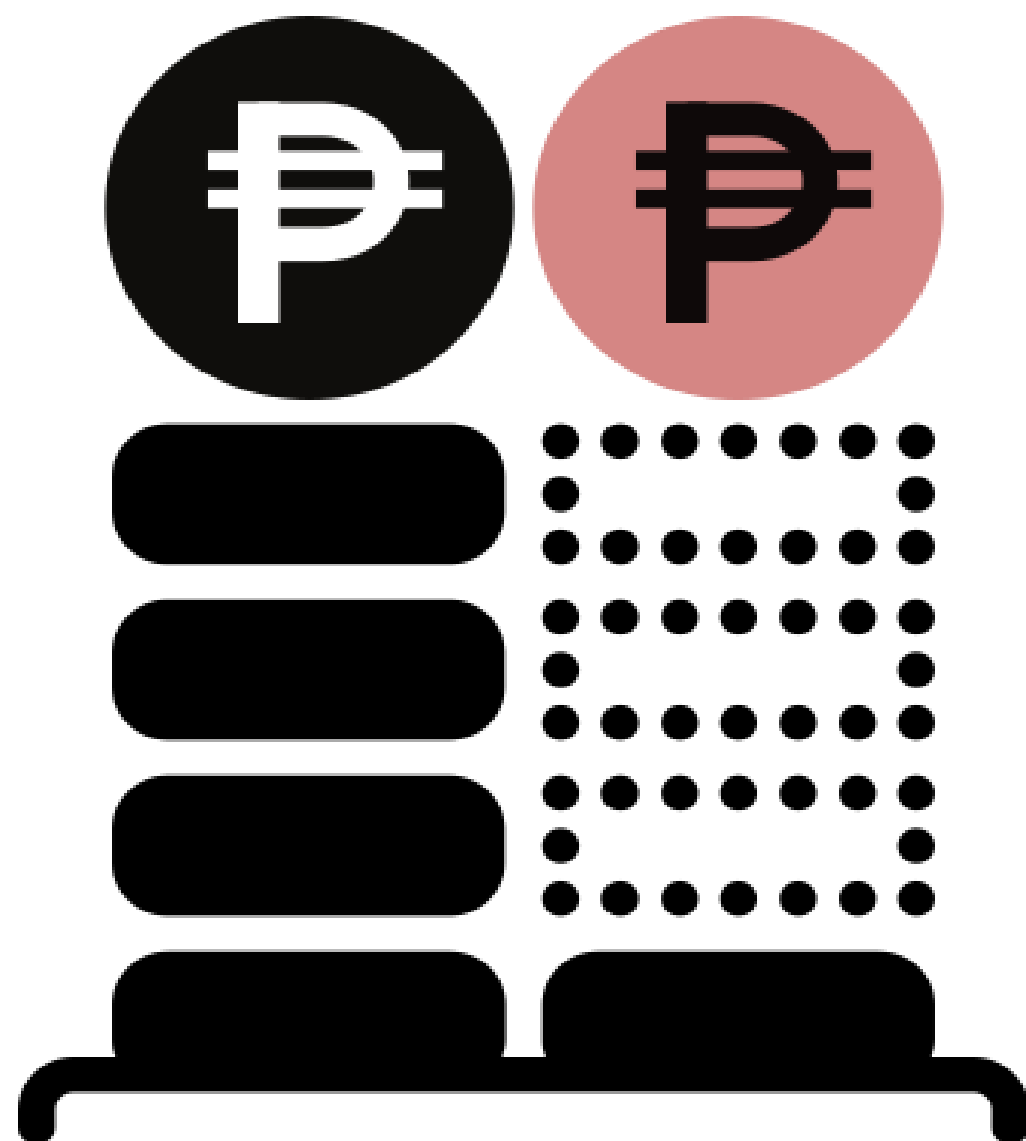
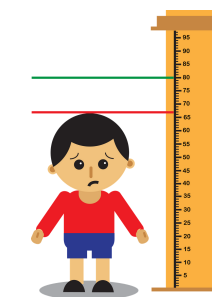
Consequences of Stunting (Individual)



Reduced learning capacity

- Poor school performance
- Delayed enrollment in school
- Higher absenteeism
- Repetition of grades
- One less year of schooling

Consequences of Stunting (Individual)

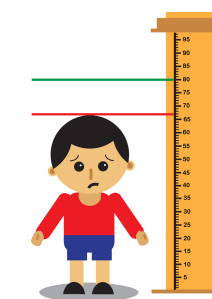


Less income

Stunted children earn 20% less as adults than their non-stunted counterparts

(Source: Grantham-McGregor, Cheung, Cueto et al. 2007)

Consequences of Stunting (Individual)

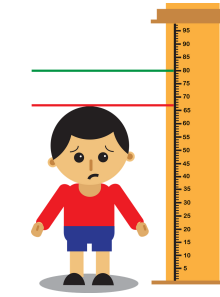


More prone to non-communicable diseases



- Greater risk of becoming overweight or obese
- Increased risk to coronary heart disease, stroke, hypertension and diabetes

Consequences of Stunting (Individual)

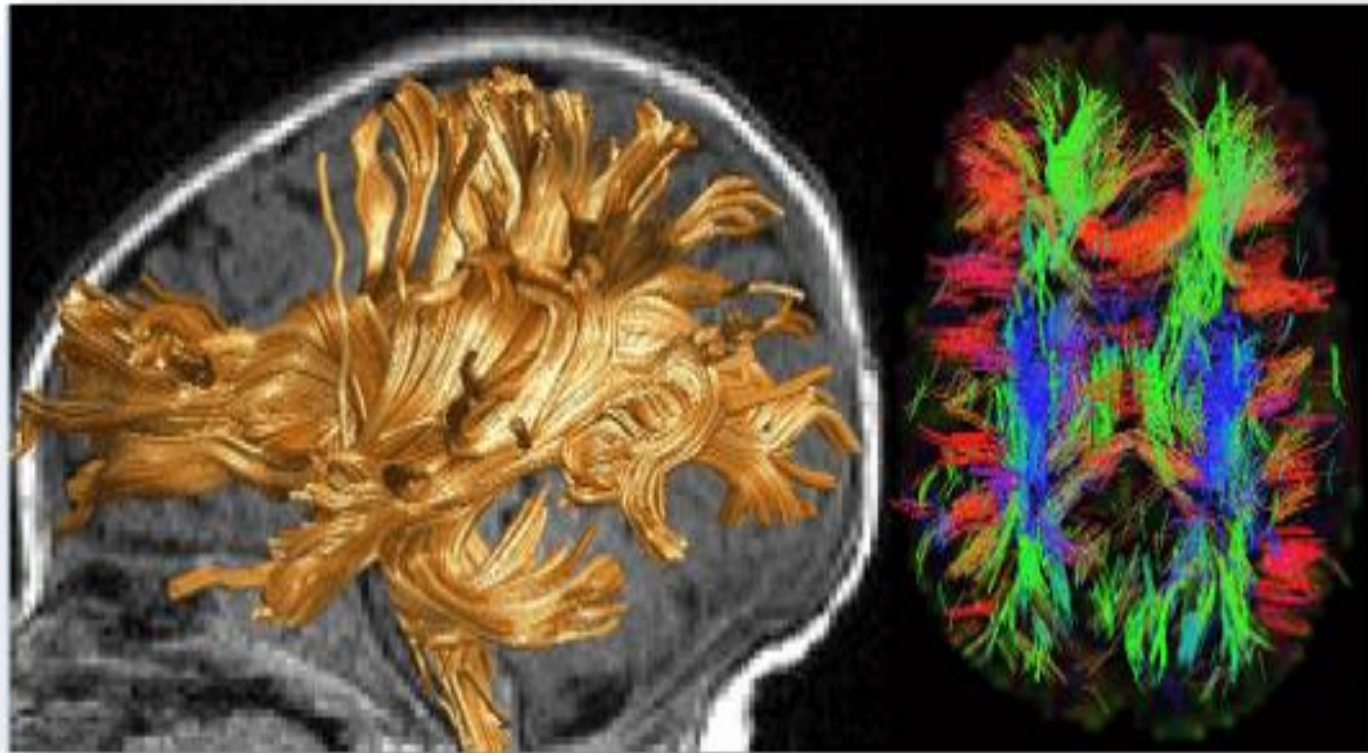


Impact on behavioral development

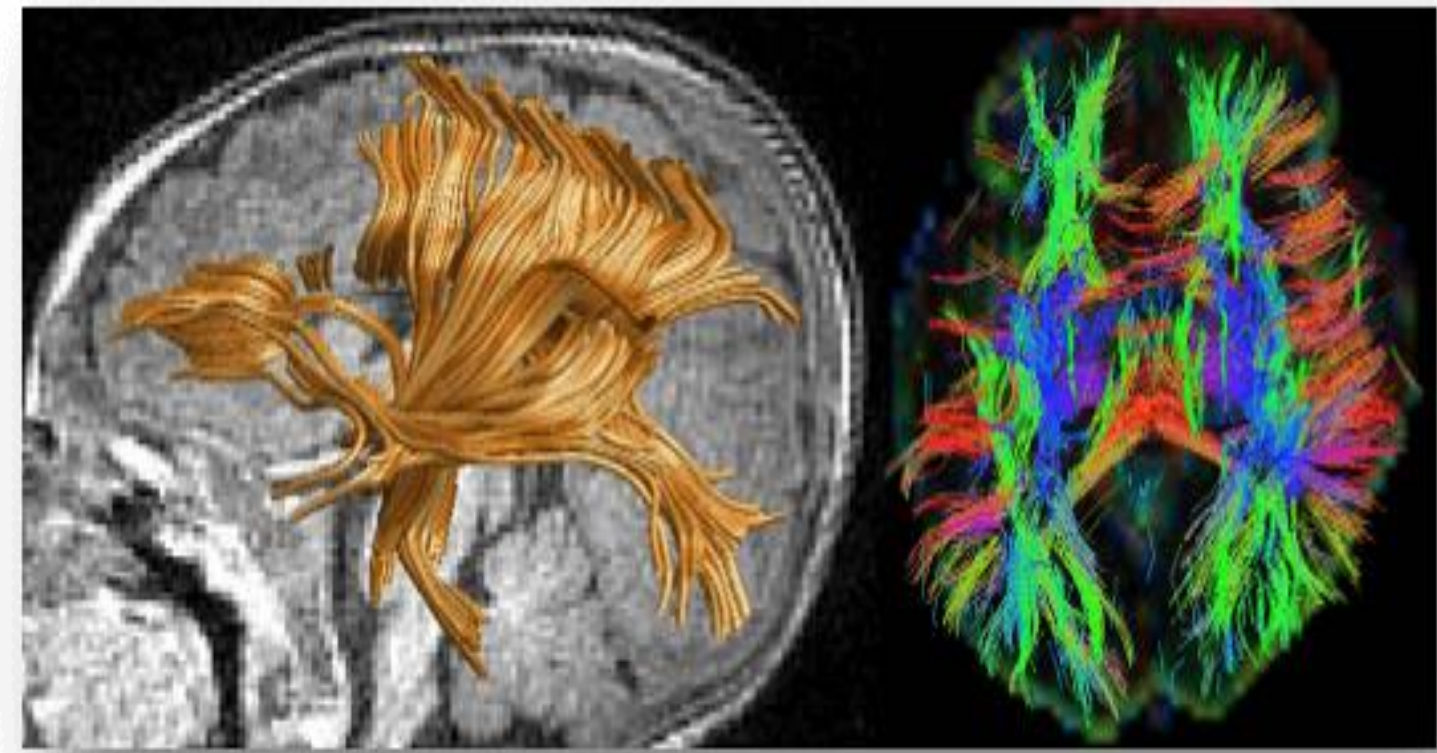
- Stunted children are more apathetic, display less exploratory behavior, have altered physiological arousal
- Tend to have more anxiety, depression, and lower self-esteem compared to non-stunted children



Comparison of brain scan of infants



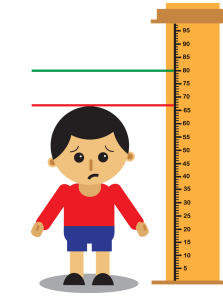
Never Stunted Growth



Stunted Growth

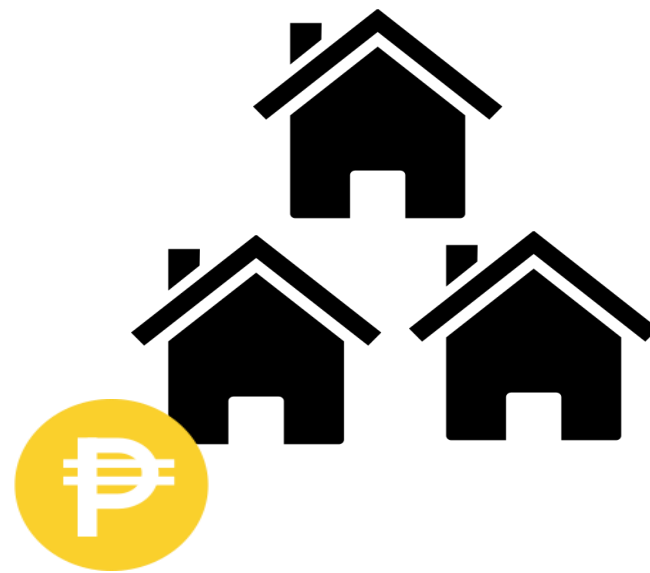
Source: <https://www.powerofnutrition.org/the-impact-of-stunting>

Consequences of Stunting (Society)

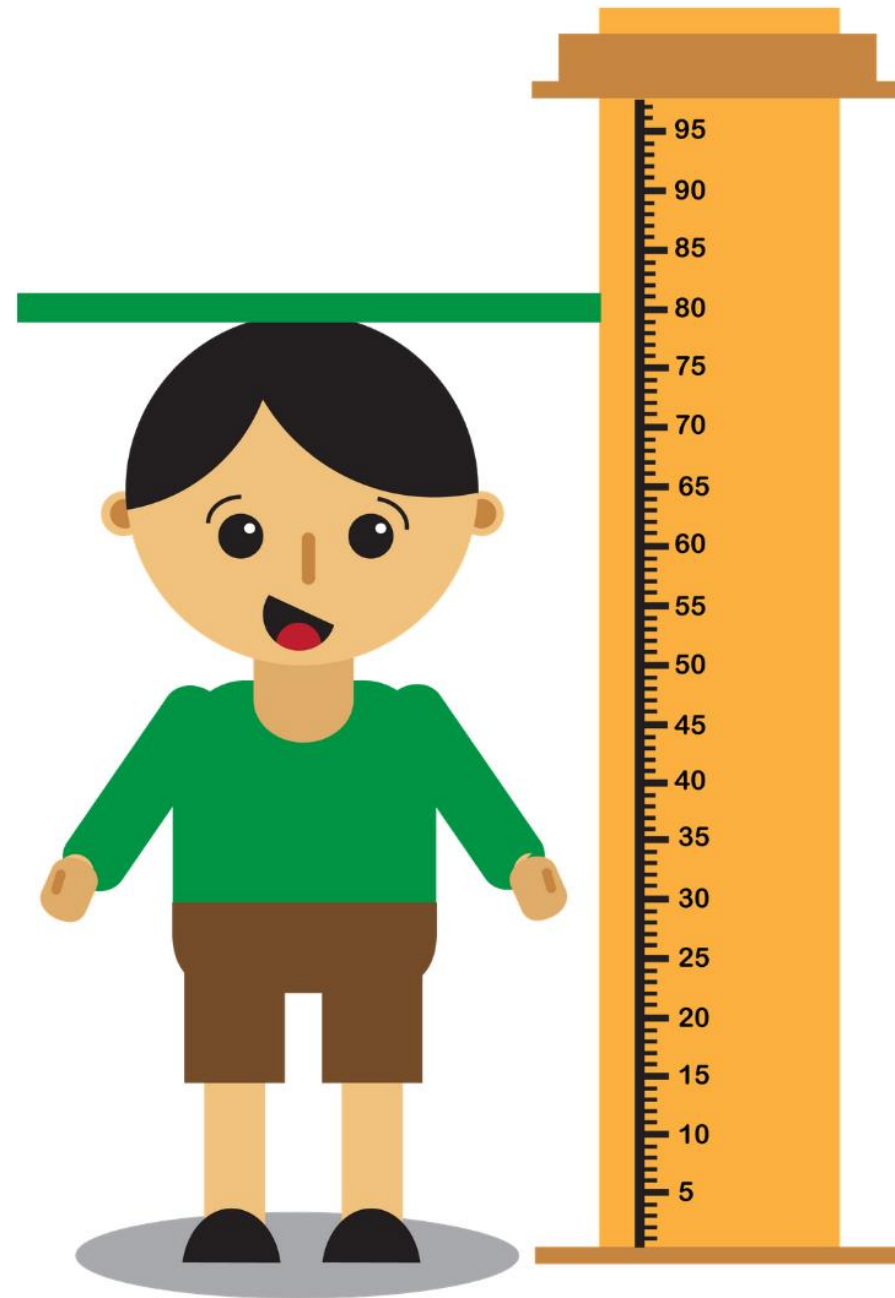


Loss in economic productivity

- 1% loss in adult height = 1.4% loss in economic productivity
- Reduced income per capita by 7%
- Cost of childhood undernutrition in the Philippines: 1.5 – 3% of GDP per year



Well-nourished child



- Higher test scores on cognitive assessments and activity level
- 33% more likely to escape poverty

How many Batang Pinoys are stunted?

1 in 3 (30.3%)

Stunted children 0-59 months old



Classified as **high in magnitude and severity** based on WHO cut-off points



About 3.5 to 4 million children

Philippines is 9th largest contributor of global stunting

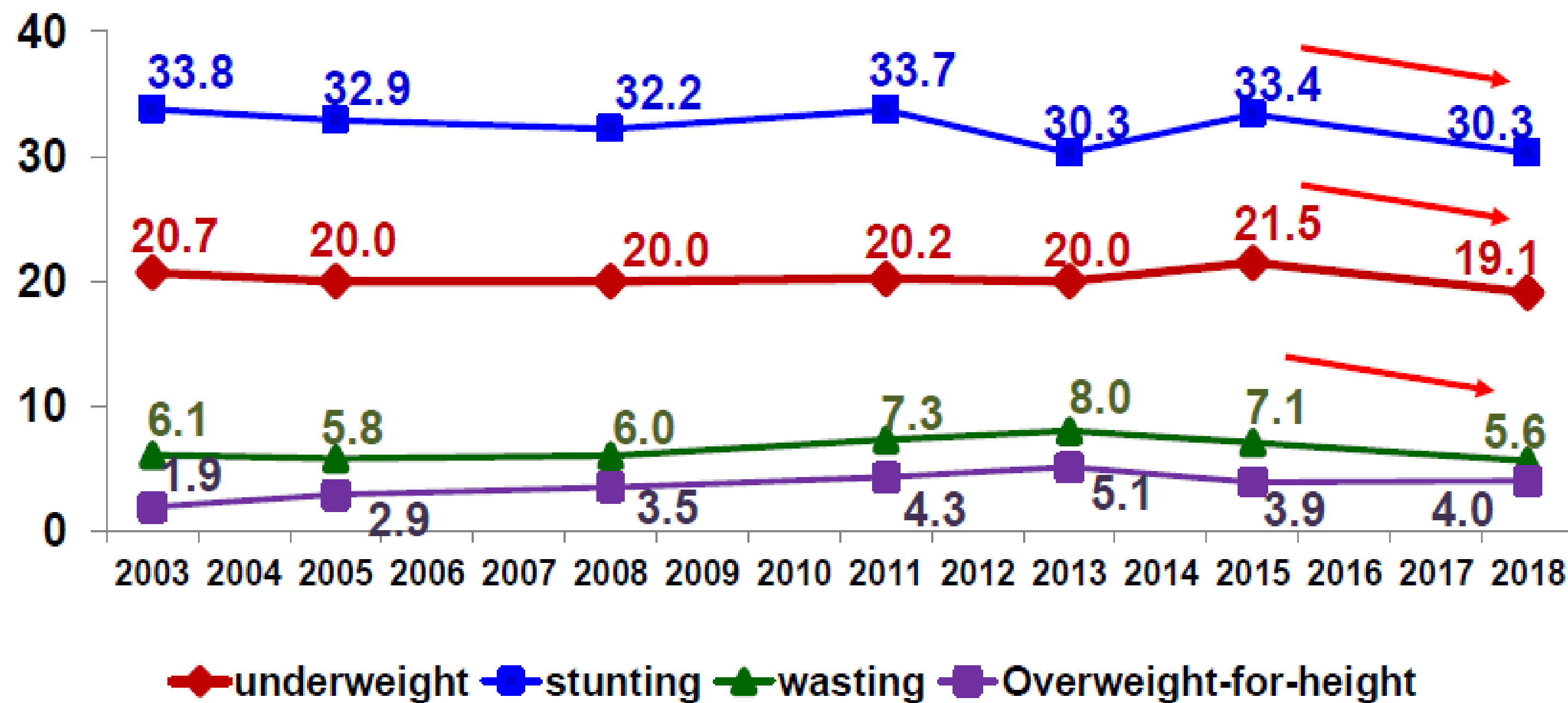
Source: Save the Children. "Sizing up: the Stunting and Child Malnutrition Problem in the Philippines"

80 Per cent of the world's stunted children live in 14 countries

Ranking	Country	Number of stunted children (moderate or severe, thousands)
1	India	61,723
2	Nigeria	11,049
3	Pakistan	9,663
4	China	8,059
5	Indonesia	7,547
6	Bangladesh	5,958
7	Ethiopia	5,291
8	Democratic Republic of Congo	5,228
9	Philippines	3,602
10	United Republic of Tanzania	3,475
11	Egypt	2,628
12	Kenya	2,403
13	Uganda	2,219
14	Sudan	1,744



Trends in the prevalence of malnutrition among children, under-five years old (0-59 months): Philippines, 2003-2018.



Source: Expanded National Nutrition Survey, 2018. FNRI-DOST.



Is it possible to reduce stunting?



Globally, from 2000 to 2017, stunting rates fell from 32.6% to 22.2%.



Mongolia, Ghana, Cote D'Ivoire, Peru and Bolivia have made remarkable reductions in stunting

Country experiences in stunting reduction



Peru

- High level political commitment
- Integration of nutrition into social protection strategies
- An effective behavior change strategy



Bolivia

- Joint programming model (Zero undernutrition)
- Integrating promotion of breastfeeding and use of complementary foods from 6-23 months in interventions
- Access to clean water, sanitation, education, health care and nutrition services



Drivers of Stunting Among 0-23 Months old Filipino Children Included in the 2003 and 2011 National Nutrition Survey

- Stunting increased from 17.2% in 2003 to 35.2% in 2011.
- About 22.1% became stunted later; persistently stunted (13.1%); 4.1% were no longer stunted.
- No significant factors found on what moves a child out of stunting.

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Source: Angeles-Agdeppa, I., Gayya-Amita, P and Capanzana, M. Drivers of Stunting Among 0-23 Months Old Filipino Children Included in the 2003 and 2011 National Nutrition Survey. Accessed on 15 June from <http://www.lifescienceglobal.com/pms/index.php/ijchn/article/view/6091>



Drivers of Stunting Among 0-23 Months old Filipino Children Included in the 2003 and 2011 National Nutrition Survey



Individual Factors

- Older age onset of stunting
- Underweight
- Less than 2 years birth interval

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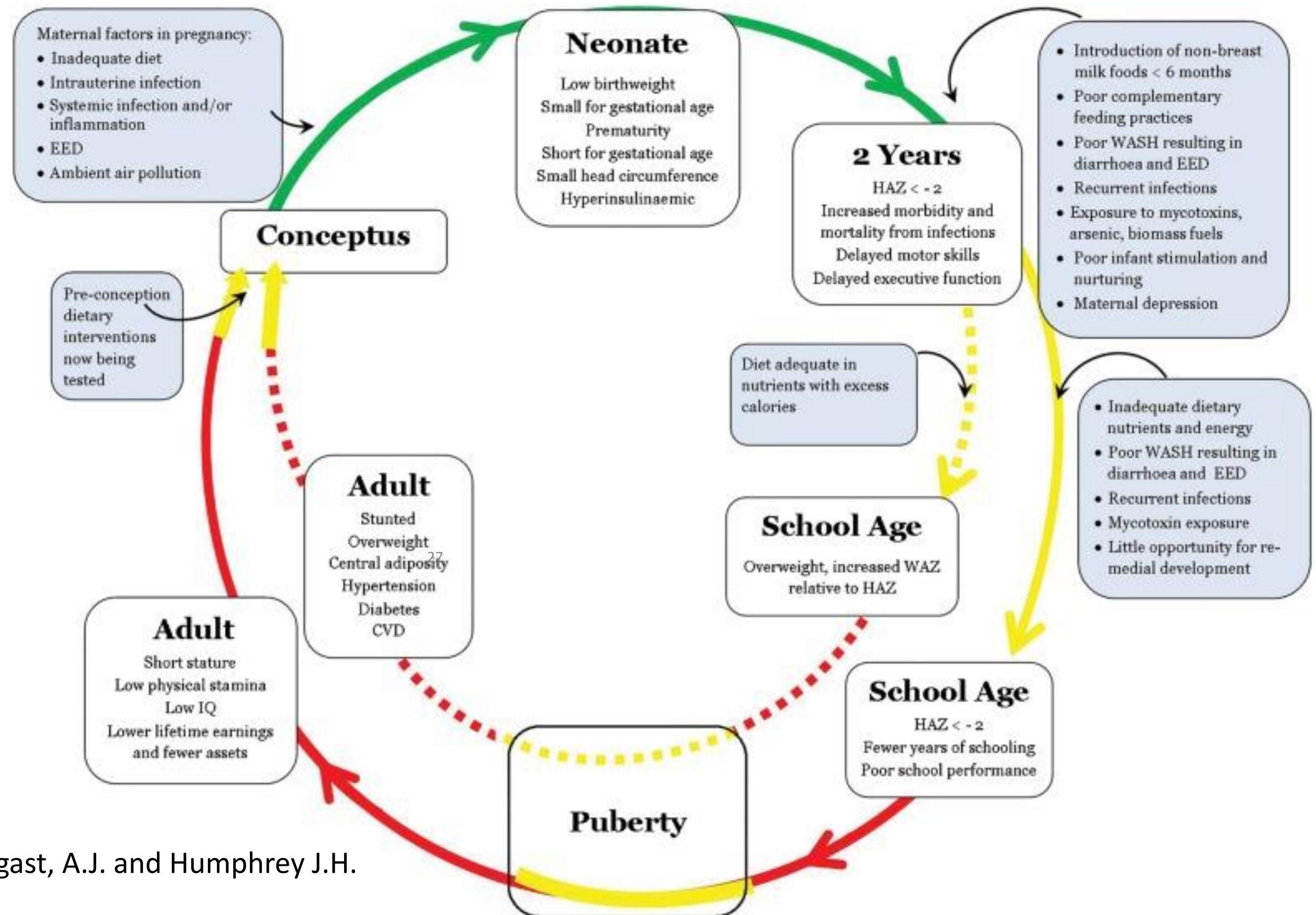
Household Factors

- More than 5 dependents
- Higher number of under-fives in the family
- Living in shanties pushed normal children to stunting



Source: Angeles-Agdeppa, I., Gayya-Amita, P and Capanzana, M. Drivers of Stunting Among 0-23 Months Old Filipino Children Included in the 2003 and 2011 National Nutrition Survey. Accessed on 15 June from <http://www.lifescienceglobal.com/pms/index.php/ijchn/article/view/6091>

Stunting is cyclical



Source: Prendergast, A.J. and Humphrey J.H.

Why Are So Many Children Stunted in the Philippines?

Before birth

- Poor mother's health and nutrition
- Teen pregnancy

After birth

- Poor dietary diversity of children
- High food insecurity²⁸
- Access to clean drinking water
- With single mothers

Source: Capanzana, M., Demombynes, G. and Gubbins, P. Why Are So Many Children Stunted in the Philippines?". Policy Research Working Paper 9294. World Bank Group . June 2020.



A look at national targets for reducing stunting

Plan period	Baseline	Target	Reduction level
1993-1998	No target, only underweight		
1999-2004	No target, only underweight		
2005-2010	29.0%	25.4%	3.6 pts (12%)
2011-2016	32.3%	20.9%	11.4 pts (35%)
2017-2022	33.4%	21.4%	12.0 pts (36%)

Source: National Nutrition Council.



Ambisyon 2040, Philippine Development Plan *and* Sustainable Development Goals

Reduced wasting
among children
under-five years
old

Reduced stunting
among children
under-five years
old

Reduced
micronutrient
deficiencies

Improved
situation in
overweight and
obesity

- Reduced nutritionally-at-risk pregnant women
- Reduced low birthweight

- Increased exclusive breastfeeding
- Improved complementary feeding

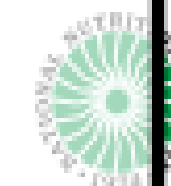
- Improved food intake



Nutrition-specific programs

Nutrition-sensitive programs

Enabling programs



PPAN Priority actions with focus on the First 1000 Days

1. Maternity protection and improving capacities of workplaces on breastfeeding
2. Establishing lactation stations in non-health establishments
3. Nutrition promotion for behavior change
4. Supplementary feeding of pregnant women and children 6-23 months, 24-59 months, and school children
5. Iron-folic acid and other micronutrients supplementation of pregnant women, as well³¹ as consumption of fortified food items
6. Prevention and management of infections and diarrhea
7. Regular growth monitoring of weight and height



LEGISLATION



- **Executive Order 51** - Philippine Milk Code
- **Republic Act 11148** - *Kalusugan at Nutrisyon ng Mag-Nanay Act*
- **Republic Act 10028** - Expanded Breastfeeding Promotion Act
- **Republic Act 11210** - Expanded Maternity Leave Act
- **Republic Act 11037** - *Masustansyang Pagkain para sa Batang Pilipino Act*
- **Republic Act 11223** - Universal Health Care Act
- **Republic Act 11310** – institutionalizing the 4Ps

Governance for stunting reduction

Scaling up Nutrition (SUN) Alliances

Better local planning with nutrition with
corresponding DILG/DBM issuances

LGU Mobilization

**Focus on the
First 1000 Days
(ECCD)**



Out next steps



Raise stunting not just as a health issue but an economic issue and a high-level agenda for development; Increase investment in nutrition **(For every Php1 invested, Php30 return in economic gain)**



Correct misconception that Filipinos are not meant to be short; there is no forever in stunting.

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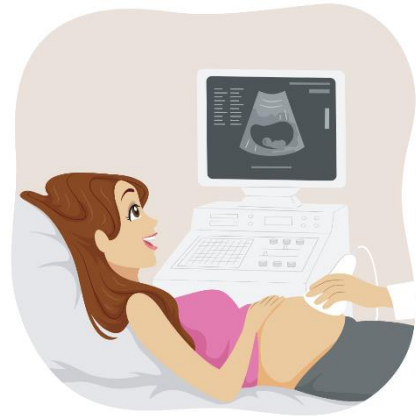


Whole of government approach

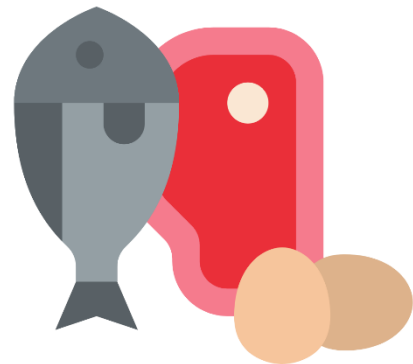


Address the gaps

IMPORTANT



Pregnant adolescents and women should have access to nutrition and health services to improve birth outcomes as well as responsible parenting to manage fertility



Access to a variety of foods especially those that rich in protein such as meat, fish, poultry and eggs especially for 6-23 months old children



Access to clean drinking water supply and sanitation and wastewater systems



Actions to prevent stunting

Mothers and family members

1. Bring your 0-23 months old child to the health center every month to monitor weight and height; for older children, bring them every three months. A child needs to reach a height of 80 centimeters when he or she is two years old and about 109-110 centimeters at 5 years of age
2. Breastfeed your baby in the first 6 months then starting at 6 months while continuing breastfeeding, give a variety of food that includes animal-source food (meat, fish, poultry, eggs)



Actions to prevent stunting

Mothers and family members

3. Practice good hygiene such as handwashing to prevent disease and get proper medical care when your child is sick
4. Participate in nutrition and health education classes.
5. Prevent teen pregnancy
6. Provide support and care to single mothers
7. Start and maintain a food garden including raising small animals as source of protein



Actions to prevent stunting

Communities

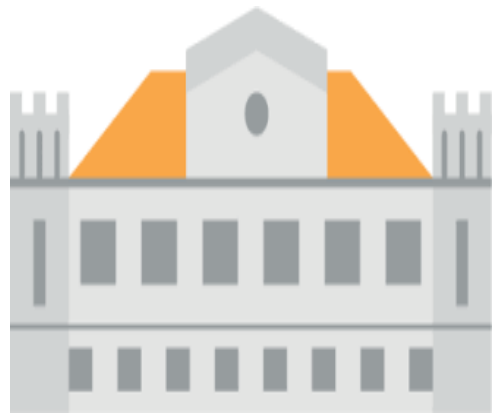
1. Establish designated lactation areas to protect children and women
2. Improve access to nutritious foods through community food gardens
3. Raise awareness about importance of proper nutrition, proper hygiene, and sanitation during the first 1000 days
4. Strengthen implementation of policies related to child nutrition
5. Encourage active involvement of community members in ECCD programs
6. Promote community development efforts and develop initiatives that improve the quality of life for young children and families



Actions to prevent stunting

Government

1. Include nutrition actions with corresponding budget in annual investment plan for 2021 and onwards aligned with the PPAN
2. Update sectoral programs to have an impact on nutrition including:
 - The Pantawid Pamilya Pilipino Program
 - The Family Development Sessions
 - Agriculture sector to improve farmers' incomes to improve their access to nutritious food and support the establishment of food gardens



Actions to prevent stunting

Government

3. Improve access and delivery of maternal and child health and nutrition interventions by scaling-up the First 1000 Days strategy as provided in Republic Act 11148 (Kalusugan at Nutrisyon ng Mag-Nanay Act)
4. Use the Operation Timbang Plus results to determine children 0-23 months old with growth faltering for interventions such as dietary supplementation; conduct screening of pregnant women for nutrition risk and provide dietary supplementation in the third trimester



Actions to prevent stunting

Academe

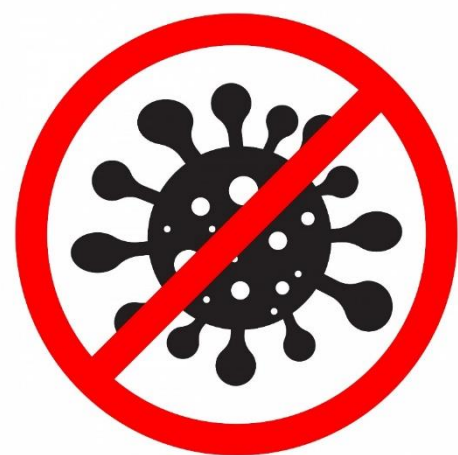
1. Conduct webinars, online fora and other activities to increase awareness on stunting prevention
2. Increase engagement of students through online modules and quizzes
3. Conduct online video-making, poster-making, slogan-making competitions to encourage participation of students
4. Mobilize school-based organizations to launch their own initiatives
5. Explore scientific researches related to stunting



Actions to prevent stunting

NGOs, civic groups, civil society & private sector

1. Support efforts to prevent stunting by helping scale-up actions in the first 1000 days
2. Develop materials related to prevention of stunting and utilize virtual platforms for proper information dissemination
3. Work with government to fill the gap in terms of service delivery
4. Integrate improved water, sanitation, and hygiene (WASH) in community-based interventions to protect children from subclinical infections
5. Join the Scaling-Up Nutrition Movement alliances (civil society, and business network)



Iwas all din sa COVID-19!

Key messages

1. **Good nutrition is key to build immunity, protect against illness and infection and support recovery.** Include in Covid-19 prevention efforts to preserve and promote proper nutrition, including breastfeeding and appropriate complementary feeding practices among children 0-23 months to build resilience of individuals and communities.
2. **Ensure food and nutrition security** to prevent a food and malnutrition crisis. Prolonged hunger can lead to malnutrition which will have long-term effects especially among pregnant women and children 0-23 months.
3. **Ensure that nutrition and related interventions especially in the First 1000 Days are continued and delivered in a safe and sustained manner.**

SANA TALL, SAMA ALL

1. Review organization plans and tweak for nutrition outcomes
2. Disseminate Nutrition Month through streamers, websites and social media platforms
3. Conduct virtual seminars for clients and employees
4. Participate in activities related to Nutrition Month celebration at the national, regional or local levels
5. Provide services related to stunting prevention
6. Conduct Nutrition Month activities related to the theme such as cooking demonstrations on complementary food for mothers and caregivers, forum and seminars for parents; activities for adolescents to prevent teen pregnancy



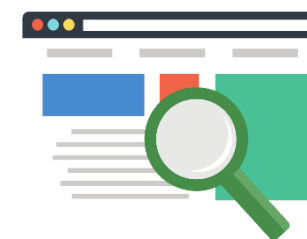


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46th Nutrition Month
July 2020

National Nutrition Council
2332 Chino Roces Avenue Extension
Taguig City, Philippines



<http://www.nnc.gov.ph>



Tel. (632) 8843-0142
Fax. (632) 8816-4239



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<https:// www.youtube.com/user/NNC1974>



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