



ni baby pahalagahan para  
sa malusog na kinabukasan!

**2016 NUTRITION MONTH**



2016 Nutrition Month

# Nutrition Month Objectives

**Increase awareness**

**Promote collaboration**

**Invest in nutrition**



# The First 1000 Days

$$\begin{aligned} & 270 \text{ (pregnancy)} \\ & + 365 \text{ (0-12 months)} \\ & + 365 \text{ (13-23 months)} \\ & \hline & = 1000 \text{ days} \end{aligned}$$

# The First 1000 Days SHAPE us!



**Optimal growth**  
**Higher IQ**  
**Better schooling**  
**Better health**  
**Lower disease risk**  
**Increased earnings**  
**Reduced child deaths**

**Stunting**  
**Lower IQ**  
**Weak immunity**  
**Cancer, Diabetes**  
**Reduced productivity**  
**GDP reduced by 12%**  
**Transmitted to next generation**



# Optimal nutrition in the First 1000 Days

- Adequate nutrition of pregnant and lactating women
- Exclusive breastfeeding in the first 6 months with initiation within the first hour of birth
- Continued breastfeeding up to 2 years and beyond
- Appropriate complementary feeding starting at 6 months
- Nutrition complemented with early childhood care and development interventions (health, social services, early learning)

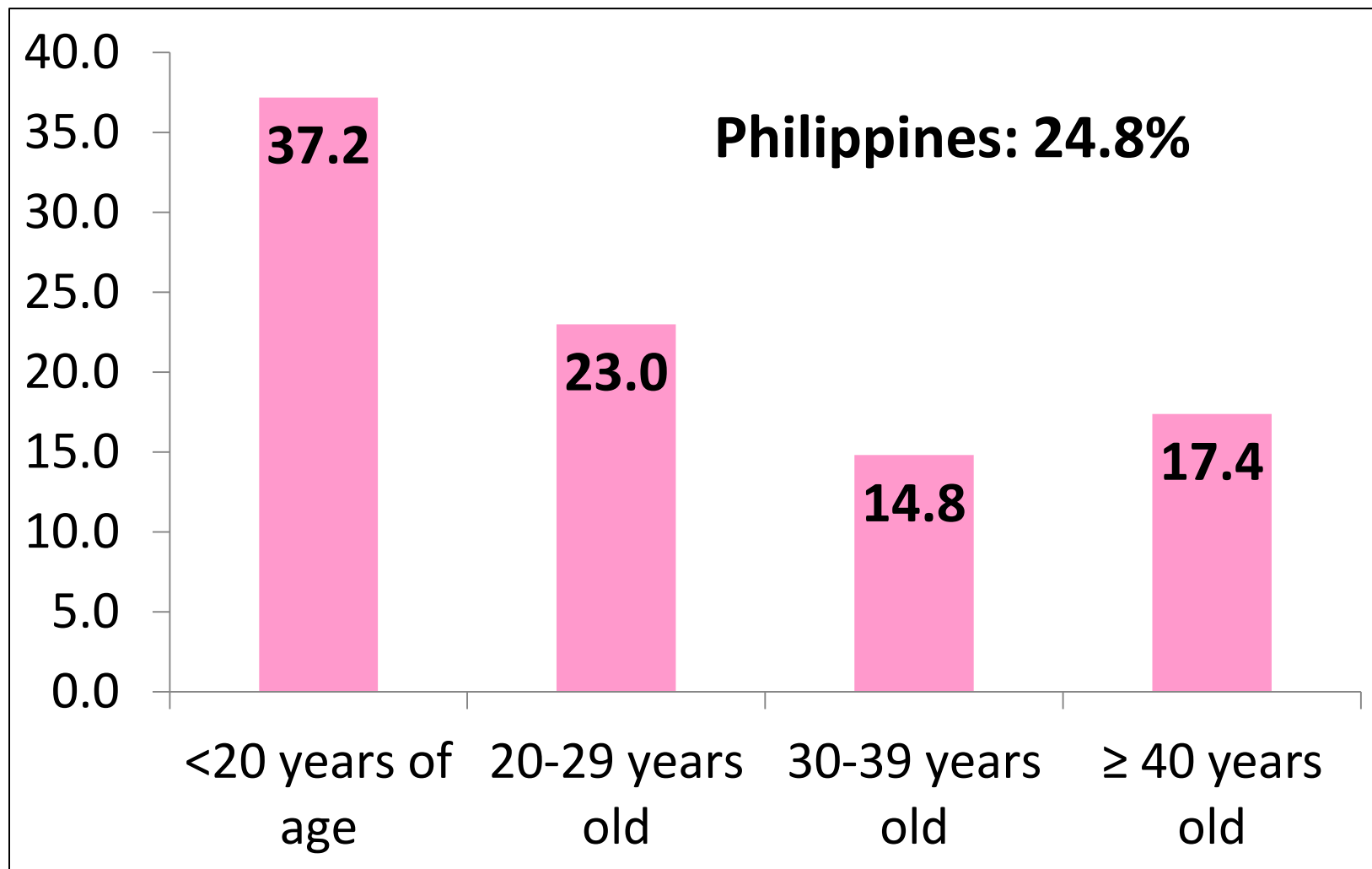


**2016 Nutrition Month**

**How do we fare in providing  
optimal nutrition in the  
First 1000 Days?**



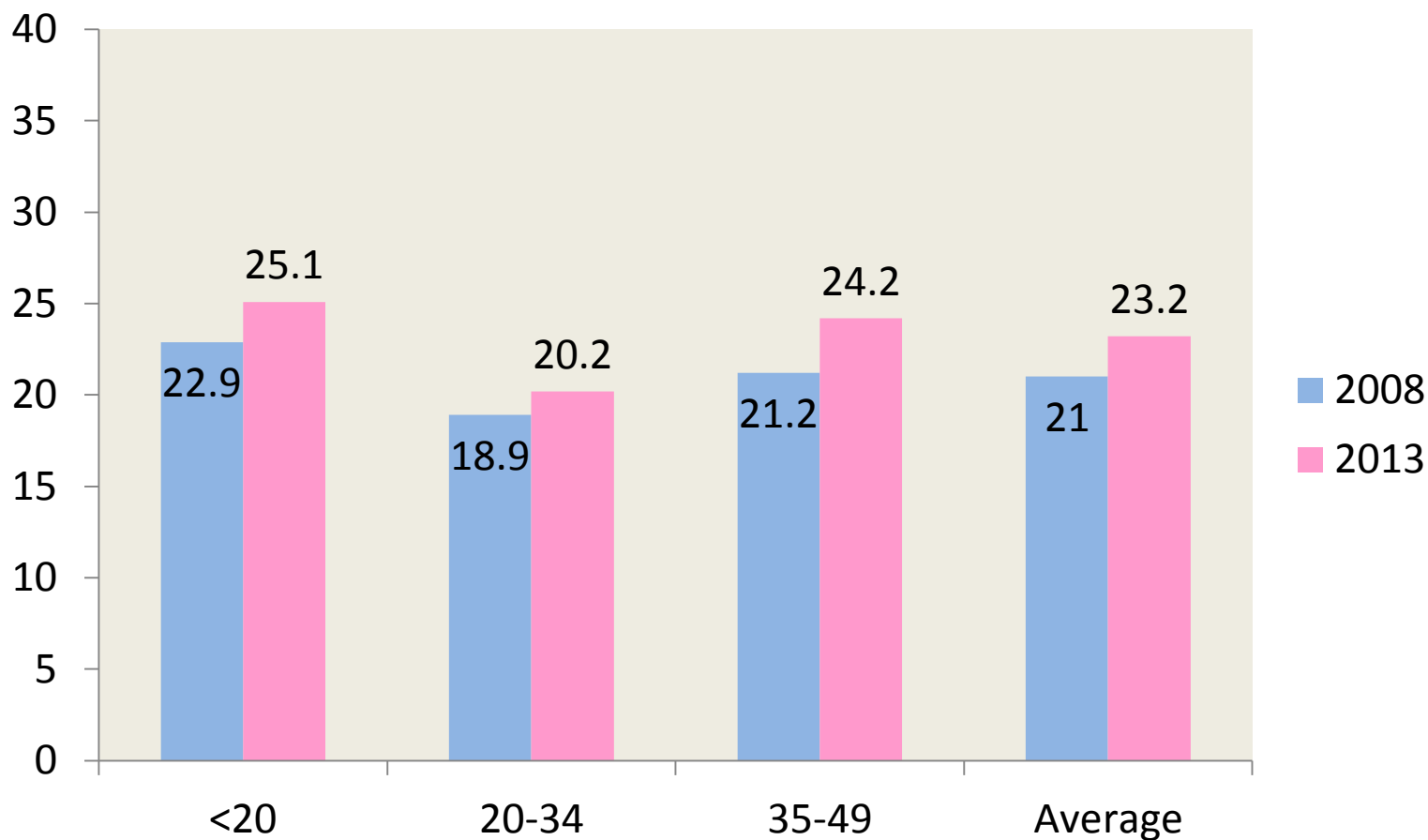
# Nutritionally at-risk pregnant women, 2013



Source: 2013 National Nutrition Survey. Food and Nutrition Research Institute-DOST.



# Low Birth Weight Infants, by mother's age at birth, 2008 and 2013

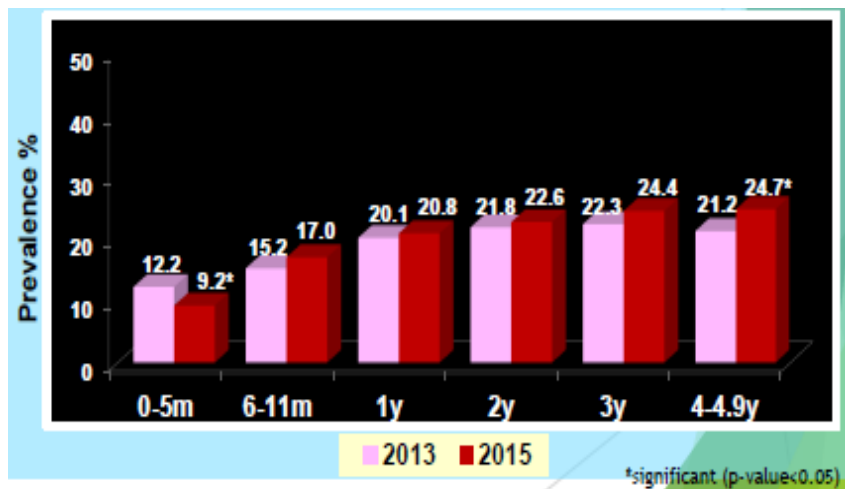


Source: 2008, 2013 National Demographic and Health Survey. Philippine Statistics Authority.

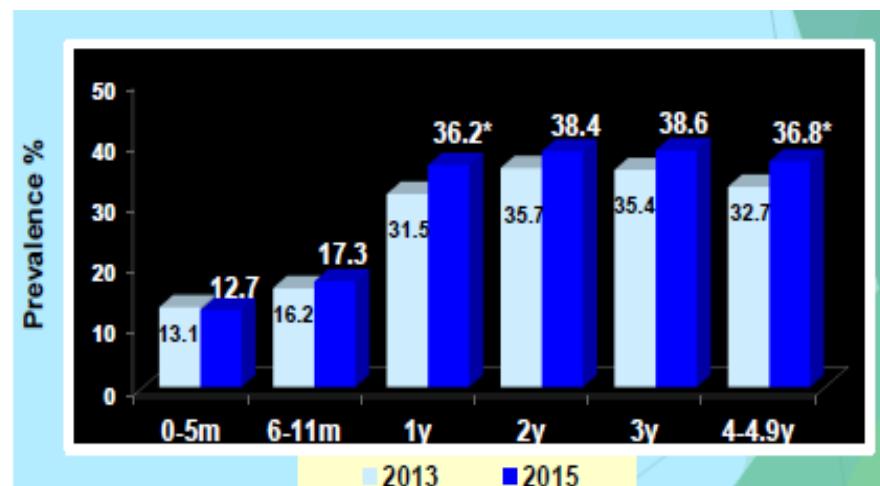


# Prevalence of malnutrition among children 0-4 years by age group, 2013 and 2015

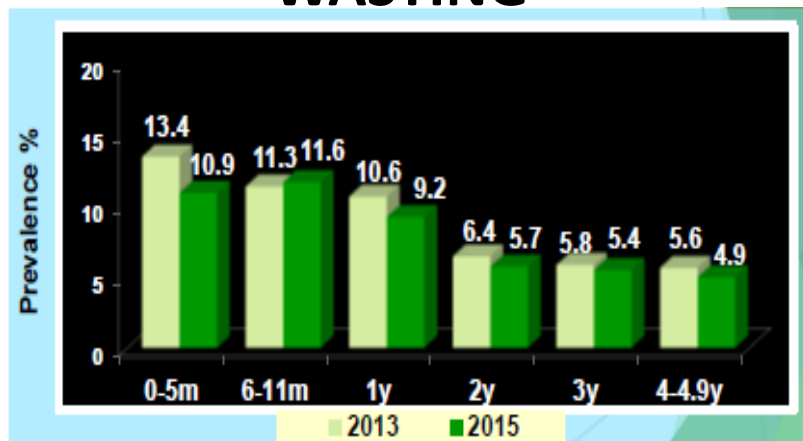
## UNDERWEIGHT



## STUNTING



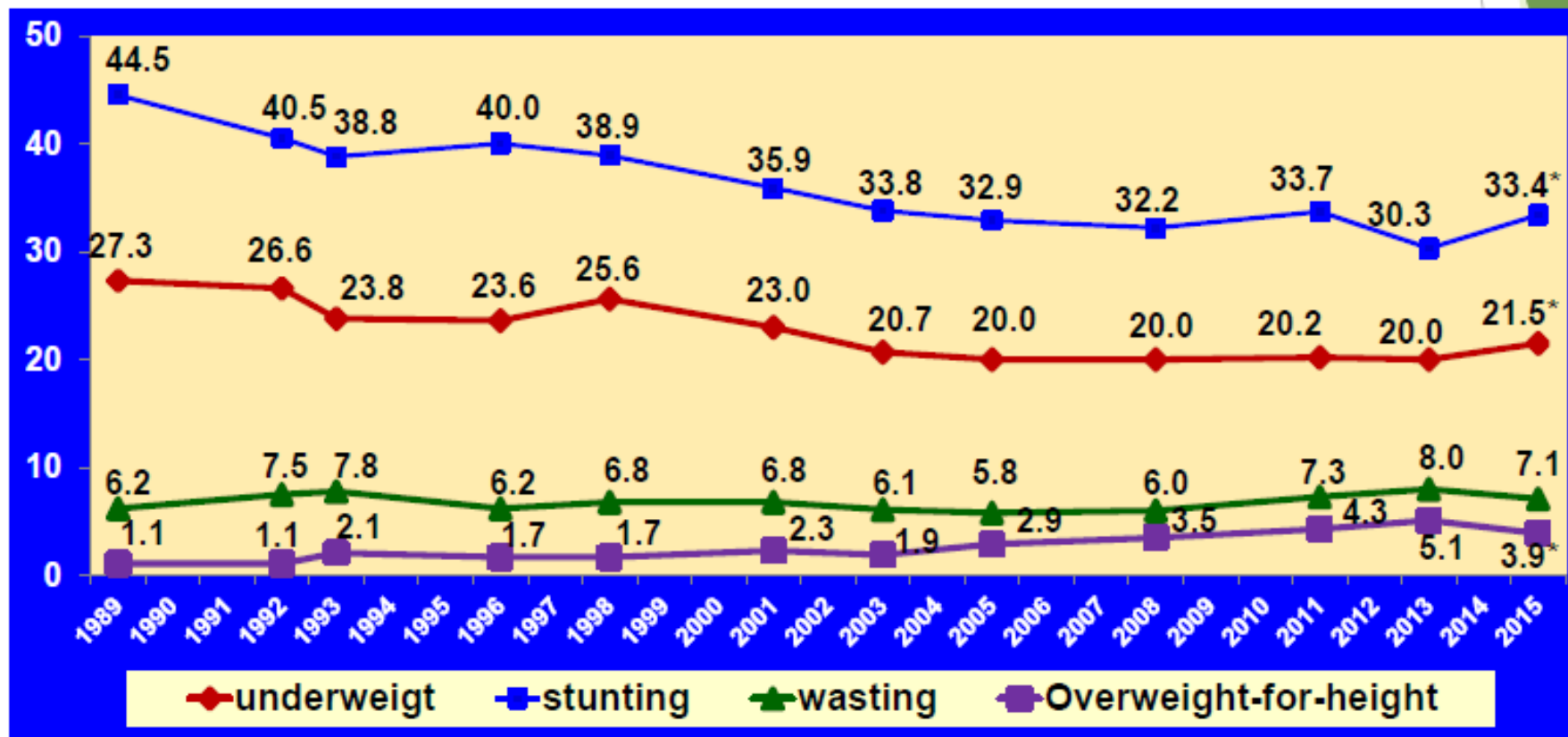
## WASTING



Source: 2015 NNS. FNRI-DOST.



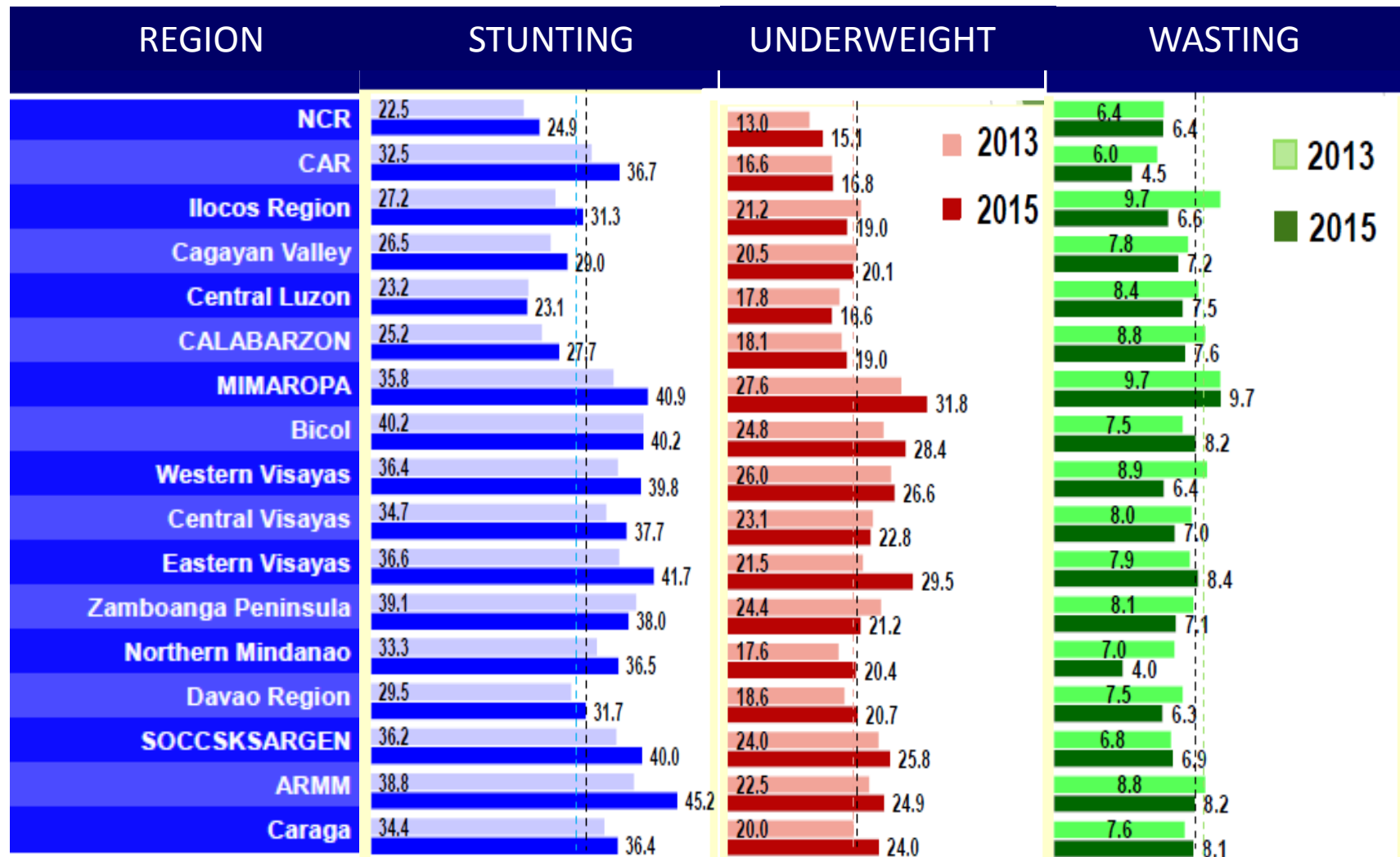
# Trends in malnutrition among under-five children: 1989-2015



Source: 2015 NNS. FNRI-DOST.

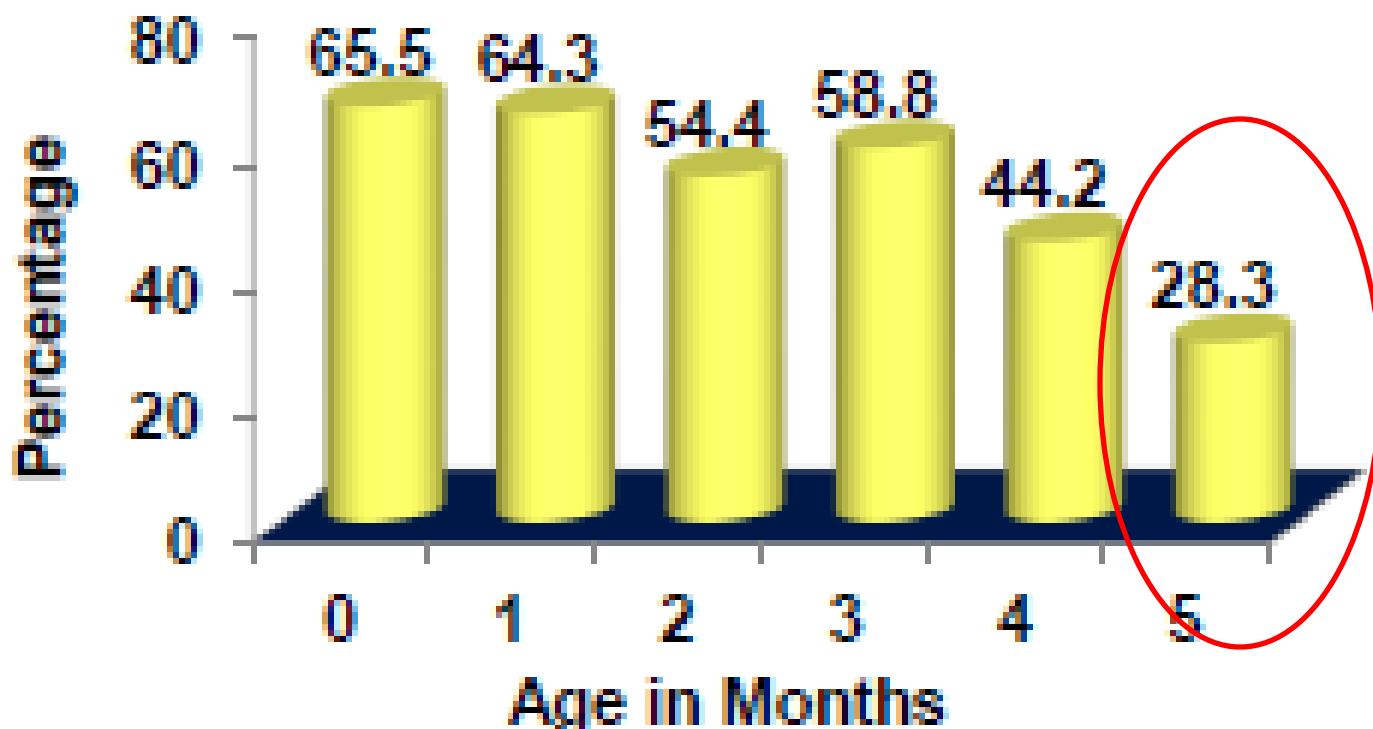


# Prevalence of malnutrition among children 0-4 years by region, 2013 and 2015



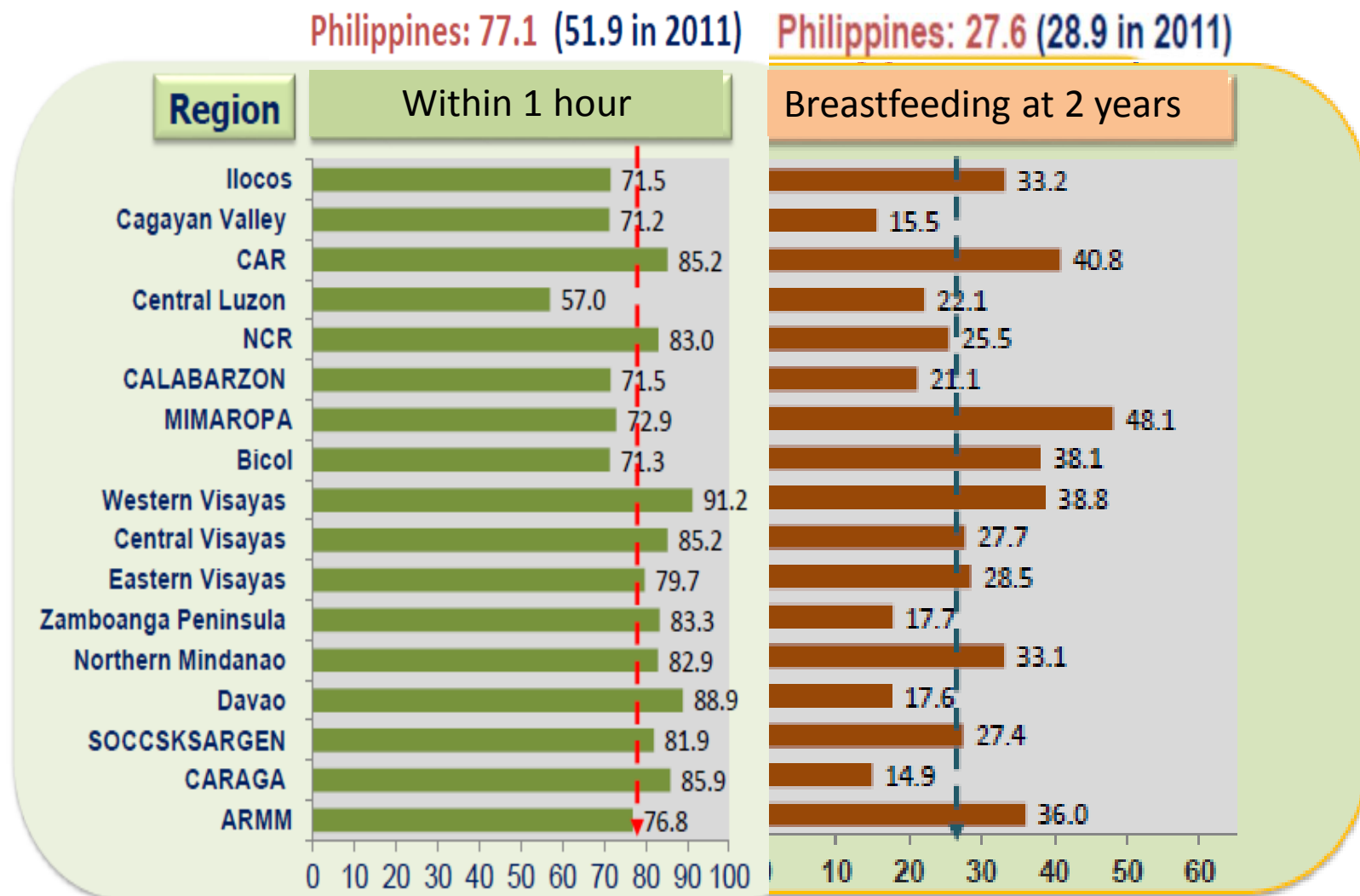
Source: 2015 NNS. FNRI-DOST.

# Exclusive Breastfeeding 0-5 months, 2013



Source: 2013 NNS. FNRI-DOST.

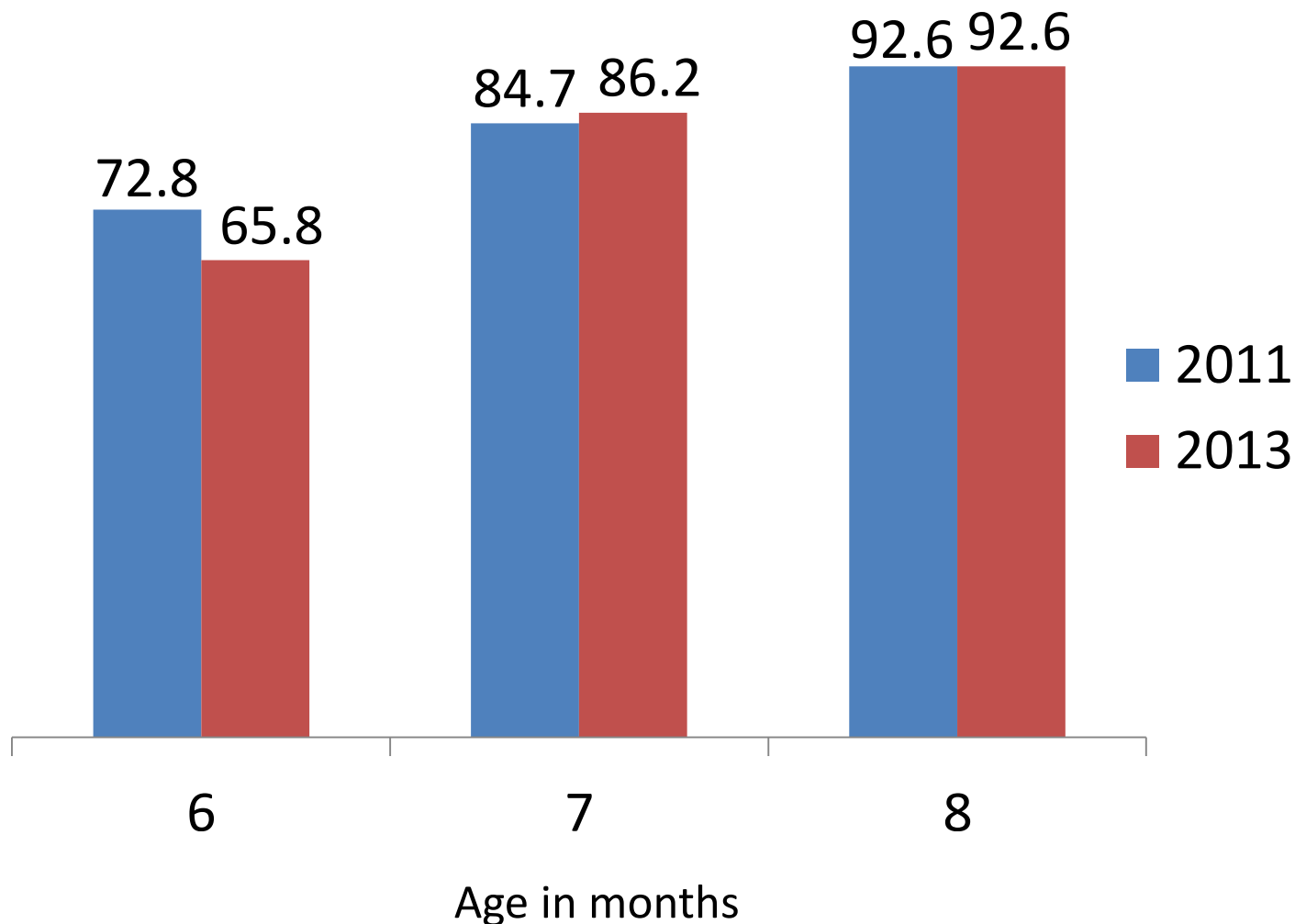
# Percentage of infants breastfed within 1 hour after delivery and continued breastfeeding at 2 years, by region, 2013



Source: 2013 NNS. FNRI-DOST.

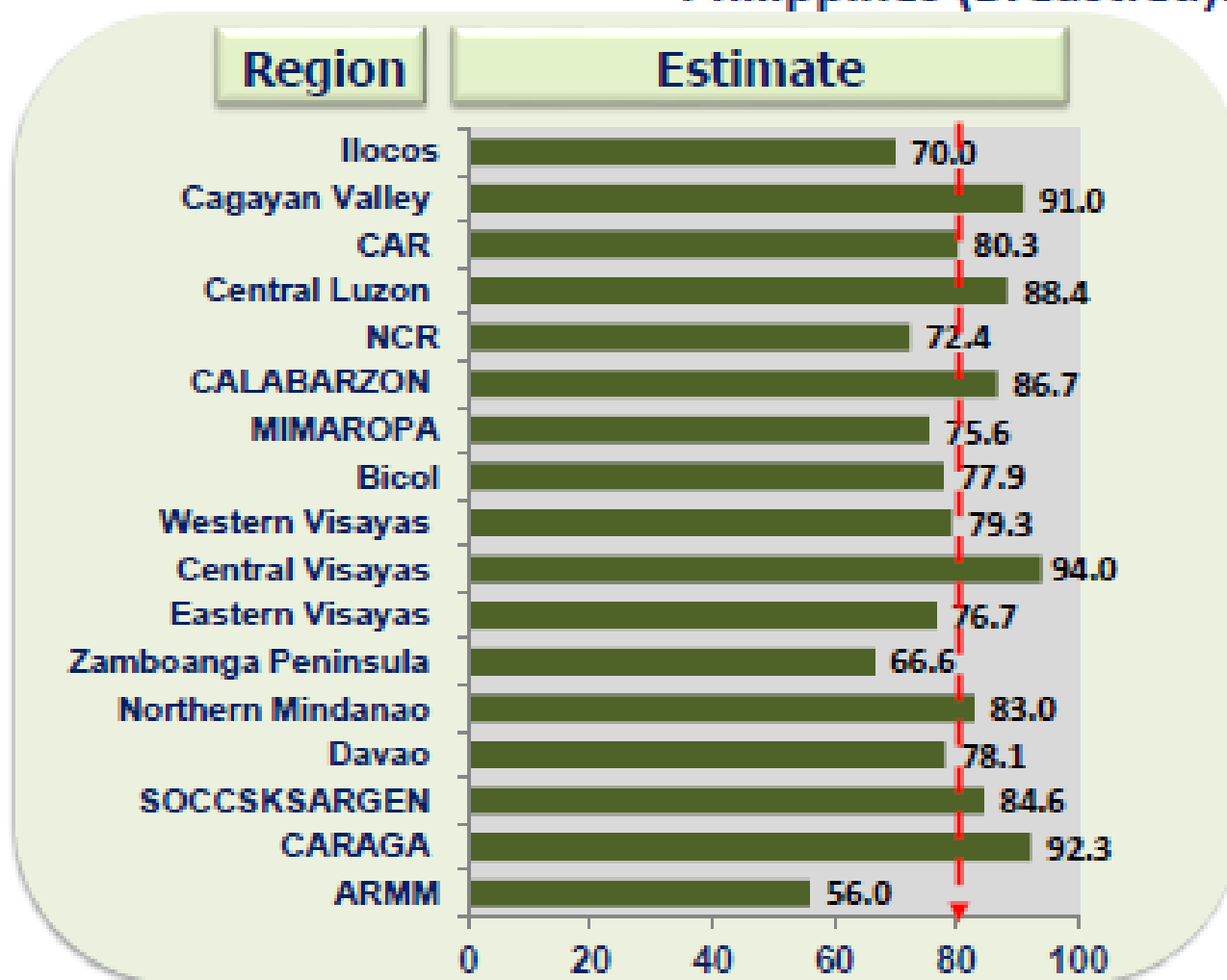


# Age of introduction of solid, semi-solid and soft foods, 2013



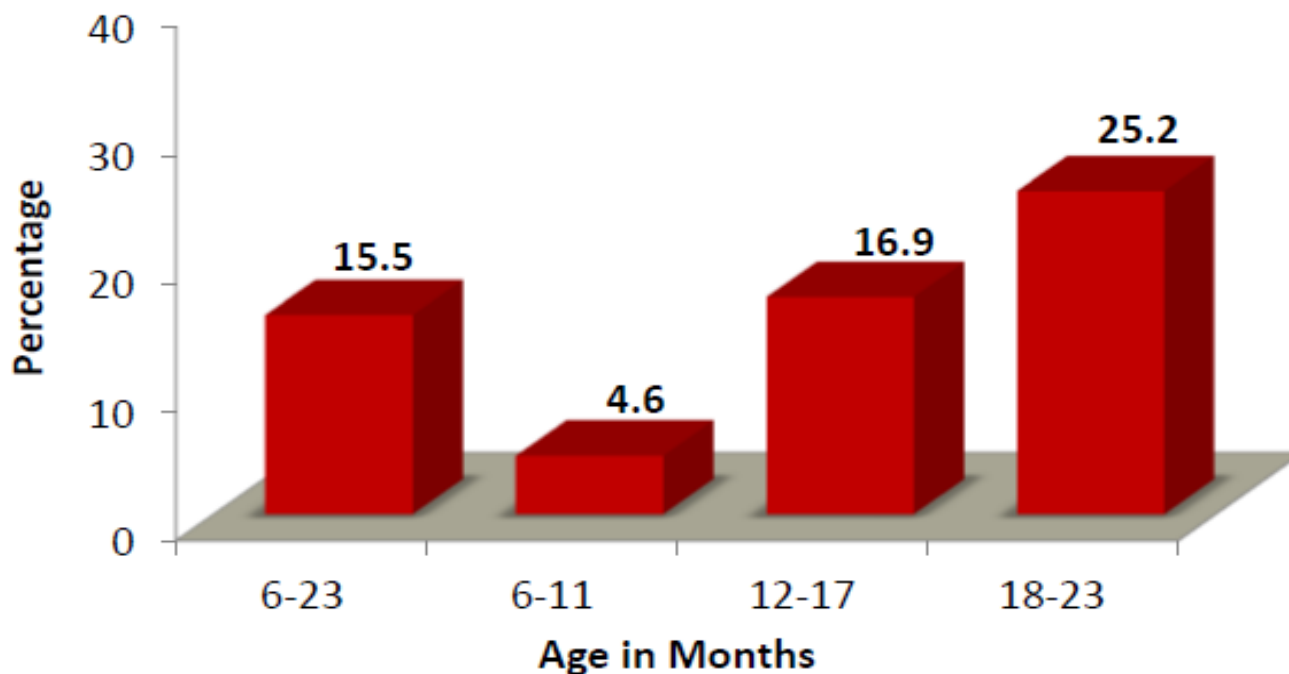
# Percentage breastfed children 6-8 months given complementary foods, 2013

Philippines (Breastfed): 80.7



Source: 2013 NNS. FNRI-DOST.

# Percentage of children meeting the Minimum Dietary Diversity Score, 2013

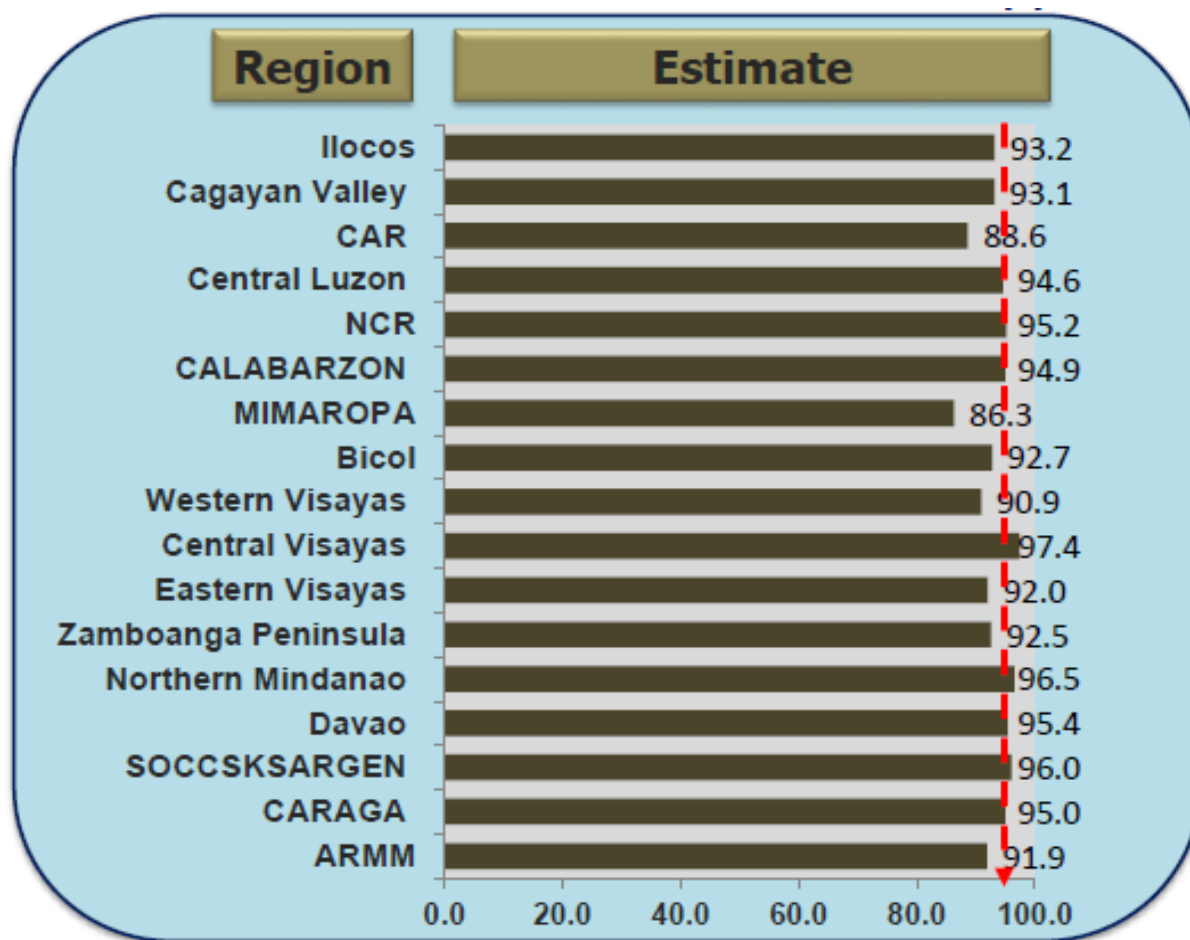


Minimum Dietary Diversity Score: Proportion of children 6-23 months of age who receive foods from 4 or more food groups out of 7 food groups



# Percentage of children meeting the Minimum Meal Frequency, by region, 2013

**Philippines: 94.1**

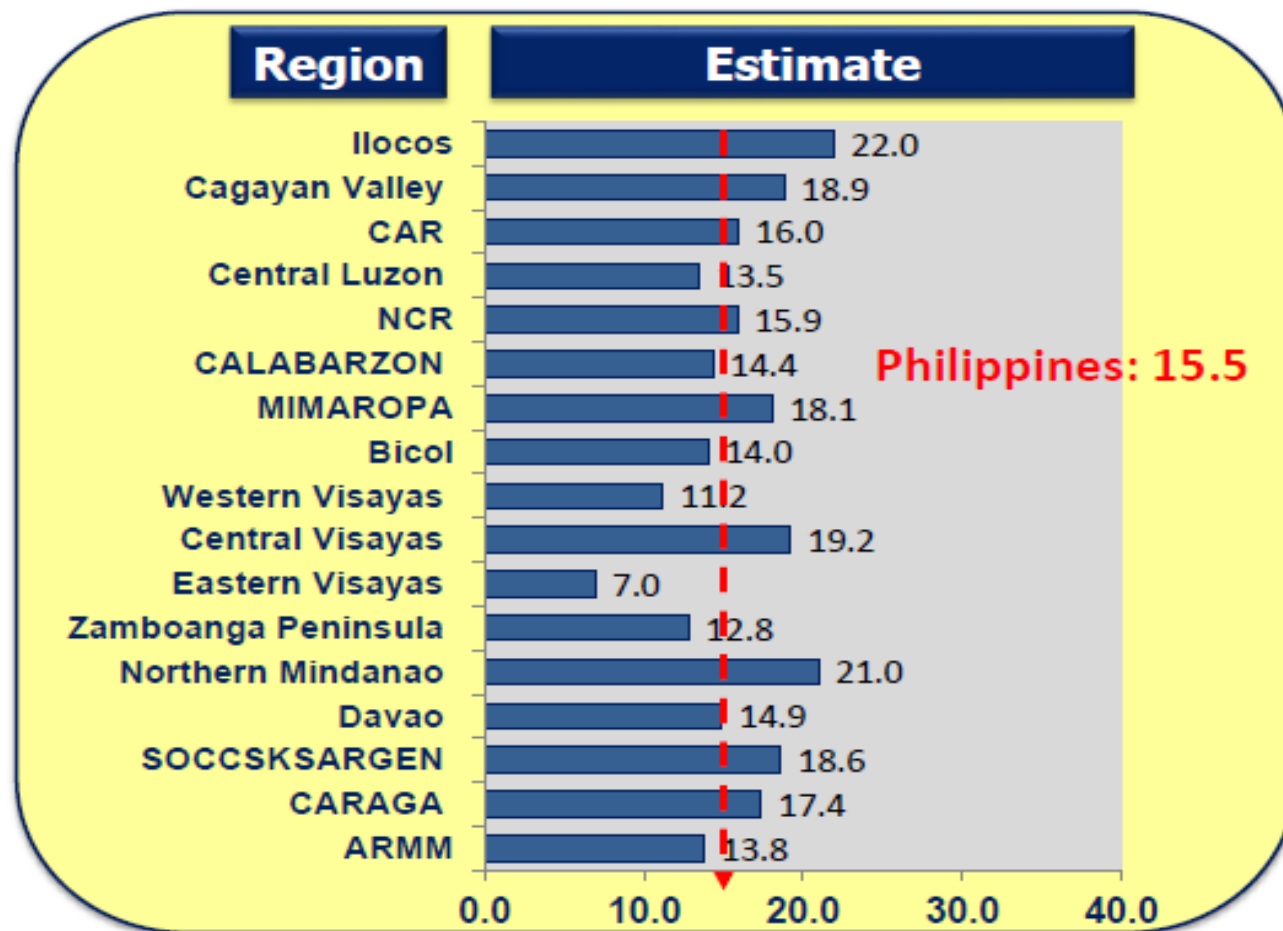


For breastfed infants: 2 times for infants 6-8 months and 3 times for children 9-23 months

For non-breastfed infants: 4 times for children 6-23 months



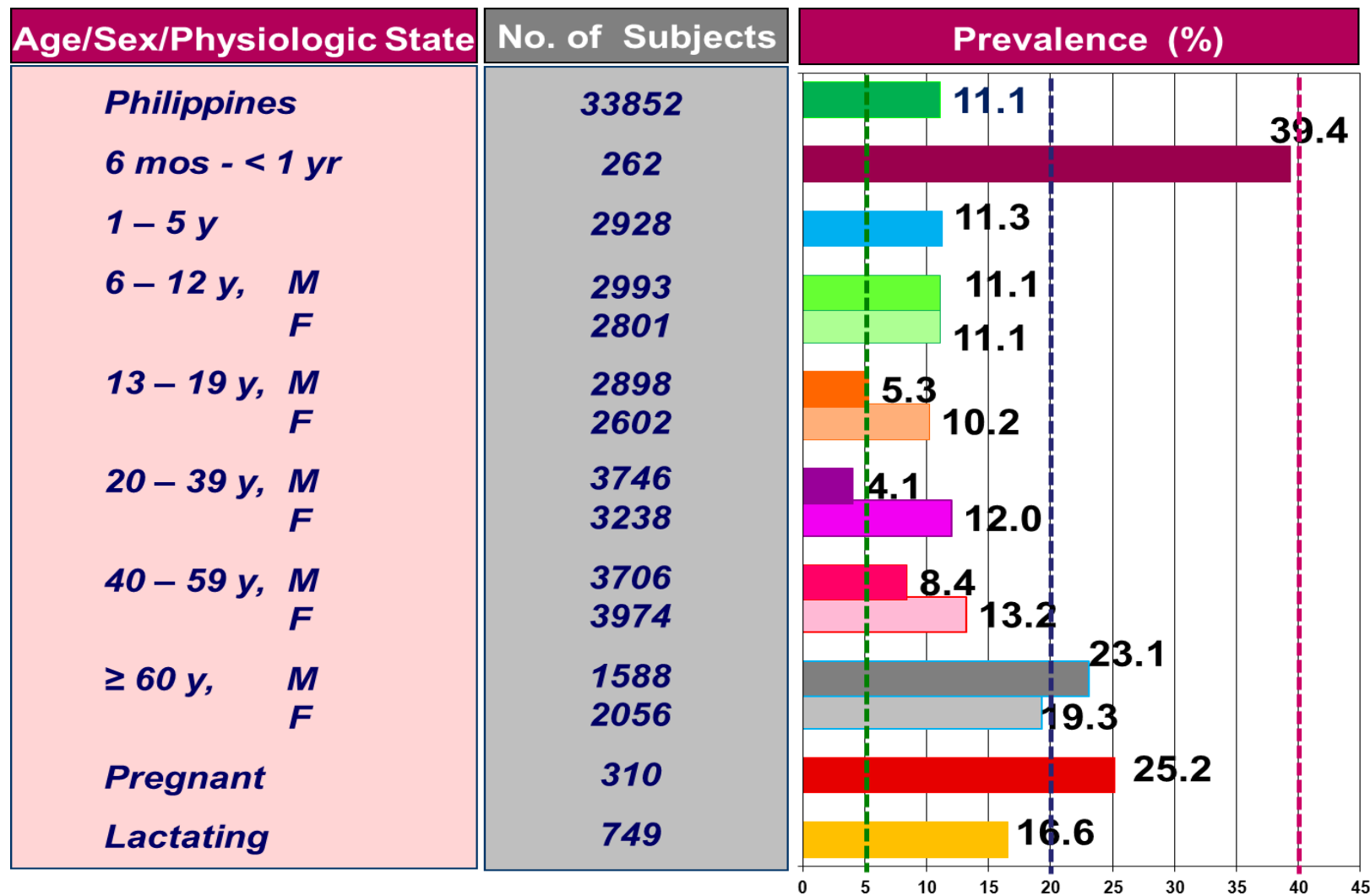
# Percentage of children 6-23 months meeting the Minimum Acceptable Diet, by region, 2013



Minimum Acceptable Diet = Breastfed children 6–23 months of age who had at least the minimum dietary diversity and the minimum meal frequency during the previous day

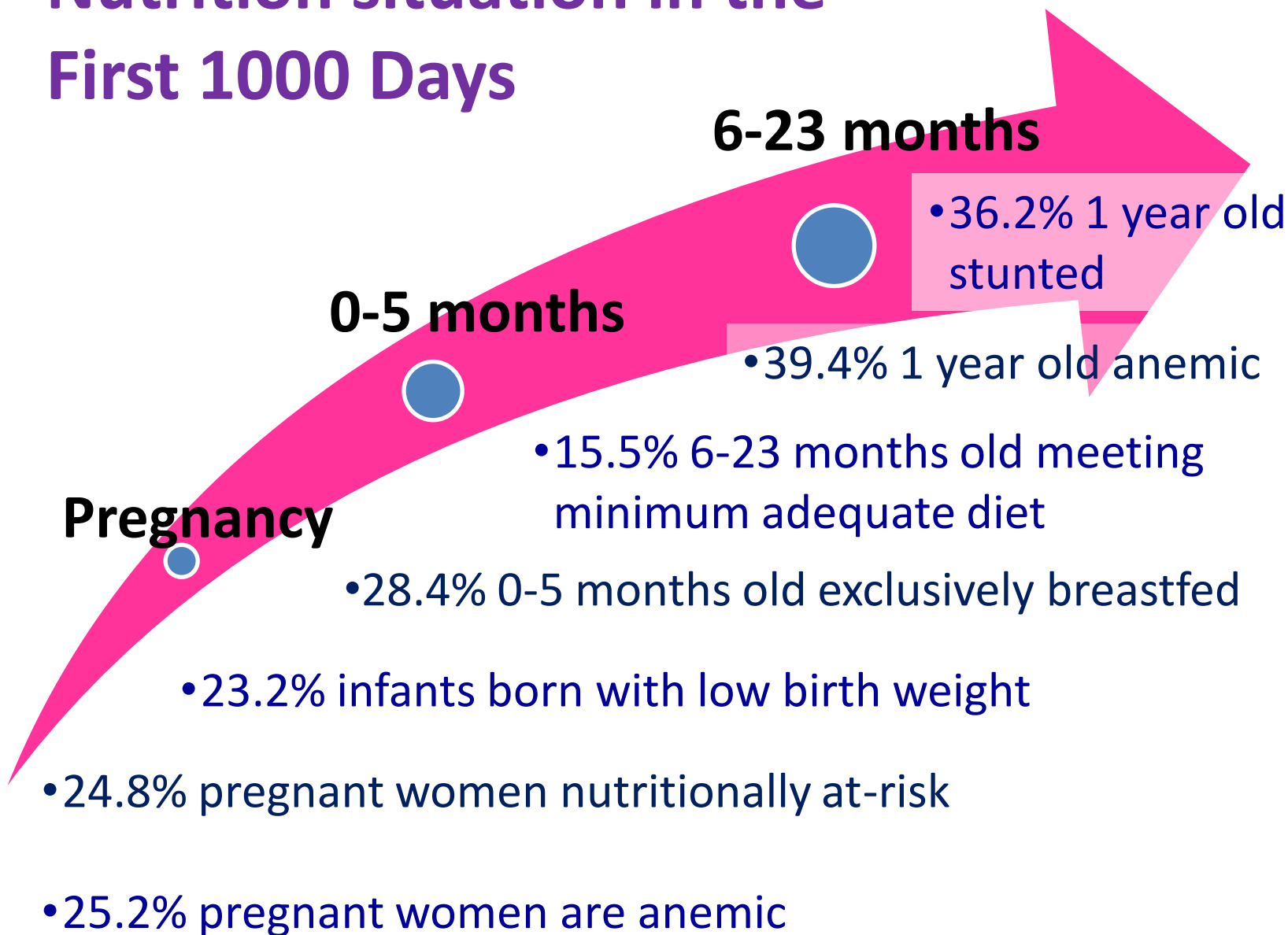


# Prevalence of anemia, 2013



Source: 2013 NNS. FNRI-DOST.

# Nutrition situation in the First 1000 Days



# Current efforts



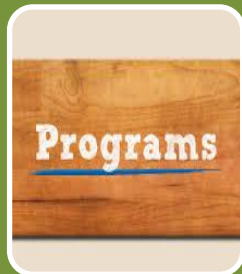
## POLICIES

- Executive Order 51 - Milk Code and Revised IRR
- RA 10028 – Expanded Breastfeeding Promotion Act
- RA 8172 - ASIN Law and RA 8976 – Food Fortification Law
- RA 10410 - Early Years Act



## PLANS

- Philippine Plan of Action for Nutrition
- Infant and Young Child Feeding Strategic Plan
- Comprehensive Nutrition Strategy



## PROGRAMS/STRATEGIES/PROTOCOLS

- Essential Newborn Care Protocol
- Maternal, Infant and Child Health and Nutrition Strategy
- Philippine Guidelines for Management of Acute Malnutrition

# Services in the First 1000 Days



## PREGNANT AND LACTATING WOMEN

- Prenatal Care
- Iron/folic acid supplementation
- Immunization
- Reproductive health
- Salt iodization
- Lactation stations and breastfeeding breaks
- IYCF Counselling



## INFANTS

- Promotion of breastfeeding and complementary feeding
- Micronutrient Supplementation including micronutrient powder
- Salt iodization
- Immunization



## YOUNG CHILDREN

- Growth monitoring and promotion
- Management of childhood illnesses
- Water sanitation and hygiene
- Micronutrient powder
- Micronutrient supplementation
- Early child learning

# First 1000 Days in the Scaling Up Nutrition Movement

**Nutrition-sensitive strategies increase the impact of specific actions for nutrition**



## Specific Actions for Nutrition

### Feeding Practices & Behaviors:

Encouraging exclusive breastfeeding up to 6 months of age and continued breastfeeding together with appropriate and nutritious food up to 2 years of age and beyond

**Fortification of foods:** Enabling access to nutrients through incorporating them into foods

**Micronutrient supplementation:**  
Direct provision of extra nutrients

**Treatment of acute malnutrition:**  
Enabling persons with moderate and severe malnutrition to access effective treatment



## Nutrition-Sensitive Strategies

**Agriculture:** Making nutritious food more accessible to everyone, and supporting small farms as a source of income for women and families

**Clean Water & Sanitation:** Improving access to reduce infection and disease

**Education & Employment:** Making sure children have the nutrition needed to learn and earn a decent income as adults

**Health Care:** Access to services that enable women & children to be healthy

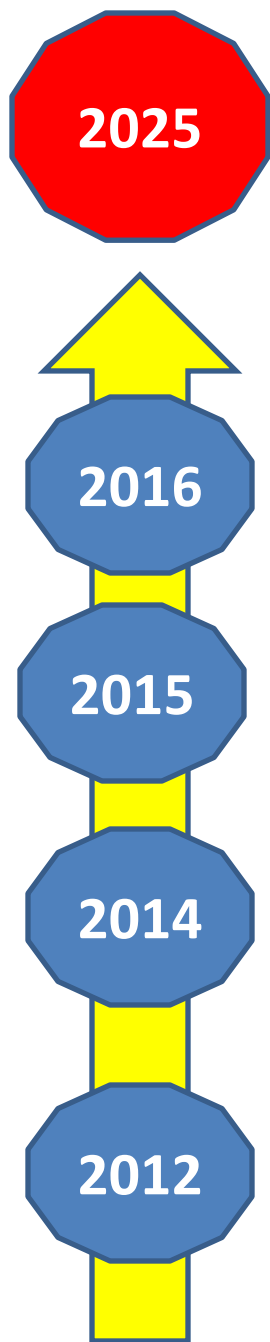
**Support for Resilience:** Establishing a stronger, healthier population and sustained prosperity to better endure emergencies and conflicts



# Gaps to attain potential of First 1000 Days

- POLICY
  - Legislation for longer maternity leave (up to 14 weeks)
  - Scaling up of First 1000 Days through legislation
- SERVICE DELIVERY
  - Prevention of adolescent pregnancy
  - Supplementary feeding for pregnant women and 6-23 months old children
  - Functional IYCF support groups
  - Limited early learning and child minding services
- REGULATION
  - Enforcement and compliance to the Milk Code and RA 10028 (lactation stations and breastfeeding breaks in the workplace)
  - Salt iodization and food fortification





# International commitments for action on nutrition

**UN Decade of Action on Nutrition 2016-2015**

**Sustainable Development Goals or Agenda 2030 to end all forms of malnutrition**



**THE GLOBAL GOALS**  
For Sustainable Development

**Second International Conference on Nutrition – Rome Declaration on Nutrition and Framework for Action**



**Global Nutrition Targets for 2025 from the Comprehensive Implementation Plan on Maternal, Infant and Young Child Nutrition endorsed by the World Health Assembly**





↓40% Stunting in children



No increase on childhood overweight



↓50% Anemia in women of reproductive age



Increase up to at least 50% Exclusive Breastfeeding



↓30% low birth weight



Reduce and maintain childhood wasting to less than 5%

## ICN2 Declaration Ten Commitments

- ① Eradicate hunger and prevent all forms of malnutrition
- ② Increase investments
- ③ Enhance sustainable food systems
- ④ Raise the profile of nutrition
- ⑤ Strengthen human and institutional capacities
- ⑥ Strengthen and facilitate, contributions and action by all stakeholders
- ⑦ Ensure healthy diets throughout the life course
- ⑧ Create enabling environment for making informed choices
- ⑨ Implement the commitments through the Framework for Action
- ⑩ Integrate vision and commitments into the post-2015 agenda



2 ZERO HUNGER

End hunger, achieve food security and improved nutrition and promote sustainable agriculture

By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round

By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons



# UN Decade of Action on Nutrition: 2016-2025

- United National Assembly adopted the resolution on 1 April 2016
- Aims to trigger intensified action to end hunger and eradicate malnutrition worldwide and ensure universal access to healthier and sustainable diets
- Governments to set national nutrition targets for 2025 based on ICN 2 Framework for Action and commit to address under and overnutrition
- Calls on UN agencies, international partners, civil society, private sector and academia to support governments

# Recommended Action First 1000 Days: Pregnancy (270 Days)

- Attain normal weight prior to pregnancy
- Increase food intake and have adequate rest
- Have at least four prenatal visits
- Iron-folic acid supplementation  
for 180 days
- Give birth in a health facility  
assisted by trained health worker
- Prepare for breastfeeding
- Use iodized salt





# Recommended Action First 1000 Days: 0-5 months (180 Days)

- Initiate breastfeeding within the first hour after birth (skin to skin contact)
- Exclusive breastfeeding in the first 6 months
- Provide counselling and support to help mother breastfeed successfully
- Establish lactation stations and provide paid breastfeeding breaks for working mothers (RA 10028)



# Recommended Action First 1000 Days: 0-5 months (180 Days)

- Enforce the Milk Code – no marketing and donations of breastmilk substitutes and related products
- Growth monitoring and promotion
- Health and social services
- Psychosocial stimulation
- Monitor developmental milestones





# Recommended Action First 1000 Days: 6-23 months (550 Days)

- Give safe and appropriate complementary feeding starting at 6 months through active feeding

**Frequency:** 2 times for infants 6-8 months and 3 times for children 9-23 months (breastfed) and 4 times for children 6-23 months (not breastfed)

**Diversity:** 4 or more of the 7 food groups everyday

- 1) *Grains, roots and tubers*
- 2) *Legumes and nuts*
- 3) *Dairy products*
- 4) *Meat, fish, poultry, liver*
- 5) *Eggs*
- 6) *Vitamin A-rich vegetables & fruits*
- 7) *Other vegetable and fruits*



# Recommended Action First 1000 Days: 6-23 months (550 Days)

- Continue breastfeeding up to two years and beyond
- Add micronutrient powder to complementary foods
- Monitor growth to prevent growth faltering
- Refer and treat children with severe and moderate acute malnutrition
- Establish home kitchen gardens as source of complementary foods





Who can move the  
First 1000 Days agenda?



## Role of stakeholders: **National Government**

- Strengthen integration and delivery of health, nutrition, early learning and social services in Early Childhood Care and Development
- Enforce existing laws – Milk Code, RA 10028, ASIN Law, Food Fortification
- Increase investments to scale up nutrition and related interventions in the First 1000 Days
- Support legislation on maternal protection and First 1000 Days scale-up
- Improve access to safe and nutritious foods for families with pregnant women and young children



## Role of stakeholders: **Local Governments**

- Issue local legislation to strengthen First 1000 Days program
- Provide resources for First 1000 days tools (weighing scales, height boards, ECCD cards) and training for workers
- Organize and sustain infant and young child feeding support groups to provide counselling and do complementary recipe demonstrations
- Supplementary feeding program for pregnant women and 6-23 months old children
- Scale up other services on nutrition, health, early learning and social services

## Role of **other stakeholders**

- Support for maternity protection - lactation stations, paid breastfeeding breaks, longer maternity leave
- Provide an enabling environment for breastfeeding and support for pregnant and lactating women (e.g. special seats in public transport)
- Increase access to safe and nutritious foods for pregnant women and children 6 months and above
- Report Milk Code violations



# Key Messages of Nutrition Month

1. Good nutrition in the First 1000 Days prepares the child for **better quality of life.**
2. Actions to prevent undernutrition and overnutrition and delay the onset of noncommunicable diseases should **focus on the First 1000 Days** of life.
3. **Scale up nutrition actions** both at the national and local levels.

## Key Messages of Nutrition Month

4. Promote and support good **maternal nutrition** before and during pregnancy, and lactation.
5. Promote, support and protect **exclusive breastfeeding** for the first 6 months.
6. Give **appropriate complementary feeding** to babies starting at 6 months while continuing breastfeeding up to 2 years and beyond.





**ni baby pahalagahan para  
sa malusog na kinabukasan!**

**HEED THE CALL!**



**For more information, contact**

## **National Nutrition Council**

Nutrition Building, 2332 Chino Roces Ave. Ext. Taguig City

Tel.: (02) 843.0141 Fax: (02) 818.7398

Email: [info@nnc.gov.ph](mailto:info@nnc.gov.ph) Website: [ww.nnc.gov.ph](http://ww.nnc.gov.ph)

Facebook: [fb.com/nncofficial](https://fb.com/nncofficial)

Twitter: [@NNC\\_official](https://twitter.com/NNC_official)