



NATIONAL
CAPITAL
REGION

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Regional Dialogue with Punong Barangays: Enabling Nutrition Devolution

November 16 and 18, 2021 via Zoom



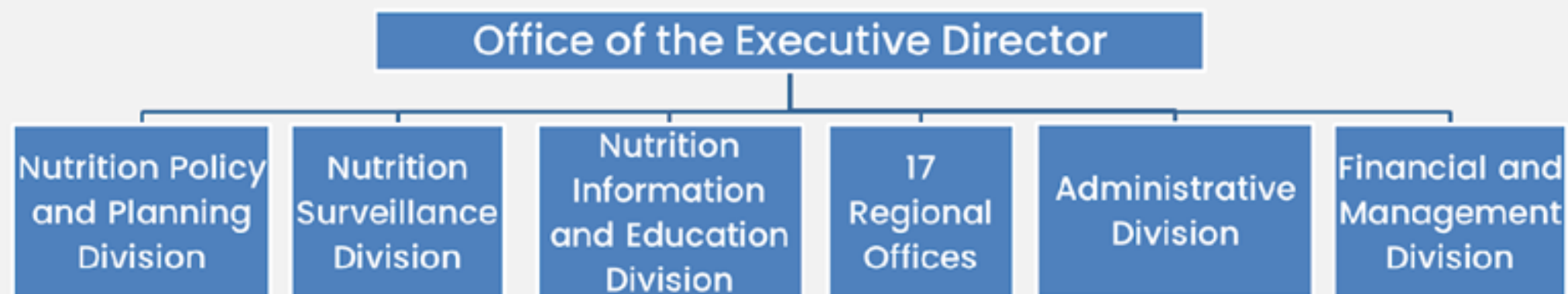
National Nutrition Council

The country's highest policy-making and coordinating body
on nutrition
(PD 491, EO 234)

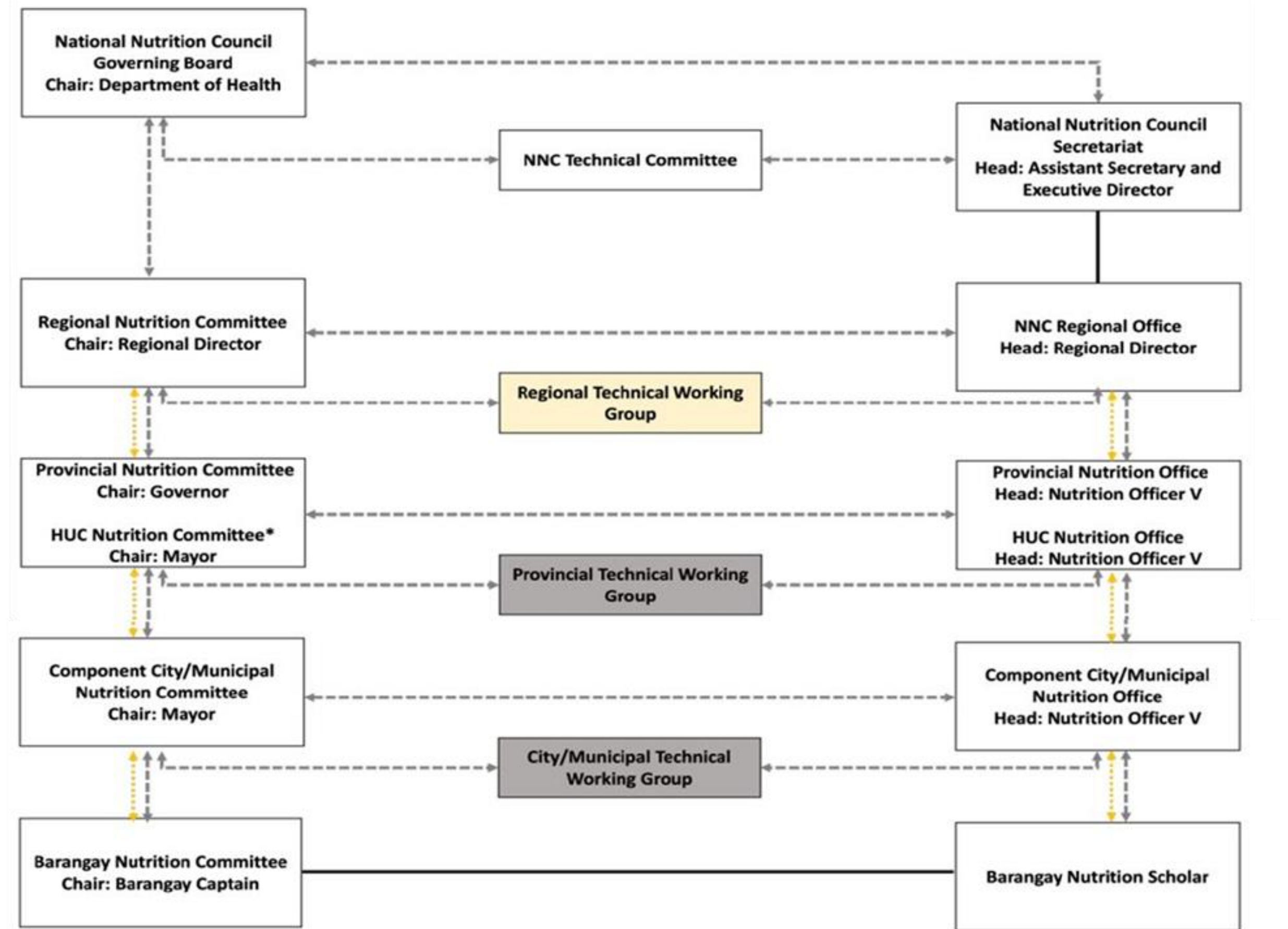
NNC GOVERNING BOARD



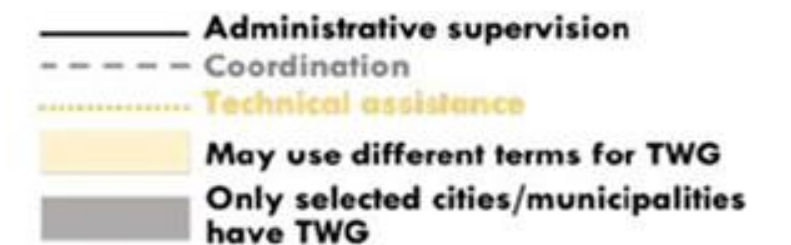
NNC SECRETARIAT



Structure for Nutrition Policy and Coordination



Note: Unlike provinces, HUCs do not have jurisdiction over municipalities.



Malnutrition and Food Insecurity



WASTING

SOBRANG KAPAYATAN

5.8% of children under-5
(800,000)



STUNTING

PAGKABANSOT

28.8% of children under-5
(3.4 Million)



OBESITY

SOBRANG KATABAAN

2.9% of children under-5
9.6% among adults



MICRONUTRIENT
DEFICIENCIES
(Hidden Hunger)



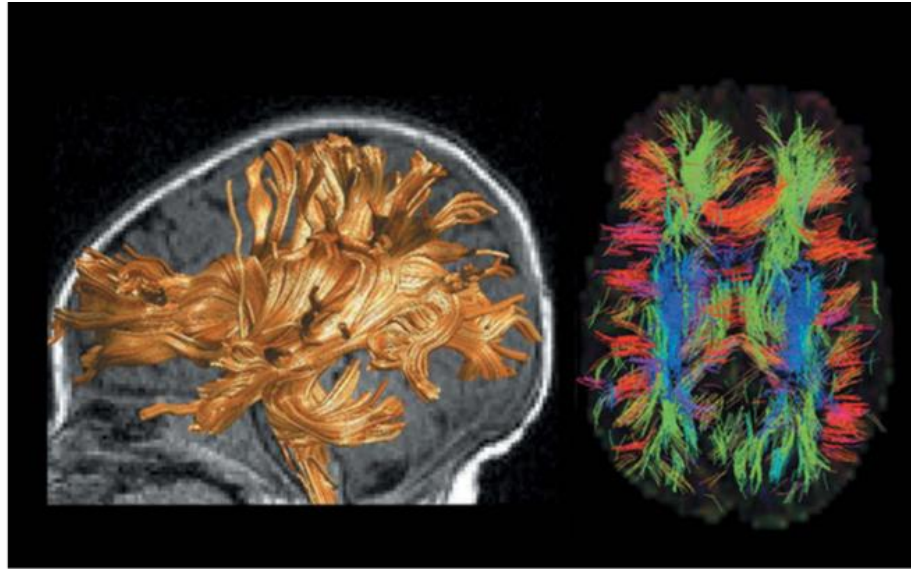
CHRONIC ENERGY DEFICIENCY

6.9% of adults

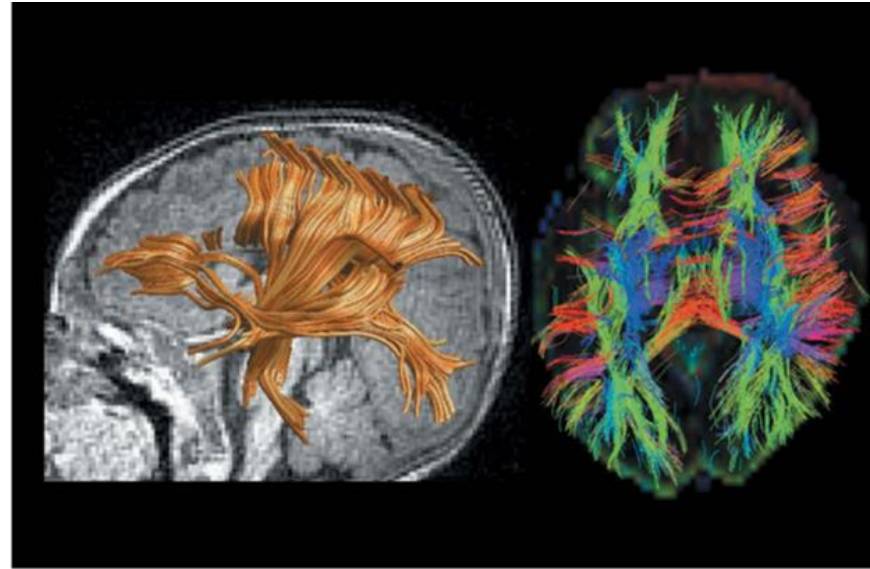


FOOD INSECURITY
53.9%

Stunting impairs brain development



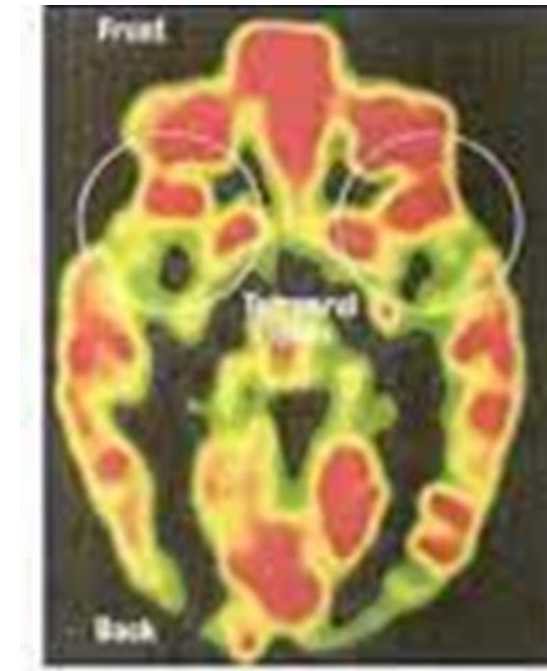
Infant representative of
never-stunted growth



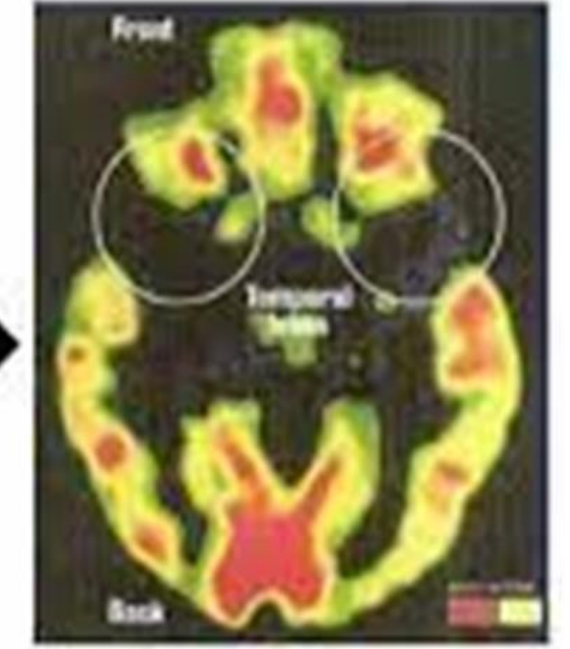
Infant representative of
stunted growth

Brain connections of a stunted child are **poorly developed**
compared to those of a normal child.

Source: <https://www.worldbank.org/en/publication/wdr2018>



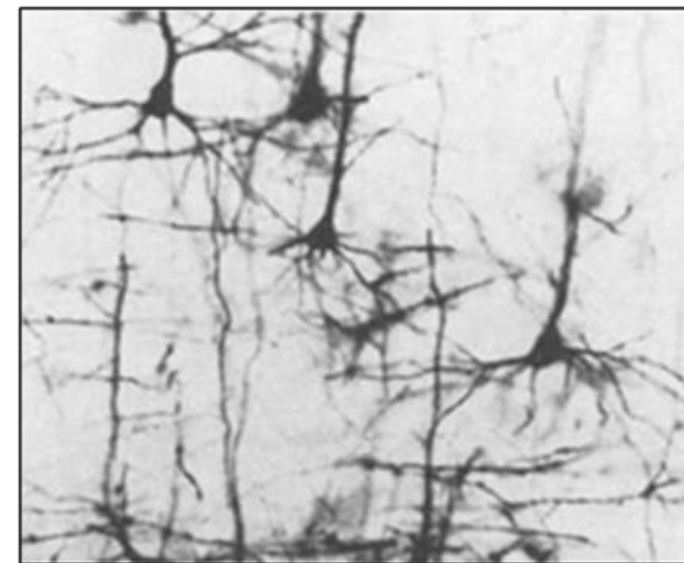
Brain of healthy child



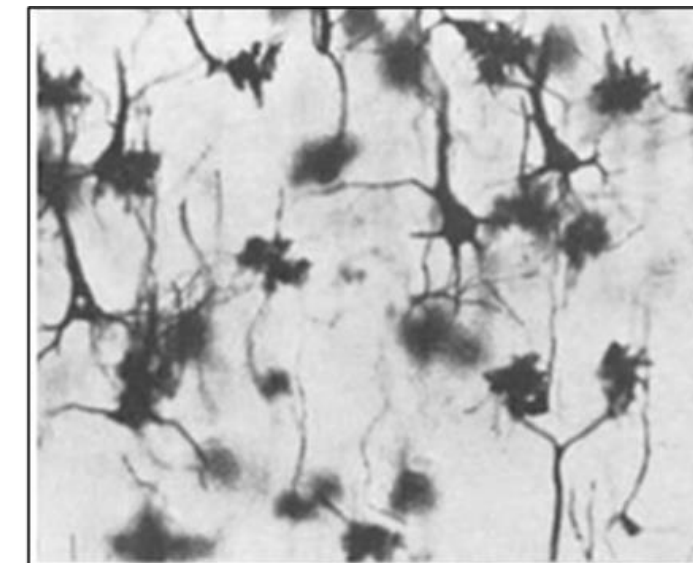
Brain of **stunted** child

A stunted child has 40% less brain mass.

Source: <http://www.globalhealthhub.org/2016/09/19/mri-evidence-favor-cash-transfers/>



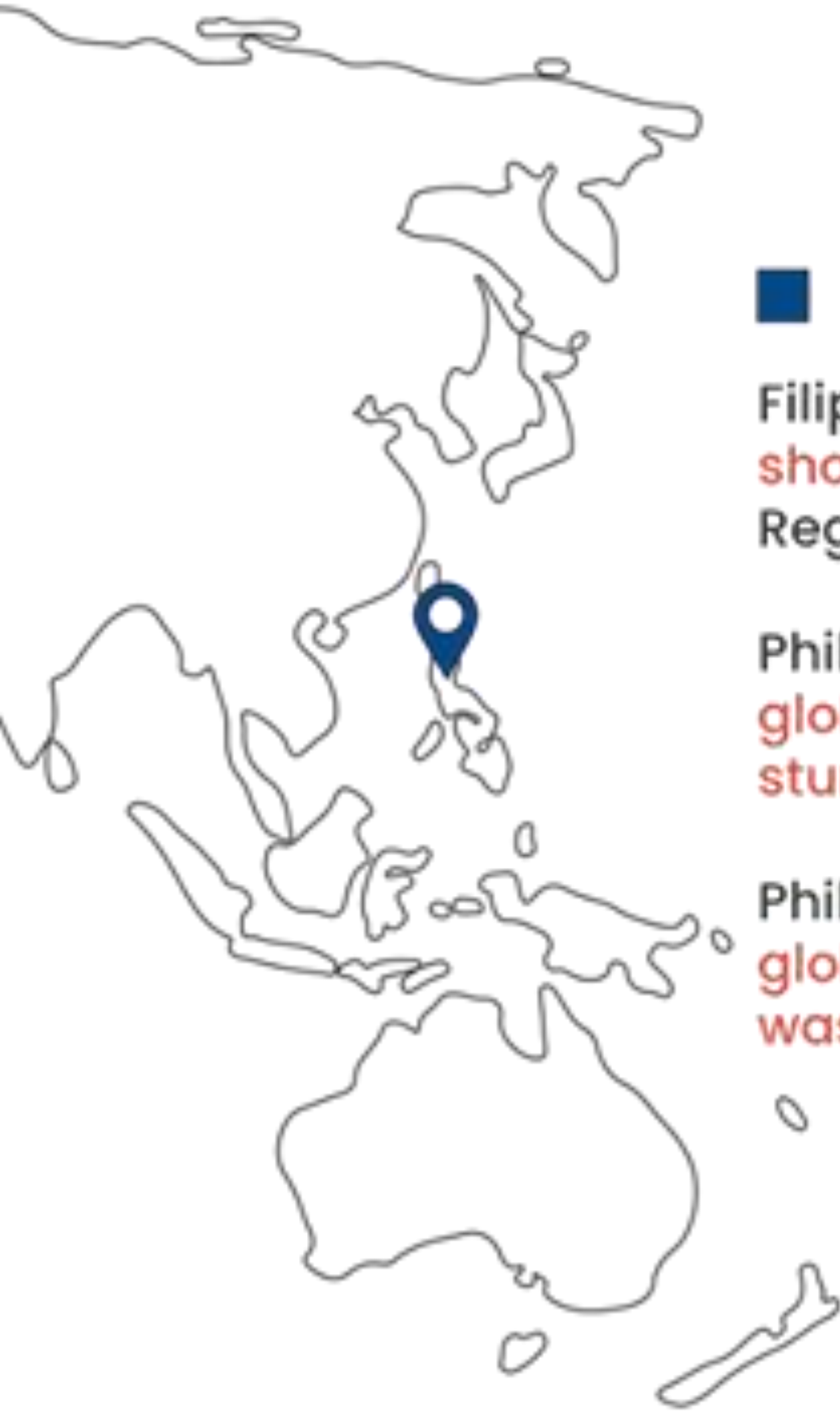
Well-nourished infant



Undernourished infant

Undernourished brains have less complex or abnormal neurons

Source: Cordero M.E., D'Acuña E., Benveniste S., Prado R., Nuñez J.A. & Colombo M. (1993) Dendritic development in neocortex of infants with early postnatal life undernutrition. *Pediatric Neurology* 9 (6), 457-464.



■ Philippines

Filipinos are the **2nd shortest** in the ASEAN Region.

Philippines is **9th** in the **global burden of stunting**.

Philippines is **10th** in the **global burden of wasting**.

Bad news!

\$ 4.5B / year
(₱ 225B / year)



Future economic losses due to
undernutrition

- STUNTING**
- UNDERWEIGHT**
- WASTING**
- OVERWEIGHT-FOR-HEIGHT**

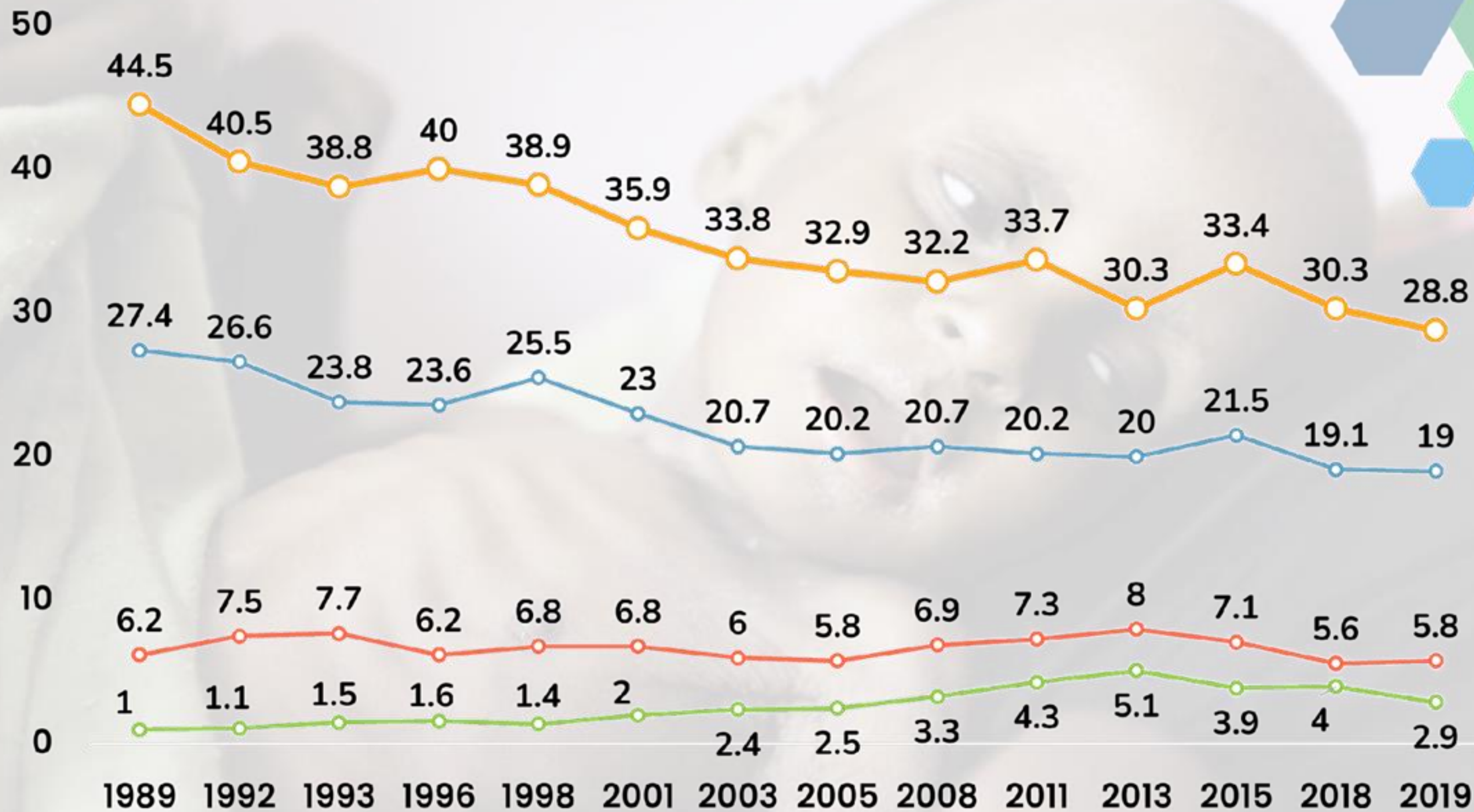


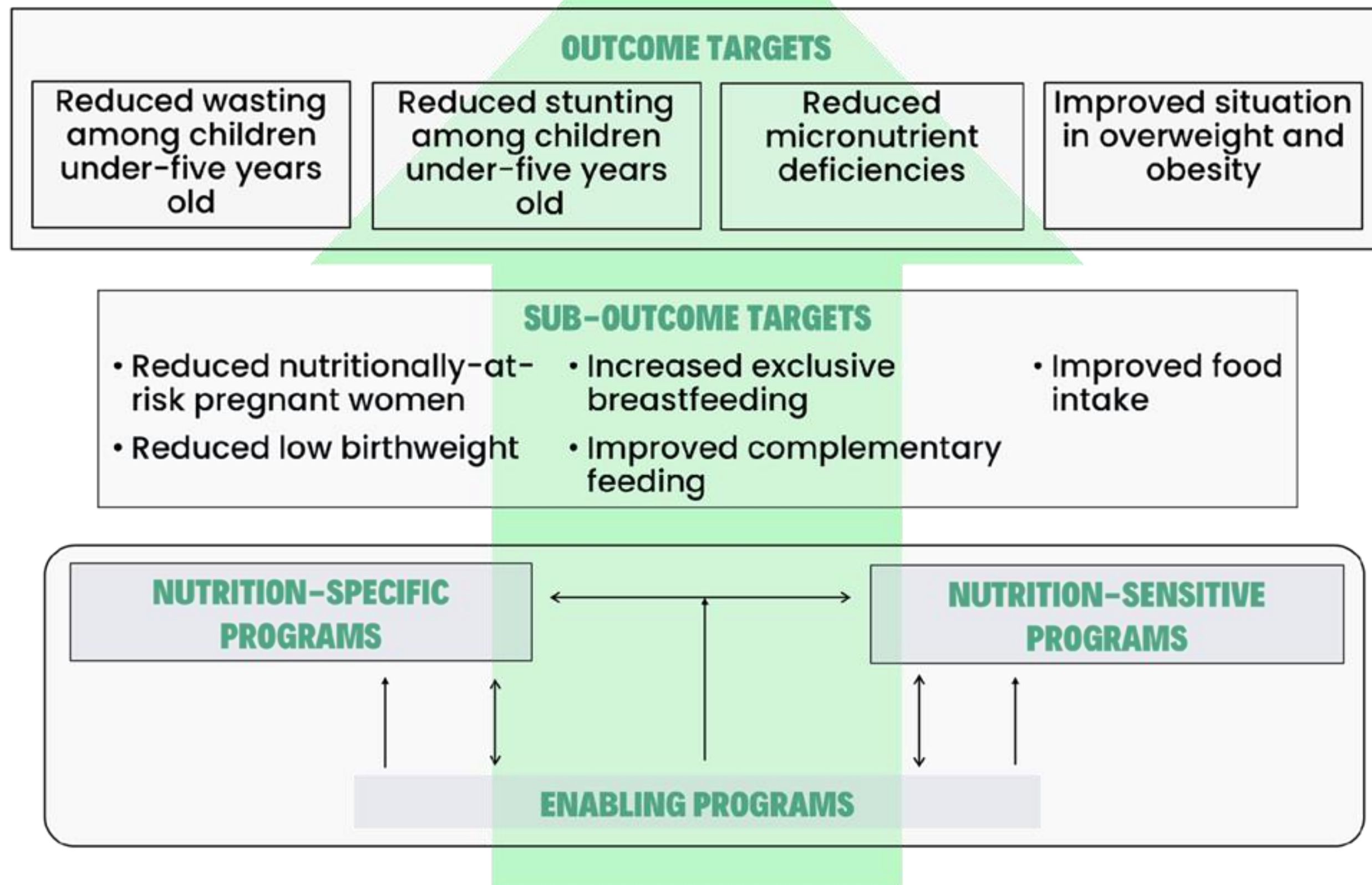
Figure 1. Trends in the prevalence of malnutrition among children, under five years old (0-59 months): Philippines, 1989-2019.

Source: National Nutrition Survey, FNRI-DOST.

AmBisyon Natin 2040, Philippine Development Plan and Sustainable Development Goals



Framework for
nutrition action



B

Nourished pregnant women

E

Birth outcome (no low birthweight)

T

Exclusive breastfeeding

T

Complementary feeding

E

R

Calorie intake

LESS Filipino children
who are **STUNTED**

LESS Filipino children
who are **THIN**

LESS Filipinos who are
Overweight
bese

Micronutrient deficiencies:
Vitamin A Deficiency, Anemia,
Iodine deficiency disorders
BELOW public health
significance

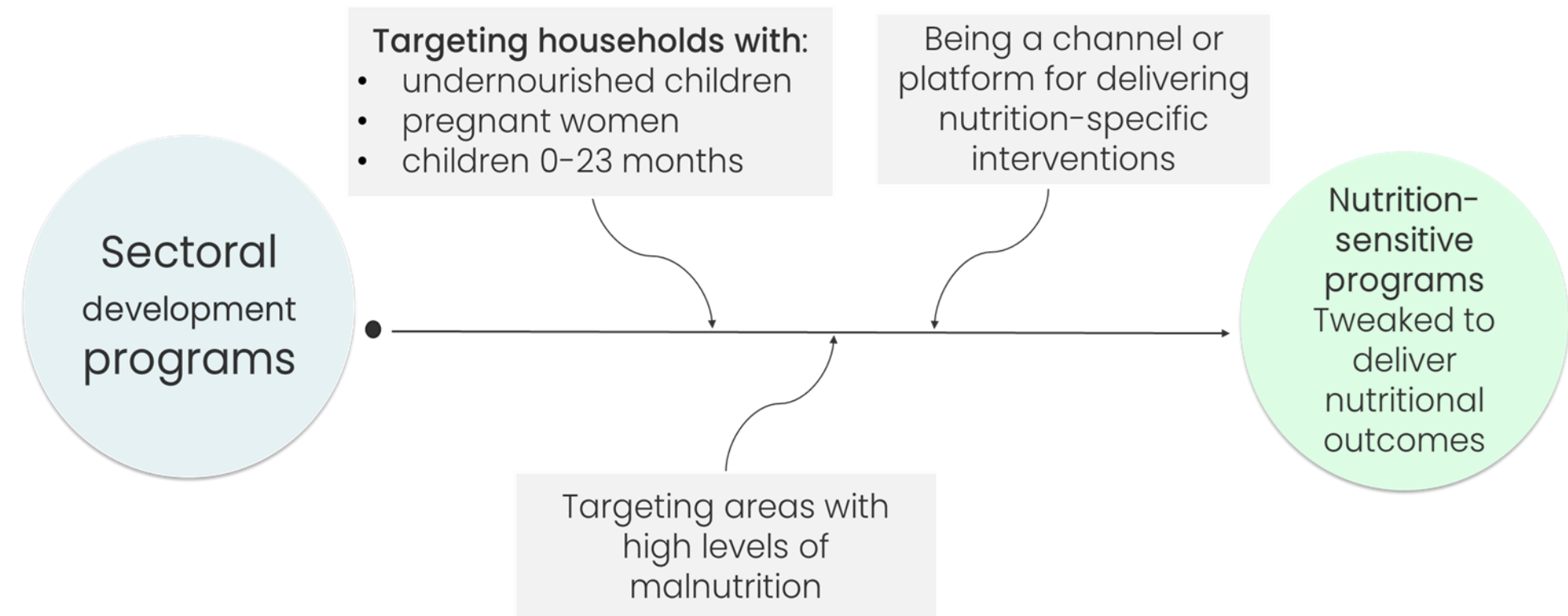
NUTRITION-SPECIFIC PROGRAMS

Address immediate causes of maternal and child undernutrition;
Planned and designed to produce nutritional outcomes



NUTRITION-SENSITIVE PROGRAMS

Address the underlying causes of malnutrition;
Development programs and projects being tweaked to produce nutritional outcomes



ENABLING PROGRAMS





PREGNANCY

Pre-pregnancy to birth

270 days



YOUNGER STAGE OF INFANCY

Birth to 6 months

180 days



OLDER STAGE OF INFANCY OR TODDLERHOOD

6 months to 2 years

550 days

**MALNUTRISYON
PATULOY NA LABANAN,
FIRST 1000 DAYS
TUTUKAN!**

STATUS OF THE CRITICAL INTERVENTIONS IN THE FIRST 1000 DAYS IN THE PHILIPPINES

Indicators for the First 1000 Days	Target Coverage	Latest Coverage	Source
1. Pregnant women with 4 or more pre-natal care visits	90%	52.6	FHSIS 2018
2. Pregnant women given complete Iron with Folic Acid (IFA)	90%	54.1	FHSIS 2018
3. Filipino infants who are exclusively breastfed up to 6 months	90%	29.0	ENNS 2018
4. Filipino infants 6-23 months meeting the Minimum Acceptable Diet (MAD)	90%	13.4	ENNS 2018
5. Vitamin A supplementation (6-59 mos.)	90%	54.9	FHSIS 2018
6. Micronutrient Powder supplementation (6-23 mos.)	90%	31.3	FHSIS 2018

Children who get the right nutrition in their first 1000 days:



are **10x MORE LIKELY** to
OVERCOME the most
life-threatening
CHILDHOOD DISEASES



Go on to **EARN 21%
MORE** in **WAGES** as
adults



**COMPLETE 4.6 MORE
GRADES** in school



Are more likely as
adults to have
HEALTHIER FAMILIES

BARANGAY NUTRITION ACTION PLAN (BNAP)

Serves as the local version of the Philippine Plan of Action for Nutrition (PPAN), the country's framework for nutrition improvement. The Barangay Nutrition Committee (BNC) formulates and manages the implementation of BNAP.

TARGETS OF BNAP

Reduce the number of:

- Stunted children (*bansot o putot*)
- Wasted children (*labis na payat*)
- Overweight and obese children and adults
- Nutritionally-at-risk pregnant women
- Low-birthweight infants

Increase the number of:

- Exclusively breastfed infants (0 to less than 6 months)
- Infants 6-23 months with adequate complementary feeding

ACTIONS TO REACH THE BNAP TARGETS

Strengthen the monitoring and guidance of pregnant women to provide appropriate health and nutrition services, including **nutrition counseling**

Guide mothers to ensure **exclusive breastfeeding** for the first six months and **provision of complementary food** from the first six months of the baby's life while breastfeeding continues

Conduct **Operation Timbang (OPT) Plus** targeting all children ages 0–71 months and ensure availability of functional weighing scale and height/length board

Conduct **dietary supplementation** for pregnant women (in 3rd trimester), breastfeeding mothers, and children ages 6–23 months

Strengthen **malnutrition case finding** and delivery of **nutrition interventions to malnourished children** such as providing ready-to-use therapeutic foods (RUTF)

Provide **micronutrient supplements** and monitor the intake of iron-folic acid and multiple micronutrient powders

Provide **space and facilities for physical activity**, and conduct programs that encourage active lifestyle

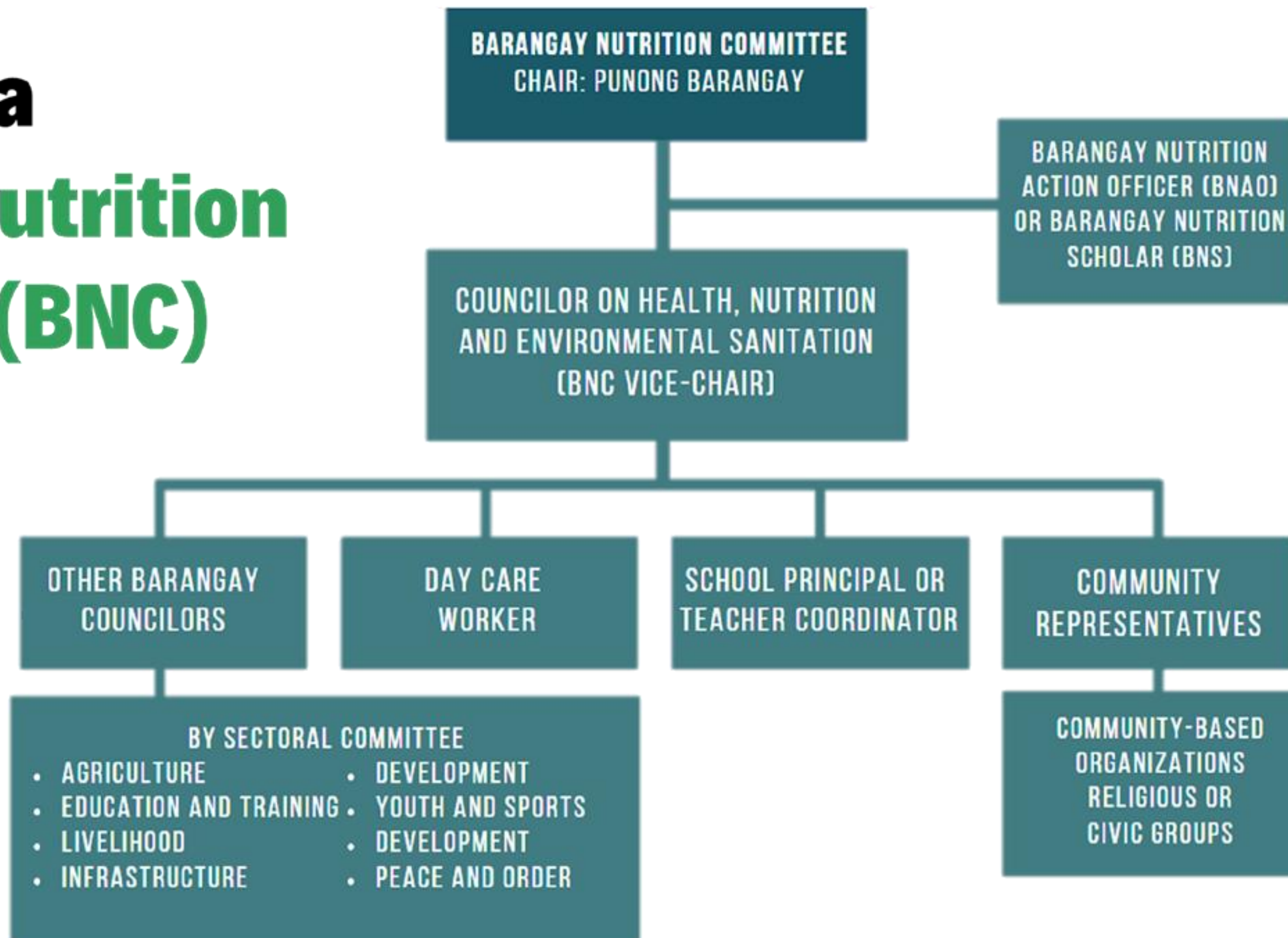
Establish and maintain **food gardens** with small animals in barangay, schools, and homes

Provide opportunities to earn **extra income for families in need**, particularly those in the first 1000 days

Ensure nutrition of families, especially pregnant women, breastfeeding mothers, and children **during an emergency or disaster**



Example of a Barangay Nutrition Committee (BNC)



**MULTI-SECTORAL
COLLABORATION**
*key to improved
nutrition*

Roles of **Punong Barangay** as **BNC Chair**

- ✓ Leads the BNC meetings
- ✓ Organizes the barangay planning core group
- ✓ Recommends the selection and appointment of Barangay Nutrition Scholar (BNS) in barangay
- ✓ Supports the capacity development of and provides appropriate monthly allowances to BNS
- ✓ Manages the planning, implementation, monitoring and evaluation of the Barangay Nutrition Action Plan (BNAP)
- ✓ Manages the allocation of funds for nutrition programs

Strong leadership and commitment to nutrition of Punong Barangays are vital to eradicating malnutrition.

Functions of **Barangay Nutrition Committee**

- ✓ Studies and assesses the nutrition situation of the barangay
- ✓ Formulates the Barangay Nutrition Action Plan (BNAP)
- ✓ Manages the nutrition programs of the barangay
- ✓ Organizes specific groups to implement the barangay nutrition programs/activities
- ✓ Monitors and evaluates the implementation of nutrition programs
- ✓ Holds regular quarterly meetings to evaluate the performance and effectiveness of barangay nutrition programs

YOUTH: COMRADES IN THE FIGHT AGAINST MALNUTRITION

- Use creative ways to educate fellow young people on malnutrition and actions that can be done to achieve and sustain good nutrition and food security
- Participate in local nutrition action planning, nutrition assessment (OPT Plus)
- Include innovative nutrition, food security, and healthy lifestyle interventions in local youth development plan
- Provide support to the LGUs in the delivery of nutrition services during normal and emergency situations



Opportunities with the Mandanas

- **Establish FIK Program** using the additional budget appropriations and supported by local ordinance
- Scale up implementation by **increasing coverage** and **track progress of the BNAP programs**, particularly the six (6) critical interventions for the FIK Program
- **Establish information systems** for effective monitoring of results and stunting outcomes, as well as progress across the FIK six (6) critical interventions
- **Increase budget allocation** for **capacity building activities** and **allowance** of BNAO, BNS, and other barangay health and nutrition workers



Malnutrition is a serious threat to our country's development.

Intensify our efforts on the **first 1000 days** of a child as this period is the window of opportunity for prevention of all forms of malnutrition.

We know what to do. We have the programs in place. We just need to **do better or scale up**, taking advantage of the *Mandanas Ruling*.



**Sa PPAN panalo
ang bayan!**

