

BEFORE PRINTING, PLEASE READ THIS (click here)

Total # PAGES FOR PRINTING: 26

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 1 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind.

Cities in Region: 17

No. of Provs. & Cities w/ OPT+: 17

Year Covered: 2023

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG, BADJAO

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 1. Normal Weight for Age

		NUMBER OF CHILDREN															Total # Normal WFA Measured
NCR City/Municipality	PSGC	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	1380100000	171,912	139,077	80.9%	9082	10603	5288	5081	9790	9268	10837	10270	11859	11626	22156	21217	137,077
LAS PIÑAS	1380200000	56,514	46,885	83.0%	1287	1237	1047	964	2689	2435	3650	3518	6353	6340	8515	7973	46,008
MAKATI	1380300000	53,462	42,161	78.9%	2227	2189	1737	1524	3853	3504	3706	3627	4123	3819	5716	5770	41,795
MALABON	1380400000	36,857	29,920	81.2%	2078	1966	1274	1253	2085	2029	1870	1869	2681	2734	4681	4471	28,991
MANDALUYONG	1380500000	39,483	36,146	91.5%	1145	1100	891	917	2398	2249	2819	2716	5035	4736	6028	5850	35,884
MANILA	1380600000	173,148	87,989	50.8%	3809	3577	3468	3198	7620	7404	7822	7283	8669	8311	8648	8360	78,169
MARIKINA	1380700000	42,974	37,356	86.9%	1482	1420	1203	1122	3289	2942	3074	2818	4262	4120	5882	5595	37,209
MUNTINLUPA	1380800000	49,024	44,797	91.4%	1941	1796	1500	1493	3256	2850	3772	3662	5121	5100	6909	7062	44,462
NAVOTAS	1380900000	26,069	22,697	87.1%	1151	1118	939	810	2209	2250	2012	1860	2358	2261	2663	2604	22,235
PARAÑAQUE	1381000000	66,596	60,680	91.1%	1932	1798	1667	1542	3807	3460	4564	4306	6278	5931	11805	11509	58,599
PASAY	1381100000	33,675	28,813	85.6%	1080	1043	920	832	2339	2257	2723	2635	2900	2756	4372	4166	28,023
PASIG	1381200000	83,393	66,874	80.2%	5484	4911	3423	3124	5304	4810	4615	4181	5502	5452	9805	9238	65,849
PATEROS	1381701000	5,940	4,191	70.6%	234	188	181	191	392	353	392	352	437	378	458	395	3,951
QUEZON CITY	1381300000	297,748	291,327	97.8%	12310	12451	14346	14577	25704	25786	28116	27880	32510	33043	31536	31765	290,024
SAN JUAN	1381400000	10,787	8,915	82.6%	403	400	306	273	526	504	561	526	781	715	1898	1663	8,556
TAGUIG	1381500000	93,935	89,342	95.1%	3666	3539	3042	3143	6949	6710	8308	7789	10669	10592	12565	12042	89,014
VALENZUELA	1381600000	68,379	54,708	80.0%	3050	2787	2268	2116	4632	4319	4528	4231	5733	5367	7331	7258	53,620
TOTAL		1,309,896	1,091,878	83.4%	52,361	52,123	43,500	42,160	86,842	83,130	93,369	89,523	115,271	113,281	150,968	146,938	1,069,466

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 2 of 13 Sheet 1 of 2

REGION: **NCR**

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: **2023**

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,
Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 2. Normal - Height for Age

	NUMBER OF CHILDREN															Total # Normal HFA Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	8953	10434	5206	4917	9557	9086	10667	10132	11738	11540	22112	21172	135514
LAS PIÑAS	56,514	46,885	83.0%	1255	1213	1017	911	2608	2364	3591	3459	6317	6309	8505	7963	45512
MAKATI	53,462	42,161	78.9%	2183	2139	1717	1486	3790	3435	3662	3588	4118	3823	5726	5778	41445
MALABON	36,857	29,920	81.2%	2045	1926	1223	1209	1994	1952	1825	1817	2647	2703	4659	4432	28432
MANDALUYONG	39,483	36,146	91.5%	1123	1085	877	912	2401	2248	2809	2704	5050	4753	6037	5861	35860
MANILA	173,148	87,989	50.8%	3439	3254	3043	2844	6237	6293	6807	6521	7819	7615	8141	7790	69803
MARIKINA	42,974	37,356	86.9%	1432	1339	1170	1059	3188	2814	2997	2729	4225	4080	5822	5556	36411
MUNTINLUPA	49,024	44,797	91.4%	1898	1705	1472	1443	3212	2804	3757	3632	5091	5083	6896	7056	44049
NAVOTAS	26,069	22,697	87.1%	1125	1078	906	788	2174	2226	2010	1845	2344	2254	2667	2584	22001
PARAÑAQUE	66,596	60,680	91.1%	1850	1731	1612	1491	3596	3299	4465	4224	6202	5836	11698	11376	57380
PASAY	33,675	28,813	85.6%	1037	976	885	788	2245	2167	2669	2584	2869	2728	4361	4176	27485
PASIG	83,393	66,874	80.2%	5214	4614	3278	2969	4969	4514	4463	4059	5379	5322	9648	9102	63531
PATEROS	5,940	4,191	70.6%	223	181	162	184	366	343	381	342	441	372	451	393	3839
QUEZON CITY	297,748	291,327	97.8%	11906	11814	13932	14018	25101	25059	27718	27344	32295	32842	31416	31661	285106
SAN JUAN	10,787	8,915	82.6%	399	378	302	271	513	491	568	533	800	725	1944	1692	8616
TAGUIG	93,935	89,342	95.1%	3546	3404	2988	3063	6812	6499	8134	7566	10624	10533	12562	12032	87763
VALENZUELA	68,379	54,708	80.0%	3012	2747	2252	2101	4605	4280	4519	4226	5775	5409	7409	7301	53636
TOTAL	1,309,896	1,091,878	83.4%	50,640	50,018	42,042	40,454	83,368	79,874	91,042	87,305	113,734	111,927	150,054	145,925	1,046,383

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 3 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: 2023

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 3. Normal - Weight for Length/Height

	NUMBER OF CHILDREN															Total # Normal WFL/H Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	9064	10608	5293	5071	9791	9243	10820	10237	11811	11585	22092	21158	136,773
LAS PIÑAS	56,514	46,885	83.0%	1297	1244	1066	966	2754	2476	3739	3599	6432	6440	8566	8051	46,630
MAKATI	53,462	42,161	78.9%	2233	2192	1740	1529	3854	3504	3710	3636	4112	3809	5685	5746	41,750
MALABON	36,857	29,920	81.2%	2083	1965	1282	1258	2127	2049	1903	1921	2691	2777	4684	4503	29,243
MANDALUYONG	39,483	36,146	91.5%	1143	1098	890	921	2410	2260	2833	2731	5046	4750	6028	5855	35,965
MANILA	173,148	87,989	50.8%	3760	3620	3518	3199	7753	7452	8058	7469	8778	8476	8867	8557	79,507
MARIKINA	42,974	37,356	86.9%	1485	1428	1205	1125	3297	2944	3074	2814	4258	4121	5855	5565	37,171
MUNTINLUPA	49,024	44,797	91.4%	1946	1811	1505	1498	3277	2871	3794	3694	5139	5137	6918	7071	44,661
NAVOTAS	26,069	22,697	87.1%	1144	1121	936	815	2195	2238	2015	1862	2349	2263	2654	2594	22,186
PARAÑAQUE	66,596	60,680	91.1%	1966	1822	1698	1561	3899	3526	4666	4396	6395	6071	11886	11575	59,461
PASAY	33,675	28,813	85.6%	1090	1060	935	836	2369	2278	2750	2674	2921	2784	4404	4194	28,295
PASIG	83,393	66,874	80.2%	5454	4913	3412	3118	5322	4830	4606	4208	5497	5463	9782	9228	65,833
PATEROS	5,940	4,191	70.6%	235	191	185	191	387	345	386	353	431	375	449	388	3,916
QUEZON CITY	297,748	291,327	97.8%	12442	12604	14364	14596	25715	25813	28121	27917	32519	33053	31531	31749	290,424
SAN JUAN	10,787	8,915	82.6%	412	404	307	276	525	509	555	532	781	719	1880	1656	8,556
TAGUIG	93,935	89,342	95.1%	3666	3543	3044	3146	6977	6729	8319	7805	10682	10610	12576	12062	89,159
VALENZUELA	68,379	54,708	80.0%	3040	2775	2266	2110	4646	4328	4531	4268	5735	5370	7298	7236	53,603
TOTAL	1,309,896	1,091,878	83.4%	52,460	52,399	43,646	42,216	87,298	83,395	93,880	90,116	115,577	113,803	151,155	147,188	1,073,133

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 4 of 13 Sheet 1 of 2

REGION: **NCR**

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 4. Underweight - Weight for Age

Table 4. Underweight - Weight for Age																
NCR City/Municipality	NUMBER OF CHILDREN															Total # UW Measured
	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	27	10	28	15	60	40	109	64	98	95	117	101	764
LAS PIÑAS	56,514	46,885	83.0%	9	3	23	9	79	51	86	80	82	103	62	81	668
MAKATI	53,462	42,161	78.9%	0	0	12	4	16	11	13	15	16	10	9	6	112
MALABON	36,857	29,920	81.2%	6	5	15	13	50	41	57	61	52	77	55	56	488
MANDALUYONG	39,483	36,146	91.5%	0	4	5	4	23	18	21	28	23	28	8	12	174
MANILA	173,148	87,989	50.8%	106	73	203	103	480	376	635	501	607	577	620	587	4,868
MARIKINA	42,974	37,356	86.9%	0	0	3	4	4	3	6	5	12	15	10	9	71
MUNTINLUPA	49,024	44,797	91.4%	2	2	4	3	27	24	24	30	23	47	15	13	214
NAVOTAS	26,069	22,697	87.1%	3	4	4	7	25	17	41	32	40	37	44	32	286
PARAÑAQUE	66,596	60,680	91.1%	14	8	28	23	108	72	138	118	164	164	158	131	1,126
PASAY	33,675	28,813	85.6%	5	2	15	6	37	23	55	41	40	60	63	57	404
PASIG	83,393	66,874	80.2%	14	8	13	8	51	33	48	43	58	64	30	46	416
PATEROS	5,940	4,191	70.6%	4	3	6	2	15	10	12	9	16	11	3	4	95
QUEZON CITY	297,748	291,327	97.8%	14	3	31	15	51	68	49	71	63	68	44	50	527
SAN JUAN	10,787	8,915	82.6%	5	3	2	1	3	4	9	5	16	12	4	14	78
TAGUIG	93,935	89,342	95.1%	5	6	8	7	36	26	25	29	28	29	17	20	236
VALENZUELA	68,379	54,708	80.0%	13	7	11	7	32	27	46	58	46	52	59	59	417
TOTAL	1,309,896	1,091,878	83.4%	227	141	411	231	1,097	844	1,374	1,190	1,384	1,449	1,318	1,278	10,944

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 5 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: **2023**

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,
Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 5. Stunted - Height for Age

	NUMBER OF CHILDREN															Total # Stunted Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	49	24	46	35	142	59	206	141	215	182	200	175	1,474
LAS PIÑAS	56,514	46,885	83.0%	5	4	20	10	69	46	79	76	87	104	58	71	629
MAKATI	53,462	42,161	78.9%	3	1	5	7	18	21	14	11	19	9	9	9	126
MALABON	36,857	29,920	81.2%	8	7	42	28	104	65	82	87	90	102	78	92	785
MANDALUYONG	39,483	36,146	91.5%	3	2	3	3	8	2	8	5	9	8	8	7	66
MANILA	173,148	87,989	50.8%	193	137	359	252	1139	910	1243	964	1344	1136	1205	1168	10,050
MARIKINA	42,974	37,356	86.9%	1	1	1	3	7	7	5	2	9	12	13	5	66
MUNTINLUPA	49,024	44,797	91.4%	1	1	6	3	25	19	25	26	28	35	8	9	186
NAVOTAS	26,069	22,697	87.1%	2	2	2	3	25	7	27	26	45	36	42	40	257
PARAÑAQUE	66,596	60,680	91.1%	25	10	32	34	165	124	154	128	190	204	208	184	1,458
PASAY	33,675	28,813	85.6%	8	6	16	13	77	46	67	60	80	74	79	58	584
PASIG	83,393	66,874	80.2%	25	14	35	17	127	77	84	64	102	91	72	61	769
PATEROS	5,940	4,191	70.6%	3	4	10	4	33	23	27	19	21	17	13	8	182
QUEZON CITY	297,748	291,327	97.8%	24	11	15	13	46	44	45	62	68	60	53	63	504
SAN JUAN	10,787	8,915	82.6%	2	6	3	1	10	10	11	6	15	13	3	12	92
TAGUIG	93,935	89,342	95.1%	5	0	3	1	17	12	16	12	17	14	7	14	118
VALENZUELA	68,379	54,708	80.0%	11	7	9	6	36	25	44	41	50	52	87	88	456
TOTAL	1,309,896	1,091,878	83.4%	368	237	607	433	2,048	1,497	2,137	1,730	2,389	2,149	2,143	2,064	17,802

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 6 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 6. Moderately Wasted - Weight for Length/Height

	NUMBER OF CHILDREN															Total # Moderate Wasting Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	7	13	21	12	43	14	46	31	39	37	51	31	345
LAS PIÑAS	56,514	46,885	83.0%	1	0	3	4	16	12	6	10	7	19	8	5	91
MAKATI	53,462	42,161	78.9%	1	0	2	2	5	3	2	3	3	3	0	0	24
MALABON	36,857	29,920	81.2%	2	7	10	9	21	27	19	23	24	25	17	19	203
MANDALUYONG	39,483	36,146	91.5%	0	1	4	2	9	11	6	10	8	7	2	6	66
MANILA	173,148	87,989	50.8%	133	92	99	59	219	175	206	162	200	165	178	158	1,846
MARIKINA	42,974	37,356	86.9%	2	2	2	0	4	2	6	5	6	7	4	5	45
MUNTINLUPA	49,024	44,797	91.4%	0	2	1	1	6	7	9	7	6	10	3	0	52
NAVOTAS	26,069	22,697	87.1%	8	4	10	3	24	13	14	17	22	17	25	20	177
PARAÑAQUE	66,596	60,680	91.1%	3	3	9	2	27	10	30	29	31	21	24	15	204
PASAY	33,675	28,813	85.6%	3	1	2	2	9	6	14	6	10	13	8	14	88
PASIG	83,393	66,874	80.2%	15	15	11	3	30	18	25	18	26	28	19	21	229
PATEROS	5,940	4,191	70.6%	5	4	2	5	13	6	6	5	4	7	3	5	65
QUEZON CITY	297,748	291,327	97.8%	12	4	13	7	29	35	28	20	24	32	23	30	257
SAN JUAN	10,787	8,915	82.6%	6	0	0	0	2	1	2	1	4	2	2	3	23
TAGUIG	93,935	89,342	95.1%	5	0	5	5	15	9	15	15	10	7	5	4	95
VALENZUELA	68,379	54,708	80.0%	10	6	8	9	15	17	22	17	26	21	24	29	204
TOTAL	1,309,896	1,091,878	83.4%	213	154	202	125	487	366	456	379	450	421	396	365	4,014

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 7 of 13 Sheet 1 of 2

REGION: **NCR**

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 7. Severely Underweight - Weight for Age

	NUMBER OF CHILDREN															Total # SUW Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	9	10	13	11	28	14	25	29	14	19	17	25	214
LAS PIÑAS	56,514	46,885	83.0%	3	0	4	1	14	9	14	16	15	24	13	16	129
MAKATI	53,462	42,161	78.9%	1	0	0	3	6	3	4	4	1	3	1	4	30
MALABON	36,857	29,920	81.2%	3	4	9	4	29	15	17	23	25	21	6	13	169
MANDALUYONG	39,483	36,146	91.5%	0	1	5	3	2	5	2	2	2	2	2	0	26
MANILA	173,148	87,989	50.8%	53	45	68	49	190	130	217	179	179	149	159	187	1605
MARIKINA	42,974	37,356	86.9%	1	1	1	1	6	0	2	3	0	2	1	2	20
MUNTINLUPA	49,024	44,797	91.4%	0	1	3	3	8	7	10	13	6	9	0	2	62
NAVOTAS	26,069	22,697	87.1%	0	0	1	0	3	3	0	3	1	1	0	2	14
PARAÑAQUE	66,596	60,680	91.1%	6	5	16	6	37	18	24	28	35	37	31	27	270
PASAY	33,675	28,813	85.6%	0	1	2	1	4	3	8	6	3	2	1	9	40
PASIG	83,393	66,874	80.2%	7	5	3	2	16	12	8	17	18	21	7	8	124
PATEROS	5,940	4,191	70.6%	1	2	0	0	3	0	1	5	0	2	1	2	17
QUEZON CITY	297,748	291,327	97.8%	13	2	12	10	23	20	17	24	23	12	18	18	192
SAN JUAN	10,787	8,915	82.6%	3	1	0	1	1	0	0	0	0	0	0	1	7
TAGUIG	93,935	89,342	95.1%	1	1	0	1	9	5	8	3	4	0	2	7	41
VALENZUELA	68,379	54,708	80.0%	7	3	3	5	7	12	15	10	15	9	10	11	107
TOTAL	1,309,896	1,091,878	83.4%	108	82	140	101	386	256	372	365	341	313	269	334	3,067

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 8 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: **2023**

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,
Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 8. Severely Stunted - Height for Age

	NUMBER OF CHILDREN															Total # SSt Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	23	16	14	13	69	35	79	64	53	50	54	53	523
LAS PIÑAS	56,514	46,885	83.0%	6	0	12	0	30	19	39	27	30	36	26	30	255
MAKATI	53,462	42,161	78.9%	0	0	4	4	8	7	12	4	6	5	7	7	64
MALABON	36,857	29,920	81.2%	1	3	10	4	46	32	38	30	44	34	18	17	277
MANDALUYONG	39,483	36,146	91.5%	0	0	3	1	4	5	0	2	4	2	0	1	22
MANILA	173,148	87,989	50.8%	109	80	204	118	690	440	643	471	516	432	399	403	4,505
MARIKINA	42,974	37,356	86.9%	0	1	3	1	5	1	2	2	3	2	3	2	25
MUNTINLUPA	49,024	44,797	91.4%	0	1	0	1	18	15	15	22	8	17	4	5	106
NAVOTAS	26,069	22,697	87.1%	1	0	0	0	4	2	4	3	5	7	3	5	34
PARAÑAQUE	66,596	60,680	91.1%	13	9	31	9	105	54	87	56	80	67	75	68	654
PASAY	33,675	28,813	85.6%	0	0	1	0	7	7	14	7	4	7	4	12	63
PASIG	83,393	66,874	80.2%	6	4	12	7	36	34	47	36	34	36	18	12	282
PATEROS	5,940	4,191	70.6%	3	2	2	1	13	1	4	7	10	8	3	2	56
QUEZON CITY	297,748	291,327	97.8%	13	7	20	12	35	32	25	26	44	22	20	21	277
SAN JUAN	10,787	8,915	82.6%	5	1	0	1	1	0	0	0	1	0	1	2	12
TAGUIG	93,935	89,342	95.1%	1	3	1	2	11	4	10	8	6	2	5	7	60
VALENZUELA	68,379	54,708	80.0%	7	3	5	2	10	13	25	16	14	13	11	17	136
TOTAL	1,309,896	1,091,878	83.4%	188	130	322	176	1,092	701	1,044	781	862	740	651	664	7,351

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 9 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 9. Severely Wasted - Weight for Length/Height

Table of Severely Wasted Weight for Length/Height																
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	NUMBER OF CHILDREN												Total # SW 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	171,912	139,077	80.9%	7	11	5	8	7	6	8	11	6	6	4	8	87
LAS PIÑAS	56,514	46,885	83.0%	0	0	2	1	2	1	2	1	2	2	1	2	16
MAKATI	53,462	42,161	78.9%	0	1	1	0	3	0	1	2	0	0	0	0	8
MALABON	36,857	29,920	81.2%	4	6	5	4	12	9	15	10	12	13	10	8	108
MANDALUYONG	39,483	36,146	91.5%	0	2	2	2	3	0	3	3	2	8	3	0	28
MANILA	173,148	87,989	50.8%	112	67	56	30	96	94	121	70	89	63	80	73	951
MARIKINA	42,974	37,356	86.9%	0	0	0	1	2	0	3	2	1	1	1	2	13
MUNTINLUPA	49,024	44,797	91.4%	0	0	1	0	3	1	1	1	2	0	0	0	9
NAVOTAS	26,069	22,697	87.1%	5	3	2	0	3	5	2	4	5	2	1	6	38
PARAÑAQUE	66,596	60,680	91.1%	3	2	0	3	10	3	4	6	9	12	5	9	66
PASAY	33,675	28,813	85.6%	0	1	0	1	1	0	0	0	0	1	0	0	4
PASIG	83,393	66,874	80.2%	25	12	11	6	18	4	8	9	11	10	4	6	124
PATEROS	5,940	4,191	70.6%	0	0	0	0	0	0	0	0	0	0	0	0	0
QUEZON CITY	297,748	291,327	97.8%	9	1	8	10	14	16	18	29	10	11	16	12	154
SAN JUAN	10,787	8,915	82.6%	0	1	0	0	0	0	0	0	0	0	0	0	1
TAGUIG	93,935	89,342	95.1%	1	1	0	0	1	1	3	1	2	0	0	0	10
VALENZUELA	68,379	54,708	80.0%	5	8	5	3	6	3	10	7	12	6	6	6	77
TOTAL	1,309,896	1,091,878	83.4%	171	116	98	69	181	143	199	156	163	135	131	132	1,694

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 10 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 10. Overweight - Weight for Age

Table 10: Overweight - Weight for Age																
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	NUMBER OF CHILDREN												Total # OverWt 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	171,912	139,077	80.9%	121	108	39	33	84	86	85	75	96	90	115	90	1,022
LAS PIÑAS	56,514	46,885	83.0%	10	11	3	3	3	5	11	6	13	1	11	3	80
MAKATI	53,462	42,161	78.9%	17	15	4	5	12	5	19	13	32	21	47	34	224
MALABON	36,857	29,920	81.2%	16	11	7	6	22	16	24	16	37	33	46	38	272
MANDALUYONG	39,483	36,146	91.5%	2	3	1	3	1	0	3	3	13	10	15	8	62
MANILA	173,148	87,989	50.8%	354	324	128	105	278	258	277	231	405	287	418	282	3,347
MARIKINA	42,974	37,356	86.9%	13	11	2	1	6	5	4	1	0	3	5	5	56
MUNTINLUPA	49,024	44,797	91.4%	5	14	0	0	2	2	8	5	9	3	9	2	59
NAVOTAS	26,069	22,697	87.1%	26	23	6	7	10	16	16	14	8	10	18	8	162
PARAÑAQUE	66,596	60,680	91.1%	49	52	24	16	41	43	55	31	78	77	126	93	685
PASAY	33,675	28,813	85.6%	26	26	7	14	32	23	24	35	48	22	45	44	346
PASIG	83,393	66,874	80.2%	43	48	15	19	58	48	43	32	51	39	59	30	485
PATEROS	5,940	4,191	70.6%	8	10	5	6	19	9	15	8	22	10	9	7	128
QUEZON CITY	297,748	291,327	97.8%	155	189	19	31	20	32	22	29	25	18	20	24	584
SAN JUAN	10,787	8,915	82.6%	23	14	3	8	13	17	23	20	35	24	58	36	274
TAGUIG	93,935	89,342	95.1%	2	1	0	0	2	2	3	3	7	5	15	11	51
VALENZUELA	68,379	54,708	80.0%	10	19	10	11	32	27	26	19	72	68	153	117	564
TOTAL	1,309,896	1,091,878	83.4%	880	879	273	268	635	594	658	541	951	721	1,169	832	8,401

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC-Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 11 of 13 Sheet 1 of 2

REGION: NCR

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: **2023**

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,
Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 11. Tall - Height for Age

NUMBER OF CHILDREN																	Total # Tall Measured
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0-59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	214	257	102	175	194	228	104	101	61	58	39	33	1,566	
LAS PIÑAS	56,514	46,885	83.0%	43	34	28	56	78	71	52	58	29	19	12	9	489	
MAKATI	53,462	42,161	78.9%	59	64	27	39	71	60	54	56	29	16	31	20	526	
MALABON	36,857	29,920	81.2%	49	50	30	35	42	52	23	35	14	26	33	37	426	
MANDALUYONG	39,483	36,146	91.5%	21	21	19	11	11	17	28	38	10	13	8	1	198	
MANILA	173,148	87,989	50.8%	581	548	261	241	502	525	258	238	181	141	100	55	3,631	
MARIKINA	42,974	37,356	86.9%	63	91	35	65	105	128	82	94	37	46	60	48	854	
MUNTINLUPA	49,024	44,797	91.4%	49	106	29	52	38	45	17	30	32	24	25	9	456	
NAVOTAS	26,069	22,697	87.1%	52	65	42	33	44	52	28	35	13	12	13	17	406	
PARAÑAQUE	66,596	60,680	91.1%	113	113	60	53	127	116	75	75	83	102	139	132	1,188	
PASAY	33,675	28,813	85.6%	66	90	42	52	83	86	60	66	38	31	37	30	681	
PASIG	83,393	66,874	80.2%	303	340	129	160	297	278	120	114	114	127	163	147	2,292	
PATEROS	5,940	4,191	70.6%	18	16	18	10	17	5	8	6	3	4	4	5	114	
QUEZON CITY	297,748	291,327	97.8%	549	813	441	590	616	771	416	572	214	217	129	112	5,440	
SAN JUAN	10,787	8,915	82.6%	28	33	6	10	19	24	14	12	16	13	12	8	195	
TAGUIG	93,935	89,342	95.1%	122	140	58	85	156	228	184	238	61	77	25	27	1,401	
VALENZUELA	68,379	54,708	80.0%	50	59	26	30	52	67	27	35	27	22	46	39	480	
TOTAL	1,309,896	1,091,878	83.4%	2,380	2,840	1,353	1,697	2,452	2,753	1,550	1,803	962	948	876	729	20,343	

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 12 of 13 Sheet 1 of 2

REGION: **NCR**

Total # Provinces & Ind. Cities
in Region: 17

Year Covered: **2023**

No. of Provs. & Cities w/ OPT+: 17

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,

Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 12. Overweight - Weight for Length/Height

Table 12: Overweight Weight for Length/Height																
NCR City/Municipality	NUMBER OF CHILDREN															Total # OverWt WFL/H Measured
	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	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	171,912	139,077	80.9%	121	74	38	41	87	96	108	112	113	115	154	152	1,211
LAS PIÑAS	56,514	46,885	83.0%	8	7	5	6	8	8	4	7	10	4	16	11	94
MAKATI	53,462	42,161	78.9%	9	10	8	4	20	12	12	12	33	23	49	38	230
MALABON	36,857	29,920	81.2%	8	5	6	2	16	11	14	5	40	28	39	26	200
MANDALUYONG	39,483	36,146	91.5%	3	4	5	1	1	1	1	2	4	4	10	1	37
MANILA	173,148	87,989	50.8%	189	130	118	106	321	291	319	298	364	353	361	344	3,194
MARIKINA	42,974	37,356	86.9%	9	2	2	1	2	4	3	6	8	8	32	29	106
MUNTINLUPA	49,024	44,797	91.4%	2	0	0	0	6	2	6	6	7	10	7	5	51
NAVOTAS	26,069	22,697	87.1%	15	8	2	3	20	19	28	15	26	18	26	20	200
PARAÑAQUE	66,596	60,680	91.1%	11	23	19	13	35	31	42	30	59	67	94	98	522
PASAY	33,675	28,813	85.6%	14	7	5	12	23	15	28	19	23	27	34	39	246
PASIG	83,393	66,874	80.2%	43	25	15	19	34	34	40	30	48	46	57	35	426
PATEROS	5,940	4,191	70.6%	4	5	3	3	17	12	16	8	19	12	8	10	117
QUEZON CITY	297,748	291,327	97.8%	21	26	14	10	24	28	24	27	36	32	30	43	315
SAN JUAN	10,787	8,915	82.6%	9	6	3	5	10	6	18	10	18	15	34	33	167
TAGUIG	93,935	89,342	95.1%	1	2	1	0	2	4	3	2	10	2	7	8	42
VALENZUELA	68,379	54,708	80.0%	20	19	7	12	23	28	30	12	40	47	102	84	424
TOTAL	1,309,896	1,091,878	83.4%	487	353	251	238	649	602	696	601	858	811	1,060	976	7,582

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



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

Revised March 2021

Table 13 of 13 Sheet 1 of 2

REGION: **NCR**

Total # Provinces & Ind. Cities
in Region: 17
No. of Provs. & Cities w/ OPT+: 17

Year Covered: 2023

Indigenous Groups: MARANAO, MAGUINDANAWON, TAUSUG,
Number of Indigenous Children measured: (0-59 mos old) 9,007

Table 13. Obese - Weight for Length/Height

Table 10: Obese - Weight for Length/Height																
NCR City/Municipality	Estimated # Children 0-59 mos. old	Total # Children 0- 59 mos. old measured	% of Brgy Covered	NUMBER OF CHILDREN												Total # Obese WFL/H 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	171,912	139,077	80.9%	40	25	11	8	34	49	74	47	98	87	104	84	661
LAS PIÑAS	56,514	46,885	83.0%	3	0	1	0	5	3	10	3	12	3	10	4	54
MAKATI	53,462	42,161	78.9%	2	1	2	1	5	4	17	6	24	18	39	30	149
MALABON	36,857	29,920	81.2%	6	3	2	3	10	5	17	10	28	22	38	22	166
MANDALUYONG	39,483	36,146	91.5%	1	3	1	1	1	0	2	3	13	7	10	8	50
MANILA	173,148	87,989	50.8%	128	110	76	61	179	156	247	195	429	267	359	284	2,491
MARIKINA	42,974	37,356	86.9%	0	0	0	1	0	0	0	0	1	3	6	10	21
MUNTINLUPA	49,024	44,797	91.4%	0	0	0	0	1	2	4	2	5	2	5	3	24
NAVOTAS	26,069	22,697	87.1%	8	9	0	3	5	11	10	11	5	9	19	6	96
PARAÑAQUE	66,596	60,680	91.1%	18	13	9	8	22	23	39	22	61	38	111	63	427
PASAY	33,675	28,813	85.6%	4	3	2	2	10	7	18	18	37	15	35	29	180
PASIG	83,393	66,874	80.2%	11	9	5	7	24	18	35	8	50	27	41	27	262
PATEROS	5,940	4,191	70.6%	3	3	2	0	12	9	12	8	21	7	11	5	93
QUEZON CITY	297,748	291,327	97.8%	8	10	9	10	16	14	13	11	32	13	18	23	177
SAN JUAN	10,787	8,915	82.6%	7	7	1	2	6	9	18	8	29	15	44	22	168
TAGUIG	93,935	89,342	95.1%	1	1	0	0	1	0	4	1	4	7	11	6	36
VALENZUELA	68,379	54,708	80.0%	5	8	6	5	13	9	22	14	53	52	123	90	400
TOTAL	1,309,896	1,091,878	83.4%	245	205	127	112	344	319	542	367	902	592	984	716	5,455

Prepared by:

DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved:

Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date:

September 27, 2023

Date:

September 27, 2023

**National Capital Region**

Revised March 2021 Page 1 of 3

OPT Plus Form 4A. Regional Tally and Summary Sheet of Preschoolers with Weight & Height Measurement by Age Group, Sex and Nutritional Status

Estimated Population of Children 0-59 months old: **1,309,896**

Total Population of Region: **13,802,335** Source: DOH - EB 2021

REGION:**NCR**

WFA - Actual # of Children Measured: **1,091,878**

Year Covered by this OPT Plus: **CY 2023**

OPT Plus Coverage -- WFA: **83.4%**

Prevalence Rate UW & SUW (Last OPT Plus): **2.4%**

Indigenous Preschoolers: All: **744** M= **385** F= **359**

Indigenous groups (pls indicate, if applicable): **MARANAO, MAGUINDANAWON, TAUSUG, BADJAO**

Prevalence Rate Underweight & Severe Underweight:

0-59 months: **1.3%**

Age Group	Weight for Age Status																TOTAL			Total, by age group							
	Normal (N)				Underweight (UW)				Severely Underweight (SUW)				Overweight (OW)							N		UW		SUW		OW	
	Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls		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)	(25)	(26)	(27)	(28)
0-5 months (R1)	52,361		52,123		227		141		108		82		880		879		53,576	53,225	106,801	104,484	97.8	368	0.3	190	0.2	1,759	1.6
6-11 months (R2)	43,500		42,160		411		231		140		101		273		268		44,324	42,760	87,084	85,660	98.4	642	0.7	241	0.3	541	0.6
12-23 months (R3)	86,842		83,130		1,097		844		386		256		635		594		88,960	84,824	173,784	169,972	97.8	1,941	1.1	642	0.4	1,229	0.7
24-35 months (R4)	93,369		89,523		1,374		1,190		372		365		658		541		95,773	91,619	187,392	182,892	97.6	2,564	1.4	737	0.4	1,199	0.6
36-47 months (R5)	115,271		113,281		1,384		1,449		341		313		951		721		117,947	115,764	233,711	228,552	97.8	2,833	1.2	654	0.3	1,672	0.7
48-59 months (R6)	150,968		146,938		1,318		1,278		269		334		1,169		832		153,724	149,382	303,106	297,906	98.3	2,596	0.9	603	0.2	2,001	0.7
Total (R7) 0-23 mos	182,703		177,413		1,735		1,216		634		439		1,788		1,741		186,860	180,809	367,669	360,116		2,951		1,073		3,529	
Prevalence(%) 0-23 mos	97.8		98.1		0.9		0.7		0.3		0.2		1.0		1.0						97.95		0.80		0.29		0.96
Total (R9) 0-59 mos	542,311		527,155		5,811		5,133		1,616		1,451		4,566		3,835		554,304	537,574	1,091,878	1,069,466		10,944		3,067		8,401	
Prevalence(%) 0-59 mos	97.8		98.1		1.0		1.0		0.3		0.3		0.8		0.7						97.95		1.00		0.28		0.77

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R7) - refers to the sum of preschoolers by nutritional status for children 0-59 months; c) Prevalence (R8 & R10)- refers to the prevalence rate by sex, by nutritional status for age group 0- 59 mos.

1/ Refers to previous year prevalence rate of the area

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

Prepared by: DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved: Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date: September 27, 2023

Date: September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL
National Capital Region



Revised March 2021 Page 2 of 3

OPT Plus Form 4A. Regional Tally and Summary Sheet of Preschoolers with Weight & Height Measurement by Age Group, Sex and Nutritional Status

Estimated Popn of Children 0-59 months old: **1,309,896**

Total Population of Region: **13,802,335** Source: DOH - EB 2021

REGION: NCR

L/HFA - Actual # Children Measured: **1,091,879**

Year Covered by this OPT Plus: **CY 2023**

OPT Plus Coverage -- L/HFA: **83.4%**

Prevalence Rate Stunting & Sev. Stunting (Last OPT Plus): **3.7%**

Indigenous Preschoolers: All: **744** M= **385** F= **359**

Prevalence Rate Stunting & Severe Stunting:

Indigenous groups (pls indicate, if MARANAO, MAGUINDANAWON, TAUSUG, applicable): **BADJAO**

0-59 months: **2.3%**

Age Group (1)	Length/Height for Age Status																Total, by age group										
	Normal (N)				Stunted /Short (St)				Severely Stunted (SSSt)				Tall (T)				TOTAL			N		St		SSSt		T	
	Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls		Boys	Girls	Total	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)	(25)	(26)	(27)	(28)
0-5 months (R1)	50,640		50,018		368		237		188		130		2,380		2,840		53,576	53,225	106,801	100,658	94.2	605	0.6	318	0.3	5,220	4.9
6-11 months (R2)	42,042		40,454		607		433		322		176		1,353		1,697		44,324	42,760	87,084	82,496	94.7	1,040	1.2	498	0.6	3,050	3.5
12-23 months (R3)	83,368		79,874		2,048		1,497		1,092		701		2,452		2,753		88,960	84,825	173,785	163,242	93.9	3,545	2.0	1,793	1.0	5,205	3.0
24-35 months (R4)	91,042		87,305		2,137		1,730		1,044		781		1,550		1,803		95,773	91,619	187,392	178,347	95.2	3,867	2.1	1,825	1.0	3,353	1.8
36-47 months (R5)	113,734		111,927		2,389		2,149		862		740		962		948		117,947	115,764	233,711	225,661	96.6	4,538	1.9	1,602	0.7	1,910	0.8
48-59 months (R6)	150,054		145,925		2,143		2,064		651		664		876		729		153,724	149,382	303,106	295,979	97.6	4,207	1.4	1,315	0.4	1,605	0.5
Total (R7) 0-23 mos	176,050		170,346		3,023		2,167		1,602		1,007		6,185		7,290		186,860	180,810	367,670	346,396		5,190		2,609		13,475	
Prevalence(%) 0-23 mos	94.2		94.2		1.6		1.2		0.9		0.6		3.3		4.0						94.21		1.41		0.71		3.66
Total (R9) 0-59 mos	530,880		515,503		9,692		8,110		4,159		3,192		9,573		10,770		554,304	537,575	1,091,879	1,046,383		17,802		7,351		20,343	
Prevalence(%) 0-59 mos	95.8		95.9		1.7		1.5		0.8		0.6		1.7		2.0						95.83		1.63		0.67		1.86

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R7) - refers to the sum of preschoolers by nutritional status for children 0-59 months; c) Prevalence (R8 & R10)- refers to the prevalence rate by sex, by nutritional status for age group 0-59 mos.

1/ Refers to previous year prevalence rate of the area

Prepared by: DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved: Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date: September 27, 2023

Date: September 27, 2023

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL



Revised March 2021 Page 3 of 3

OPT Plus Form 4A. RegionalTally and Summary Sheet of Preschoolers with Weight & Height Measurement by Age Group, Sex and Nutritional Status

REGION: **NCR**

Estimated Population of Children 0-59 months old: #####

WFL/H -- Actual # of Children Measured: 1,091,878

OPT Plus Coverage -- WFL/H: 83.4%

Indigenous Preschoolers: All: 737 M= 359 F= 378

Indigenous groups (pls MARANAO, MAGUINDANAWON, TAUSUG, indicate, if applicable): BADJAO

Total Population of Region: 13,802,335

Source: DOH - EB 2021

Year Covered by this OPT Plus: **CY 2023**

Prevalence Rate Wasting & Sev. Wasting (Last OPT Plus): **1.3%**

Prevalence Rate Moderate Wasting & Severe Wasting:

0-59 months: 0.5%

Age Group (1)	Weight for Length/Height Status																	Total, by age group																													
	Normal (N)				Mod. Wasted (MW)				Severely Wasted (SW)				Overweight (OW)				Obese (Ob)				TOTAL			N		MW		SW		OW		Ob															
	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)	(25)	(26)	(27)	(28)	(29)	(30)	(31)	(32)	(33)	(34)														
0-5 months (R1)	52,460		52,399		213		154		171		116		487		353		245		205		53,576		53,227		106,803		104,859		98.2		367		0.3		287		0.3		840		0.8		450		0.4		
6-11 months (R2)	43,646		42,216		202		125		98		69		251		238		127		112		44,324		42,760		87,084		85,862		98.6		327		0.4		167		0.2		489		0.6		239		0.3		
12-23 months (R3)	87,298		83,395		487		366		181		143		649		602		344		319		88,959		84,825		173,784		170,693		98.2		853		0.5		324		0.2		1,251		0.7		663		0.4		
24-35 months (R4)	93,880		90,116		456		379		199		156		696		601		542		367		95,773		91,619		187,392		183,996		98.2		835		0.4		355		0.2		1,297		0.7		909		0.5		
36-47 months (R5)	115,577		113,803		450		421		163		135		858		811		902		592		117,950		115,762		233,712		229,380		98.1		871		0.4		298		0.1		1,669		0.7		1,494		0.6		
48-59 months (R6)	151,155		147,188		396		365		131		132		1,060		976		984		716		153,726		149,377		303,103		298,343		98.4		761		0.3		263		0.1		2,036		0.7		1,700		0.6		
Total (R7) 0-23 mos	183,404		178,010		902		645		450		328		1,387		1,193		716		636		186,859		180,812		367,671		361,414		98.30	1,547		0.42	778		0.21	2,580		0.70	1,352		0.37						
Prevalence(%) 0-23 mos	98.2		98.5		0.5		0.4		0.2		0.2		0.7		0.7		0.4		0.4																												
Total (R9) 0-59 mos	544,016		529,117		2,204		1,810		943		751		4,001		3,581		3,144		2,311		554,308		537,570		1,091,878		1,073,133			4,014			1,694			7,582			5,455								
Prevalence(%) 0-59 mos	98.1		98.4		0.4		0.3		0.2		0.1		0.7		0.7		0.6		0.4											98.28			0.37			0.16			0.69					0.50			

Note: a) R1 means Row No. 1, R2 means Row 2, etc.; b) Total (R7) - refers to the sum of preschoolers by nutritional status for children 0-59 months; c) Prevalence (R8 & R10) - refers to the prevalence rate by sex, by nutritional status for age group 0

1/ Refers to previous year prevalence rate of the area, for comparison with current year

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: DMO II Theresa A. Rivas
Nutrition Officer III, NNC- Region

Approved: Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator

Date: September 27, 2023

Date: September 27, 2023



Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL
National Capital Region

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

Revised March 2021

Total Population: **13,802,335** Source & Yr: DOH - Epid Bureau 2021
Estimated Population 0-59 mos old Children: **1,309,896** PSGC: 1300000000
OPT Plus Year: 2023 No. of Indigenous Groups Measured: **0**

Previous CY Regional Prevalence Rates: Previous CY: **0.5%**
Wt. for Age **1.3%** L/H for Age **2.3%** Wt for L/Ht **0.5%**
Current Regional Prevalence Rates: (0-59 mos)
Wt. for Age **1.3%** L/H for Age **2.3%** Wt for L/Ht **0.5%**

NCR City/Municipality (1)	Total Number of Cities/ Municipalities (If Province) (2)	Number of Cities/Municipalities with OPT Plus Results (3)	Total Number of Barangays (4)	Number of Barangays with OPT Results (5)	Estimated No. of Children 0-59 months old (6)	No. of Children Measured (0- 59 mos)		No. of Indigenous Children Measured (0-59 mos)	
						Weight (7)	Height (8)	Male (9)	Female (10)
CALOOCAN	N/A	N/A	188	186	171,912	139,077	139,077	0	0
MALABON	N/A	N/A	21	21	36,857	29,920	29,920	0	0
NAVOTAS	N/A	N/A	18	18	26,069	22,697	22,698	0	0
VALENZUELA	N/A	N/A	33	33	68,379	54,708	54,708	0	0
QUEZON CITY	N/A	N/A	142	142	297,748	291,327	291,327	2,921	2,999
MARIKINA	N/A	N/A	16	16	42,974	37,356	37,356	0	0
PASIG	N/A	N/A	30	30	83,393	66,874	66,874	1,138	1,205
TAGUIG	N/A	N/A	28	28	93,935	89,342	89,342	11	4
PATEROS	N/A	N/A	10	10	5,940	4,191	4,191	0	0
SAN JUAN	N/A	N/A	21	21	10,787	8,915	8,915	0	0
MANDALUYONG	N/A	N/A	27	27	39,483	36,146	36,146	0	0
MAKATI	N/A	N/A	27	27	53,462	42,161	42,161	0	0
MANILA	N/A	N/A	897	896	173,148	87,989	87,989	374	355
PASAY	N/A	N/A	201	201	33,675	28,813	28,813	0	0
LAS PIÑAS	N/A	N/A	20	20	56,514	46,885	46,885	0	0
PARAÑAQUE	N/A	N/A	16	16	66,596	60,680	60,680	0	0
MUNTINLUPA	N/A	N/A	9	9	49,024	44,797	44,797	0	0
TOTAL	0	0	1,704	1,701	1,309,896	1,091,878	1,091,879	4,444	4,563

Prepared by: DMO II Theresa A. Rivas
Nutrition Officer III, NNC-Region NCR

Approved: Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator, NNC-Region NCR

Date: _____



REGION: NCR

OPERATION TIMBANG PLUS 2023
NUTRITIONAL STATUS OF CHILDREN 0-59 and 0-23 MONTHS OLD
SUMMARY TABLES FOR PRESENTATIONS

[PRINTING INSTRUCTIONS](#)

WEIGHT FOR AGE

	0-23 Months (F1K)				0-59 Months			
	Boys	Girls	Total	Prev	Boys	Girls	Total	Prev
Normal	182,703	177,413	360,116	97.95%	542,311	527,155	#####	97.95%
Overweight	1,788	1,741	3,529	0.96%	4,566	3,835	8,401	0.77%
Underweight	1,735	1,216	2,951	0.80%	5,811	5,133	10,944	1.00%
Severely Underweight	634	439	1,073	0.29%	1,616	1,451	3,067	0.28%

HEIGHT FOR AGE

	0-23 Months (F1K)				0-59 Months			
	Boys	Girls	Total	Prev	Boys	Girls	Total	Prev
Normal	176,050	170,346	346,396	94.21%	530,880	515,503	#####	95.83%
Tall	6,185	7,290	13,475	3.66%	9,573	10,770	20,343	1.86%
Stunted	3,023	2,167	5,190	1.41%	9,692	8,110	17,802	1.63%
Severely Stunted	1,602	1,007	2,609	0.71%	4,159	3,192	7,351	0.67%

WEIGHT FOR LENGTH/HEIGHT

	0-23 Months (F1K)				0-59 Months			
	Boys	Girls	Total	Prev	Boys	Girls	Total	Prev
Normal	183,404	178,010	361,414	98.30%	544,016	529,117	#####	98.28%
Overweight	1,387	1,193	2,580	0.70%	4,001	3,581	7,582	0.69%
Obese	716	636	1,352	0.37%	3,144	2,311	5,455	0.50%
Moderately Wasted	902	645	1,547	0.42%	2,204	1,810	4,014	0.37%
Severely Wasted	450	328	778	0.21%	943	751	1,694	0.16%

TOTAL NUMBER OF MOTHERS/CAREGIVERS OF CHILDREN (0-59 MOS OLD) AFFECTED BY UNDERNUTRITION	30,140
TOTAL NUMBER OF MOTHERS/CAREGIVERS OF CHILDREN (0-23 MOS OLD) AFFECTED BY UNDERNUTRITION	10,255



REGION: NCR

OPERATION TIMBANG PLUS 2023 UNDERWEIGHT AND SEVERE UNDERWEIGHT

PREVALENCE AND NUMBER OF AFFECTED CHILDREN UNDER FIVE, BY PROVINCE/CITY/NCR LGU

[PRINTING
INSTRUCTIONS](#)

*Provinces/Cities/NCR LGUs are ranked from highest to lowest prevalence (%) of UW + Severe UW.

of pages: 1

Rank*	Province/ Independent City/ NCR LGU	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR AGE		
			Normal (%)	Underweight + Severely Underweight (%)	Number of Underweight + Severely Underweight
1	MANILA	50.82%	88.84%	7.36%	6473
2	PATEROS	70.56%	94.27%	2.67%	112
3	PARAÑAQUE	91.12%	96.57%	2.30%	1396
4	MALABON	81.18%	96.90%	2.20%	657
5	LAS PIÑAS	82.96%	98.13%	1.70%	797
6	PASAY	85.56%	97.26%	1.54%	444
7	NAVOTAS	87.07%	97.96%	1.32%	300
8	VALENZUELA	80.01%	98.01%	0.96%	524
9	SAN JUAN	82.65%	95.97%	0.95%	85
10	PASIG	80.19%	98.47%	0.81%	540
11	CALOOCAN	80.90%	98.56%	0.70%	978
12	MUNTINLUPA	91.38%	99.25%	0.62%	276
13	MANDALUYONG	91.55%	99.28%	0.55%	200
14	MAKATI	78.86%	99.13%	0.34%	142
15	TAGUIG	95.11%	99.63%	0.31%	277
16	QUEZON CITY	97.84%	99.55%	0.25%	719
17	MARIKINA	86.93%	99.61%	0.24%	91



REGION: NCR

OPERATION TIMBANG PLUS 2023 STUNTING AND SEVERE STUNTING

PREVALENCE AND NUMBER OF AFFECTED CHILDREN UNDER FIVE, BY PROVINCE/CITY/NCR LGU

[PRINTING](#)
[INSTRUCTIONS](#)

*Provinces/Cities/NCR LGUs are ranked from highest to lowest prevalence (%) of St + SevStunting.

of pages: 1

Rank*	Province/ Independent City/ NCR LGU	0-59 Months OPT Plus Coverage (%)	HEIGHT FOR AGE		
			Normal (%)	Stunted + Severely Stunted (%)	Number of Stunted + Severely Stunted
1	MANILA	50.82%	79.33%	16.54%	14555
2	PATEROS	70.56%	91.60%	5.68%	238
3	MALABON	81.18%	95.03%	3.55%	1062
4	PARAÑAQUE	91.12%	94.56%	3.48%	2112
5	PASAY	85.56%	95.39%	2.25%	647
6	LAS PIÑAS	82.96%	97.07%	1.89%	884
7	PASIG	80.19%	95.00%	1.57%	1051
8	CALOOCAN	80.90%	97.44%	1.44%	1997
9	NAVOTAS	87.07%	96.93%	1.28%	291
10	SAN JUAN	82.65%	96.65%	1.17%	104
11	VALENZUELA	80.01%	98.04%	1.08%	592
12	MUNTINLUPA	91.38%	98.33%	0.65%	292
13	MAKATI	78.86%	98.30%	0.45%	190
14	QUEZON CITY	97.84%	97.86%	0.27%	781
15	MARIKINA	86.93%	97.47%	0.24%	91
16	MANDALUYONG	91.55%	99.21%	0.24%	88
17	TAGUIG	95.11%	98.23%	0.20%	178



REGION: NCR

**OPERATION TIMBANG PLUS 2023
MODERATE AND SEVERE WASTING**

PREVALENCE AND NUMBER OF AFFECTED CHILDREN UNDER FIVE, BY PROVINCE/CITY/NCR LGU

[PRINTING](#)
[INSTRUCTIONS](#)

*Provinces/Cities/NCR LGUs are ranked from highest to lowest prevalence (%) of MW+ SW.

of pages: 1

Rank*	Province/ Independent City/ NCR LGU	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR LENGTH/HEIGHT		
			Normal (%)	Moderately Wasted + Severely Wasted (%)	Number of Moderately Wasted + Severely Wasted
1	MANILA	50.82%	90.36%	3.18%	2797
2	PATEROS	70.56%	93.44%	1.55%	65
3	MALABON	81.18%	97.74%	1.04%	311
4	NAVOTAS	87.07%	97.75%	0.95%	215
5	PASIG	80.19%	98.44%	0.53%	353
6	VALENZUELA	80.01%	97.98%	0.51%	281
7	PARAÑAQUE	91.12%	97.99%	0.44%	270
8	PASAY	85.56%	98.20%	0.32%	92
9	CALOOCAN	80.90%	98.34%	0.31%	432
10	SAN JUAN	82.65%	95.97%	0.27%	24
11	MANDALUYONG	91.55%	99.50%	0.26%	94
12	LAS PIÑAS	82.96%	99.46%	0.23%	107
13	MARIKINA	86.93%	99.50%	0.16%	58
14	QUEZON CITY	97.84%	99.69%	0.14%	411
15	MUNTINLUPA	91.38%	99.70%	0.14%	61
16	TAGUIG	95.11%	99.80%	0.12%	105
17	MAKATI	78.86%	99.03%	0.08%	32



REGION: NCR

OPERATION TIMBANG PLUS 2023

OVERWEIGHT AND OBESITY

PREVALENCE AND NUMBER OF AFFECTED CHILDREN UNDER FIVE, BY PROVINCE/CITY/NCR LGU

[PRINTING](#)
[INSTRUCTIONS](#)

*Provinces/Cities/NCR LGUs are ranked from highest to lowest prevalence (%) of OW + Ob.

of pages: 1

Rank*	Province/ Independent City/ NCR LGU	0-59 Months OPT Plus Coverage (%)	WEIGHT FOR LENGTH/HEIGHT		
			Normal (%)	Overweight + Obese (%)	Number of Overweight + Obese
1	MANILA	50.82%	90.36%	6.46%	5685
2	PATEROS	70.56%	93.44%	5.01%	210
3	SAN JUAN	82.65%	95.97%	3.76%	335
4	PARAÑAQUE	91.12%	97.99%	1.56%	949
5	VALENZUELA	80.01%	97.98%	1.51%	824
6	PASAY	85.56%	98.20%	1.48%	426
7	CALOOCAN	80.90%	98.34%	1.35%	1872
8	NAVOTAS	87.07%	97.75%	1.30%	296
9	MALABON	81.18%	97.74%	1.22%	366
10	PASIG	80.19%	98.44%	1.03%	688
11	MAKATI	78.86%	99.03%	0.90%	379
12	MARIKINA	86.93%	99.50%	0.34%	127
13	LAS PIÑAS	82.96%	99.46%	0.32%	148
14	MANDALUYONG	91.55%	99.50%	0.24%	87
15	QUEZON CITY	97.84%	99.69%	0.17%	492
16	MUNTINLUPA	91.38%	99.70%	0.17%	75
17	TAGUIG	95.11%	99.80%	0.09%	78