

2021 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, health center staff, day care workers, barangay nutrition action officer and other members of the Barangay Nutrition Committee, mother leaders and purok leaders, etc.
- Orientation on the mechanics of OPT was conducted prior implementation

Mechanics




Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL
Nutrition Building, 2332 Chino Roces Avenue Extension
Taguig City, Philippines



15 December 2020

MEMORANDUM 010

TO : REGIONAL NUTRITION PROGRAM COORDINATORS
OFFICERS-IN-CHARGE

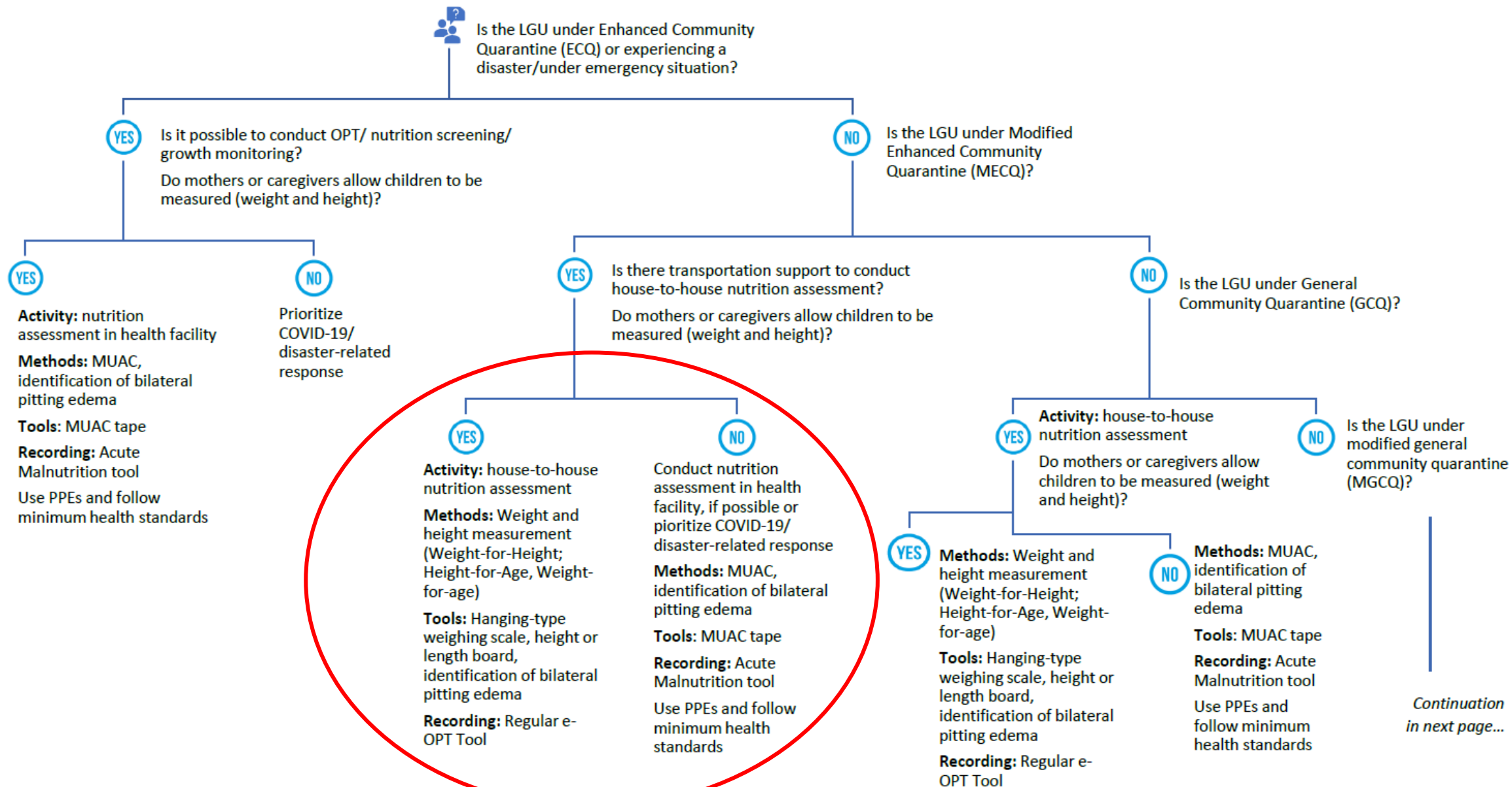
FROM :  **AZUCENA M. DAYANGHIRANG, MD, MCH, CESO III**
Executive Director

SUBJECT : INTERIM GUIDELINES IN THE CONDUCT OPT Plus,
NUTRITION SCREENING, GROWTH MONITORING AND
PROMOTION (GMP) ACTIVITIES IN THE CONTEXT OF
COVID-19 PANDEMIC AND OTHER RELATED DISASTERS

Pandemic under Growth and Development Monitoring and Promotion. The issuances provide for these activities to “still be done during health facility visits, community outreach and if the situation allows, strict observance of infection prevention and control (IPC) measures”.

DOH-Department Memorandum 2020-0237 suggests the use of MUAC tapes instead of the weight and length/height measuring tools to adapt to a reduced physical contact approach of health care provider to infant or child. However, in the

ANNEX 1 – Decision Tree for Local Government Units on the conduct of Operation Timbang, Nutrition Screening, Growth Monitoring and Promotion Activities in the Context of Pandemic and Other Related Disasters



Continuation
in next page...

*Use only one assessment method for the whole barangay and municipality (either traditional weight and height, or MUAC)

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

Equipment

- Mid-upper arm circumference (MUAC) tape
- Disinfected after every use and between measurements



HOW DOES A Mid Upper Arm Circumference TAPE WORK?

A MUAC tape helps identify acute malnutrition among children by measuring the circumference of their left upper arm.

RED severely acutely malnourished
YELLOW moderately acutely malnourished
GREEN healthy

This means that the child is healthy!

The red, yellow and green colors indicate the level of acute malnutrition. Children identified as acutely malnourished are referred for proper treatment while their parents/guardians receive nutrition counseling.

Mechanics

Site of weighing

- On-site (health center and day care center)
- Community-based (house-to-house or in a strategic post within the area such as covered courts, barangay hall, sari-sari stores, among others.

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

- Regular eOPT Tool
- EOPT Tool for acute malnutrition (MUAC)

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

Operation Timbang Plus, NCR, 2021

Weight and Height Measurement (8)	MUAC (9)
Caloocan	Navotas
Malabon	Valenzuela
Mandaluyong	Quezon City
Makati	Marikina
San Juan	Pasig
Manila	Taguig
Pasay	Pateros
Parañaque	Las Piñas
	Muntinlupa

Regional Coverage of Operation Timbang Plus, NCR, 2021

- 1,681 barangays out of 1,710 barangays (98.30%) were covered
 - More barangays covered in 2021 than in 2020; only 1,373 (80.29%) barangays covered in 2020
- All LGUs have 100% coverage of barangays except:
 - Caloocan (170/188 barangays; 90.43%)
 - Manila (894/897 barangays; 99.67%)
 - San Juan (20/21 barangays; 95.24%)
 - Makati (26/33 barangays; 78.79%)
 - *With seven (7) disputed and elite barangay (5 elite barangays and 2 disputed barangays being catered to by Taguig City)*

Percent Weighing Coverage of LGUs, NCR, 2021

(based on weight and height measurement)

No.	Cities/ Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
1	Caloocan	146,825	93,955	63.99
2	Malabon	33,882	20,004	59.04
3	Makati	54,007*	23,828	44.12
4	Mandaluyong	35,806	28,745	80.28
5	San Juan	11,326	8,307	73.34
6	Manila	165,014	135,460	82.10
7	Pasay	38,615	25,937	67.17
8	Parañaque	61,719	38,762	62.80

Note: Estimated population based on DOH-NCRO data

** 26 barangays*

Percent Coverage of LGUs based on MUAC and Weight-for-Length/Height, NCR, 2021

No.	Cities/ Municipality	MUAC			Weight-for-Length/Height		
		Estimated no. of preschoolers 6-59 mos.	Actual no. of Preschoolers measured	% Coverage	Estimated No. of PS 0-59 mos.	Actual No. of PS measured 0-59 mos.	% Coverage
1	Valenzuela	54,726	31,012	56.67	60,647	15,239	2.51
2	Navotas	20,156	6,769	33.58	22,385	4,370	19.52
3	Quezon City	245,041	202,185	82.51	272,175	24,130	8.87
4	Marikina	37,618	18,477	49.12	41,781	5,628	13.47
5	Pasig	63,034	41,209	65.38	70,015	5,202	7.43
6	Taguig	67,179	62,761	93.42	74,614	5,406	7.25
7	Pateros	5,327	3,363	63.13	5,918	523	8.84
8	Las Piñas	49,150	26,955	54.84	54,587	5,634	10.32
9	Muntinlupa	42,106	38,653	91.80	46,764	No data	

Note: Estimated population based on DOH-NCRO data

Reasons for low weighing coverage

- Some LGUs issued protocols limiting area-based implementation of services to prevent spread of COVID-19.
- Insufficient number of manpower to cover all areas due to exposure or being infected directly with COVID-19. Local nutrition workers were quarantined and/or hospitalized.
- Presence of 6 elite and 2 disputed barangays in Makati City. The city as a total of 26 serviceable barangays. Temporarily stopped in some LGUs to prioritized MRSIA.
- Granular lockdowns in some areas

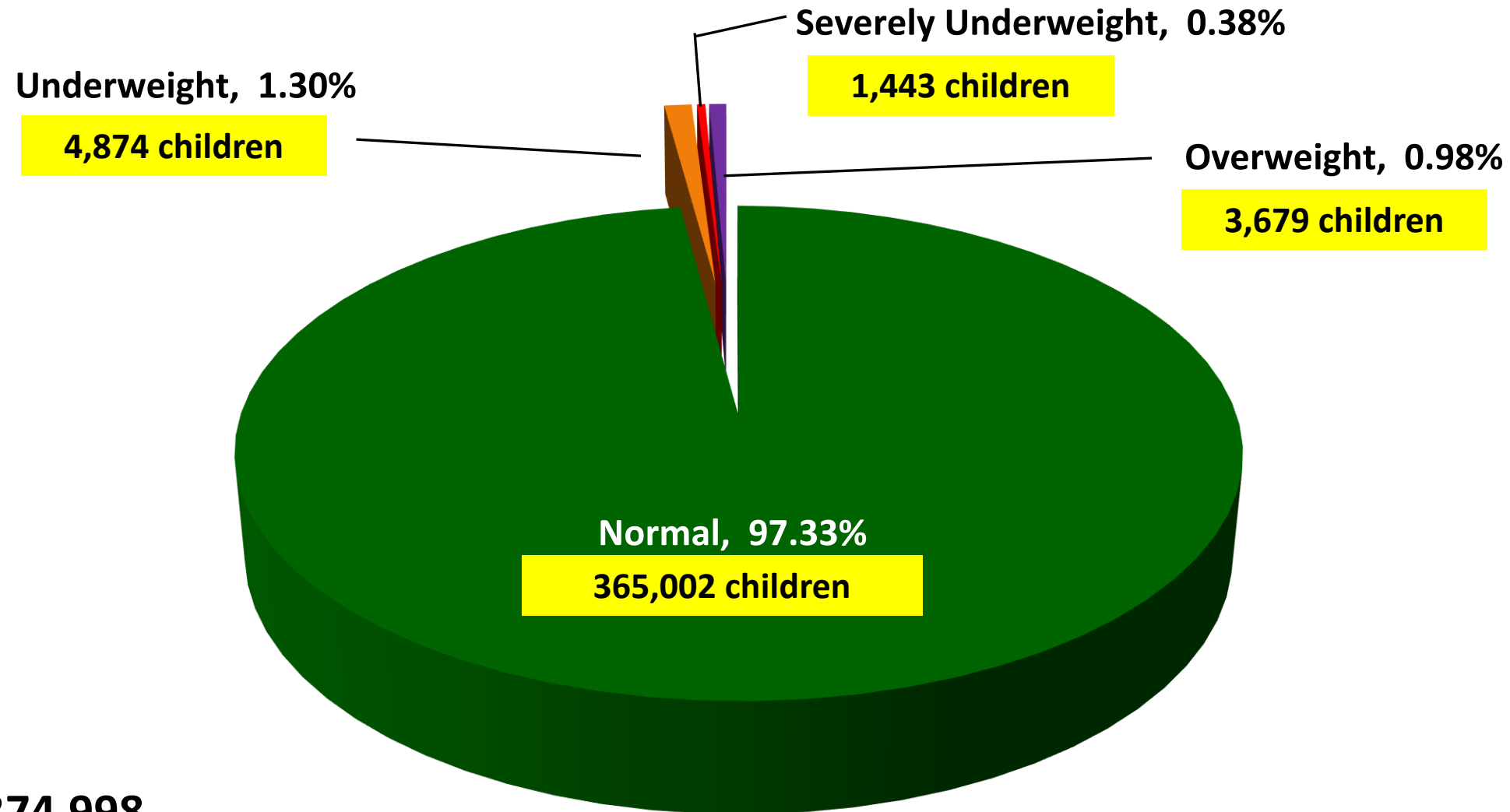
Reasons for low weighing coverage

- Due to the emerging number of COVID-19 cases in March 2021, some of the activities were stopped or put on hold including the OPT Plus.
- Some LGUs prioritized the conduct of the nationwide Rubella-Oral Polio Vaccine Supplemental Immunization Activity (MR-OPV SIA)

Nutritional Status of Children (0-59 months)

Weight-for-Age

2021 Nutritional Status of 0 – 59 months old children in NCR according to Weight-for-Age

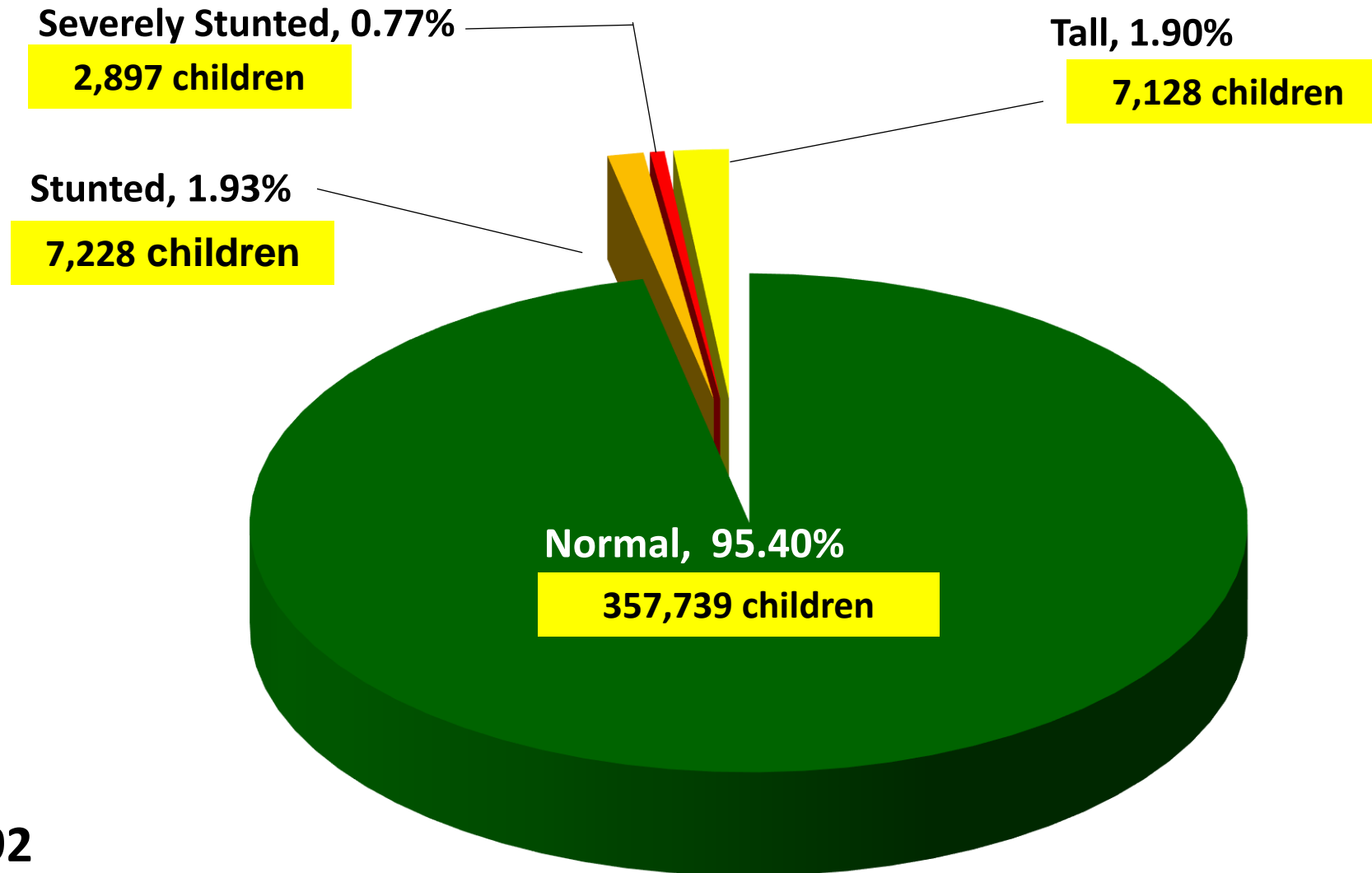


N = 374,998

Nutritional Status of Children (0-59 months)

Length/Height-for-Age

2021 Nutritional Status of 0 – 59 months old children in NCR according to Length/Height-for-Age

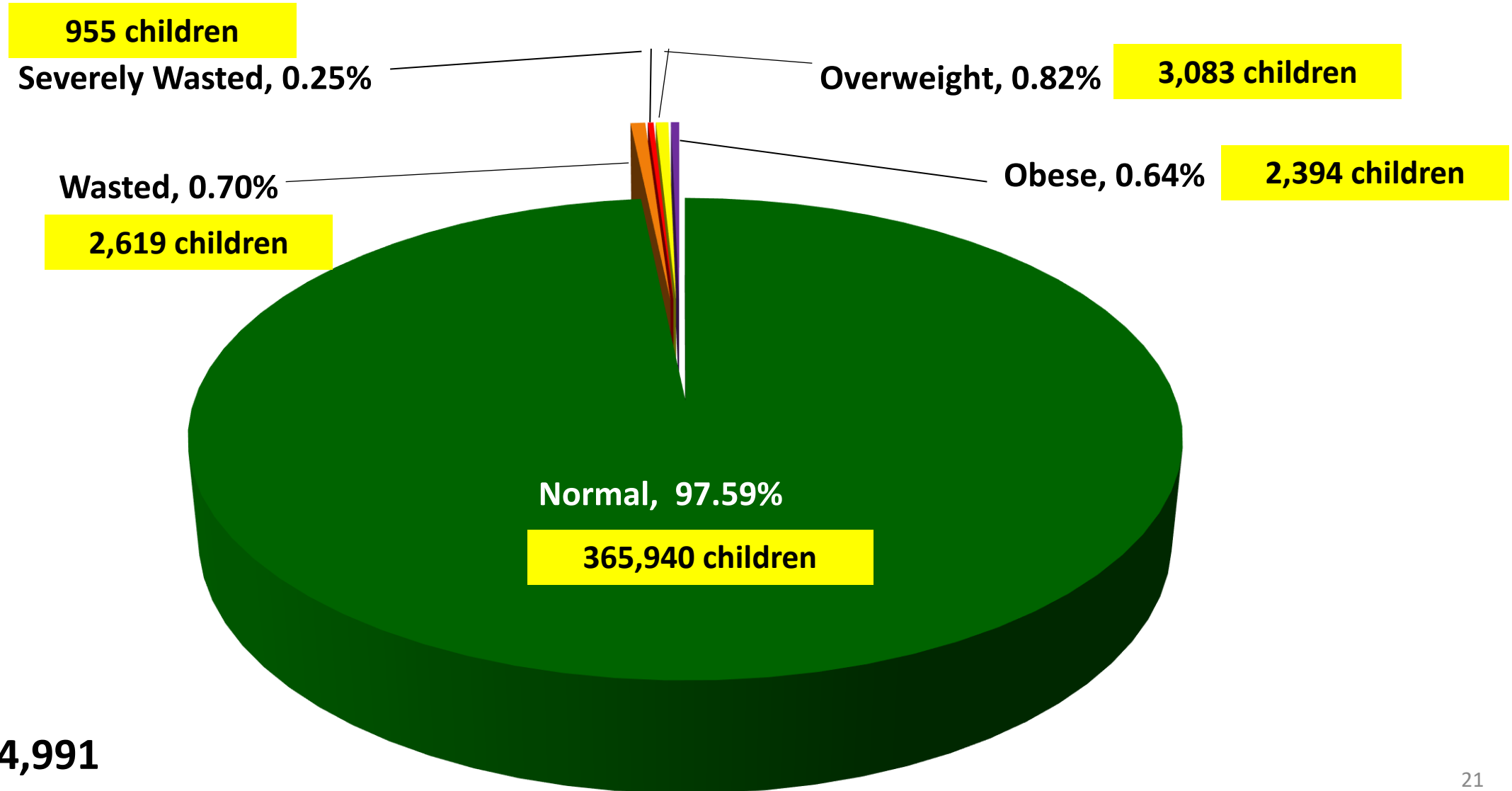


N = 374,992

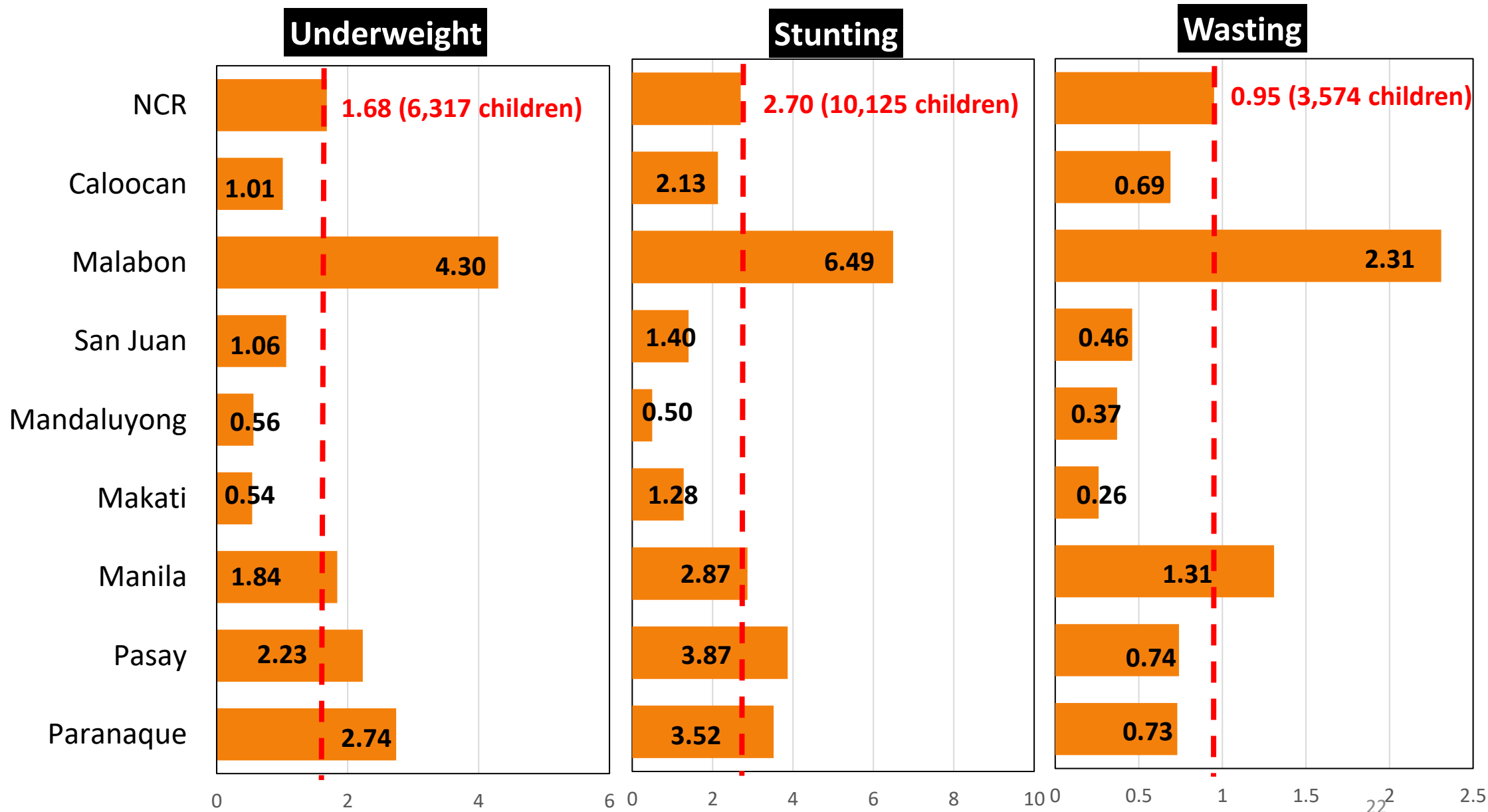
Nutritional Status of Children (0-59 months)

Weight-for-Length/Height

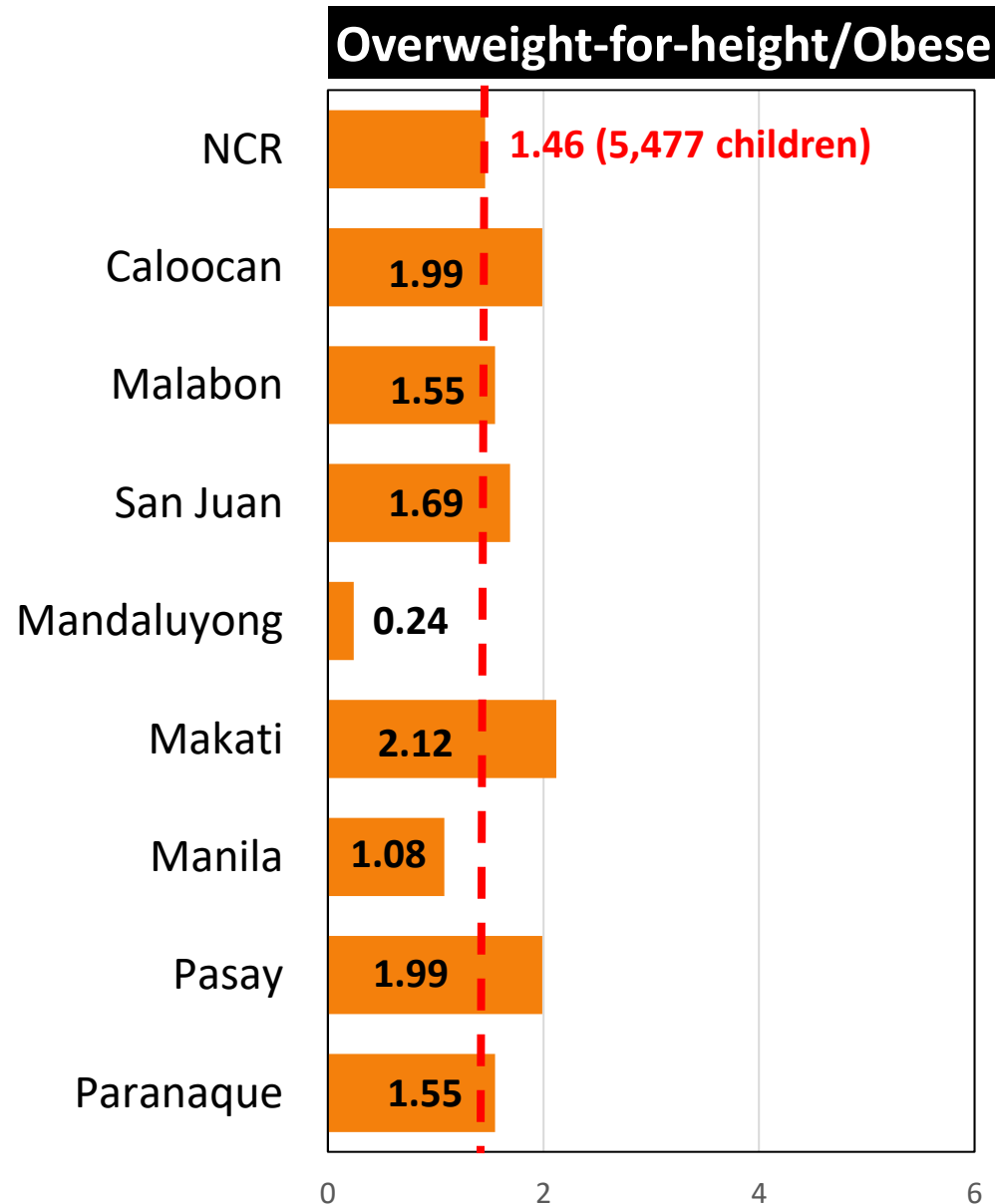
2021 Nutritional Status of 0 – 59 months old children in NCR according to Weight-for-Length/Height



Prevalence of undernutrition among Children 0-59 months old in NCR by LGU, 2021



Prevalence of overweight-for-height and obesity among Children 0-59 months old in NCR by LGU, 2021



Nutritional Status of Children (0-59 months)

**MUAC/
Weight-for-Length/Height**

Prevalence of Moderate and Severe Acute Malnutrition, NCR, 2021

No.	Cities/ Municipality	MUAC		Weight-for-Length/Height	
		Prevalence of MAM + SAM (%)	Total # of children with MAM + SAM	Prevalence of MAM + SAM (%)	Total # of children with MAM + SAM
1	Navotas	1.37	93	1.40	61
2	Valenzuela	0.00	0	0.50	72
3	Quezon City	0.19	390	0.41	98
4	Marikina	0.29	53	0.60	34
5	Pasig	0.25	101	1.60	83
6	Taguig	0.32	201	0.50	27
7	Pateros	0.39	13	0.96	5
8	Las Piñas	0.76	205	1.10	62
9	Muntinlupa	0.04	17	No data submitted	
NCR		0.25	1,073	0.70	441

Conclusions and recommendations

- There is a double burden of malnutrition in the region due to the presence of both under and overnutrition among children.
- COVID-19 pandemic has affected greatly the conduct of OPT Plus and the health and nutrition situation of the region
- Amidst pandemic, LGUs were able to conduct various nutrition and related programs to address hunger and malnutrition
 - Dietary supplementation program (funded by either barangay or city nutrition committee)
 - Nutrition education activities
 - Livelihood activities
 - Widespread promotion of exclusive breastfeeding and IYCF programs

Conclusions and recommendations

- Scale up nutrition actions in the First 1000 Days
 1. promotion of exclusive breastfeeding up to 6 months and timely and appropriate complementary feeding starting at 6 months with continued breastfeeding;
 2. improve maternal care especially during pregnancy and lactation;
 3. improve child caring practices of parents and caregivers; and
 4. Increase coverage of maternal and child health services – pre/post-natal care, immunization, micronutrient supplementation and deworming.
- Better coverage of nutrition-specific and nutrition-sensitive interventions especially for women, children and other nutritionally vulnerable groups

Conclusions and recommendations

- LGUs to:
 - Ensure the correct conduct of OPT Plus to generate correct data on the nutrition situation of the community for proper planning of interventions for target groups.
 - Analyze the reports generated from the eOPT Tool and identify reasons of the prevalence of malnutrition in their locality.
 - Use the data generated from the OPT Plus in target setting and in identification of priority individuals and families for enrollment in the nutrition programs.
- Local nutrition committees should collaborate and work together to formulate a local nutrition action plan that will address the malnutrition problem/s present in the area.

For more info, visit:

<http://www.nnc.gov.ph/regional-offices/luzon/national-capital-region>

www.facebook.com/nnc.ncr

www.twitter.com/nnc_ncr

or email us at

ncr@nnc.gov.ph

or call us at

(02) 8531-1800 or (02) 8533-2713

THANK YOU!