

2023 OPERATION TIMBANG PLUS RESULTS

NATIONAL CAPITAL REGION



OPERATION TIMBANG PLUS (OPT)

- Regular growth assessment of all children from 0-59 months in the barangay, conducted annually in all local government units.
- Conduct of weighing and length/height taking done every 1st quarter from January - March



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

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-dietitians, barangay nutrition scholars, city/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

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 calibrated and verified to ensure accuracy of data

Salter scale



Infant weighing scale



Microtoise



Detecto weighing scale



Wooden Height Board



Digital weighing scale



Mobile Stadiometer

MECHANICS

Site of weighing

- On-site (health center, day care centers)
- Community-based (house-to-house or in a strategic post within the area such as covered courts, barangay hall, sari-sari stores, among others.
- Minimum health protocols such as wearing of facemask and social distancing was strictly implemented

MECHANICS

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

REGIONAL COVERAGE OF OPERATION TIMBANG PLUS, NCR, 2023

- 1,701 barangays out of 1,709 barangays (99.53%) were covered
- All LGUs have 100% coverage of barangays except:
 - Caloocan (186/188 barangays; 98.94%)
 - *The two (2) barangays are commercial barangays; no children*
 - Makati (27/33 barangays; 81.82%)
 - *With elite villages*

Ranking of LGUs accdg. to percent weighing coverage, NCR, 2023

(based on weight and height measurement)

No.	City/Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
1	Quezon City	297,748	291,327	97.8
2	Taguig	93,935	89,342	95.1
3	Mandaluyong	39,483	36,146	91.5
4	Muntinlupa	49,024	37,356	91.4
5	Parañaque	66,596	60,680	91.1
6	Navotas	26,069	22,697	87.1
7	Marikina	42,974	37,356	86.9
8	Pasay	33,675	28,813	85.6
9	Las Piñas	56,514	46,885	83.0

Note: Estimated population based on DOH-NCRO data

Ranking of LGUs accdg. to percent weighing coverage, NCR, 2023

(based on weight and height measurement)

No.	City/Municipality	Estimated no. of preschoolers aged 0-59 mos.	Actual no. of Preschoolers weighed	% Coverage
10	San Juan	10,787	8,915	82.6
11	Malabon	36,857	29,920	81.2
12	Caloocan	171,912	139,077	80.9
13	Pasig	83,393	66,874	80.2
14	Valenzuela	68,379	54,708	80.0
15	Makati*	53,462	42,161	78.9
16	Pateros	5,940	4,191	70.6
17	Manila	173,148	87,989	50.8
Regional Coverage		1,309,896	1,091,878	83.4

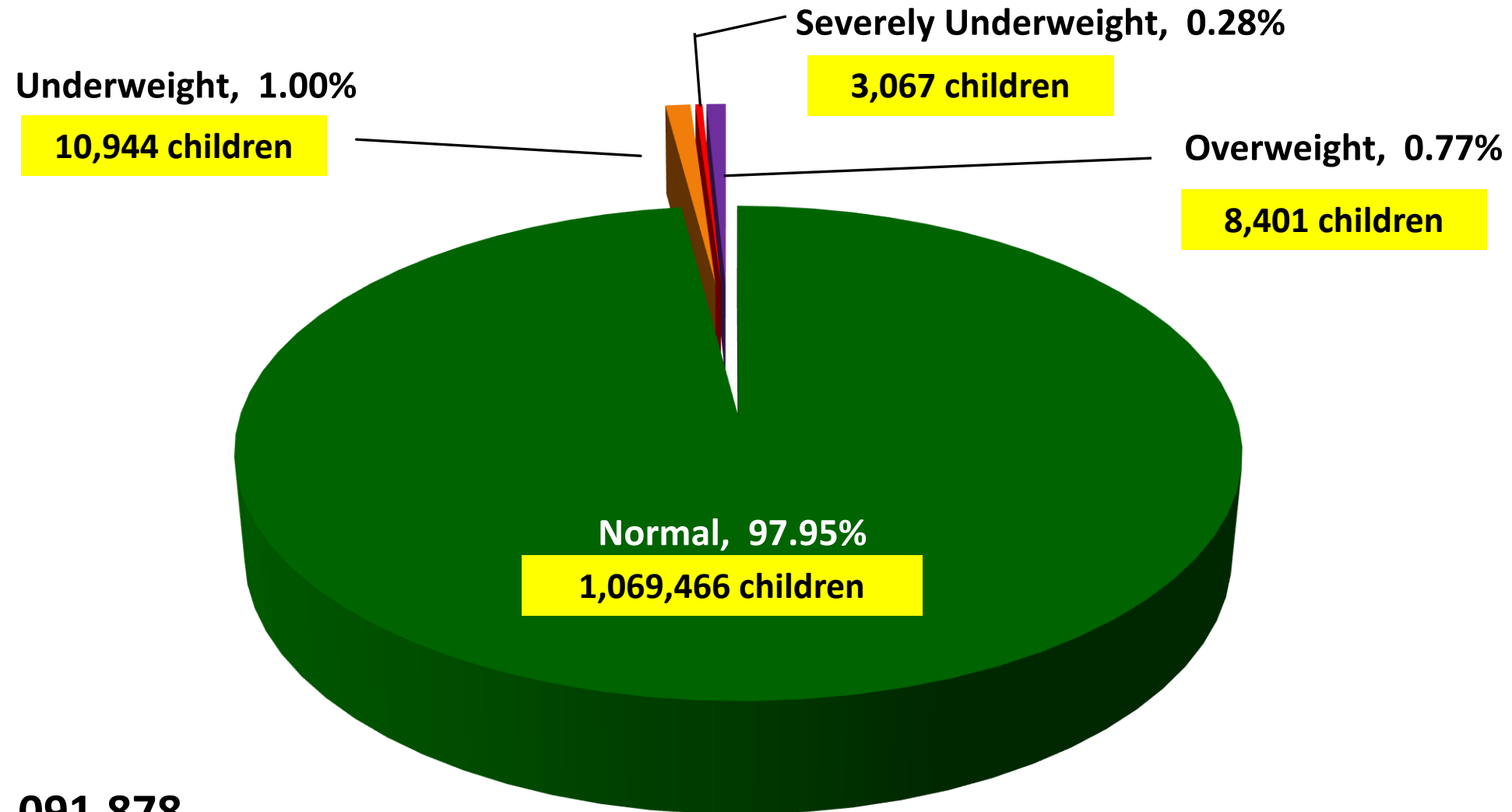
* 27 barangays

Note: Estimated population based on DOH-NCRO data



Nutritional Status of Children (0-59 months)

2023 Nutritional Status of 0 – 59 months old children in NCR according to **Weight-for-Age**

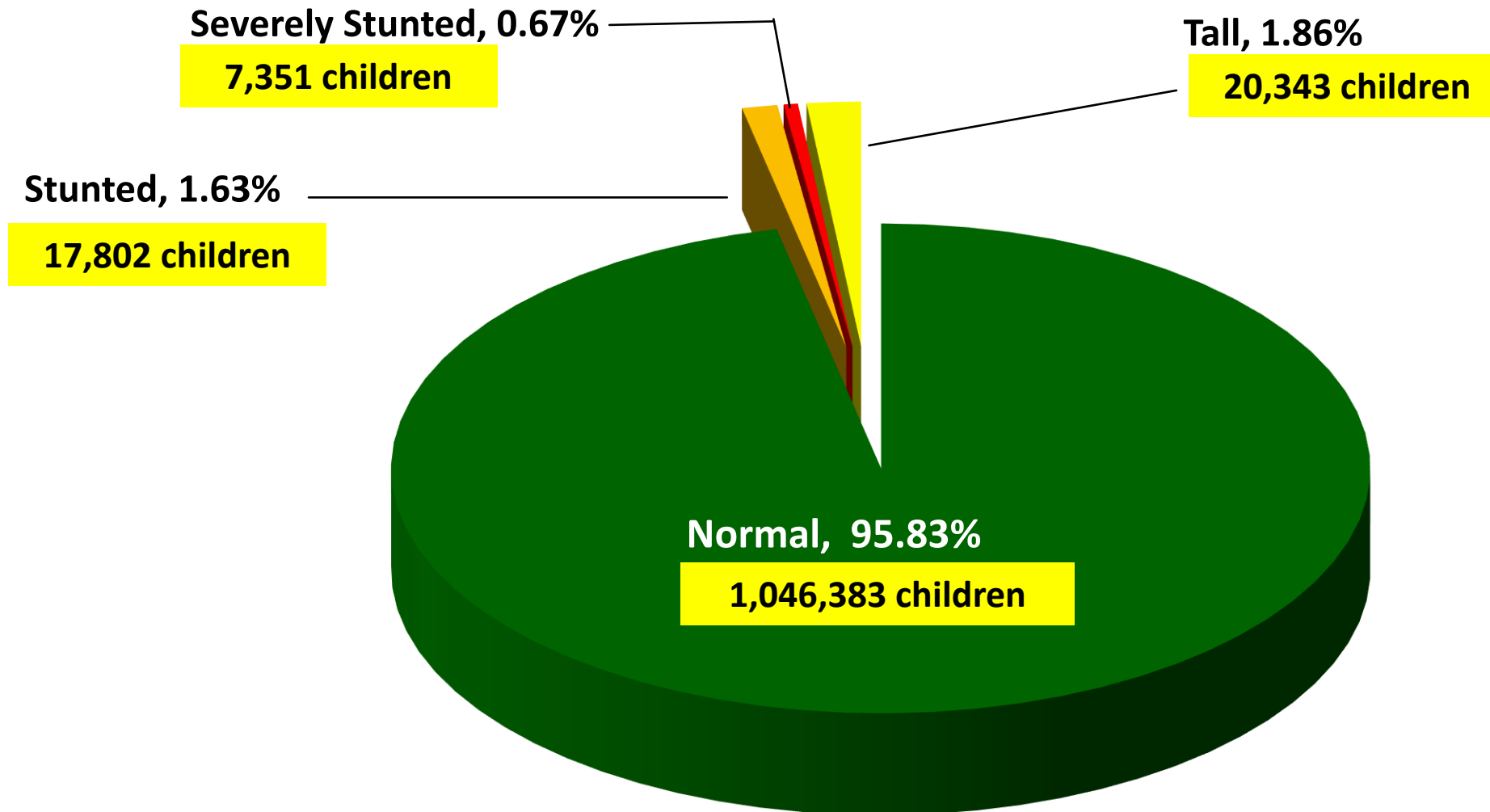


N = 1,091,878

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Rank	LGU	% Prev. Rate	Total # of children
1	Manila	7.36	6,473
2	Pateros	2.67	112
3	Parañaque	2.30	1,396
4	Malabon	2.20	657
5	Las Piñas	1.70	797
6	Pasay	1.54	444
7	Navotas	1.32	300
8	Valenzuela	0.96	524
9	San Juan	0.95	85
10	Pasig	0.81	540
11	Caloocan	0.70	978
12	Muntinlupa	0.62	276
13	Mandaluyong	0.55	200
14	Makati	0.34	142
15	Taguig	0.31	277
16	Quezon City	0.25	719
17	Marikina	0.24	91
Regional Prevalence		1.28	14,011

2023 Nutritional Status of 0 – 59 months old children in NCR according to Length/Height-for-Age

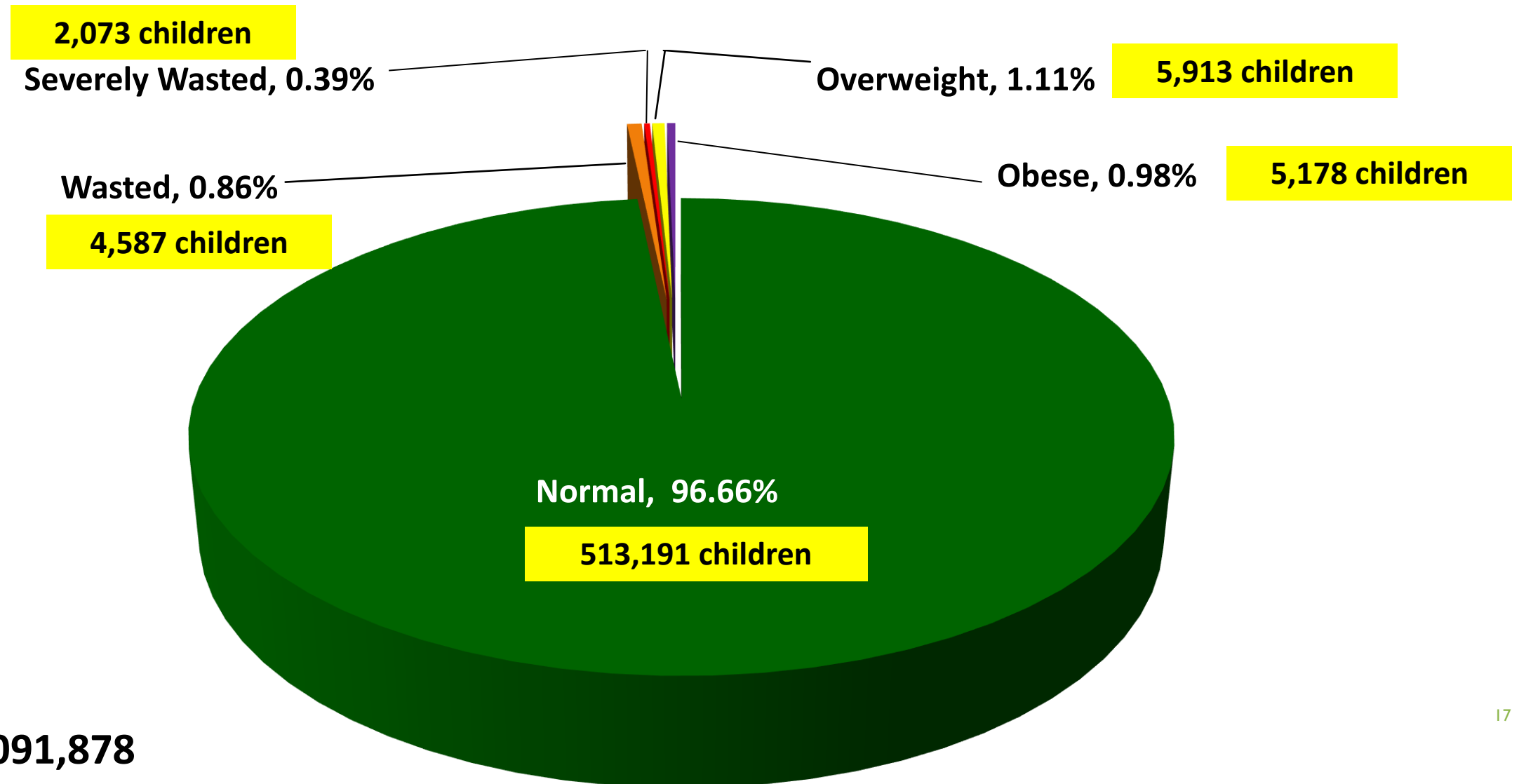


N = 1,091,879

Ranking of LGUs based on
Prevalence of Stunting
among children 0-59 months old, NCR, 2023

Rank	LGU	% Prev. Rate	Total # of children
1	Manila	16.54	14,555
2	Pateros	5.68	238
3	Malabon	3.55	1,062
4	Parañaque	3.48	2,112
5	Pasay	2.25	647
6	Las Piñas	1.89	884
7	Pasig	1.57	1,051
8	Caloocan	1.44	1,997
9	Navotas	1.28	291
10	San Juan	1.17	104
11	Valenzuela	1.08	592
12	Muntinlupa	0.65	292
13	Makati	0.45	190
14	Quezon City	0.27	781
15	Marikina	0.24	91
16	Mandaluyong	0.24	88
17	Taguig	0.20	178
Regional Prevalence		2.30	25,153

2023 Nutritional Status of 0 – 59 months old children in NCR according to **Weight-for-Length/Height**



N = 1,091,878

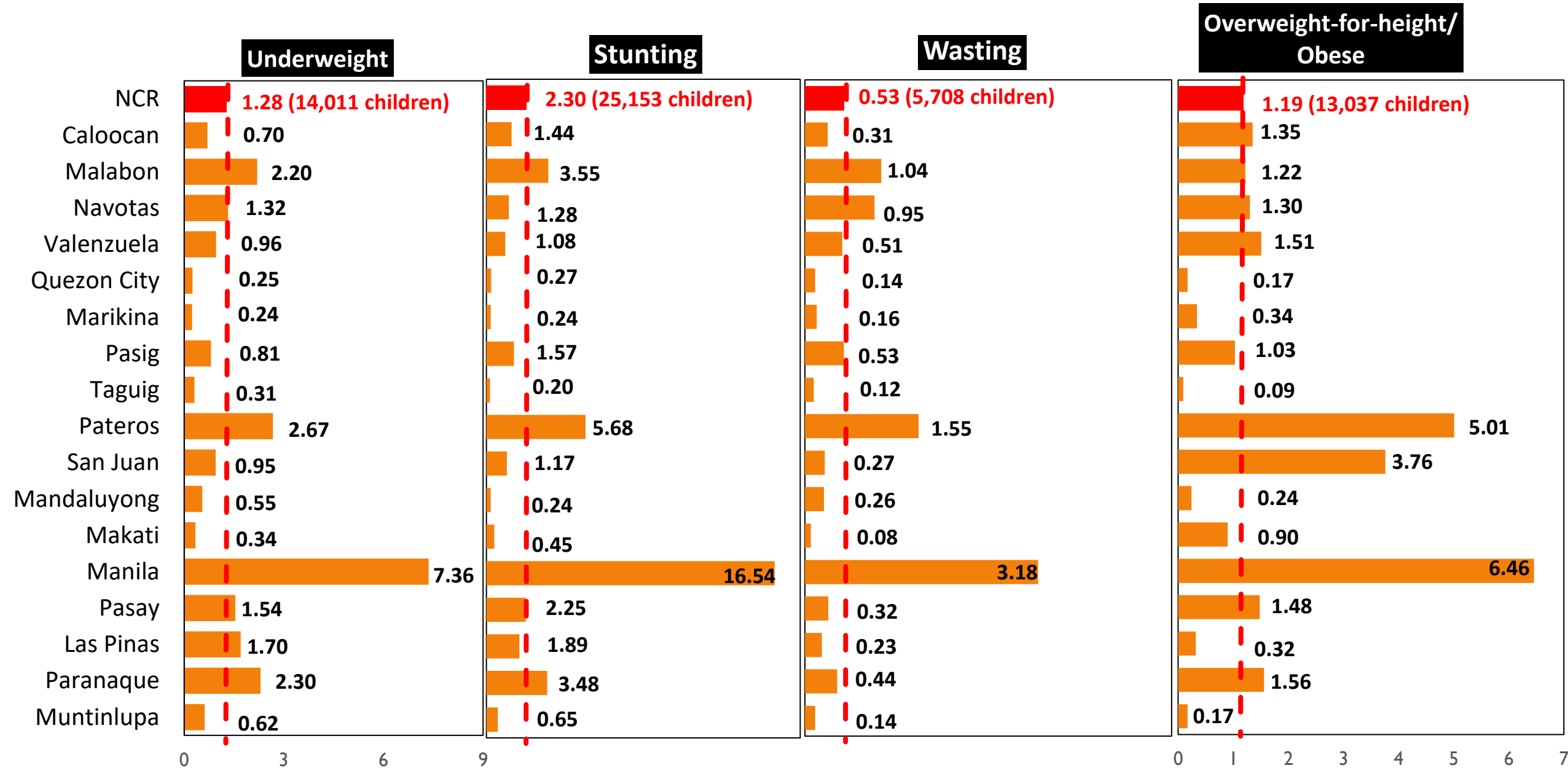
Ranking of LGUs based on
Prevalence of Wasting
among children 0-59 months old, NCR, 2023

Rank	LGU	% Prev. Rate	Total # of children
1	Manila	3.18	2,797
2	Pateros	1.55	65
3	Malabon	1.04	311
4	Navotas	0.95	215
5	Pasig	0.53	353
6	Valenzuela	0.51	281
7	Parañaque	0.44	270
8	Pasay	0.32	92
9	Caloocan	0.31	432
10	San Juan	0.27	24
11	Mandaluyong	0.26	94
12	Las Piñas	0.23	107
13	Marikina	0.16	58
14	Quezon City	0.14	411
15	Muntinlupa	0.14	61
16	Taguig	0.12	105
17	Makati	0.08	32
Regional Prevalence		0.53	5,708

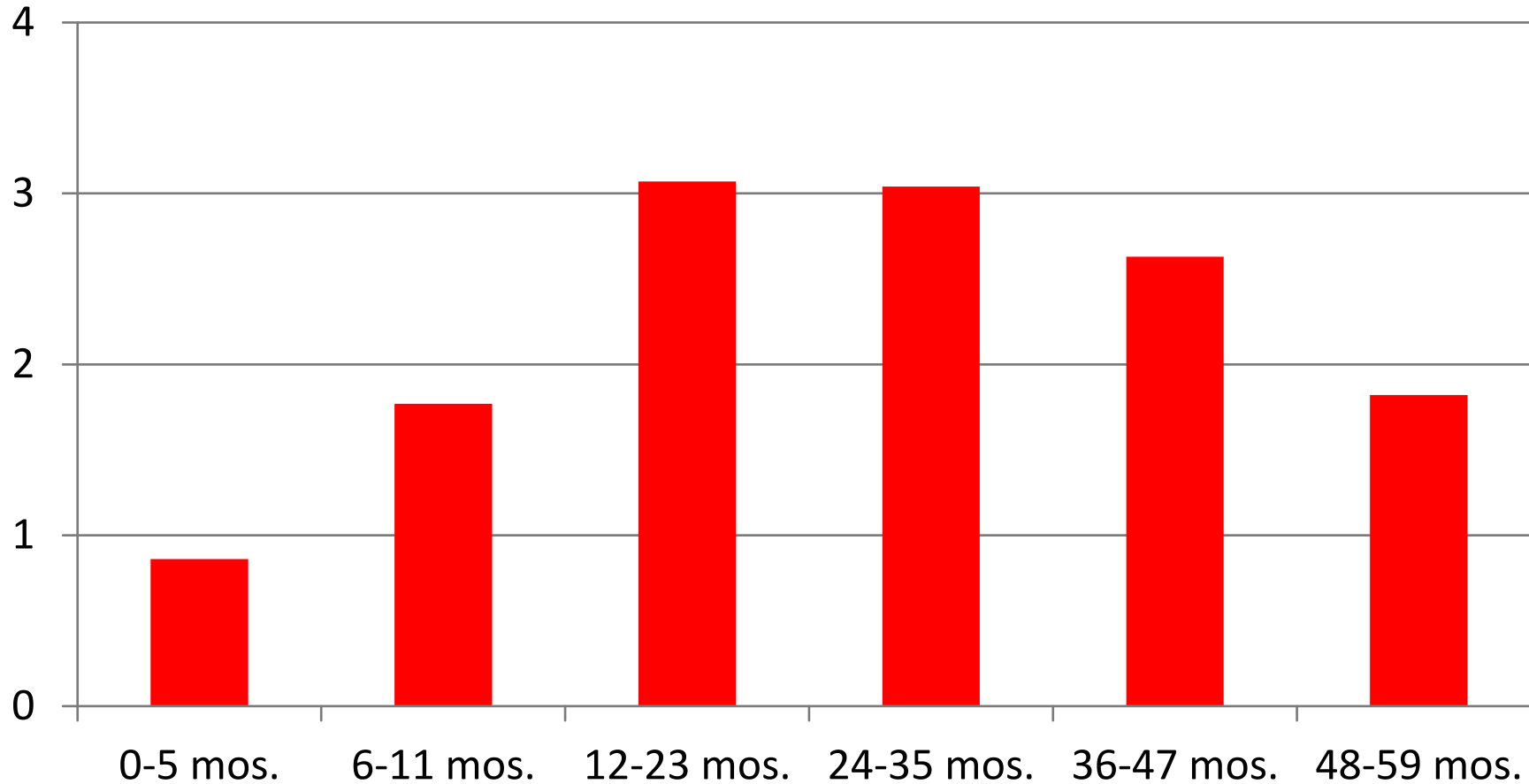
**Ranking of LGUs based on
Prevalence of Overweight and Obesity
among children 0-59 months old, NCR, 2023**

Rank	LGU	% Prev. Rate	Total # of children
1	Manila	6.46	5,685
2	Pateros	5.01	210
3	San Juan	3.76	335
4	Parañaque	1.56	949
5	Valenzuela	1.51	824
6	Pasay	1.48	426
7	Caloocan	1.35	1,872
8	Navotas	1.30	296
9	Malabon	1.22	366
10	Pasig	1.03	688
11	Makati	0.90	379
12	Marikina	0.34	127
13	Las Piñas	0.32	148
14	Mandaluyong	0.24	87
15	Quezon City	0.17	492
15	Muntinlupa	0.17	75
17	Taguig	0.09	78
Regional Prevalence		1.19	13,037

Prevalence of malnutrition among Children 0-59 months old in NCR by LGU, 2023

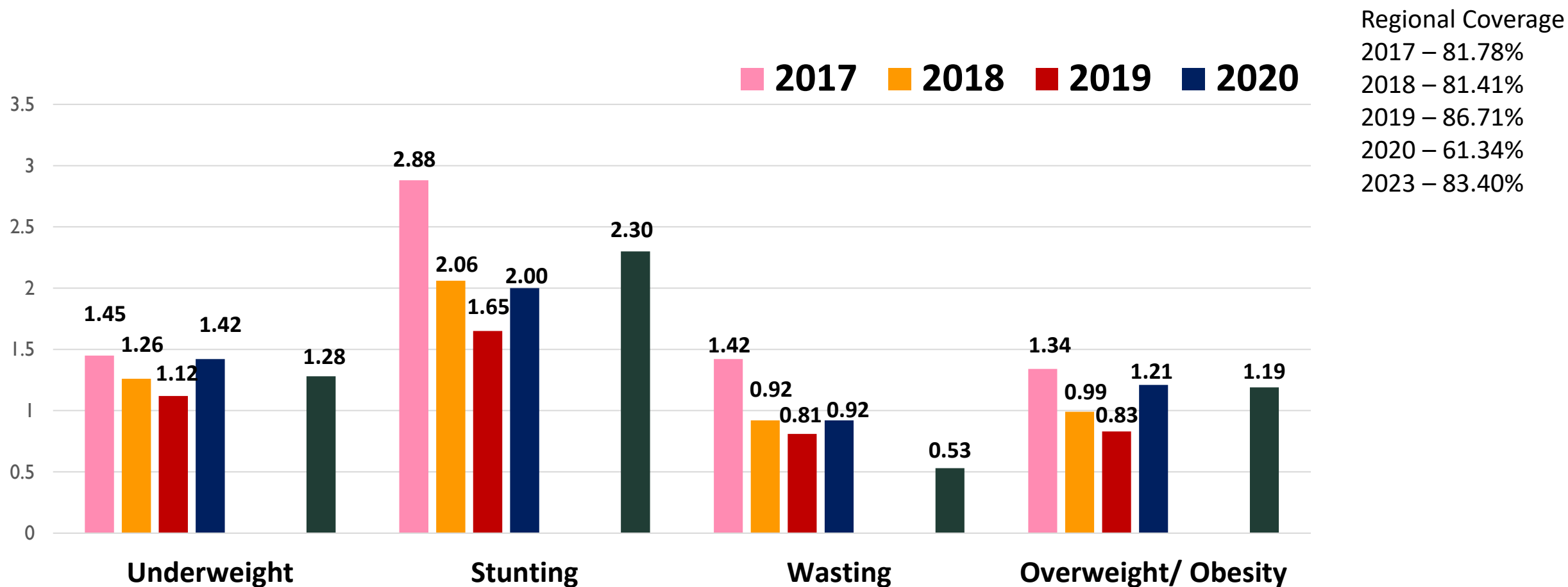


Prevalence of Stunting among Children 0-59 months old in NCR, per age group, 2023



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

Prevalence of malnutrition among children less than 5 years old in NCR, 2017-2020 and 2023, OPT Plus Results



SUMMARY OF FINDINGS

- Presence of double burden of malnutrition in the region due to the presence of both under and overnutrition among children
- No trending of data available since no regional data available for 2021 and 2022
- 14 out of 17 LGUs (82%) reached an OPT coverage of at least 80%
- Increasing trend of stunting from 0-5 months until 12-23 months; highest prevalence of stunting is among 12-23 mos. old
- There are more stunted children compared to underweight and wasted children
 - Stunting = 25,153 children
 - Underweight = 14,011 children
 - Wasting = 5,708 children

CHALLENGES ENCOUNTERED

- OPT Coverage below 80%
- Non-participation of 6 elite barangays in Makati City; 2 disputed barangays with Taguig City
- Some mothers need to be convinced of the importance of OPT Plus and therefore allow their children's weight and length/height to be taken

RECOMMENDATIONS TO IMPROVE NUTRITIONAL STATUS OF CHILDREN

- 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

LGU RECOMMENDATIONS TO IMPROVE CONDUCT OF OPT PLUS

1. Procure additional measuring equipment such as weighing scales and heightboards
2. Strengthen coordination with barangay nutrition committees for the provision of transportation service and other logistics support for the OPT Team.
3. Conduct orientation on the mechanics prior to the conduct of OPT Plus.
4. Intensify information dissemination campaign on the importance of the OPT Plus in the community.
5. Provision of laptop/computers for timely encoding of results.

NNC-NCR RECOMMENDATIONS

- LGUs to:
 - Double check accuracy and completeness of eOPT Plus report; ensure that all cells in the eOPT Tool has data; avoid #REF and double check data on IP measured.
 - 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.

For more info, visit:

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THANK YOU!