



NATIONAL NUTRITION COUNCIL

Guidelines on Dietary Supplementation *in the First 1000 Days of Life*

NNC NCR - PPAN Movers General Assembly

27 February 2023

RATIONALE FOR DSP

Mean energy and protein intake and percent meeting the recommended intake by specific groups, Philippines, 2018-2019

Population group	Energy	Protein
	% meeting the recommended intake	% meeting the recommended intake
Household	21.8	55.1
Children, 6-11 mos		43.7
Children, 1-2 yo		68.0
Pregnant women		17.2
Lactating women		19.0

RATIONALE FOR DSP

- The deficiency in energy and protein intake of underweight-for-age children, nutritionally-atrisk pregnant women, and underweight pregnant women as suggested by the energy and protein intake at various points, i.e. mean, median, 75th, and 90th percentile is more severe (Table 2), i.e. the 90th percentile is still lower than the recommended intake.

RATIONALE FOR DSP

Percentage of children 6-23 months old meeting minimum acceptable diet, minimum diet diversity, and minimum meal frequency, Philippines, 2013, 2015, 2018

Index	2013	2015	2018	2019
Minimum acceptable diet	6.4	18.6	13.4	9.9
Minimum diet diversity	15.5	29.2	23.0	20.1
Minimum meal frequency	94.1	91.7	89.0	92.2

SCOPE AND COVERAGE

- technical and operational concerns for implementing DSP in the first 1000 days of life or the period of pregnancy to the first two years of life.

WHAT IS DIETARY SUPPLEMENTATION?

- an intervention that involves the provision of additional food to a target group not categorized as acutely malnourished for a **specified calorie and protein level of supplementation** and for a **duration of at least 90 days**

GENERAL OBJECTIVES

- To prevent low birth weight
- To prevent stunting and wasting among children under two (2) years old
- To contribute to increased practice of exclusive breastfeeding in the first six months of life and continued breastfeeding up to two years and longer
- To contribute to improved complementary feeding practices of infants and young children 6 – 23mos old

PRIORITY TARGET AREAS

- Province, city, municipality, or barangay with the highest need or vulnerability to undernutrition
 - Subsistence incidence
 - Poverty incidence
 - Stunting among children under-five years old
 - Population size
 - Children 6-23 months old meeting the minimum adequate diet
 - Presence or recent experience of a disaster or 672 emergency, e.g. flooding, volcanic eruption, drought, armed conflict, fire

PRIORITY TARGET GROUPS

- Pregnant adolescent
- Nutritionally-at-risk pregnant women identified using the MUAC
- Pregnant women of any age, regardless of nutritional status from poor families
- Lactating mothers with infants less than 6 months old from poor households

PRIORITY TARGET GROUPS

- Underweight infants 6-11 months old
- Underweight young children 12-23 months old
- Infants and young children 6-23 months old who are normal in weight and height status but come from poor households

LEVEL OF SUPPLEMENTATION

Target group	Level of supplementation per day
Infants, 6-11 mos old	150 – 200 kcal, 5 grams (13%) of protein
Children 11-23 mos old	200 – 300 kcal, 5-10 grams (10-13%) of protein
Pregnant women	400 – 500 kcal , 10-15 grams (10-12%) of protein
Lactating women	500 – 700 kcal, 10-20 grams (8-11%) of protein

INVESTMENT REQUIREMENT

Particulars	Amount
Food Cost	Php 26 per child 6-23 mos old *Php 20 plus 30% inflation rate Php 2 per child per day is allotted for the procurement of Iron Fortified Rice (IFR)
	Php 55 per pregnant woman per day for 90 days Php 30 per pregnant woman/day is the budget for nutribun for 42 days Php 50 per pregnant woman/day is the budget for ARBOs for 48 days Php 5 per pregnant woman/day is allotted for the procurement of IFR for 48 days

DURATION OF FEEDING

- Pregnant women – 90 days (last trimester)
- Infants 6-12 months old – whole duration (6 months)
- Young children 12-23 - whole duration (1 year)

COMPLEMENTARY SERVICES

- Nutrition education
- Lactation support
- Nutrition-sensitive interventions such as home gardening
- Water, Sanitation, and Hygiene (WASH)
- Micronutrient supplementation

OPERATIONAL GUIDELINES

- Planning the DSP
- Social Preparation
- Scheme of food distribution
- Kinds of food to use
- Menu planning and food preparation
- Budgeting
- Managing donations
- Entry/exit to the program
- Documentation and reporting
- Ensuring sustainability

Tutok KAINAN

SUPPLEMENTATION
PROGRAM



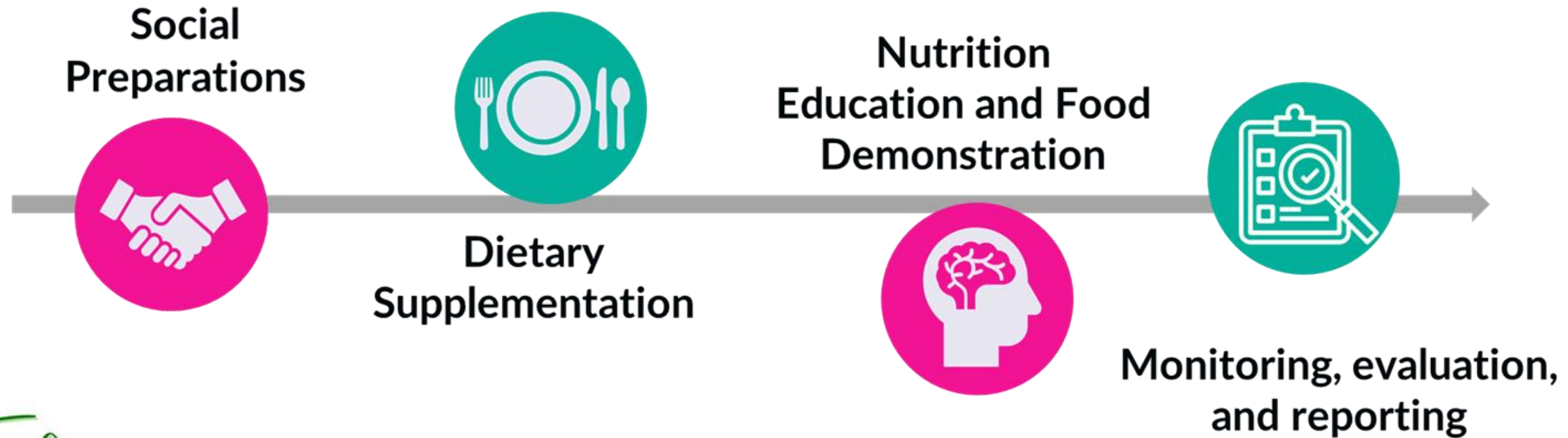
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***Tutok Kainan* Dietary Supplementation Program**

General objective

To contribute to the prevention of stunting among children 0-23 months old by improving the quality and quantity of food and nutrient intakes and utilization of related ECCD F1KD services among nutritionally at-risk pregnant women and children 6-23 months old in the target ***Tutok Kainan*** program areas.

Project Components



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Other components



Home Food Production



Micronutrient Supplementation



Integrated Management of Childhood Illness



C/MNPCs ROLE to the SUCCESS of the PROGRAM:

1. Convene the members of the city/municipal/barangay nutrition committees for the orientation and social preparation activities
2. Follow the program guidelines and endorse any deviation to program implementation to NNC-CO/RO deviation;
3. Provide augmentation support for the implementation of the program

C/MNPCs ROLE to the SUCCESS of the PROGRAM:

4. Receive, inspect and maintain inventory of delivered commodities
5. Re-pack commodities for distribution to barangays based on breakdown of beneficiaries (packaging material)
6. If preparation will be done in a central kitchen, identify specific location with access to clean water, enough working space for pre-preparation, cooking and packing of hot meals for distribution to beneficiaries

C/MNPCs ROLE to the SUCCESS of the PROGRAM:

7. Monitor and report implementation of accomplishments to the Mayor as Chairperson of the City/Municipal Nutrition Committee
8. Submit monthly reports to the NNC Regional Office as required by the program guidelines' monitoring and evaluation provisions

THANK YOU!

Do you have any questions?

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