

2020 OPT Plus Results



National Capital Region





Operation Timbang Plus (OPT)

- Annual weighing and height measurement of all preschoolers 0-59 months old or below five (5) years old
- Done every 1st quarter from January - March

Mechanics

Target

- Estimated total population and specific multiplier per LGU from the Department of Health were used to compute for the estimated population for children 0-59 months.

OPT Team

- Composed of nutritionists, barangay nutrition scholars, barangay health workers, Pasig Health Aides, day care workers, barangay nutrition action officer and other members of the Barangay Nutrition Committee
- Orientation on the mechanics of OPT was conducted prior implementation

Mechanics

Equipment

- Weight and height of children were measured using salter scale, infant weighing scale, detecto weighing scale, digital weighing scale, heightboard, microtoise and mobile stadiometer.
- Measuring tools were verified to ensure accuracy of data

Salter scale



Infant weighing scale



Detecto weighing scale



Microtoise



Wooden Height Board



Digital weighing scale



Mobile Stadiometer

Mechanics

Site of weighing

- House-to-house and center-based weighing (health center, day care center, covered courts, barangay hall) were done.
- Only Facility-based weighing was allowed during the lockdown from March-May 2020.

All data were encoded in the electronic OPT Tool (eOPT) Tool provided by NNC.

Data generated is used for:

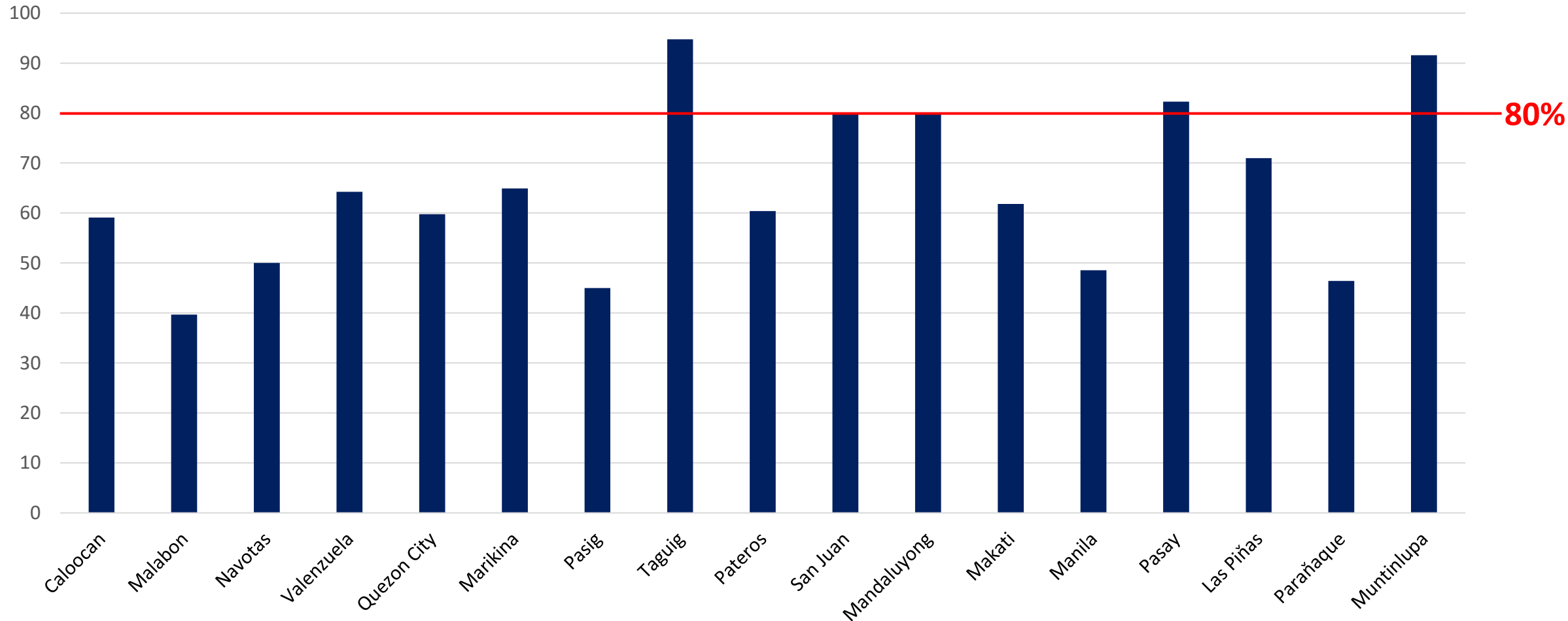
Nutrition assessment, planning, management and evaluation of local nutrition programs

- Quantifying the number of malnourished
- Identifying which barangays have more malnourished children for prioritization
- Identifying children and families who will be given priority in the provision of nutrition interventions
- Assessing the effectiveness of the local nutrition program

Regional Coverage of Operation Timbang Plus, NCR, 2020

- 1,373 barangays out of 1,710 barangays (80.29%) were covered
 - 1,669 (97.60%) barangays covered in 2019
- All LGUs have 100% coverage of barangays except:
 - Caloocan (139/188 barangays; 73.94%)
 - Quezon City (136/142 barangays; 95.77%)
 - Manila (624/897 barangays; 69.57%)
 - Makati (25/33 barangays; 75.76%)
 - *With eight (8) disputed and elite barangays*
 - San Juan (20/21 barangays; 95.24%)

LGUs with 80% and above Weighing Coverage, NCR, 2020



Ranking of LGUs accdg. to % Weighing Coverage, NCR, 2020

Rank	Cities/ Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
1	Taguig	99,001	93,801	94.75
2	Muntinlupa	50,579	46,314	91.57
3	Pasay	37,935	31,211	82.27
4	Mandaluyong	40,034	32,043	80.04
5	San Juan	9,218	7,374	80.00
6	Las Piñas	57,549	40,851	70.98
7	Marikina	41,306	26,804	64.89
8	Valenzuela	59,652	38,306	64.22
9	Makati	38,740	23,945	61.81

Note: Estimated population based on DOH-NCRO data – TP x LGU-specific multiplier for 0-59 months

Ranking of LGUs accdg. to % Weighing Coverage, NCR, 2020

Rank	Cities/ Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
10	Pateros	5,537	3,344	60.39
11	Quezon City	274,752	164,189	59.76
12	Caloocan	162,813	96,199	59.09
13	Navotas	25,920	12,963	50.01
14	Manila	199,861	97,003	48.54
15	Parañaque	65,616	30,462	46.42
16	Pasig	80,860	36,377	44.99
17	Malabon	36,193	14,360	39.68
Regional Coverage		1,296,875	795,546	61.34

Note: Estimated population based on DOH-NCRO data – TP x LGU-specific multiplier for 0-59 months

Reasons for low weighing coverage

- Some barangays were not able to start their OPT in the early part of January since they had to conduct an orientation first with the OPT team members. Orientation scheduled in December 2019 was not done because some members were already unavailable or on leave due to the holiday season.
- DOH released memo enjoining LGUs to prioritize the national Mass Oral Polio Vaccination (MOPV) Program.
- Health workers, including BNSs, were mobilized for the MOPV campaign as members of the vaccination team for the whole month of February 2020. OPT was put on hold in some LGUs.
- Activities that required gatherings were limited as early as February due to the threat of COVID-19.

** Based on the 2020 OPT Plus Report Analysis of LGUs (Pasig, Taguig, Muntinlupa, Navotas)*

Reasons for low weighing coverage

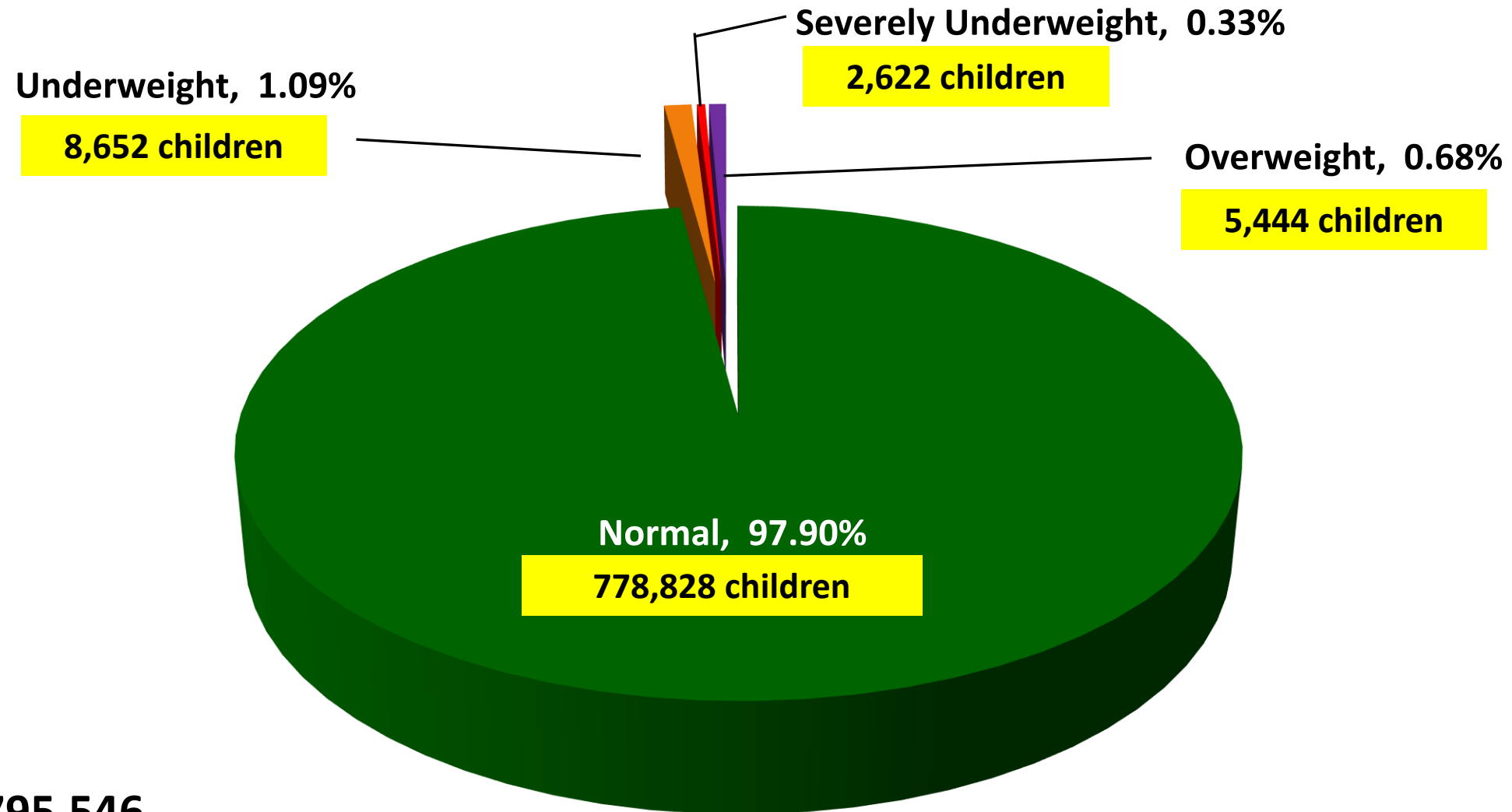
- Implementation of ECQ/MECQ from March 15 – May 31, 2020 in NCR prevented the conduct of OPT.
- BNS and BHWs were involved in COVID-19 response (i.e. community isolation facilities, family profiling for SAP distribution, repacking and distribution of food packs, etc.)
- Road widening along C3 and R10 road in Barangays NBBN and NBBN Proper in Navotas City; displaced informal settlers

** Based on the 2020 OPT Plus Report Analysis of LGUs (Pasig, Taguig, Muntinlupa, Navotas)*

Nutritional Status of Children (0-59 months)

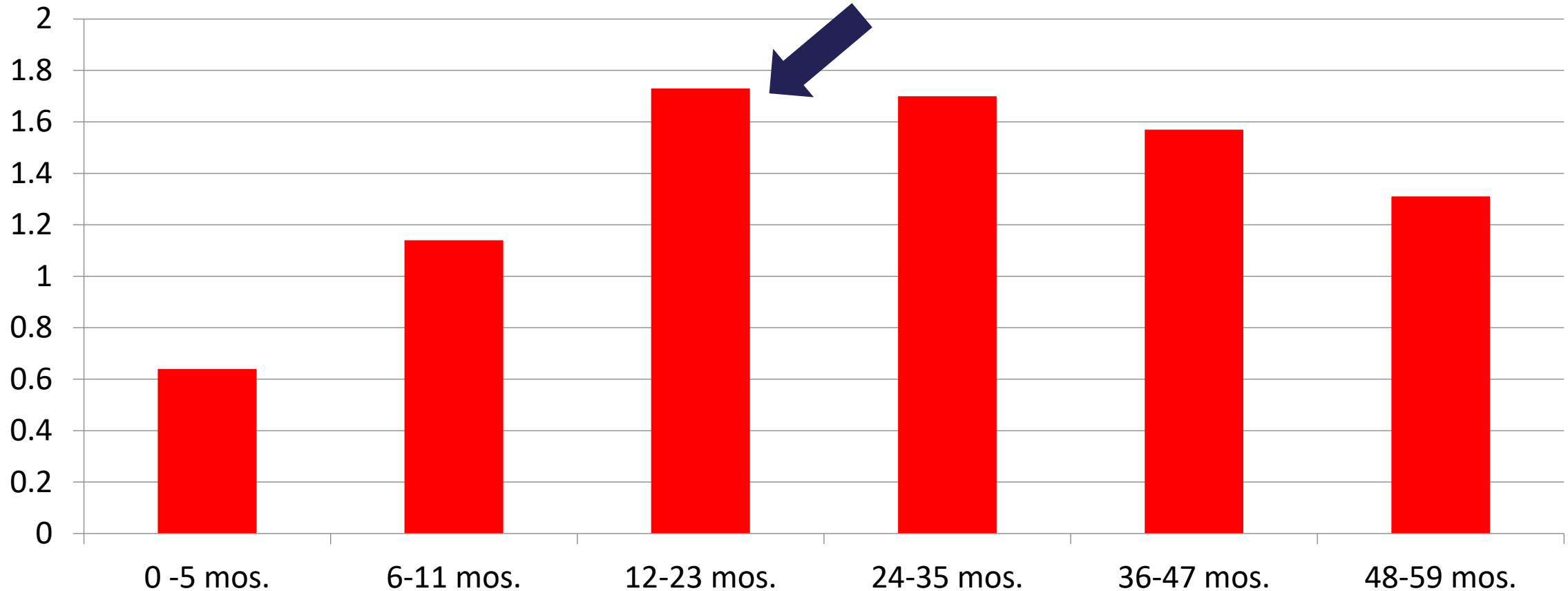
Weight-for-Age

2020 Nutritional Status of 0 – 59 months old children in NCR according to Weight-for-Age



N = 795,546

Prevalence of Underweight and Severely Underweight-for-age among Children 0-59 months old in NCR, per age group, 2020



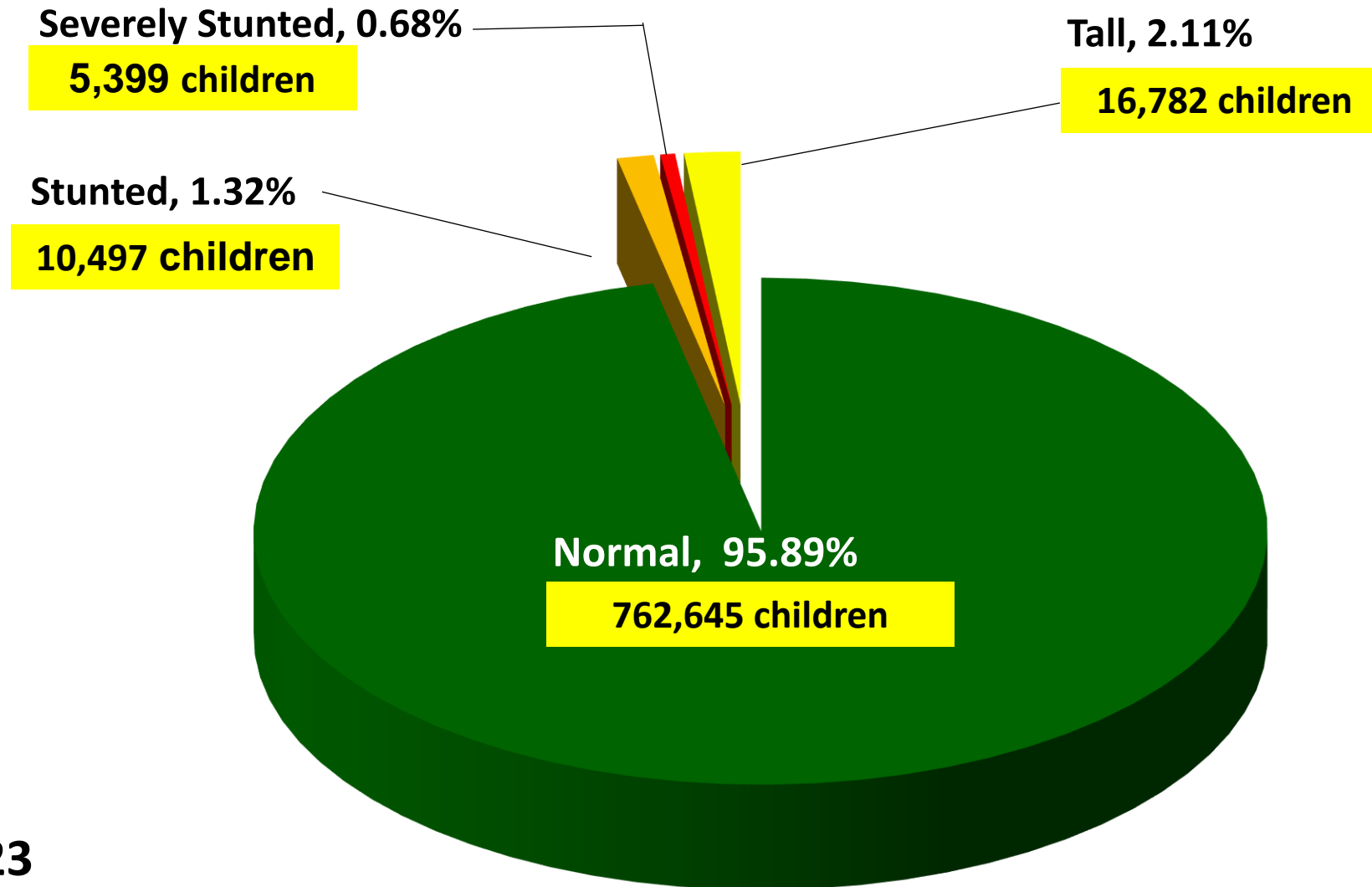
Note:

- Increasing trend of underweight from 0-5 mos. until 12-23 mos.
- Large increase in the prevalence of underweight from 6-11 mos. to 12-23 mos. as observed in previous years

Nutritional Status of Children (0-59 months)

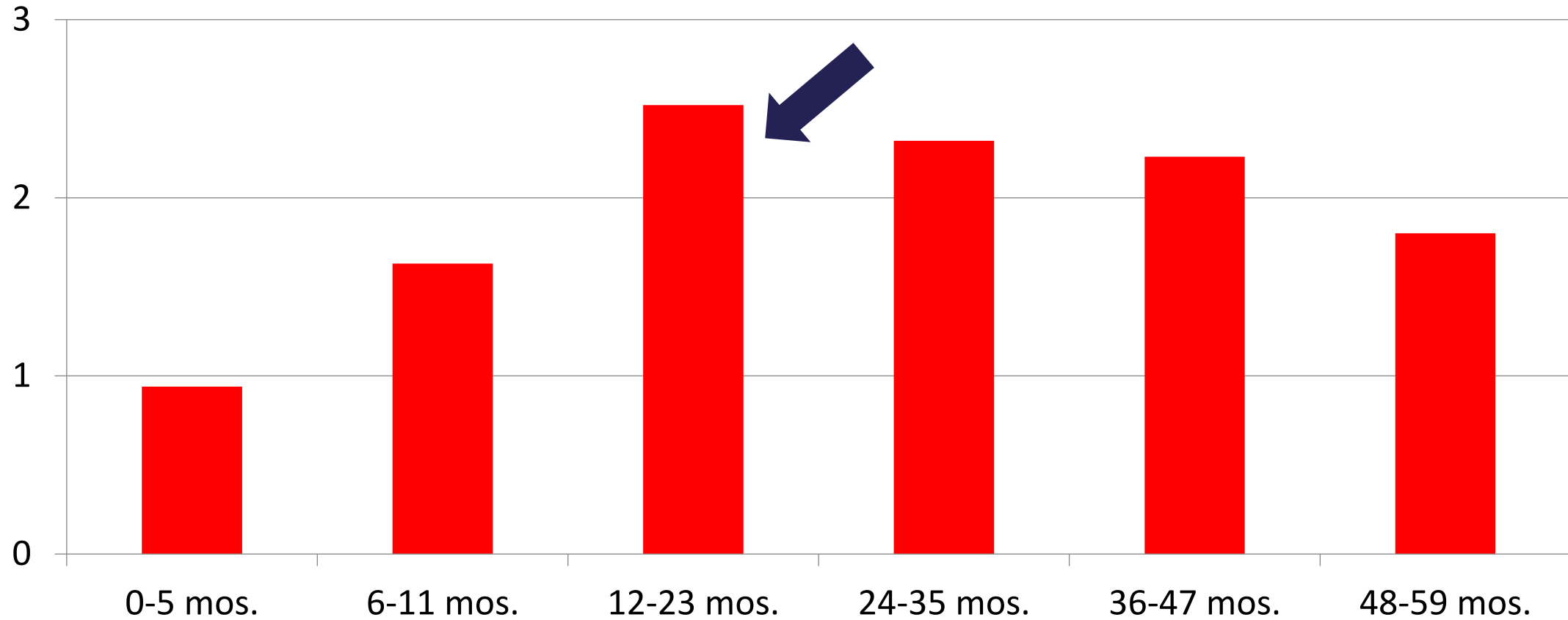
Length/Height-for-Age

2020 Nutritional Status of 0 – 59 months old children in NCR according to Length/Height-for-Age



N = 795,323

Prevalence of Stunting and Severe Stunting among Children 0-59 months old in NCR, per age group, 2020



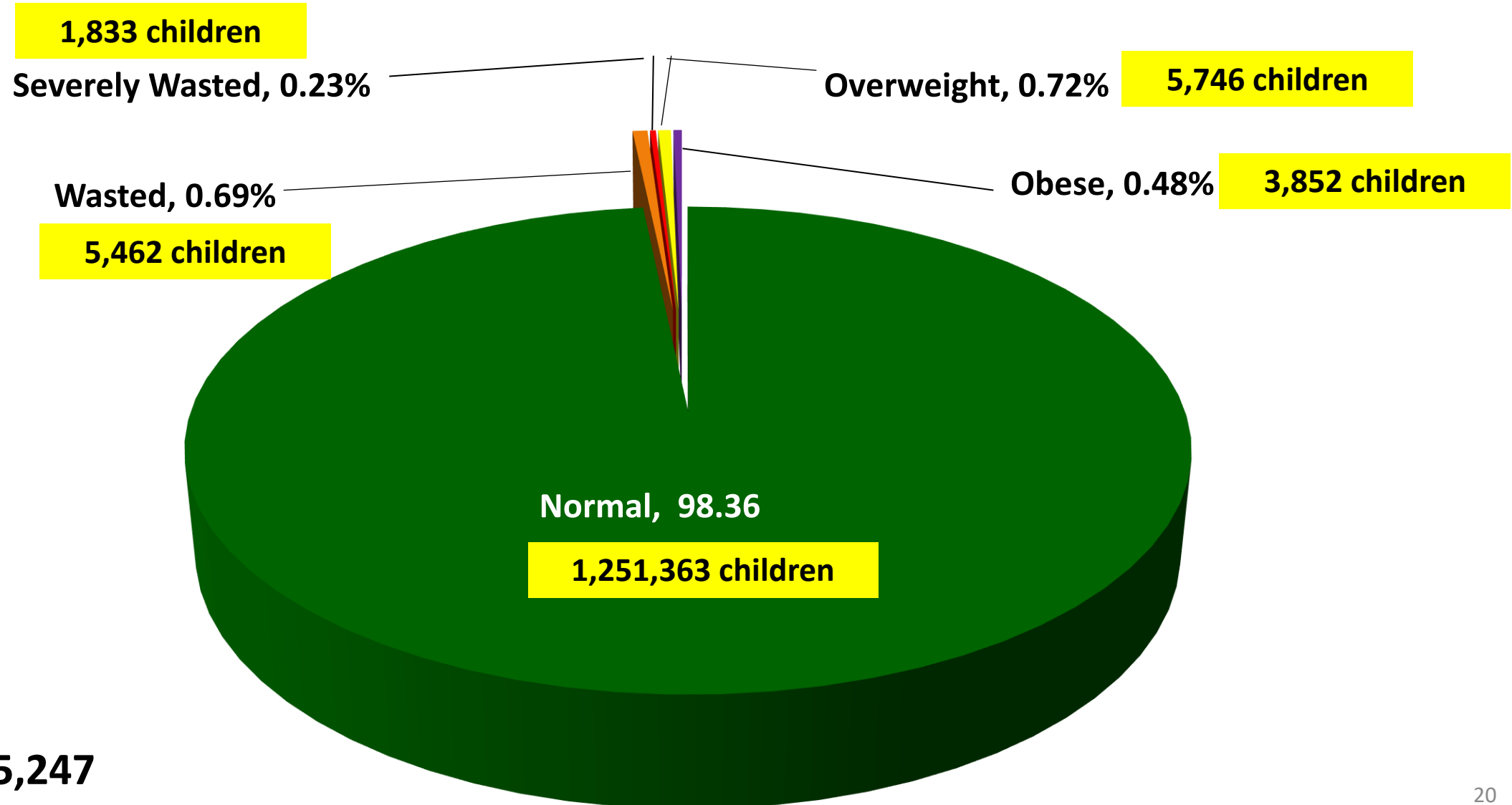
Note:

- 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)

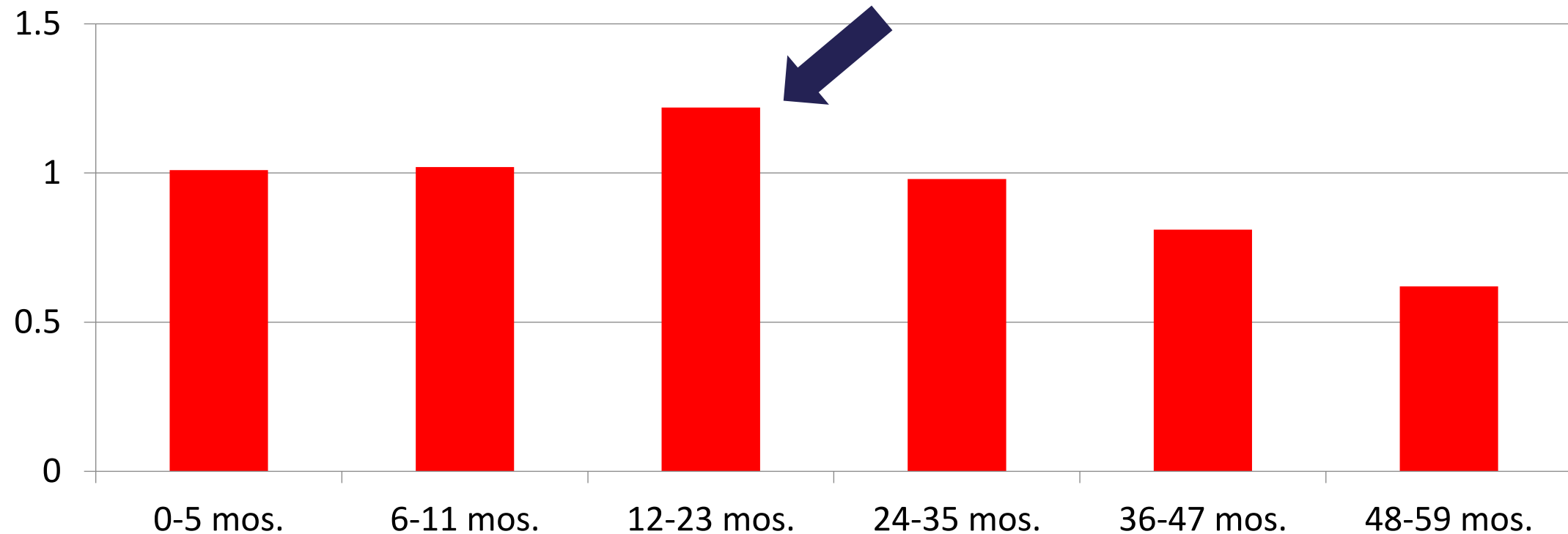
Weight-for-Length/Height

2019 Nutritional Status of 0 – 59 months old children in NCR according to Weight-for-Length/Height



N = 795,247

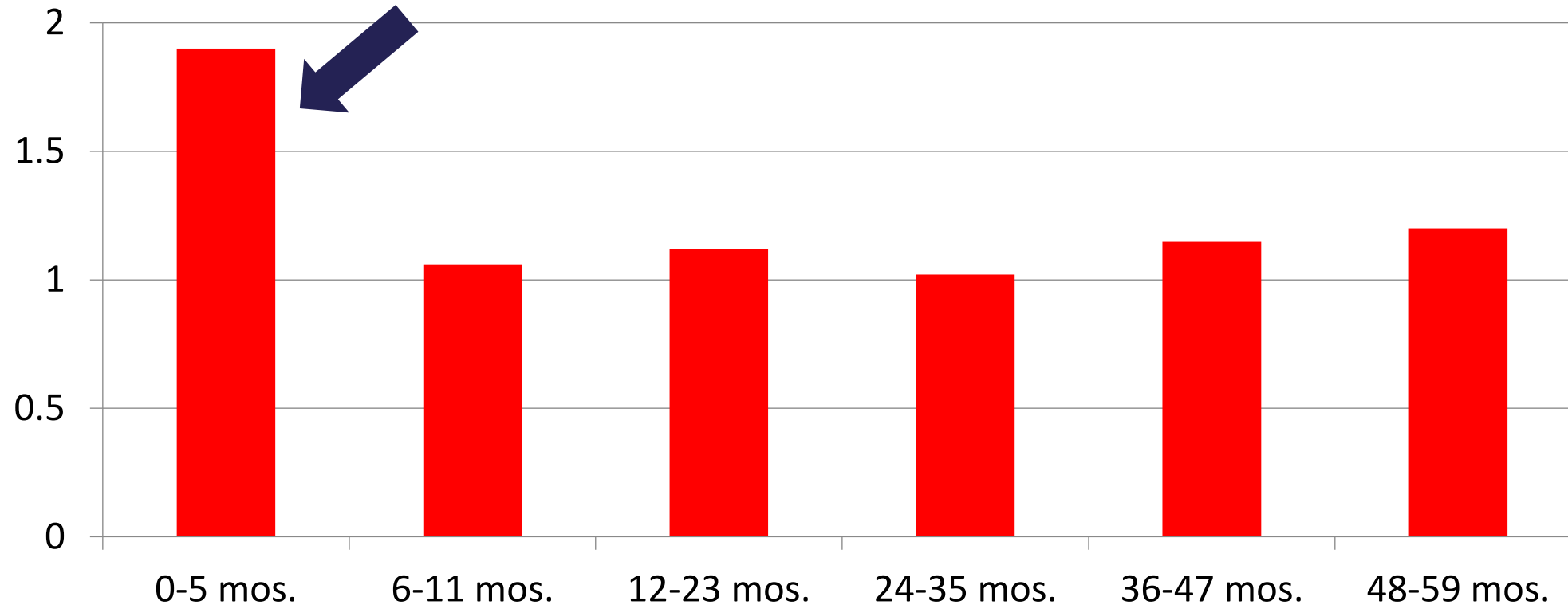
Prevalence of Wasting and Severe Wasting among Children 0-59 months old in NCR, per age group, 2020



Note:

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

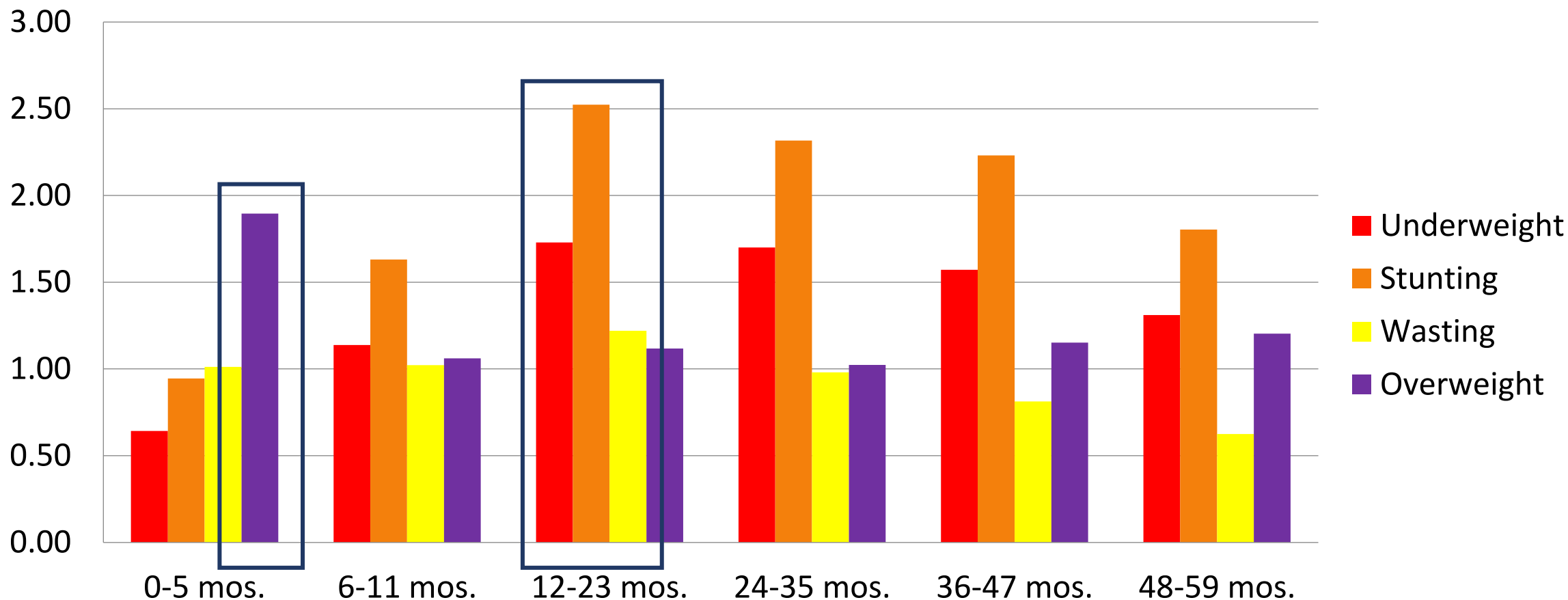
Prevalence of Overweight-for-Length/Height and Obesity among Children 0-59 months old in NCR, per age group, 2020



Note:

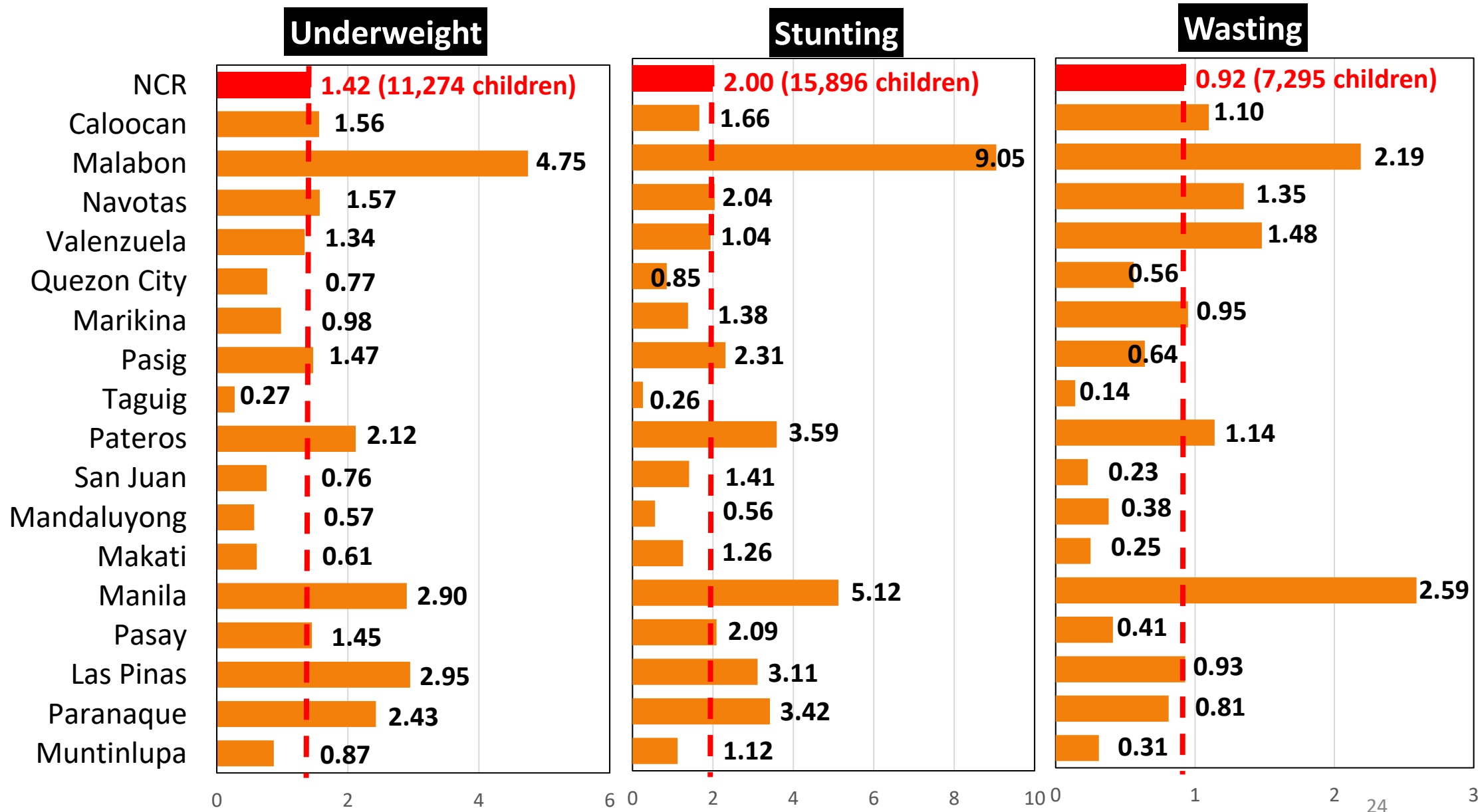
- Highest prevalence of overweight and obesity is found in children 0-5 months.

Prevalence of malnutrition among Children 0-59 months old in NCR, per age group, 2020

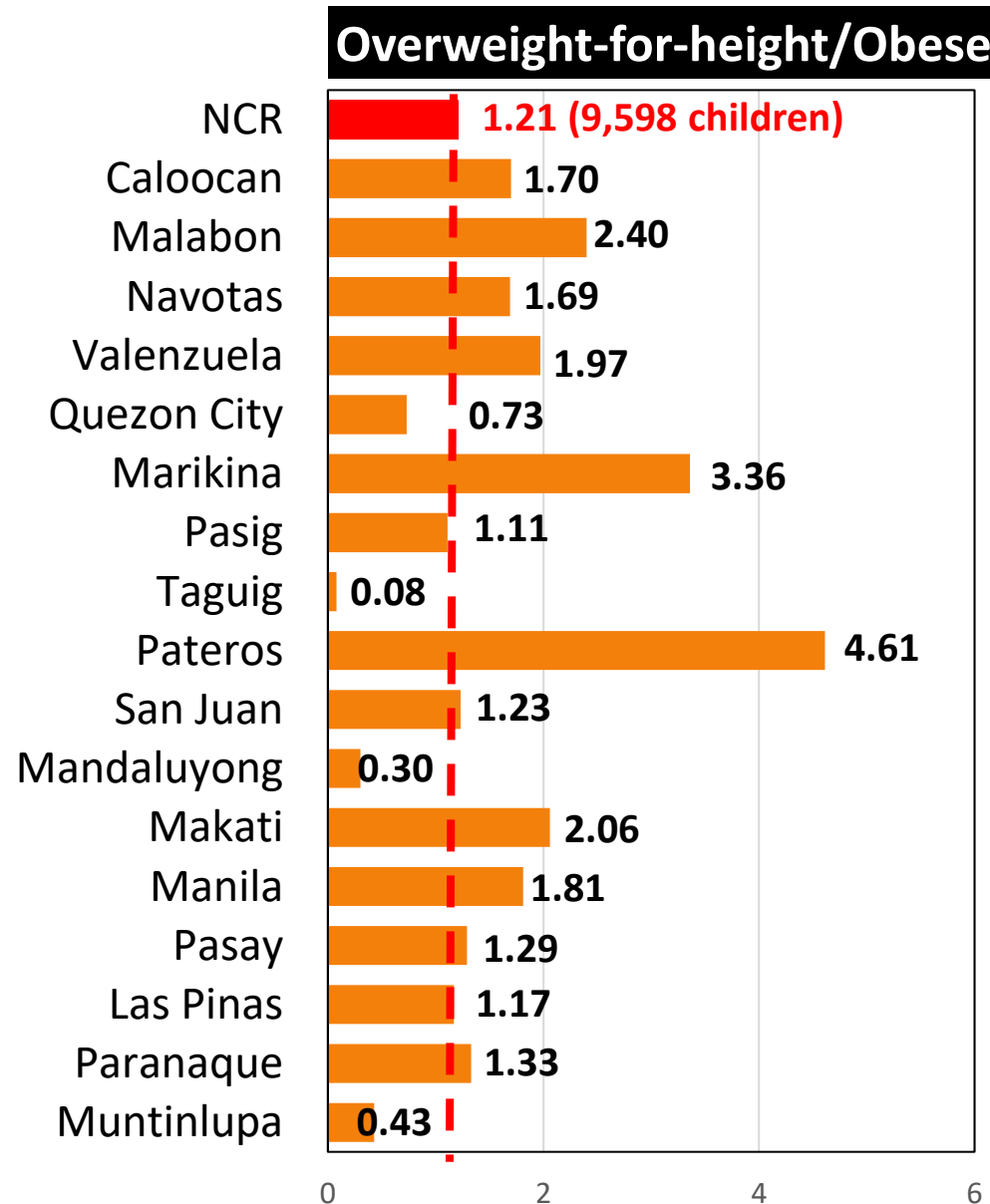


- Increasing trend of underweight, stunting and wasting from 0-5 mos. until 12-23 mos.
- Large increase in prevalence of underweight and stunting from 6-11 mos. to 12-23 mos.
- **Highest prevalence of underweight, stunting and wasting** is found in children **12-23 mos.**
- **Highest prevalence of overweight and obesity** is found in children **0-5 months.**

Prevalence of undernutrition among Children 0-59 months old in NCR by LGU, 2020



Prevalence of overweight-for-height and obesity among Children 0-59 months old in NCR by LGU, 2020



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THANK YOU!