

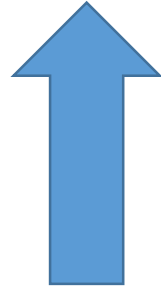


# Philippine Plan of Action for Nutrition . . . *Moving Forward*

**Maria Lourdes A. Vega**  
**Chief, Nutrition Policy and Planning Division**



**2015 - 2030**



**2025**

# SDG





# GOAL 2

The background of the slide features a close-up photograph of golden wheat grains. A portion of the grains is contained within a rustic, light-colored wooden scoop, while the rest are scattered on a dark, textured surface. A burlap sack is partially visible in the upper right corner, spilling more grains. The overall lighting is warm, highlighting the texture of the wheat and wood.

END HUNGER, ACHIEVE FOOD SECURITY AND  
IMPROVED NUTRITION AND PROMOTE  
SUSTAINABLE AGRICULTURE

**SUSTAINABLE DEVELOPMENT GOALS**

More at [sustainabledevelopment.un.org/sdgsproposal](https://sustainabledevelopment.un.org/sdgsproposal)

# SDG Goal 2 targets

**2.1** 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

**2.2** 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



Reduce by 40% the number of children under 5 years old who are stunted



50% reduction in anemia among women of reproductive age



30% reduction in low birth weight



No increase in childhood overweight



Increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%



Reduce and maintain childhood wasting to less than 5%



# SECOND INTERNATIONAL CONFERENCE ON NUTRITION



Food and Agriculture  
Organization of the  
United Nations



World Health  
Organization

Viale delle Terme di Caracalla, 00153 Rome, Italy - Tel: (+39) 06 57051 - Fax: (+39) 06 5705 4593 - E-mail: [ICN2@fao.org](mailto:ICN2@fao.org) - [www.fao.org/icn2](http://www.fao.org/icn2)

**Second International Conference on Nutrition**

**Rome, 19-21 November 2014**

**Conference Outcome Document: Rome Declaration on Nutrition**

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**FROM COMMITMENTS TO ACTION**

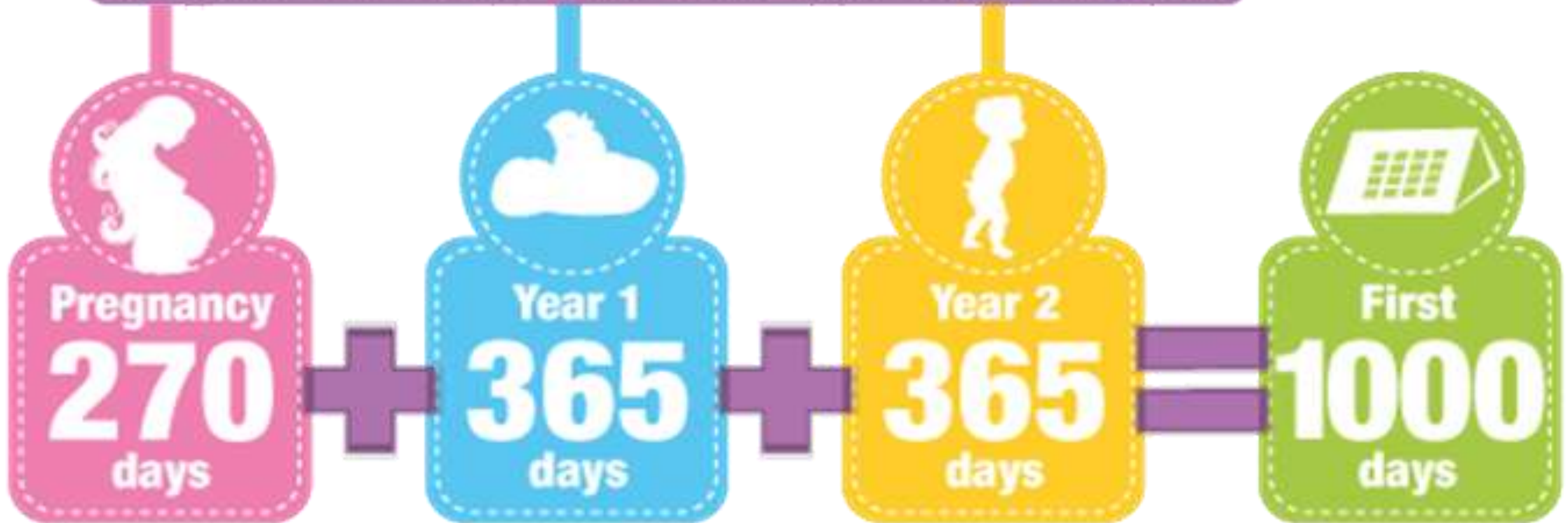
The two main outcome documents—the **Rome Declaration on Nutrition** and the **Framework for Action**—committing world leaders to establishing national policies aimed at eradicating malnutrition and transforming food systems to make nutritious diets available to all

*WHAT WILL  
HAPPEN NEXT?!*



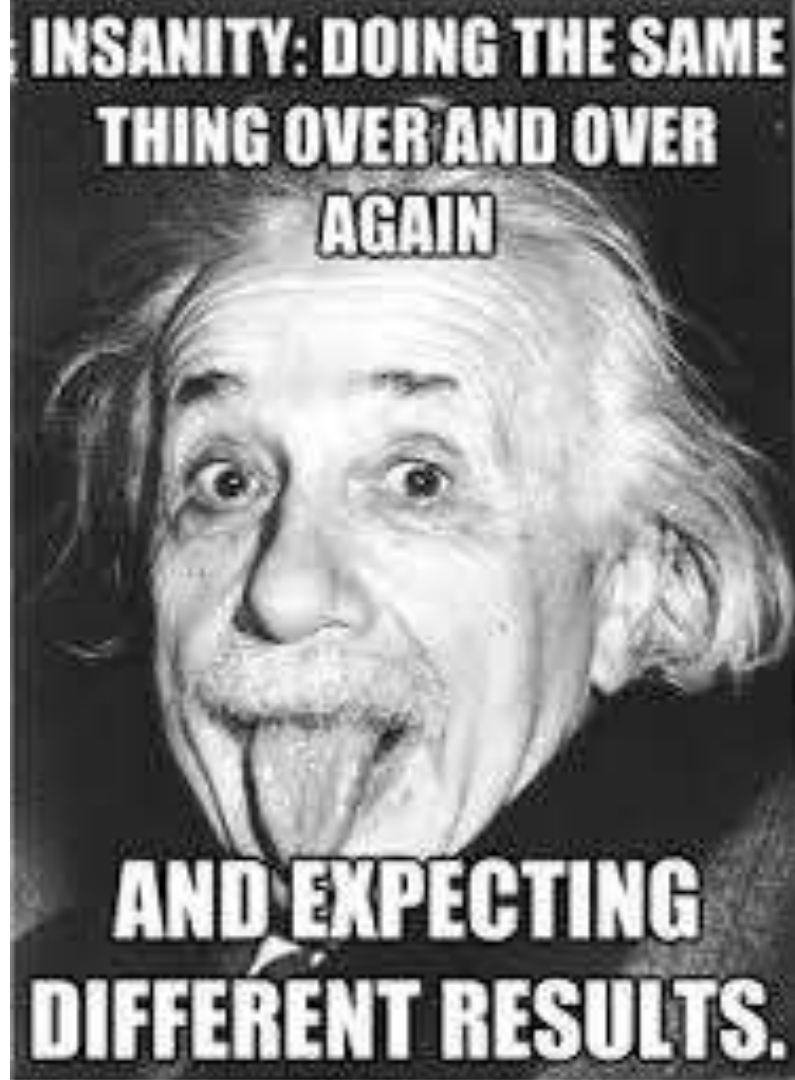
# Early childhood care and development (ECCD) as context

Welcome to first 1000 days



IF YOU DO  
WHAT YOU'VE  
ALWAYS DONE  
YOU'LL GET  
WHAT YOU'VE  
ALWAYS GOTTEN

ANTHONY J. BLIZZARD



**Do things differently!**

# Changes . . . Monitoring growth

- Use of height-for-age, weight-for-height, mid-upper arm circumference . . . Eventually to phase out weight-for-age
  - Improve coverage
  - Improve quality of measurement and of data
  - More strategic sharing of results



## Core Developmental Milestones of Filipino Children

60 months	Motor	Self-Help	Language	Cognitive	Socio-Emotional
48 months	Throws ball overhead with direction	Enthused/unexcited	Recalls recent experiences in order of occurrence using past tense	Matches upper and lower case letters	Uses cultural gestures in greeting (e.g. hug, handshake)
36 months	Draws a human figure on route	Uses toilet with occasional accidents	Asks "What", "Who", and "Why" questions	Arranges objects according to size (e.g. smallest to biggest)	Plays organized group games only
24 months	Runs without tripping	Puts down/getting shoes	Speaks grammatically correct 1-3 word sentence	Matches objects and pictures	Imitates adult activities (e.g. cooking, washing)
18 months	Holds crayon with palmar grasp/Scissors spontaneously	Drinks from cup with spillage	Names objects in pictures	Enables simple pretend play (e.g. feed, cut doll, pretend)	Works with imaginatively with caregiver
12 months	Walks alone, steady gait	Feeds self using spoon with spillage	Combines single words and gestures to make sentences (e.g. "mama", "dada")	Searches for completely concealed object	Friendly with strangers but initially shows anxiety in distress
8 months	Stands with minimum support	Feeds self with fingers (crumbs, bread)	Uses meaningful sounds to refer to specific objects or persons (e.g. "mama", "dada")	Looks at direction of taken object	Cries when caregiver leaves
4 months	Sits alone steadily	Begins to take solid food	Turns head intently called by name, makes eye contact	Exposes mouth by clapping/holding	Enjoys tactile handling
	Holds head steadily	Sucks and swallows liquid	Turns head toward sound	Gazes slowly at moving objects	Smiles and fills arms to greet caregiver

Ensure the best possible start in your child's life. Monitor your child's development

Any child with an identified problem should immediately see the health worker or visit the health center nearest you.

# Changes . . . Monitoring growth

- Monitor milestone development



# Changes . . . Promoting infant and young child feeding

- Implementation of existing laws – Milk Code, RA 10028
- Lactation stations in BUB for 2017
- Work for enactment of law on longer maternity leaves

# Changes . . . Promoting infant and young child feeding

## Intensified promotion of complementary feeding

- More diversity – animal foods
- Micronutrient powder
- Fortified complementary food
- Multimedia
- Interpersonal communications – trials of improved practices/recipe trials – recognize barriers, influential . . .





# Changes . . . Promoting infant and young child feeding

## Intensified promotion of complementary feeding

- **Mentoring** of BNSs and peer counselors
- Addressing barriers
  - **SUSTAINABLE** home kitchen gardens
  - Linkage with livelihood or income generation opportunities



# Changes . . . Promoting infant and young child feeding

## Intensified promotion of complementary feeding

- Integration of psychosocial stimulation – eating/feeding as a pleasant experience; learning about color, shape, texture

**6-9 na buwan**

Maliban sa luga at minasang patatas o saging, bigyan si baby ng iba't ibang uri ng pagkain tulad ng mga prutas at gulay, halamang ugat tulad ng kamote, at karné, ieda, o itlog. Lutuing mabuti at hiwalin nang pinung-pino ang mga ito. Bigyan din siya ng meryenda tulad ng prutas, tinapay, o bakuwit.

Pakainin siya ng 3 beses sa isang araw.

**9-12 na buwan**

Puwede nang bigyan si baby ng pagkain tinadtad nang pino. Patuloy siyang bigyan ng iba't ibang uri ng pagkain.

Pakainin siya ng 4 na beses sa isang araw.

**12-24 na buwan**

Dagdagan ang dami at uri ng pagkain na ibinibigay kay baby. Puwede na rin siyang kumain ng kung ano man ang kinakain ng pamilya, basta't siguraduhing naluto nang mabuti at hiniwa nang pino.

Tuwing nagpopakain ng inyong mga anak...

**Mga magulang, 'wag kalimutan:**

Laging maghugas ng kamay bago humawak ng pagkain para tiyak na malinis at ligtas ang kinakain ng sanggol.

Siguraduhing laging malinis ang gamit upang makaiwas sa sakit.

**WAG MAGKULANG**

# Changes . . . Iron-folic acid supplementation

- Iron ALWAYS with folic acid
- Daily supplementation for pregnant women
- **Weekly** supplementation of adolescent females and women of reproductive age
- System for checking compliance – adapted TB Dots approach





# Changes . . .

## Actions vs acute malnutrition

- Capacity building on management of acute malnutrition
- Improved case finding
- Application of protocols – use of ready –to-use therapeutic foods

# Changes . . . More action to prevent overweight

- Optimum infant and young child feeding
- Public campaigns on healthy diets
- Nutrition labeling – food packs, restaurant foods
- Promote **SUSTAINED** physical activity, including

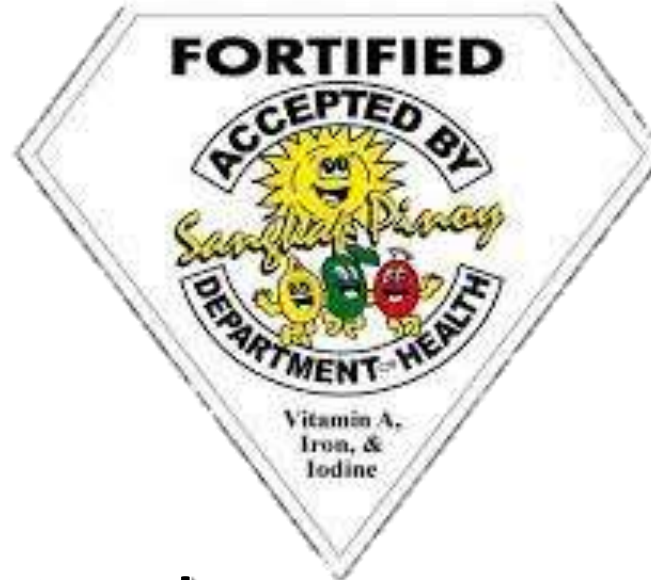




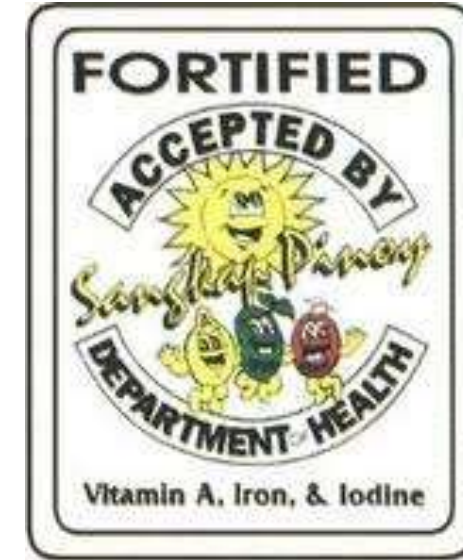
# Crosscutting/Food fortification



Salt iodization



Mandatory  
Rice - iron  
Flour – iron, vit A  
Sugar and cooking  
oil – vit A



Voluntary for  
processed food



# 10

## KUMAINMENTS

*Sigla at lakas ng buhay*

- I. Kumain ng iba't-ibang pagkain.
- II. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.
- III. Kumain ng gulay at prutas araw-araw.
- IV. Kumain ng isda, karne, at ibang pagkaing may protina.

- V. Uminom ng gatas; kumain ng pagkaing mayaman sa calcium.
- VI. Tiyaking malinis at ligtas ang ating pagkain at tubig.
- VII. Gumamit ng iodized salt.
- VIII. Hinay-hinay sa maaalat, mamantika at matatamis.
- IX. Panatilihin ang tamang timbang.
- X. Maging aktibo. Iwasan ang alak; huwag manigarilyo.





# PINGGANG PINOY™

Healthy food plate for Filipino adults



**Guide on how  
much food to  
eat per meal**

# Nutrition sensitive interventions





## Reduce undernutrition and prevent increase in overweight

- Promote optimum infant and young child feeding
- Nutrition services in ante-natal care
- Community-based management of acute malnutrition
- Package of nutrition services in the school and alternative school system
- Vitamin A, iron, and iodine supplementation
- Food fortification with vitamin A, iron, and iodine
- Diet diversification
- Healthy lifestyle

Normal

Emergency

- Increase food supply and improve physical and economic access to nutritious and safe food
- Water, sanitation and hygiene (WASH)
- Early child learning and psychosocial stimulation
- Management of childhood illnesses, e.g. diarrhea management
- Immunization
- Social protection

# Additional elements

## Building an enabling environment

- Rigorous evaluations
- Advocacy strategies
- Horizontal and vertical coordination
- Accountability, incentives regulation, legislation
- Leadership programmes
- Capacity investments
- Domestic resource mobilization



# Scaling Up NUTRITION

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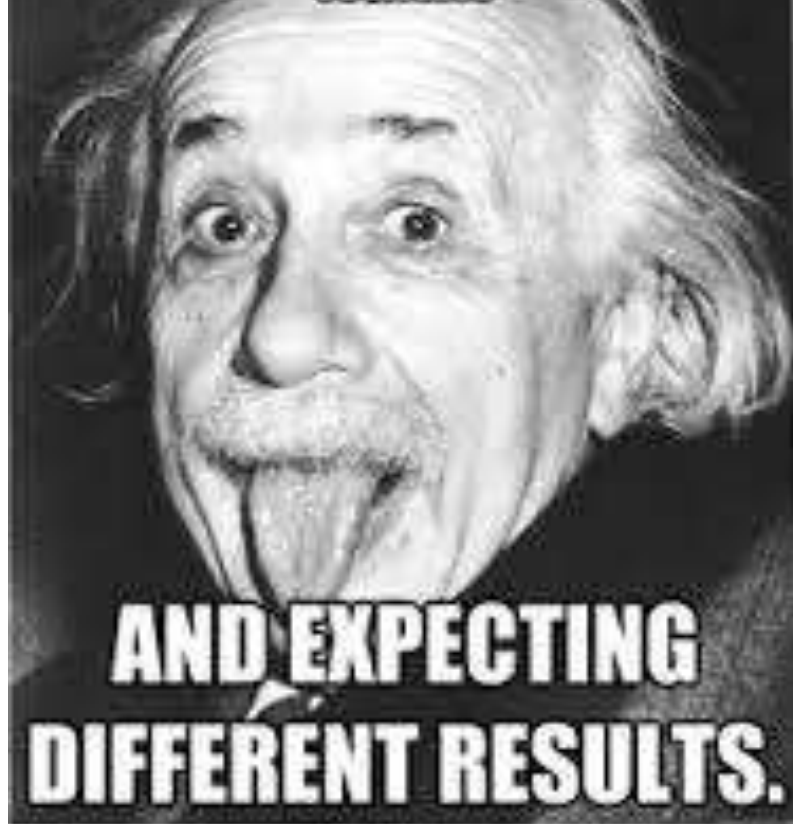
**ENGAGE • INSPIRE • INVEST**



IF YOU DO  
WHAT YOU'VE  
ALWAYS DONE  
YOU'LL GET  
WHAT YOU'VE  
ALWAYS GOTTEN

ANTHONY J. MURPHY

INSANITY: DOING THE SAME  
THING OVER AND OVER  
AGAIN



AND EXPECTING  
DIFFERENT RESULTS.

**Do things differently!**

# **Thank You!**

## **NATIONAL NUTRITION COUNCIL**

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