

Important: For correct borders and pagination, set your printer to Long size (8.5 x 13 inches) paper.

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2019 Page 1 of 3

Note: 1 Barangay(s) with incomplete height measurements

Total Popn of Region: 13,911,986 Source: DOH 2020
 Year OPT Plus: 2020
 Region: NCR CY 2019 Prevalence Rate UW + SUW ^{1/}: 1.1%
 Total # of LGUs: 17 0-59 mos.: 1.4%
 Total # of LGUs with OPT Plus Results/Total # of LGUs: 100.0%
 Estimated No. of PS: 0-59 months old ^{2/} 1,296,875
 Actual No. of PS measured: 0-59 months old 795,546 0 -71 months old: 795,546
 Percent OPT Plus Coverage: 0-59 months old 61.3%
 # Indigenous PS measured: 0-59 months old 422 0 -71 months old: _____
 Indigenous Group/s: (Please specify) Badjao, Aeta

Age Group (1)	Weight for Age Status											Total, by age group							
	Normal (N)		Underweight (UW)		Sev. Underwt (SUW)		Overweight (OW)		TOTAL			Total N		Total UW		Total SUW		Total OW	
	Boys (2)	Girls (3)	Boys (4)	Girls (5)	Boys (6)	Girls (7)	Boys (8)	Girls (9)	Boys (10)	Girls (11)	Total (12)	No (13)	Prev (%) (14)	No (15)	Prev (%) (16)	No (17)	Prev (18)	No (19)	Prev (%) (20)
0-5 months (R1)	43,543	42,634	261	150	88	66	615	536	44,507	43,386	87,893	86,177	98.0	411	0.5	154	0.2	1151	1.3
6-11 months (R2)	40,230	39,527	425	265	163	71	261	252	41,079	40,115	81,194	79,757	98.2	690	0.8	234	0.3	513	0.6
12-23 months (R3)	71,372	68,315	971	782	408	315	498	516	73,249	69,928	143,177	139,687	97.6	1753	1.2	723	0.5	1014	0.7
24-35 months (R4)	72,581	70,216	1,054	854	275	300	398	409	74,308	71,779	146,087	142,797	97.7	1908	1.3	575	0.4	807	0.6
36-47 months (R5)	77,366	75,573	998	931	258	269	522	381	79,144	77,154	156,298	152,939	97.9	1929	1.2	527	0.3	903	0.6
48-59 months (R6)	90,665	86,806	996	965	231	178	627	429	92,519	88,378	180,897	177,471	98.1	1961	1.1	409	0.2	1056	0.6
60-71 months (R7)	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	0.0	0	0.0	0	0.0
Total (R8)																			
0-59 mos	395,757	383,071	4,705	3,947	1,423	1,199	2,921	2,523	404,806	390,740	795,546	778,828		8,652		2,622		5,444	
0-71 mos	395,757	383,071	4,705	3,947	1,423	1,199	2,921	2,523	404,806	390,740	795,546	778,828		8,652		2,622		5,444	
Prev (%) (R9)																			
0-59 mos	97.8	98.0	1.2	1.0	0.4	0.3	0.7	0.6	50.9	49.1			97.9		1.1		0.3		0.7
0-71 mos	97.8	98.0	1.2	1.0	0.4	0.3	0.7	0.6	50.9	49.1			97.9		1.1		0.3		0.7

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R8) - refers to the sum of preschoolers by nutritional status for children 0-59 months and 0-71 months; c) Prev (R9) - refers to the prevalence rate by sex, by nutritional status for age group 0-59 mos. & 0-71 mos.

1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10.714% x Total Population

Use WEIGHT-FOR-LENGTH or WEIGHT-FOR-HEIGHT to correctly determine overweight and obesity

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Important: For correct borders and pagination, set your printer to Long size (8.5 x 13 inches) paper.

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 1 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:



Normal Weight for Age

Normal Length/Height for Age

Normal Weight for Length/Height

	Total Number of Children															Total # Normal WFA Measured	
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	6,943	7,098	6,678	6,863	8,444	8,107	8,089	8,050	8,085	8,110	8,709	8,513	93689	
City of Manila	177692	97003	54.6%	3,558	3,411	3,803	3,555	9,380	8,684	9,694	8,983	10,678	9,872	11,258	10,493	93369	
Las Piñas City	57941	40851	70.5%	1,456	1,488	1,145	1,046	2,804	2,520	3,689	3,333	4,412	4,066	6,854	6,572	39385	
Makati City	45454	23945	52.7%	1,932	1,830	1,817	1,514	2,229	1,940	2,151	1,930	1,965	1,721	2,298	2,114	23441	
Malabon City	34977	14360	41.1%	1,544	1,416	1,083	1,033	1,028	1,026	738	744	869	857	1,611	1,507	13456	
Mandaluyong	42236	32043	75.9%	1,211	1,118	1,325	1,246	3,200	2,997	3,059	3,017	3,811	3,782	3,647	3,414	31827	
Marikina City	44178	26804	60.7%	1,944	1,903	1,777	1,630	2,579	2,324	2,051	1,900	2,211	2,100	2,953	2,853	26225	
Municipality of Pateros	5896	3344	56.7%	168	157	126	163	342	330	303	326	274	317	339	354	3199	
Muntinlupa City	53222	46314	87.0%	2,319	2,144	2,315	2,336	4,293	4,056	4,470	4,271	4,766	4,415	5,409	4,933	45727	
Navotas City	23154	12963	56.0%	426	399	507	513	1,030	1,008	1,327	1,219	1,390	1,447	1,603	1,705	12574	
Parañaque City	69437	30462	43.9%	1,495	1,376	1,637	1,531	2,409	2,294	2,785	2,766	2,666	2,661	4,070	3,735	29425	
Pasay City	40872	31211	76.4%	1,404	1,284	1,432	1,369	3,584	3,274	2,878	2,729	2,758	2,566	3,674	3,478	30430	
Pasig City	78388	36377	46.4%	2,887	2,677	2,067	2,106	2,713	2,658	2,648	2,461	2,823	2,663	4,977	4,896	35576	
Quezon City	288883	164189	56.8%	9,991	10,303	8,902	9,230	14,412	14,486	15,097	15,049	15,751	16,124	16,725	16,252	162322	
San Juan City	11425	7374	64.5%	347	325	372	297	785	653	783	761	802	596	855	676	7252	
Taguig City	92049	93801	101.9%	4,051	3,991	3,612	3,530	8,369	8,238	8,905	9,060	9,765	10,324	11,944	11,707	93496	
Valenzuela City	61697	38306	62.1%	1,867	1,714	1,632	1,565	3,771	3,720	3,914	3,617	4,340	3,952	3,739	3,604	37435	
TOTAL	1,283,071	795,546	62.0%	43,543	42,634	40,230	39,527	71,372	68,315	72,581	70,216	77,366	75,573	90,665	86,806	778,828	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros Elisa V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 4 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:



Underweight Weight for Age

Stunted Length/Height for Age

Wasted Weight for Length/Height

Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	Total Number of Children												Total # UW Measured
				0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
Caloocan City	155570	96199	61.8%	72	44	91	61	137	97	128	110	114	117	151	120	1242
City of Manila	177692	97003	54.6%	38	30	70	45	201	155	238	176	279	208	276	266	1982
Las Piñas City	57941	40851	70.5%	20	13	31	27	103	78	136	96	114	101	121	128	968
Makati City	45454	23945	52.7%	0	1	4	5	13	15	10	15	13	10	15	18	119
Malabon City	34977	14360	41.1%	8	3	29	13	53	46	62	38	58	74	68	65	517
Mandaluyong	42236	32043	75.9%	3	6	12	13	22	25	23	22	15	16	5	13	175
Marikina City	44178	26804	60.7%	9	6	16	3	20	20	19	16	19	13	23	27	191
Municipality of Pateros	5896	3344	56.7%	1	0	4	1	7	14	12	7	4	8	0	2	60
Muntinlupa City	53222	46314	87.0%	4	2	10	9	49	29	56	40	47	48	8	6	308
Navotas City	23154	12963	56.0%	8	4	18	10	42	19	13	10	5	6	4	5	144
Parañaque City	69437	30462	43.9%	13	2	32	16	70	50	71	54	73	75	67	69	592
Pasay City	40872	31211	76.4%	2	6	14	11	35	28	42	33	47	48	70	70	406
Pasig City	78388	36377	46.4%	6	7	17	6	56	40	43	46	45	54	42	47	409
Quezon City	288883	164189	56.8%	60	17	45	31	92	94	115	97	87	80	86	77	881
San Juan City	11425	7374	64.5%	5	0	1	2	10	8	4	7	4	9	2	3	55
Taguig City	92049	93801	101.9%	4	3	7	3	27	29	35	32	27	24	16	13	220
Valenzuela City	61697	38306	62.1%	8	6	24	9	34	35	47	55	47	40	42	36	383
TOTAL	1283071	795546	62.0%	261	150	425	265	971	782	1,054	854	998	931	996	965	8,652

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros Elida V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 7 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:



Severely Underweight Weight for Age

Severely Stunted Length/Height for Age

Severely Wasted Weight for Length/Height

	Total Number of Children																Total # SUW Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	12	16	25	16	25	22	20	16	22	27	33	29	263	
City of Manila	177692	97003	54.6%	27	20	39	18	165	125	102	96	76	84	42	37	831	
Las Piñas City	57941	40851	70.5%	5	3	5	1	30	25	21	40	21	27	38	22	238	
Makati City	45454	23945	52.7%	1	0	3	0	4	0	3	5	4	3	1	2	26	
Malabon City	34977	14360	41.1%	3	3	9	2	24	18	27	18	19	13	15	14	165	
Mandaluyong	42236	32043	75.9%	0	0	1	0	1	1	2	2	2	0	0	0	9	
Marikina City	44178	26804	60.7%	5	8	5	4	9	9	5	8	2	7	8	3	73	
Municipality of Pateros	5896	3344	56.7%	0	0	1	1	1	1	2	4	1	0	0	0	11	
Muntinlupa City	53222	46314	87.0%	5	0	7	1	11	6	12	18	16	13	4	1	94	
Navotas City	23154	12963	56.0%	7	1	5	3	18	12	2	3	3	2	3	0	59	
Parañaque City	69437	30462	43.9%	4	1	7	4	23	17	12	18	16	19	12	14	147	
Pasay City	40872	31211	76.4%	1	0	8	1	5	4	3	7	1	5	6	4	45	
Pasig City	78388	36377	46.4%	3	6	15	3	17	9	7	12	18	13	13	8	124	
Quezon City	288883	164189	56.8%	8	4	21	13	48	53	38	39	40	41	42	30	377	
San Juan City	11425	7374	64.5%	1	0	0	0	0	0	0	0	0	0	0	0	1	
Taguig City	92049	93801	101.9%	0	0	1	1	10	3	4	3	2	2	0	3	29	
Valenzuela City	61697	38306	62.1%	6	4	11	3	17	10	15	11	15	13	14	11	130	
TOTAL	1,283,071	795,546	62.0%	88	66	163	71	408	315	275	300	258	269	231	178	2,622	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros L. V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 10 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check: ☒ **Overweight Weight for Age** **Tall Length/Height for Age** **Overweight Weight for Length/Height** **Obese Weight for Length/Height**

Province/ Independent City	Total Number of Children																Total # OverWt Measured
	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	118	122	63	56	101	86	77	55	92	65	91	79	1005	
City of Manila	177692	97003	54.6%	122	122	42	53	81	86	52	58	65	45	69	26	821	
Las Piñas City	57941	40851	70.5%	26	25	8	12	19	37	19	22	18	20	35	19	260	
Makati City	45454	23945	52.7%	41	27	20	16	37	30	20	20	35	28	51	34	359	
Malabon City	34977	14360	41.1%	15	13	8	10	23	16	20	20	28	17	30	22	222	
Mandaluyong	42236	32043	75.9%	6	2	1	3	6	1	1	2	0	4	3	3	32	
Marikina City	44178	26804	60.7%	34	23	17	8	29	27	19	24	32	21	48	33	315	
Municipality of Pateros	5896	3344	56.7%	1	2	6	1	13	3	8	4	15	5	10	6	74	
Muntinlupa City	53222	46314	87.0%	13	9	15	16	21	24	13	23	10	13	13	15	185	
Navotas City	23154	12963	56.0%	43	34	11	12	16	18	12	7	11	7	7	8	186	
Parañaque City	69437	30462	43.9%	37	40	10	8	33	33	25	26	23	18	24	21	298	
Pasay City	40872	31211	76.4%	25	12	9	3	30	35	22	33	33	32	60	36	330	
Pasig City	78388	36377	46.4%	28	20	9	5	19	29	20	25	34	23	42	14	268	
Quezon City	288883	164189	56.8%	70	59	34	38	45	50	42	53	55	38	61	64	609	
San Juan City	11425	7374	64.5%	3	1	1	0	4	11	7	10	8	6	8	7	66	
Taguig City	92049	93801	101.9%	4	4	1	2	2	6	7	2	7	3	12	6	56	
Valenzuela City	61697	38306	62.1%	29	21	6	9	19	24	34	25	56	36	63	36	358	
TOTAL	1,283,071	795,546	62.0%	615	536	261	252	498	516	398	409	522	381	627	429	5,444	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2019 Page 2 of 3

Note: 1 Barangay(s) with incomplete height measurements

Total Popn of Region: **13,911,986** Source/Yr: **DOH 2020**Year OPT Plus: **2020**Estimated No. of PS: 0-59 months old^{2/} **1,296,875**Actual No. of PS measured: 0-59 months old **795,323** 0-71 months old: **795,323**Region: **NCR** **CY 2019**Prevalence Rate of St. + SSt.^{1/}: **1.7%**Percent OPT Plus Coverage: 0-59 months old **61.3%**Total # of LGUs: **17** 0-59 mos: **2.0%**# Indigenous PS measured: 0-59 months old **422** 0-71 months old: _____Total # of LGUs with OPT Plus Results/Total # of LGUs: **100.0%**Indigenous Group/s: (Please specify) **Badjao, Aeta**

Age Group (1)	Length/Height for Age Status											Total, by age group							
	Normal (N)		Stunted /Short (St)		Sev Stunted (SSt)		Tall (T)		TOTAL			Total N		Total St		Total SSt		Total T	
	Boys (2)	Girls (3)	Boys (4)	Girls (5)	Boys (6)	Girls (7)	Boys (8)	Girls (9)	Boys (10)	Girls (11)	Total (12)	No (13)	Prev (%) (14)	No (15)	Prev (%) (16)	No (17)	Prev (%) (18)	No (19)	Prev (%) (20)
0-5 months (R1)	42,267	41,066	311	234	184	102	1,788	2,023	44,550	43,425	87,975	83,333	94.7	545	0.6	286	0.3	3811	4.3
6-11 months (R2)	38,926	38,161	559	369	259	137	1,308	1,448	41,052	40,115	81,167	77,087	95.0	928	1.1	396	0.5	2756	3.4
12-23 months (R3)	68,671	65,816	1,271	918	841	580	2,389	2,531	73,172	69,845	143,017	134,487	94.0	2189	1.5	1421	1.0	4920	3.4
24-35 months (R4)	71,149	68,817	1,220	968	638	554	1,192	1,340	74,199	71,679	145,878	139,966	95.9	2188	1.5	1192	0.8	2532	1.7
36-47 months (R5)	76,485	74,794	1,294	1,076	585	528	640	752	79,004	77,150	156,154	151,279	96.9	2370	1.5	1113	0.7	1392	0.9
48-59 months (R6)	90,153	86,340	1,165	1,112	540	451	779	592	92,637	88,495	181,132	176,493	97.4	2277	1.3	991	0.5	1371	0.8
60-71 months (R7)	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	0.0	0	0.0	0	0.0
Total (R8)																			
0-59 mos	387,651	374,994	5,820	4,677	3,047	2,352	8,096	8,686	404,614	390,709	795,323	762,645		10,497		5,399		16,782	
0-71 mos	387,651	374,994	5,820	4,677	3,047	2,352	8,096	8,686	404,614	390,709	795,323	762,645		10,497		5,399		16,782	
Prev (%) (R9)																			
0-59 mos	95.8	96.0	1.4	1.2	0.8	0.6	2.0	2.2	50.9	49.1			95.9		1.3		0.7		2.1
0-71 mos	95.8	96.0	1.4	1.2	0.8	0.6	2.0	2.2	50.9	49.1			95.9		1.3		0.7		2.1

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R8) - refers to the sum of preschoolers by nutritional status for children 0-59 months and 0-71 months; c) Prev (R9)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 mos. & 0-71 mos.

1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10.714% x Total Population

Use WEIGHT-FOR-LENGTH or WEIGHT-FOR-HEIGHT to correctly determine overweight and obesity

Prepared by: Theresa A. Rivas

NAME AND SIGNATURE

Validated by: Milagros L. V. Federizo

NAME AND SIGNATURE

Date: January 15, 2021

Nutrition Officer II, NNC-Regional Office, Region NCR

Regional Nutrition Program Coordinator, NNC Region NCR

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 2 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ Normal Weight for Age



Normal Length/Height for Age

☐ Normal Weight for Length/Height

	Total Number of Children																Total # Normal HFA Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	6,852	6,994	6,574	6,784	8,346	7,992	8,012	7,977	8,053	8,043	8,681	8,501	92809	
City of Manila	177692	97003	54.6%	3,353	3,142	3,566	3,287	8,800	8,212	9,387	8,693	10,370	9,590	11,024	10,263	89687	
Las Piñas City	57941	40851	70.5%	1,378	1,380	1,076	974	2,667	2,429	3,615	3,263	4,376	4,038	6,853	6,571	38620	
Makati City	45454	23945	52.7%	1,859	1,758	1,790	1,493	2,184	1,906	2,132	1,916	1,962	1,725	2,306	2,114	23145	
Malabon City	34977	14360	41.1%	1,505	1,364	1,031	1,002	911	937	671	671	815	808	1,546	1,451	12712	
Mandaluyong	42236	32043	75.9%	1,196	1,096	1,302	1,222	3,149	2,961	3,028	2,988	3,792	3,772	3,641	3,416	31563	
Marikina City	44178	26804	60.7%	1,856	1,880	1,647	1,559	2,320	2,107	1,868	1,731	2,049	2,066	3,031	2,964	25078	
Municipality of Pateros	5896	3344	56.7%	160	153	126	155	341	324	293	328	280	310	342	357	3169	
Muntinlupa City	53222	46314	87.0%	2,210	1,952	2,177	2,170	4,017	3,764	4,331	4,120	4,727	4,366	5,364	4,887	44085	
Navotas City	23154	12963	56.0%	402	378	477	480	990	983	1,324	1,221	1,396	1,447	1,612	1,713	12423	
Parañaque City	69437	30462	43.9%	1,468	1,317	1,594	1,485	2,300	2,180	2,728	2,677	2,646	2,642	4,045	3,729	28811	
Pasay City	40872	31211	76.4%	1,352	1,226	1,398	1,333	3,443	3,128	2,820	2,681	2,731	2,547	3,675	3,475	29809	
Pasig City	78388	36377	46.4%	2,735	2,519	1,971	2,001	2,594	2,534	2,543	2,388	2,763	2,613	4,828	4,776	34265	
Quezon City	288883	164189	56.8%	9,843	10,082	8,723	9,011	14,007	14,145	14,920	14,880	15,660	16,027	16,675	16,181	160154	
San Juan City	11425	7374	64.5%	345	317	361	287	765	644	753	751	790	587	844	673	7117	
Taguig City	92049	93801	101.9%	3,928	3,841	3,515	3,387	8,162	7,930	8,840	8,956	9,733	10,270	11,915	11,682	92159	
Valenzuela City	61697	38306	62.1%	1,825	1,667	1,598	1,531	3,675	3,640	3,884	3,576	4,342	3,943	3,771	3,587	37039	
TOTAL	1,283,071	795,546	62.0%	42,267	41,066	38,926	38,161	68,671	65,816	71,149	68,817	76,485	74,794	90,153	86,340	762,645	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros E. V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 5 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ Underweight Weight for Age



Stunted Length/Height for Age

☐ Wasted Weight for Length/Height

Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	Total Number of Children												Total # Stunted Measured
				0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
Caloocan City	155570	96199	61.8%	77	61	97	63	124	90	112	78	110	90	104	110	1116
City of Manila	177692	97003	54.6%	71	69	122	81	280	186	271	237	356	252	311	310	2546
Las Piñas City	57941	40851	70.5%	22	13	35	23	114	71	116	87	111	110	116	99	917
Makati City	45454	23945	52.7%	6	8	11	7	30	22	27	26	33	19	15	25	229
Malabon City	34977	14360	41.1%	9	7	50	30	124	98	92	81	106	102	118	109	926
Mandaluyong	42236	32043	75.9%	2	2	9	10	20	12	22	12	23	17	10	6	145
Marikina City	44178	26804	60.7%	15	7	22	8	30	31	19	14	26	22	56	33	283
Municipality of Pateros	5896	3344	56.7%	2	0	2	7	16	12	18	4	8	16	4	4	93
Muntinlupa City	53222	46314	87.0%	2	2	11	7	63	35	59	41	54	53	8	4	339
Navotas City	23154	12963	56.0%	12	10	28	29	48	33	4	1	1	1	0	0	167
Parañaque City	69437	30462	43.9%	11	8	48	32	96	66	90	75	86	76	81	65	734
Pasay City	40872	31211	76.4%	5	7	14	12	55	49	66	51	85	71	97	83	595
Pasig City	78388	36377	46.4%	16	6	17	6	56	42	72	62	85	65	78	65	570
Quezon City	288883	164189	56.8%	43	20	51	28	111	99	129	99	104	94	88	105	971
San Juan City	11425	7374	64.5%	2	0	6	4	13	8	20	13	10	12	8	7	103
Taguig City	92049	93801	101.9%	1	1	9	10	18	20	25	21	22	21	17	8	173
Valenzuela City	61697	38306	62.1%	15	13	27	12	73	44	78	66	74	55	54	79	590
TOTAL	1,283,071	795,546	62.0%	311	234	559	369	1,271	918	1,220	968	1,294	1,076	1,165	1,112	10,497

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 8 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check: **Severely Underweight Weight for Age**



Severely Stunted Length/Height for Age

Severely Wasted Weight for Length/Height

Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	Total Number of Children												Total # SSt Measured
				0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
Caloocan City	155570	96199	61.8%	38	26	40	20	64	41	54	48	35	41	37	36	480
City of Manila	177692	97003	54.6%	70	33	80	58	338	270	284	226	308	255	277	219	2418
Las Piñas City	57941	40851	70.5%	6	3	12	4	50	35	42	45	41	31	48	38	355
Makati City	45454	23945	52.7%	4	0	2	1	15	8	5	11	9	6	7	4	72
Malabon City	34977	14360	41.1%	4	6	21	6	54	32	59	39	33	39	40	40	373
Mandaluyong	42236	32043	75.9%	0	1	1	2	5	2	3	4	4	5	2	5	34
Marikina City	44178	26804	60.7%	4	3	7	4	12	7	10	13	3	5	11	5	84
Municipality of Pateros	5896	3344	56.7%	2	1	2	0	1	5	7	6	2	1	0	0	27
Muntinlupa City	53222	46314	87.0%	5	0	7	2	35	19	31	25	30	17	3	4	178
Navotas City	23154	12963	56.0%	13	4	14	11	35	16	0	0	1	1	1	2	98
Parañaque City	69437	30462	43.9%	10	7	10	3	67	34	31	30	28	35	27	27	309
Pasay City	40872	31211	76.4%	2	1	4	1	8	7	7	7	1	4	9	5	56
Pasig City	78388	36377	46.4%	4	6	22	6	47	30	27	20	28	37	26	18	271
Quezon City	288883	164189	56.8%	10	5	17	9	72	56	57	58	35	37	32	30	418
San Juan City	11425	7374	64.5%	1	0	0	0	0	0	0	0	0	0	0	0	1
Taguig City	92049	93801	101.9%	3	1	4	4	15	7	11	7	7	4	3	4	70
Valenzuela City	61697	38306	62.1%	8	5	16	6	23	11	10	15	20	10	17	14	155
TOTAL	1,283,071	795,546	62.0%	184	102	259	137	841	580	638	554	585	528	540	451	5,399

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros E. V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 11 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ **Overweight Weight for Age**



Tall Length/Height for Age

☐ **Overweight Weight for Length/Height**

☐ **Obese Weight for Length/Height**

Total Number of Children																	Total # Tall Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	178	199	146	129	173	189	136	128	115	145	162	94	1794	
City of Manila	177692	97003	54.6%	251	339	186	245	409	382	144	157	64	112	33	30	2352	
Las Piñas City	57941	40851	70.5%	101	133	66	85	125	125	92	96	37	36	31	32	959	
Makati City	45454	23945	52.7%	105	92	41	34	54	49	20	17	13	12	37	25	499	
Malabon City	34977	14360	41.1%	52	58	27	20	39	39	25	29	20	12	20	8	349	
Mandaluyong	42236	32043	75.9%	22	27	27	28	55	49	32	39	9	8	2	3	301	
Marikina City	44178	26804	60.7%	117	132	112	74	188	152	97	90	47	43	52	32	1136	
Municipality of Pateros	5896	3344	56.7%	6	5	7	4	5	7	7	3	4	3	3	1	55	
Muntinlupa City	53222	46314	87.0%	124	201	152	183	259	297	130	166	28	53	59	60	1712	
Navotas City	23154	12963	56.0%	57	46	22	18	43	25	17	17	10	13	4	3	275	
Parañaque City	69437	30462	43.9%	60	87	34	39	72	114	44	82	18	20	20	18	608	
Pasay City	40872	31211	76.4%	73	68	47	38	148	157	52	63	22	29	29	25	751	
Pasig City	78388	36377	46.4%	169	179	98	107	108	130	76	74	44	38	142	106	1271	
Quezon City	288883	164189	56.8%	276	233	211	264	407	383	186	201	134	125	119	107	2646	
San Juan City	11425	7374	64.5%	8	9	7	8	21	20	21	14	14	12	13	6	153	
Taguig City	92049	93801	101.9%	127	155	93	135	213	319	75	113	39	58	37	35	1399	
Valenzuela City	61697	38306	62.1%	62	60	32	37	70	94	38	51	22	33	16	7	522	
TOTAL	1,283,071	795,546	62.0%	1,788	2,023	1,308	1,448	2,389	2,531	1,192	1,340	640	752	779	592	16,782	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros E. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4A. Regional Summary Report on Operation Timbang Plus

Revised February 2019 Page 3 of 3

Note: 1 Barangay(s) with incomplete height measurements

Total Popn of Region: **13,911,986**

Source/Yr.: **DOH 2020**

Estimated No. of PS: 0-59 months old^{2/} **1,296,875**

Year OPT Plus: **2020**

Actual No. of PS measured: 0-59 months old **795,247**

0-71 months old: **795,247**

Region: **NCR** **CY 2019**

Prevalence Rate W + SW ^{1/}: **0.8%**

Percent OPT Plus Coverage: 0-59 months old **61.3%**

Indigenous PS measured: 0-59 months old **422**

0-71 months old: **795,247**

Total # of LGUs: **17** 0-59 mos: **0.9%**

Total # of LGUs with OPT Plus Results/Total # of LGUs: **100.0%**

Indigenous Group/s: (Please specify) **Badjao, Aeta**

Age Group (1)	Weight for Length/Height Status													Total, by age group									
	Normal (N)		Wasted (W)		SevWasted (SW)		Overweight (OW)		Obese (Ob)		TOTAL			Total N		Total W		Total SW		Total OW		Total Ob	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Total	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)	No	Prev (%)
	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	(17)	(18)	(19)	(20)	(21)	(22)	(23)	(24)
0-5 months (R1)	43,208	42,130	338	260	157	134	495	609	308	254	44,506	43,387	87,893	85,338	97.1	598	0.7	291	0.3	1104	1.3	562	0.6
6-11 months (R2)	40,075	39,403	371	249	124	86	329	265	155	112	41,054	40,115	81,169	79,478	97.9	620	0.8	210	0.3	594	0.7	267	0.3
12-23 months (R3)	71,414	68,260	722	592	225	206	508	492	303	295	73,172	69,845	143,017	139,674	97.7	1314	0.9	431	0.3	1000	0.7	598	0.4
24-35 months (R4)	72,661	70,295	578	510	189	154	437	415	336	305	74,201	71,679	145,880	142,956	98.0	1088	0.7	343	0.2	852	0.6	641	0.4
36-47 months (R5)	77,276	75,811	522	448	182	117	527	447	493	332	79,000	77,155	156,155	153,087	98.0	970	0.6	299	0.2	974	0.6	825	0.5
48-59 months (R6)	90,776	87,045	445	427	143	116	685	537	590	369	92,639	88,494	181,133	177,821	98.2	872	0.5	259	0.1	1222	0.7	959	0.5
60-71 months (R7)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total (R8)																							
0-59 mos	395,410	382,944	2,976	2,486	1,020	813	2,981	2,765	2,185	1,667	404,572	390,675	795,247	778,354		5,462		1,833		5,746		3,852	
0-71 mos	395,410	382,944	2,976	2,486	1,020	813	2,981	2,765	2,185	1,667	404,572	390,675	795,247	778,354		5,462		1,833		5,746		3,852	
Prev (%) (R9)																							
0-59 mos	97.7	98.0	0.7	0.6	0.3	0.2	0.7	0.7	0.5	0.4	50.9	49.1			97.9		0.7		0.2		0.7		0.5
0-71 mos	97.7	98.0	0.7	0.6	0.3	0.2	0.7	0.7	0.5	0.4	50.9	49.1			97.9		0.7		0.2		0.7		0.5

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R8) - refers to the sum of preschoolers by nutritional status for children 0-59 months and 0-71 months; c) Prev (R9)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 mos. & 0-71 mos.

1/ Refers to previous year prevalence rate of the area 2/ 0-59 months = 10.714% x Total Population

Use **WEIGHT-FOR-LENGTH** for 0-23 months old preschool children and **WEIGHT-FOR-HEIGHT** for 24-60 months old preschool children.

Use **WEIGHT-FOR-LENGTH** or **WEIGHT-FOR-HEIGHT** to correctly determine overweight and obesity

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Validated by: Milagros Elva V. Federizo
NAME AND SIGNATURE

Date: January 15, 2021

Nutrition Officer II, NNC-Regional Office, Region NCR

Regional Nutrition Program Coordinator, NNC Region NCR

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 3 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ Normal Weight for Age

☐ Normal Length/Height for Age



Normal Weight for Length/Height

	Total Number of Children																Total # Normal WFL/H Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	6,872	7,029	6,631	6,849	8,451	8,087	8,082	8,019	8,077	8,124	8,753	8,532	93506	
City of Manila	177692	97003	54.6%	3,419	3,320	3,703	3,496	9,265	8,615	9,664	8,940	10,649	9,896	11,244	10,530	92741	
Las Piñas City	57941	40851	70.5%	1,432	1,471	1,158	1,062	2,871	2,581	3,783	3,414	4,488	4,138	6,938	6,655	39991	
Makati City	45454	23945	52.7%	1,927	1,818	1,820	1,510	2,233	1,941	2,141	1,940	1,953	1,716	2,275	2,117	23391	
Malabon City	34977	14360	41.1%	1,544	1,415	1,088	1,038	1,064	1,046	780	770	894	908	1,622	1,531	13700	
Mandaluyong	42236	32043	75.9%	1,214	1,118	1,327	1,246	3,206	2,991	3,062	3,019	3,810	3,784	3,637	3,412	31826	
Marikina City	44178	26804	60.7%	1,895	1,848	1,735	1,610	2,432	2,182	1,921	1,783	2,024	2,062	2,979	2,893	25364	
Municipality of Pateros	5896	3344	56.7%	161	154	128	160	344	324	302	327	261	316	327	348	3152	
Muntinlupa City	53222	46314	87.0%	2,334	2,150	2,333	2,349	4,337	4,084	4,512	4,308	4,794	4,447	5,400	4,924	45972	
Navotas City	23154	12963	56.0%	416	393	503	506	1,053	1,025	1,318	1,224	1,385	1,442	1,602	1,702	12569	
Parañaque City	69437	30462	43.9%	1,512	1,387	1,651	1,530	2,469	2,326	2,829	2,806	2,708	2,717	4,100	3,777	29812	
Pasay City	40872	31211	76.4%	1,405	1,290	1,444	1,373	3,617	3,295	2,898	2,757	2,772	2,594	3,718	3,519	30682	
Pasig City	78388	36377	46.4%	2,874	2,679	2,084	2,104	2,746	2,681	2,665	2,489	2,844	2,688	4,979	4,906	35739	
Quezon City	288883	164189	56.8%	9,995	10,077	8,890	9,215	14,420	14,497	15,123	15,069	15,717	16,114	16,714	16,238	162069	
San Juan City	11425	7374	64.5%	348	323	368	294	785	664	783	769	802	601	853	676	7266	
Taguig City	92049	93801	101.9%	4,053	3,992	3,613	3,529	8,383	8,251	8,926	9,063	9,780	10,336	11,949	11,713	93588	
Valenzuela City	61697	38306	62.1%	1,807	1,666	1,599	1,532	3,738	3,670	3,872	3,598	4,318	3,928	3,686	3,572	36986	
TOTAL	1283071	795546	62.0%	43,208	42,130	40,075	39,403	71,414	68,260	72,661	70,295	77,276	75,811	90,776	87,045	778,354	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros L. V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 6 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ Underweight Weight for Age

☐ Stunted Length/Height for Age



Wasted Weight for Length/Height

Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	Total Number of Children												Total # Wasted Measured
				0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
Caloocan City	155570	96199	61.8%	93	72	91	50	114	87	94	77	79	67	70	67	961
City of Manila	177692	97003	54.6%	98	79	120	65	266	181	173	155	173	121	131	117	1679
Las Piñas City	57941	40851	70.5%	14	8	12	11	57	41	49	41	35	37	37	33	375
Makati City	45454	23945	52.7%	4	3	2	5	3	4	6	5	10	2	5	3	52
Malabon City	34977	14360	41.1%	4	5	8	7	28	28	30	17	19	16	29	26	217
Mandaluyong	42236	32043	75.9%	0	0	6	7	10	14	13	9	8	9	5	6	87
Marikina City	44178	26804	60.7%	26	19	17	15	22	26	18	15	16	19	22	26	241
Municipality of Pateros	5896	3344	56.7%	2	1	2	4	5	10	4	6	2	2	0	0	38
Muntinlupa City	53222	46314	87.0%	1	0	5	5	14	7	18	15	20	15	2	4	106
Navotas City	23154	12963	56.0%	11	12	9	10	19	8	4	4	3	3	1	6	90
Parañaque City	69437	30462	43.9%	8	4	15	6	20	21	21	25	19	17	22	20	198
Pasay City	40872	31211	76.4%	2	4	11	5	9	16	13	10	14	6	12	5	107
Pasig City	78388	36377	46.4%	22	10	6	4	25	15	18	17	19	17	18	20	191
Quezon City	288883	164189	56.8%	27	29	38	32	57	70	45	41	53	68	46	48	554
San Juan City	11425	7374	64.5%	2	0	1	0	6	1	1	1	1	2	0	2	17
Taguig City	92049	93801	101.9%	3	0	4	2	20	18	13	27	13	11	6	6	123
Valenzuela City	61697	38306	62.1%	21	14	24	21	47	45	58	45	38	36	39	38	426
TOTAL	1,283,071	795,546	62.0%	338	260	371	249	722	592	578	510	522	448	445	427	5,462

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 9 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ Severely Underweight Weight for Age

☐ Severely Stunted Length/Height for Age

☒ Severely Wasted Weight for Length/Height

	Total Number of Children																Total # SW Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	8	13	8	8	10	11	10	8	6	6	6	7	101	
City of Manila	177692	97003	54.6%	68	64	48	39	118	96	91	72	77	47	61	49	830	
Las Piñas City	57941	40851	70.5%	1	1	0	0	0	2	0	0	1	0	0	1	6	
Makati City	45454	23945	52.7%	1	1	2	0	0	1	1	0	0	1	0	1	8	
Malabon City	34977	14360	41.1%	4	1	9	3	12	13	9	9	16	5	11	6	98	
Mandaluyong	42236	32043	75.9%	1	2	3	5	3	6	5	5	2	1	0	1	34	
Marikina City	44178	26804	60.7%	0	0	0	0	0	1	4	3	1	0	3	0	12	
Municipality of Pateros	5896	3344	56.7%	0	0	0	0	0	0	0	0	0	0	0	0	0	
Muntinlupa City	53222	46314	87.0%	1	0	3	0	5	1	5	7	7	5	2	0	36	
Navotas City	23154	12963	56.0%	25	8	11	7	17	8	2	2	1	2	1	1	85	
Parañaque City	69437	30462	43.9%	3	0	3	3	1	4	6	2	11	4	7	4	48	
Pasay City	40872	31211	76.4%	0	0	2	0	3	2	2	1	2	0	3	5	20	
Pasig City	78388	36377	46.4%	6	7	4	2	0	2	2	3	3	3	5	6	43	
Quezon City	288883	164189	56.8%	23	28	22	15	40	42	34	30	44	27	27	29	361	
San Juan City	11425	7374	64.5%	0	0	0	0	0	0	0	0	0	0	0	0	0	
Taguig City	92049	93801	101.9%	0	1	0	0	3	0	4	2	0	0	0	1	11	
Valenzuela City	61697	38306	62.1%	16	8	9	4	13	17	14	10	11	16	17	5	140	
TOTAL	1,283,071	795,546	62.0%	157	134	124	86	225	206	189	154	182	117	143	116	1,833	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 12 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check:

☐ **Overweight Weight for Age**

☐ **Tall Length/Height for Age**



Overweight Weight for Length/Height

☐ **Obese Weight for Length/Height**

Total Number of Children																	Total # OverWt WFL/H Measured
Province/ Independent City	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)		
Caloocan City	155570	96199	61.8%	110	104	92	61	79	82	76	80	84	70	95	82	1015	
City of Manila	177692	97003	54.6%	86	61	45	46	98	80	81	74	94	80	104	72	921	
Las Piñas City	57941	40851	70.5%	34	30	12	10	18	20	20	23	19	19	43	33	281	
Makati City	45454	23945	52.7%	33	28	8	12	28	22	20	14	25	26	51	27	294	
Malabon City	34977	14360	41.1%	14	8	20	7	12	12	17	12	27	15	36	29	209	
Mandaluyong	42236	32043	75.9%	2	5	2	4	4	8	4	5	5	3	7	7	56	
Marikina City	44178	26804	60.7%	40	62	32	14	72	64	31	34	45	40	100	83	617	
Municipality of Pateros	5896	3344	56.7%	4	2	5	2	5	11	10	6	10	9	11	8	83	
Muntinlupa City	53222	46314	87.0%	3	5	6	8	14	14	9	10	11	12	18	12	122	
Navotas City	23154	12963	56.0%	17	12	8	5	14	9	11	7	11	6	5	4	109	
Parañaque City	69437	30462	43.9%	13	19	13	14	27	26	22	15	23	24	23	22	241	
Pasay City	40872	31211	76.4%	16	6	3	6	17	17	14	18	29	26	30	31	213	
Pasig City	78388	36377	46.4%	10	9	9	9	23	28	17	16	21	26	35	23	226	
Quezon City	288883	164189	56.8%	68	218	37	36	60	50	67	62	73	55	56	50	832	
San Juan City	11425	7374	64.5%	5	3	5	5	8	4	7	3	6	5	8	3	62	
Taguig City	92049	93801	101.9%	2	4	2	4	1	4	1	3	3	3	5	5	37	
Valenzuela City	61697	38306	62.1%	38	33	30	22	28	41	30	33	41	28	58	46	428	
TOTAL	1,283,071	795,546	62.0%	495	609	329	265	508	492	437	415	527	447	685	537	5,746	

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Nutrition Officer II, NNC-Regional Office, Region NCR

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Regional Nutrition Program Coordinator, NNC Region NCR

Date: January 15, 2021

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



13

OPT Plus Form 4. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019 Page 13 of 13

Total No. of Provinces/Cities: 17

Year/Period of Measurement: 2020

Total No. of Provinces/Cities w/ OPT Plus Results: 17

Indigenous Groups: Badjao, Aeta

Region: NCR

Number of Indigenous PS measured: (0-59 mos old) 422

Please check: ☐ Overweight Weight for Age ☐ Tall Length/Height for Age ☐ Overweight Weight for Length/Height ☒ Obese Weight for Length/Height

Province/ Independent City	Total Number of Children															Total # Obese WFL/H Measured
	Estimated No. of 0-59 mos. old Preschool Children	Total No. of 0-59 mos. old PS measured	Coverage %	0-5 months		6-11 months		12-23 months		24-35 months		36-47 months		48-59 months		
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)	(14)	(15)	(16)	
Caloocan City	155570	96199	61.8%	62	62	35	28	53	45	52	47	67	52	60	53	616
City of Manila	177692	97003	54.6%	74	59	38	25	80	78	77	72	105	65	105	54	832
Las Piñas City	57941	40851	70.5%	26	19	7	3	10	15	13	13	21	20	30	19	196
Makati City	45454	23945	52.7%	9	8	12	8	19	17	16	11	29	17	34	20	200
Malabon City	34977	14360	41.1%	4	6	4	3	12	7	11	12	18	17	26	16	136
Mandaluyong	42236	32043	75.9%	3	1	1	0	6	5	1	5	3	5	6	4	40
Marikina City	44178	26804	60.7%	30	12	6	6	24	25	22	13	36	21	48	30	273
Municipality of Pateros	5896	3344	56.7%	3	2	2	0	9	3	9	2	21	3	11	6	71
Muntinlupa City	53222	46314	87.0%	2	0	0	0	4	9	7	12	7	10	12	15	78
Navotas City	23154	12963	56.0%	15	13	10	10	13	7	10	2	8	9	8	5	110
Parañaque City	69437	30462	43.9%	13	9	4	6	18	17	15	16	17	11	21	16	163
Pasay City	40872	31211	76.4%	9	2	3	0	8	11	18	16	22	25	47	28	189
Pasig City	78388	36377	46.4%	12	5	5	1	11	10	16	19	33	19	37	10	178
Quezon City	288883	164189	56.8%	16	31	15	14	20	24	23	36	46	19	71	58	373
San Juan City	11425	7374	64.5%	1	0	0	0	0	3	3	5	5	3	4	5	29
Taguig City	92049	93801	101.9%	1	1	2	1	1	3	7	2	5	3	12	4	42
Valenzuela City	61697	38306	62.1%	28	24	11	7	15	16	36	22	50	33	58	26	326
TOTAL	1,283,071	795,546	62.0%	308	254	155	112	303	295	336	305	493	332	590	369	3,852

Prepared by: Theresa A. Rivas
NAME AND SIGNATURE

Validated by: Milagros V. Federizo
NAME AND SIGNATURE

Date: January 15, 2021

Nutrition Officer II, NNC-Regional Office, Region NCR

Regional Nutrition Program Coordinator, NNC Region NCR

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL

OPT Plus Form 4B. Regional Consolidation Sheet of Operation Timbang Plus Results

Revised February 2019

Region: **NCR** Total Population: **13,911,986** Source & Yr: **DOH 2020**

OPT Plus Year: **2020** No. of Indigenous Groups Measured: **422**

Regional Prevalence Rates from Previous Year: CY 2019
Wt. for Age **1.1%** L/H for Age **1.7%** Wt for L/Ht **0.8%**

Current Regional Prevalence Rates: (0-59 months)
Wt. for Age **1.4%** L/H for Age **2.0%** Wt for L/Ht **0.9%**

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	Estimated # of Preschoolers 0-59 months old	Actual # of Preschoolers Measured (0-59 mos)		Actual # of Indigenous PS Measured (0-59 mos)	
						Weight	Height	Weight	Height
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Caloocan City	0	0	188	139	162,813	96,199	96,199	0	0
City of Manila	0	0	897	624	199,861	97,003	97,004	414	414
Las Piñas City	0	0	20	20	57,549	40,851	40,851	0	0
Makati City	0	0	25	25	38,740	23,945	23,945	0	0
Malabon City	0	0	21	21	36,193	14,360	14,360	0	0
Mandaluyong	0	0	27	27	40,034	32,043	32,043	0	0
Marikina City	0	0	16	16	41,306	26,804	26,581	0	0
Municipality of Pateros	0	0	10	10	5,537	3,344	3,344	0	0
Muntinlupa City	0	0	9	9	50,579	46,314	46,314	0	0
Navotas City	0	0	18	18	25,920	12,963	12,963	0	0
Parañaque City	0	0	16	16	65,616	30,462	30,462	5	5
Pasay City	0	0	201	201	37,935	31,211	31,211	0	0
Pasig City	0	0	30	30	80,860	36,377	36,377	0	0
Quezon City	0	0	142	136	274,752	164,189	164,189	0	0
San Juan City	0	0	21	20	9,218	7,374	7,374	0	0
Taguig City	0	0	28	28	99,001	93,801	93,801	3	3
Valenzuela City	0	0	33	33	59,652	38,306	38,306	0	0
TOTAL	0	0	1,702	1,373	1,285,566	795,546	795,324	422	422

Prepared by: Theresa A. Rivas
Nutrition Officer II, NNC-Reg. NCR

Validated by: Milagros Eliza V. Federizo
Regional Nutrition Program Coordinator, NNC-Region NCR

Date: January 15, 2021



Region NCR

LGU Logo

OPERATION TIMBANG PLUS 2020

NUTRITIONAL STATUS OF CHILDREN 0-59 MONTHS OLD SEX-DISAGGREGATED SUMMARY TABLES FOR PRESENTATIONS

Developed with Technical Assistance from the Food and Agriculture Organization of the United Nations
in Partnership with the National Nutrition Council and UNICEF



WEIGHT FOR AGE

	0-59 Months			
	Boys	Girls	Total	Prev
Normal	395,757	383,071	778,828	97.9%
Overweight	2,921	2,523	5,444	0.7%
Underweight	4,705	3,947	8,652	1.1%
Severely Underweight	1,423	1,199	2,622	0.3%

HEIGHT FOR AGE

	0-59 Months			
	Boys	Girls	Total	Prev
Normal	387,651	374,994	762,645	95.9%
Tall	8,096	8,686	16,782	2.1%
Stunted	5,820	4,677	10,497	1.3%
Severely Stunted	3,047	2,352	5,399	0.7%

WEIGHT FOR LENGTH/HEIGHT

	0-59 Months			
	Boys	Girls	Total	Prev
Normal	395,410	382,944	778,354	97.8%
Overweight	2,981	2,765	5,746	0.7%
Obese	2,185	1,667	3,852	0.5%
Wasted	2,976	2,486	5,462	0.7%
Severely Wasted	1,020	813	1,833	0.2%

Note: This worksheet is pre-formatted for printing on Letter size (8.5 x 11 in) paper, portrait view.



Region NCR

OPERATION TIMBANG PLUS 2020

UNDERWEIGHT AND SEVERE UNDERWEIGHT

PREVALENCE AND MAGNITUDE AMONG UNDER-FIVE CHILDREN, BY PROVINCE/CITY

***Provinces/Cities ranked from high to low prevalence of UW + Severe UW.**

To print, use long-size paper (8.5 x 13 in), portrait.

Rank*	PROVINCE/CITY	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR AGE - CHILDREN UNDER-FIVE			
			Normal (%)	Overweight (%)	Underweight + Severely Underweight (%)	Number of Underweight + Severely Underweight
1	Malabon City	39.7%	93.7%	1.5%	4.7%	682
2	Las Piñas City	71.0%	96.4%	0.6%	3.0%	1206
3	City of Manila	48.5%	96.3%	0.8%	2.9%	2813
4	Parañaque City	46.4%	96.6%	1.0%	2.4%	739
5	Municipality of Pateros	60.4%	95.7%	2.2%	2.1%	71
6	Navotas City	50.0%	97.0%	1.4%	1.6%	203
7	Caloocan City	59.1%	97.4%	1.0%	1.6%	1505
8	Pasig City	45.0%	97.8%	0.7%	1.5%	533
9	Pasay City	82.3%	97.5%	1.1%	1.4%	451
10	Valenzuela City	64.2%	97.7%	0.9%	1.3%	513
11	Marikina City	64.9%	97.8%	1.2%	1.0%	264
12	Muntinlupa City	91.6%	98.7%	0.4%	0.9%	402
13	Quezon City	59.8%	98.9%	0.4%	0.8%	1258
14	San Juan City	80.0%	98.3%	0.9%	0.8%	56
15	Makati City	61.8%	97.9%	1.5%	0.6%	145
16	Mandaluyong	80.0%	99.3%	0.1%	0.6%	184
17	Taguig City	94.7%	99.7%	0.1%	0.3%	249



Region NCR

OPERATION TIMBANG PLUS 2020

STUNTING AND SEVERE STUNTING

PREVALENCE AND MAGNITUDE AMONG UNDER-FIVE CHILDREN, BY PROVINCE/CITY

***Provs/Cities ranked from high to low prevalence of Stunting + Severe Stunting.**

To print, use long-size paper (8.5 x 13 in), portrait.

Rank*	PROVINCE/CITY	0-59 Months OPT Plus Coverage (%)	HEIGHT FOR AGE - CHILDREN UNDER-FIVE			
			Normal (%)	Tall (%)	Stunted + Severely Stunted (%)	Number of Stunted + Severely Stunted
1	Malabon City	39.7%	88.5%	2.4%	9.0%	1299
2	City of Manila	48.5%	92.5%	2.4%	5.1%	4964
3	Municipality of Pateros	60.4%	94.8%	1.6%	3.6%	120
4	Parañaque City	46.4%	94.6%	2.0%	3.4%	1043
5	Las Piñas City	71.0%	94.5%	2.3%	3.1%	1272
6	Pasig City	45.0%	94.2%	3.5%	2.3%	841
7	Pasay City	82.3%	95.5%	2.4%	2.1%	651
8	Navotas City	50.0%	95.8%	2.1%	2.0%	265
9	Valenzuela City	64.2%	96.7%	1.4%	1.9%	745
10	Caloocan City	59.1%	96.5%	1.9%	1.7%	1596
11	San Juan City	80.0%	96.5%	2.1%	1.4%	104
12	Marikina City	64.9%	93.6%	4.2%	1.4%	367
13	Makati City	61.8%	96.7%	2.1%	1.3%	301
14	Muntinlupa City	91.6%	95.2%	3.7%	1.1%	517
15	Quezon City	59.8%	97.5%	1.6%	0.8%	1389
16	Mandaluyong	80.0%	98.5%	0.9%	0.6%	179
17	Taguig City	94.7%	98.2%	1.5%	0.3%	243



Region NCR

OPERATION TIMBANG PLUS 2020

WASTING AND SEVERE WASTING

PREVALENCE AND MAGNITUDE AMONG UNDER-FIVE CHILDREN, BY PROVINCE/CITY

***Provinces/Cities ranked from high to low prevalence of Wasting + Severe Wasting.**

To print, use long-size paper (8.5 x 13 in), portrait.

Rank*	PROVINCE/CITY	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR LENGTH/HEIGHT - CHILDREN UNDER-FIVE			
			Normal (%)	Overweight + Obese (%)	Wasted + Severely Wasted (%)	Number of Wasted + Severely Wasted
1	City of Manila	48.5%	95.6%	1.8%	2.6%	2509
2	Malabon City	39.7%	95.4%	2.4%	2.2%	315
3	Valenzuela City	64.2%	96.6%	2.0%	1.5%	566
4	Navotas City	50.0%	97.0%	1.7%	1.3%	175
5	Municipality of Pateros	60.4%	94.3%	4.6%	1.1%	38
6	Caloocan City	59.1%	97.2%	1.7%	1.1%	1062
7	Marikina City	64.9%	94.6%	3.3%	0.9%	253
8	Las Piñas City	71.0%	97.9%	1.2%	0.9%	381
9	Parañaque City	46.4%	97.9%	1.3%	0.8%	246
10	Pasig City	45.0%	98.2%	1.1%	0.6%	234
11	Quezon City	59.8%	98.7%	0.7%	0.6%	915
12	Pasay City	82.3%	98.3%	1.3%	0.4%	127
13	Mandaluyong	80.0%	99.3%	0.3%	0.4%	121
14	Muntinlupa City	91.6%	99.3%	0.4%	0.3%	142
15	Makati City	61.8%	97.7%	2.1%	0.3%	60
16	San Juan City	80.0%	98.5%	1.2%	0.2%	17
17	Taguig City	94.7%	99.8%	0.1%	0.1%	134



Region NCR
OPERATION TIMBANG PLUS 2020
OVERWEIGHT AND OBESITY

PREVALENCE AND MAGNITUDE AMONG UNDER-FIVE CHILDREN, BY PROVINCE/CITY

***Provinces/Cities ranked from high to low prevalence of Overweight + Obesity.**

To print, use long-size paper (8.5 x 13 in), portrait.

Rank*	PROVINCE/CITY	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR LENGTH/HEIGHT - CHILDREN UNDER-FIVE			
			Normal (%)	Wasted + Severely Wasted (%)	Overweight + Obese (%)	Number of Overweight + Obese
1	Municipality of Pateros	60.4%	94.3%	1.1%	4.6%	154
2	Marikina City	64.9%	94.6%	0.9%	3.3%	890
3	Malabon City	39.7%	95.4%	2.2%	2.4%	345
4	Makati City	61.8%	97.7%	0.3%	2.1%	494
5	Valenzuela City	64.2%	96.6%	1.5%	2.0%	754
6	City of Manila	48.5%	95.6%	2.6%	1.8%	1753
7	Caloocan City	59.1%	97.2%	1.1%	1.7%	1631
8	Navotas City	50.0%	97.0%	1.3%	1.7%	219
9	Parañaque City	46.4%	97.9%	0.8%	1.3%	404
10	Pasay City	82.3%	98.3%	0.4%	1.3%	402
11	San Juan City	80.0%	98.5%	0.2%	1.2%	91
12	Las Piñas City	71.0%	97.9%	0.9%	1.2%	477
13	Pasig City	45.0%	98.2%	0.6%	1.1%	404
14	Quezon City	59.8%	98.7%	0.6%	0.7%	1205
15	Muntinlupa City	91.6%	99.3%	0.3%	0.4%	200
16	Mandaluyong	80.0%	99.3%	0.4%	0.3%	96
17	Taguig City	94.7%	99.8%	0.1%	0.1%	79