Regional Plan of Action for Nutrition



CENTRAL VISAYAS 2019-2022

Executive Summary

The Regional Plan of Action for Nutrition 2019-2022 is the response of Region VII to the alarming nutrition situation in the region. The 2015 National Nutrition Survey shows that the region has high prevalence of stunting among children below five years old at 37.7 percent or around 307,502 children. The prevalence of wasting affects 7.0% percent of children below five and 8.8 percent of children age 5 to 10, one of the highest in the country.

The RPAN establishes regional outcome targets for 2022 toward reducing stunting, wasting and obesity, as well as micronutrient deficiencies, among other indicators. Among 0-5-year-old children, the stunting levels will be reduced from 37.7 percent to 24.1 percent by the end of 2022. Wasting prevalence will be reduced from 7.0 percent to 4.9 percent by the end of the RPAN period among the same group of children. Targets for obesity and micronutrient deficiencies were also included.

To address the problems identified during the planning process, the RPAN indicates 11 programs which translate into 56 projects. The programs consist of 9 nutrition-specific programs, 1 nutrition-sensitive program, and 1 enabling program. These follow the life stages as identified by the Department of Health and the major programs of the Philippine Plan of Action for Nutrition 2017-2022. The RPAN provides the necessary focus on the First 1000 Days program, given its huge potential in addressing the major nutritional issues in Region VII and in the country. All 11 programs constitute the RPAN with an additional program to address the huge challenge of adolescent health, and in particular, adolescent pregnancy in the region and in the country.

The budget estimated for 2019-2022 for all 11 programs amount to PhP 119 B with an annual average of about PhP 29 B. The funded portion is PhP 2.47 B which is 2.03% percent of total, while the unfunded portion amounts to PhP 116 B representing 97.97% percent. The funding shortfalls will be generated mainly from Tier 2 budget process together with financing from development partners working in the region and provisions from local sources.

The RPAN outcomes and outputs are essentially a regional accountability. The RPAN's results matrix is explicit with respect to the accountabilities of each of the

agencies in the region. An implementation plan, the organizational mechanism for overall coordination and management of the RPAN as well as the monitoring and reporting and evaluation are integral parts of the Plan.

In summary, the Region VII RPAN contains key elements expected to contribute to the attainment of the PPAN 2017-2022 national goals and targets:

- embodies the commitment and accountabilities of regional sector agencies as a contribution of the region to the proportionate share of the malnutrition burden,
- aims to address the key manifestations of malnutrition under nutrition, over nutrition, micronutrient deficiencies and their causes following the ASEAN Conceptual Framework of Malnutrition,
- sets two layers of outcome objectives by the end of 2022 (1) outcome targets that refers to final outcomes against which plan success will be measured; and (2) suboutcome or intermediate outcomes referring to outcomes that will contribute to the achievement of the final outcomes,
- identifies a good mix of interventions appropriate for the region consisting of three distinct but complementing types of programs¹ - *nutrition-specific, nutrition-sensitive* and enabling management programs as defined in the PPAN program framework,
- provides estimated budget requirements for each of the identified programs and projects cognizant of the actual GOP budget process,
- anticipates risks and threats by factoring mitigating strategies and program adjustments,
- defines the institutional accountabilities to deliver outputs and outcomes to include accountability for coordination which rests on the RNC,
- formulates a Results Framework Matrix that defines a vertical and horizontal logic of expected results, indicators, targets and accountability, and
- lays out the monitoring, reporting and evaluation mechanism necessary to determine progress of implementation and extent of outcome targets achievement.

2022 Outcome Targets

¹Nutrition-specific programs are those that were planned and designed to produce nutritional outcomes, nutrition-sensitive are those that will be tweaked to produce nutritional outcomes, enabling management support programs are actions developed and designed to assist the nutrition-specific programs to be achieved with greater degree of efficiency and effectiveness.

The RPAN shall have outcome and sub-outcome targets supporting the Ambisyon 2040 to live long and have healthy lives. The interventions would help reduce human inequality by improving the nutrition situation and reducing child and maternal mortality. The achievement of the outcome targets will define the success of the plan.

Table 1. 2022 Regional Outcome Targets

a. To reduce levels of child stunting and wasting

Indicator (1)	Baseline	2022 Target	
Prevalence (in percent) of stunted children under five years old	37.7	24.1	
Prevalence (in percent) of wasted children			
 Under five years old 	7.0	4.9	
 6 – 10 years old 	8.8	4.9	

(1) Baseline based on 2015 updating national nutrition survey conducted by the Food and Nutrition Research Institute.

b. To reduce micronutrient deficiencies to levels below public health significance

Indicator (1)	Baseline	2022 Target
Vitamin A Deficiency		
 Prevalence (in percent) of children 6 months to 59 months vitamin A deficiency (low to deficient serum retinol) 	20. 4	15
Anemia		
 Prevalence (in percent) of anemia among women of reproductive age 	11.7	6

Indicator (1)	Baseline	2022 Target	
lodine deficiency disorders			
Median urinary iodine concentration, mcg.	/L		
 Children 6-12 years old 	168	168	
 Pregnant women 	105	≥150	
 Lactating women 	77	≥100	
Percent with urinary iodine concentration <50 mcg/L			
- Children 6-12 years old (1)	14.7	14.6	
 Lactating women (2) 	25.7	19.9	

(1) Baseline based on 2013 national nutrition survey conducted by the Food and Nutrition Research Institute

c. No increase in overweight among children

	Indicator	Baseline	2022 Target
Prev	alence (in percent) of overweight		
Unde	er five years old (1)	2.6	2.5

•	6-10 years old (2)	6.0	5.9	
	(1) Baseline based on 2015 national putrition survey conduct	ad by the Food and I	Nutrition Research Instit	ute

(1) Baseline based on 2015 national nutrition survey conducted by the Food and Nutrition Research Institute
 (2) Baseline based on 2013 national nutrition survey conducted by the Food and Nutrition Research Institute

d. To reduce overweight among adolescents and adults

Indicator	Baseline	2022 Target
Adolescent	7.1	4.9
Adults	29.4	26.5

(1) Baseline based on 2013 national nutrition survey conducted by the Food and Nutrition Research Institute

Sub-outcome or intermediate outcome targets

Indicator	Baseline	2022 Target
Reduce the proportion of nutritionally-at- risk pregnant women (1)	27.0	21.8
Reduce the prevalence of low birthweight	25.5	19
Increase the percentage of infants 0 to 5 months old who are exclusively breastfed	55.2	66.2
Increase the percentage of children 6-23 months old meeting the minimum acceptable diet	18.6	22.5
Increase the percentage of households with diets that meet the energy requirements (3)	30.3	36

(1) Baseline based on 2015 updating national nutrition survey conducted by the Food and Nutrition Research Institute

(2) Baseline based on 2013 National Demographic and Health Survey(2) Baseline based on 2013 national nutrition survey conducted by the Food and Nutrition Research Institute

Description of the Region 7 RPAN Programs and their Outputs

Project Title	Project Output/s	Target by 2022	Agency
PROGRAM 1. FIRST 1000 DA	YS (F1K)		
Project 1. Mobilization of LGUs for the First 1000 days	 1-0.1. All provinces and cities and at least 52 municipalities mobilized for F1K and nutrition by 2019 1-0.2. By the end of 2022 all 4 provinces, 16 cities and at least 80% of municipalities and cities are mobilized for F1K and Nutrition Program with provincial/municipal/city resolutions. 	4 provinces 92 municipalities 16 cities	DOH, NNC, DILG, RSDC, PAN, LGUs
Project 2. Information Management in the F1K	2-0.1. A harmonized system of information for the efficient and effective implementation of F1K services utilized by the health system and the LGUs using FHSIS and ICLINIC-SYS.	Develop an information management mechanism Pilot an area for IMO	DOH
Project 3. Strengthen the health delivery system for F1K	3-O.1. Annual Performance and Implementation Review of LGUs and other multi-sectoral agencies on F1K compliance	4 provinces 116 municipalities 16 cities	
	3-O.2. Integration of F1K compliance in successive plans of LGUs and other multi-sectoral agencies completed	116 municipalities AOP's	DOH, LGUs
	3-O.3. Continuous compliance monitoring (LGU Level)	Quarterly	

Project 4. Iron folic acid supplementation for pregnant and lactating women, calcium carbonate supplementation from 5 months of age of gestation to delivery and MNP supplementation to children 6-23 months	 4-O.1. All 118 RHUs and 683 BHS providing at least 180 tablets of IFA (60 mg Elemental Iron + 40 ug FA) supplements to pregnant and lactating women, iron supplements to low birth weight infants and MNPs to children 6 to 23 months 4-O.2. DOS (Directly Observed Supplementation) strategy and tracking system on the consumption of supplements in all cities and municipalities of Region VII developed and operationalized 	100% of targets	DOH, LGUs
Project 5. Vitamin A Supplementation for postpartum women and children 6-23 months old	 5-0.1. Institutionalized provision of Vitamin A capsules to post-partum women 5-0.2. All RHUs providing 1 tablet of 200,000 IU Vitamin A capsule to postpartum women; 1 tablet of 100,000 IU Vitamin A capsule to children 6 to 11 months; and 1 tablet of 200,000 IU Vitamin A capsule given to children 12 to 23 months every 6 months 	100%	DOH, LGUs
Project 6. Mobilization of LGU resources for dietary supplementation for pregnant women and 6-23 months of food insecure families	6-O.1. LCEs in all municipalities and cities issued policy with budget allocation to implement dietary supplementation program for nutritionally at-risk pregnant women, and children 6-23 months belonging to the food insecure families	100%	DOH, LGUs
Project 7. Strengthening of Complementary Feeding Program	 7-0.1. Developed a Comprehensive Regional Complementary Feeding Plan 7-0.2. Implementation and monitoring of the Comprehensive Regional Complementary Feeding Plan (with Food Production) 	1 Comprehensive Regional Complementary Feeding Plan	DOH, NNC, LGUs, DOST, WV, PAN, FEED

Project 8. IYCF Health Systems Support	8-O.1. Health Facilities at all levels catering to mother and child are MBFHI accredited by DOH.	100%	
	8-O.2. IYCF implemented by Service Delivery Network (SDN)	75%	DOH, LGUs
	8-0.3. Health facilities and workplaces complaint to RA 10028	100%	
Project 9. Organization of Community-Based Support Group	9-0.1. Institutionalized Functional Community Support Group in every barangay.	/	DOH, NGOs, LGUs,
for IYCF	9-O.2. Integration of IYCF in barangay/municipal nutrition in emergencies plan and disaster risk reduction management plan	/	Development Partners (DPs)
Project 10. Advocacy for compliance of Mother Baby Friendly spaces in the workplaces	10-O.1. Organizations and entities exercising their commitment to enforcement and compliance monitoring on EO 51 and RA 10028	/	DOLE, Civil Service Commission, DOH,
	10-O.2. Monitoring and reporting system on EO 51 violation established	/	FDA, LGUs
PROGRAM 2. DIETARY SUPPLEME	NTATION PROGRAM		
Project Title	Project Output/s	Target by 2022	Agency
Project 11. Supplementary Feeding to Children Enrolled in	11-0.1. All child development centers and SNPs operating with supplementary feeding program	3255 CDCs & SNPs	
Child Development Centers and Supervised Neighborhood Plays		126,177 children	DSWD, LGUs
Project 12. Supplementary feeding program for School Children	12-O.1. All public elementary schools in the region operating the school-based feeding program	100%	DepEd
Project 13. School-Based Complementary Health Services (deworming, micronutrient supplementation, WASH)	19-0.1. All elementary schools in the region fully compliant with the provision of the complementary health service package	100%	DepEd

Project 14. Technology Transfer of Food commodities	14-0.1. Number of technology adopters	2 LGUs/ Associations	FNRI-DOST, DOST ROs/PST, Cs,
	14-0.2. Number of processing centers established	2 centers	LGUs, and SMEs
PROGRAM 3. MICRONUTRIENT	SUPPLEMENTATION PROGRAM		
Project Title	Project Outputs	Target by 2022	Agency
Project 15. Vitamin A Supplementation for 24-59 months	15-O.1. All RHUs and BHS provide Vit A supplements to children 24-59 months based on standards	116 municipalities, 16 cities	
	15-O.2. All RHUs providing 1 Vitamin A capsule to high risk children (diarrhoea and measles)	100%	DOH, LGUs
	15-O.3. A system of recording vitamin A supplementation operationalized	/	
Project 16. Anemia Reduction among Adolescents and Women of Reproductive Age (WRA)	16-O.1. All RHUs and BHS provide IFA supplements to 10-49 non-pregnant and non- lactating women based on standards	100%	
	16-O.2. DOS (Directly Observed Supplementation) strategy and tracking system on the consumption of supplements in all cities and municipalities of Region VII developed and operationalized	116 municipalities, 16 cities	DepEd, DOH, RHU
Project 17. Weekly Iron Folic Acid Supplementation for Adolescent Females	17-O.1. Institutionalized provision of Iron-Folic Acid to adolescent females in schools and communities	1	
	17-O.2. At least 80% of female learners in Grades 7-10 enrolled in public schools and Alternative Learning System are given Iron- Folic Supplementation	80%	DepEd, DOH

	17-O.3. % of out of school adolescent females provided with Iron-Folic Acid	50%	
Project 18. Provision of Therapeutic and Micronutrient Supplements	18-O.1. All RHUs and BHS provide Vitamin A capsule to children with diarrhea, measles and pneumonia.	50%	DOH, LGUs
	18-0.2. All RHUs to provide lipid based nutrient supplement based on standards	50%	
PROGRAM 4. ADOLESCENT	HEALTH AND DEVELOPMENT		
Project Title	Project Outputs	Target by 2022	Agency
Project 19. U4U (Youth 4 Youth) teen trail groups: Teen Chat	19-O.2. No. of youth leaders (adolescents/students) trained to be youth leaders and sustainable U4U group (meets once a month)	20%	POPCOM
Project 20. Learning Package for Parent Education on Adolescent Health and Development (LPPEAHD)	20-O.1. No. of parents with adolescent child oriented in LPPEAHD	20%	POPCOM
Project 21. Establishment of Teen Centers	21-O.1. Number of School-based teen centers established	20%	POPCOM, DepEd
Project 22. Program for Young Parents	22-0.1. PYP centers established in hospitals	80%	Hospital / LGU, EH-
i dicito	22-0.2. No. of teen moms who availed the services in PYP centers	TBD	' VH '
Project 23. Healthy Young Ones	23-0.1. No. of adolescents given information on health through HYO	50%	DOH
PROGRAM 5. OVERWEIGHT	AND OBESITY MANAGEMENT AND PREVENTION		
Project Title	Project Outputs	Target by 2022	Agency
Project 24. Nutrition Education and Weight Management for Overweight and Obese	24-0.1. No. of target beneficiaries/participants reached	20%	RNC, NNC, PNA, LGU & Academe

Project 25. Healthy lifestyle support group	25-0.1. Number of agencies and LGUs with fitness clubs established	25 RNC	DOH, DA, DepEd, RNC, DOLE, NNC,
		10 LGUS	LGUs
	EMERGENCIES		
Project Title	Project Outputs	Target by 2022	
Project 26. Strengthening Capacities of Local Nutrition Clusters on Nutrition in Emergencies	26-0.1. NNC Governing Board resolution on NiEm widely disseminated	116 municipalities 16 cities 4 provinces	
	26-O.2. RNC agencies and other agencies included in GB Resolution re/oriented on Nutrition in Emergencies	25	
	26-O.3. All provinces and cities and at least 80% of LGUs in the region have organized and fully functional Nutrition Clusters (with stock piling of nutrition related commodities available)	80%	NNC, DILG
	26-O.4. Nutrition in Emergencies plans formulated in all provinces and cities and at least 75% of municipalities with nutrition clusters	75% of cities and municipalities	
Project 27. Provision of Timely and Adequate Nutrition Services in times of emergencies and disasters	27-0.1. Minimum Service Package for NiE provided to all affected areas	100% of affected LGUs	
	27-O.2. Organized Rapid Nutrition Assessment Teams and IYCF-E/Breast Feeding Support Groups	8 city level each for RNAT and IYCF-E	DOH, RNC Nutrition Cluster
	27-0.3. Systematized referral system put into place	16 cities	Nutrition Cluster
	27-O.4. Nutrition in Emergencies messages disseminated thru quad media	5 posts/ broadcast mentions per emergency	
PROGRAM 7. MANDATORY FOOD FORTIFICATION			
Project Title	Project Outputs	Target by 2022	Agency
Project 28. Advocacy for and Monitoring of Compliance of RA 8976 and 8172	28-O.1. A system/plan for both advocacy and compliance monitoring of food fortification strengthened and implemented	1	DOH, NNC ,FDA, RBATF , LGUs

	TED MANAGEMENT OF ACUTE MALNUTRITION		
Project Title	Project Outputs	Target by 2022	Agency
Project 29. Enhancement of PIMAM Facilities, Capacities and Provision of Services	29-0.1. RHU and Health Facilities capacitated for the implementation of PIMAM	80% of RHU and Health Facilities	
	29-O.2. Identified SAM/MAM cases manage timely and appropriately	100% in 4 provinces	DOH, LGUs
	29-0.3. Provision and proper administration of PIMAM commodities	100%	
PROGRAM 9. NUTRITION PROMOT	ION FOR BEHAVIOR CHANGE		
Project Title	Project Outputs	Target by 2022	Agency
Project 30. Stocktaking study of the status of the program including resources & end user profile	 30-O.1. Recommendations on key features of new regional nutrition program for promotion for behavior change 30-O.2. Assessment of levels of achievement of MIND7 & other communication efforts in the region completed 	/	NNC RO, NNC CO, Media Group, DOH, Dev. Partners NGOs, INGO
Project 31. Formulation of the regional nutrition program for promotion for behavior change	31-O.1. A regional nutrition program for promotion for behavior change formulated	1 Regional Plan	NNC RO, NNC CO, Media Group, DOH, Dev. Partners NGOs, INGO
Project 32. Communication Support for F1K	32-O.1. A regional sub-strategy in line with the national strategy for the communication support on F1K, GAW and Quad Media Campaign to be fully developed and implemented	/	NGAs

Project Title	Project outputs	Target by 2022	Agency
Project 33. Gulayan sa Paaralan	General Outputs for Nutrition-Sensitive Projects:	100% of schools	DA, DepEd
Project 34. Mobilization of Rural Improvement Clubs (RICs) and other community-based organizations	 33-52-O.1. 20 projects in the region with tweaking strategies for nutritional impact 33-52-O.2. 10% nutritionally at-risk families enrolled in projects tweaked for nutritional 	80% of RICs/'4H Clubs	DA, NGOs
Project 35. Aquaculture Production Services	impact	100% of target families	BFAR, LGUs
Project 36. Coastal Resource Management and BASIL (Balik sigla sa Ilog at Lawa) Establishment of Marine Protected Areas and Coral Nurseries, BRUSH park	33-52-0.3. 10% nutritionally at-risk families involved in nutrition sensitive projects with increased income	5	BFAR, IFAD
Project 37. Infrastructure Program and DPWH Maintenance Fund		1	DPWH
Project 38. Farm-to-Market Projects		TBD	DPWH with DTI, DA and LGU
Project 39. Assistance to Municipalities Program		92 core local roads 28 water projects 2 local bridges	DILG
Project 40. Family Welfare Program		80 companies	DOLE
Project 41. Price monitoring of basic commodities		50%	DTI
Project 42. Diskwento caravans in		50%	DTI

Project 43. Potable Water Support to ARAs/CP WASH		12 ARBOS	DAR, LGU, RNC, MNAO, ARBOs, DA
Project 44. Promote Ceramics Water Filter (CWF) to Increase Access to Potable Water		25%	ITDI-DOST, DOST ROs/ PSTCs, DSWD, DILG, LGUs
Project 45. Sagana at Ligtas na Tubig sa Lahat or SALINTUBIG		75%	DILG
Project 46. MHAM Nutrition Resource Development Center		10 trainings	PAN-Cebu
Project 47. Village Level Farm Focused Enterprise Development (VLFED)		50% of ARBOs	DAR, DOST, NNC, LGU, DTI, DA, ARBO.
Project 48. Sustainable Livelihood Program		ANA	DSWD
Project 49. Science and Technology- based Livelihood Enterprise		6 trainings	DOST Regional Office/ Prov'l S & T,
Development		270 Trained	Centers; LGU, DAR,DTI,DSWD
Project 50. Family Development Sessions for Pantawid Pamilya beneficiaries		100% of active/ registered HHs	DSWD in coordination with the LGUs
Project 51. The RxBox 1000 program		50 RxBox Deployed	DOST-PCHRD, DOST, DOH and DILG
Project 52. WASH Water system support (Handwashing facilities) among school age children in Ubay, Bohol		75%	World Vision
Project 53. Research on the Effectiveness of Nutrition Sensitive Interventions	53-0.1. Research completed and feed into redesign	1	NNC, RNC

PROGRAM 11. ENABLING PRO	OGRAM		
Project Title	Project Outputs	Target by 2022	Agency
Project 54. Mobilization of Local Government Units for Delivery of Nutritional Outcomes	54-O.1. Regional strategy fully developed and agreed in RNC for LGU mobilization	1	DOH, NNC, RNC, DILG, LMP, LCP
	54-O.2. LGUs mobilized to improve planning & management of LNAPs and delivering nutritional outcomes	TBD	
Project 55. Policy Development for Food and Nutrition	55-O.1. RDC resolution enjoining LGUs in the region to support the 1000-day complementary feeding as well as the supplementary feeding for pregnant women to advance outcomes of the First 1000 days program	1 RDC resolution	
	55-O.2. RDC resolution reiterating support to the DILG MC on Support to PPAN at the LGU level	1 RDC resolution	NNC, RNC, RDC, SDC, NEDA
	55-O.3. Resolution from the local leagues to support the PPAN and RPAN	LMP (Negros Oriental & Siquijor)	
	55-O.4. An inventory of major policies at the local level that require vigor in increased implementation & a strategy to improve such policies	1	
Project 56. Management Strengthening for RPAN Effectiveness	56-O.1. NNC Regional Office better equipped to meet the demands of RPAN	85% of RPAN targets	
	56-O.2. Greater internalization of RNC members' commitment to RPAN	100% of RNC members	NNC, RNC, DILG, LMP, LCP

Summary of Budgetary Requirements by program and share of program budget to total RPAN

Programs	Total budget (pesos)	% of total RPAN budget
Program 1: IYCF and First 1000 Days (F1K)	352,243,513	0.30
Program 2: Dietary Supplementation	2,198,649,400	1.85
Program 3: Micronutrient Supplementation ²	340,447,366	0.14
Program 4: Adolescent Health and Development	5,522,917	0.15
Program 5: Overweight and Obesity Management and Prevention ³	119,493,763	0.10
Program 6: Nutrition in Emergencies	453,377	0.0004
Program 7: Mandatory Food Fortification ⁴	400,000	0.0003
Program 8: Philippine Integrated Management of Acute Malnutrition (PIMAM)	5,358,090	0.004
Program 9: Nutrition Promotion for Behaviour Change	688,513	0.0006
Program 10: Nutrition Sensitive Program	116,106,080,204	97.45
Program 11: Enabling Program	6,390,202	0.005
Grand Total	119,135,727,345	100

² Part of budget cover is not costed since supplies are downloaded by Central Office to Regional Offices

³ Pat of budget is integrated in the Prevention of Non Communicable diseases Program of DOH

⁴ Budgets come from national level and estimates are not included so percentage share of programs to the RPAN budget do not show total picture