

Republic of the Philippines
Department of Health
National Nutrition Council
RHTC Cabatangan, Zamboanga City



Promote Good Nutrition Monitoring 2015

Background

Promote Good Nutrition (PGN) program of the NNC started its implementation in 2007 as a component of the accelerated Hunger-Mitigation Program. The PGN includes the conduct of trainings for the community-based implementers that covers infant and young child feeding counseling, *Pabasa sa Nutrisyon*, promotion of eggs and vegetables using developed syllabi, and the Nutritional Guidelines for Filipinos (NGF). It also includes the promotion and distribution of Information, Education and Communication (IEC) materials to local government units and schools and the conduct of multi media campaign on nutrition.

The focus of this year's monitoring were areas recently trained on IYCF (2013). The schedules of monitoring to these areas were as follows:

Date	LGU visited	Number of Barangays
May 22, 2015	Dipolog City	1
August 5, 2015	Molave, Zamboanga Del Sur	3
August 6, 2015	Pagadian City	3
October 21, 2015	Liloy, Zamboanga del Norte	3
October 22, 2015	Ipil, Zamboanga Sibugay	3
October 23, 2015	Diplahan, Zamboanga Sibugay	3
October 30, 2015	Zamboanga City	3

The monitoring team composed of the NNC 9 representative, MNAO and staff in the area. The interview was done by the staff from the NNC-RO. Suggestions and recommendations were done during the interview proper. After the monitoring, there was a meeting with the monitoring team and other health worker to discuss observations and deficiencies.

Promote Good Nutrition Monitoring 2015

Provinces	City / Municipality	Name of the Barangay
Zamboanga Del Norte	Dipolog City	<ul style="list-style-type: none">Barangay Sta. Felomena
	Liloy, Zamboanga del Norte	<ul style="list-style-type: none">Barangay LalibertadBarangay CanaanBarangay Lamao
Zamboanga Sibugay	Ipil, Zamboanga Sibugay	<ul style="list-style-type: none">Barangay PoblacionBarangay SanitoBarangay Pangi
	Diplahan Zamboanga Sibugay	<ul style="list-style-type: none">Barangay DitayBarangay PoblacionBarangay Lamao
Zamboanga Del Sur	Pagadian City	<ul style="list-style-type: none">Barangay Upper SibatangBarangay LalaBarangay Macasing
	Zamboanga City	<ul style="list-style-type: none">Barangay MercedesBarangay LunzuranBarangay Tulungatong

	Molave, Zamboanga Del Sur	<ul style="list-style-type: none"> • Barangay Dimorok • Barangay Culo • Barangay Maloloy-on
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Note: monitoring team visits one or two barangays only because some of them piloted one or two barangay during the IYCF training. IYCF support groups in the barangays are usually mothers, mother leaders, CHTs, BHWs and BNSs.

The PGN Monitoring was focused on the following components:

- Conduct of PGN trainings
- Availability and use of IEC materials
- Organization of IYCF support groups
- Conduct of IYCF counseling
- Nutrition Education Classes (*Pabasa sa Nutrisyon*, Vegetable and Egg Promotion)
- Establishments of Home and Vegetable Gardens
- Prevalence of exclusive Breastfeeding Practices
- Prevalence of child Under nutrition
- Policy and program Support (ordinances , Budget)
- Others

Results:

ZAMBOANGA SIBUGAY

Conduct of PGN trainings	<ul style="list-style-type: none"> All the municipalities conducted roll-out trainings for barangay level in 2007 and 2010 by batches. At present PGN is integrated and included during barangay sessions, mother's classes and counseling. No graduate recorded from 2011 up to present.
Facilitating factors	<ul style="list-style-type: none"> NNC module for IYCF training was followed. The LGU strictly adhered to the NNC module for the training. As of 2011 onward there is no specific training for PGN.
Availability and use of IEC Materials	<ul style="list-style-type: none"> Posters and other nutrition IEC materials are still available but some are already old and obsolete. Most of the Billboards given to Barangay Health Center, Barangay hall, market place and schools are already gone.
Deterring Factors	<ul style="list-style-type: none"> Billboards placed in public places are stolen Exposure to sun and rain shortened the lifespan of the IEC Not properly posted
Organization of IYCF support groups	<ul style="list-style-type: none"> No organization of IYCF support groups in Ipil, Zamboanga Sibugay since they were trained last 2013. 1 (Barangay Ditay) out of 3 barangay visited in Dipalihan created IYCF support groups with reports and documentation seen during the monitoring.
Deterring Factors	<ul style="list-style-type: none"> IYCF support groups in the barangays are not monitored, lack of advocacy and support from NAOs and no specific plans as to the facilitation in the creation of IYCF support groups in the barangays.
Conduct of IYCF counseling	<ul style="list-style-type: none"> Counseling was practiced in most of the barangays during immunization, prenatal check-up, mother's classes and during house to house visits (OPT). Steps on IYCF counseling are not followed by the BNSs during home visitation. The counseling cards are frequently used in mother's classes, IYCF promotion and other nutrition related meetings.
Facilitating Factors	<ul style="list-style-type: none"> It was observed during the actual counseling that Counselors are more likely to discuss the whole thing about breastfeeding from pregnancy until 2 years old in all areas visited.
Nutrition Education Classes (<i>Pabasa sa Nutrisyon</i>, Vegetable and Egg promotion)	<ul style="list-style-type: none"> Nutrition Education Classes in most barangays are integrated during the conduct of mothers classes and other health related gatherings. PSN, Vegetable and egg promotion conducted only right after the training (with graduates). No follow-up separate <i>pabasa</i> conducted in all barangays in ZSP. Some topics on <i>pabasa</i> are integrated only

	during mothers classes, advocacy meetings and counseling
Facilitating Factors	<ul style="list-style-type: none"> Trainers for the Nutrition Education Classes are usually the BNS, BHW, Midwife and trainers from the municipal. no plans being seen in the two municipality to conduct PGN training.
Observed Best Practices on nutrition	<ul style="list-style-type: none"> A good filing and documentation system is in place in two barangays (Barangay Ditay and Barangay Butong) in Diplahan, ZSP. Regular meeting of peer counselors of one barangay (Barangay Ditay) in Diplahan is practiced.

Results	Ipil	Diplahan
Aspects of the monitoring		
Establishments of home vegetable garden (total HH)	48.83%	90 % (of the total 4Ps population)
Exclusive breastfeeding	As for the last quarter 2015 there are 1,110 lactating mothers recorded	70 %
Child Under nutrition (pre-School)	7.49%	9.60%
Budget for IYCF	No Specific budget for IYCF	10,000.00
IYCF Organization	Organized support groups in 2007 were active only until 2012	31.81 % of total barangays with IYCF trained volunteers organized support groups

Results:

Zamboanga Del Sur

Conduct of PGN trainings	<ul style="list-style-type: none"> All the municipalities conducted roll-out trainings for barangay level in 2010 by batches. Molave, Zamboanga del Sur conducted PGN training in all barangay this 2015, training for PGN is on-going with graduates on records.
Facilitating factors	<ul style="list-style-type: none"> NNC module for IYCF training was followed strictly adhering to it.
Availability and use of IEC Materials	<ul style="list-style-type: none"> Posters and other nutrition IEC materials are still available but some are already old and obsolete. Most of the Billboards given to Barangay health center, barangay hall, market place and schools are already gone
Deterring factors	<ul style="list-style-type: none"> Billboards placed in public places are vandalized or stolen because of improper posting. lifespan of the IEC materials is shortened due to sun and rain exposure (outdoor)
Organization of IYCF support groups	<ul style="list-style-type: none"> For this year's monitoring, Molave, Zamboanga del Sur already started to organized IYCF support group in the barangays. Some are already established with monthly meeting and proper documentation of their activities.(e.g. Barangay Maloloy-on with 13 member including the BNS)
Deterring Factors	<ul style="list-style-type: none"> Except Molave at the moment, IYCF trained persons in the barangays are not monitored in some municipalities that leads to inactive IYCF support groups

Conduct of IYCF counseling	<ul style="list-style-type: none"> • Counseling was practiced in most of the barangays which was done during immunization, Prenatal check-up, mothers classes and during OPT when doing house to house visits. • Good points was observed in Molave, ZDS during the conduct of counseling, steps were followed and observed by the counselor.
Facilitating Factors	<ul style="list-style-type: none"> • Counselors are usually the IYCF trained BNS, BHW, mothers, Mother Leader and the IYCF support groups
Nutrition Education Classes (<i>Pabasa sa Nutrisyon</i>, Vegetable and Egg promotion)	<ul style="list-style-type: none"> • PSN, Vegetable and egg promotion were conducted only right after the training (with graduates) in most area in Zamboanga del sur. • No follow-up separate <i>pabasa</i> class conducted in all barangays in ZDS. • Some PSN module are integrated only during mothers classes, advocacy meetings and counseling • Molave, Zamboanga del sur recently conducted PSN in all barangays. Training at the moment is on-going.
Facilitating Factors	<ul style="list-style-type: none"> • Trainers for the Nutrition Education Classes are usually the BNS, BHW, Midwife and trainers from the Municipal Nutrition Office and other health worker that are trained in PSN
Best Practices on Nutrition	<ul style="list-style-type: none"> • Molave, Zamboanga del Sur Prioritized PSN training in 2015 and targeted 100 percent of their barangays to be trained by the end of the year. • Counselors Observed proper counseling steps

Results	Molave
Aspects of the monitoring	
Establishments of home vegetable garden	191 hh = 100 %
Exclusive breastfeeding	100 % based on the live births record in the RHU
Child Under nutrition (pre-School)	1 SUW 3 UW
Budget for IYCF	5,000.00
IYCF Organization	60 % but soon to in all barangays due to PGN training conducted in all barangays for 2015

Results:

Zamboangadel Norte

Conduct of PGN trainings	<ul style="list-style-type: none"> All the municipalities conducted roll-out trainings for barangay level in 2007 – 2008 by batches
Facilitating factors	<ul style="list-style-type: none"> NNC module for IYCF training was strictly adhered followed.
Availability and use of IEC Materials	<ul style="list-style-type: none"> Majority of the posters, reading and training materials are still available and used. Most of the Billboards given to Barangay Health Center, barangay hall, market place and schools are already gone
Deterring factors:	<ul style="list-style-type: none"> Billboards improperly posted in public places are stolen or vandalized Exposure to sun and rain shortened the life span of the tarpaulin billboards
Organization of IYCF support groups	<ul style="list-style-type: none"> Only few of the barangays in Zamboanga del Norte organized IYCF/ BF support in 2007 are still relatively functional
Deterring Factors	<ul style="list-style-type: none"> IYCF support groups in the barangays are not closely monitored
Conduct of IYCF counseling	<ul style="list-style-type: none"> Counseling was practiced in most of the barangays during immunization, prenatal check-up, mother's classes and during house to house visits (OPT). Steps on IYCF counseling are not followed by the BNSs Some of the BNSs use the counseling cards during mothers classes, IYCF promotion and other nutrition related meetings
Facilitating Factors	<ul style="list-style-type: none"> Counselors are usually the IYCF trained BNS, BHW, Mother Leader and Midwife
Nutrition Education Classes (<i>Pabasa sa Nutrisyon</i>, Vegetable and Egg promotion)	<ul style="list-style-type: none"> mothers classes and other health related gatherings are usually the venue for Nutrition Education in most barangays PSN, Vegetable and egg promotion were conducted only right after the training (with graduates). No follow-up separate <i>pabasa</i> conducted in all barangays in ZDN. Some modules of the <i>pabasa</i> are integrated in mothers classes, advocacy meetings counseling Liloy, Zamboanga del Norte to prioritize PSN training in 2016
Facilitating Factors	<ul style="list-style-type: none"> Trainers for the Nutrition Education Classes are usually the BNS, BHW, Midwife and trainers from the municipal
Good Practices	<ul style="list-style-type: none"> Good filing and documentation of BNSs is observed in Liloy ZDN

Results	Liloy
Aspects of the monitoring	
Establishments of home vegetable garden (in targeted HH)	80 %
Exclusive breastfeeding	50 %
Child Under nutrition (pre-School)	8.98 %
Budget for IYCF	20,000.00 for 2015
IYCF Organization	12 barangays with supporting documents endorsed to MNC

Results:

Dipolog, Pagadian and Zamboanga City

Conduct of PGN trainings	<ul style="list-style-type: none"> • Since 2011 when PGN was last conducted in the three cities there is no follow up training yet until this year. • Dipolog and Zamboanga to focus on PGN training to the barangays in 2016
Facilitating factors	<ul style="list-style-type: none"> • NNC module for IYCF training was followed/The LGU strictly adhered to NNC module for training.
Availability and use of IEC Materials	<ul style="list-style-type: none"> • Majority of the posters, reading and training materials are still available and used in three cities but some of them are old and obsolete. • Most of the Billboards given to Barangay health center, barangay hall, market place and schools are already gone
Deterring factors	<ul style="list-style-type: none"> • Billboards placed in public places are removed by unknown personalities. • lifespan of the IEC materials is shortened due to sun and rain exposure • Not properly posted
Organization of IYCF support groups	<ul style="list-style-type: none"> • Only one barangay (Barangay Sta. Felomena) in Dipolog has stable and functional IYCF support groups • Pagadian City has no IYCF support groups at all. (based on the 3 brgys visited) • 90 or 91.8 % out of 98 barangays in Zamboanga City have an organized and functional IYCF support group at present.
Deterring Factors	<ul style="list-style-type: none"> • No monitoring and plan for the creation of IYCF support groups in Pagadian City.
Conduct of IYCF counseling	<ul style="list-style-type: none"> • Counseling was practiced in most of the barangays in the 3 cities • It was done during immunization, prenatal check-up, mothers classes and during house to house visits (OPT) and after delivery in hospitals and lactation stations in ZC. • Steps on IYCF counseling are not followed by the BNSs, Some of the BNSs counseling cards are used in mothers classes, promotion advocacy and other nutrition related meetings
Facilitating Factors	<ul style="list-style-type: none"> • Counselors are usually the BNS, BHW, Mother Leader and Midwife (and those who are trained in IYCF counseling
Nutrition Education Classes (<i>Pabasa sa Nutrisyon</i>, Vegetable and Egg promotion)	<ul style="list-style-type: none"> • Nutrition Education Classes in most barangays are integrated during the conduct of mother's classes and other health related gatherings. • PSN, Vegetable and egg promotion conducted only right after the training (with graduates). No follow-up separate <i>Pabasa</i> training conducted in all barangays in three cities. • Some modules of the PSN are integrated in mother's classes and advocacy meetings counseling.
Facilitating Factors	<ul style="list-style-type: none"> • Trainers for the Nutrition Education Classes are usually the BNS, BHW, Midwife and trainers from the municipal
Best Practices on nutrition seen in Zamboanga City and Dipolog City	<ul style="list-style-type: none"> • Nutrition on wheels (bringing the city nutrition services to barangays) • Production of SEMOROZ (complementary food, IGP for BNS and BHW) • Weekly collection of donated breastmilk from the community to keep steady supply in the Human Milk Bank • Peer Counselors are assigned at the Zamboanga City Medical Center (ZCMC) to counsel mothers at the OB ward; and assigned in public lactation stations (Plaza del Pilar) • Production of Carrots and Guyabano juice as IGP on BNS in ZC.

	<ul style="list-style-type: none"> City Council of Dipolog allocated funds for feeding to those underweight and severely underweight children in all barangays. Significant reduction of malnutrition is observed in Dipolog City .
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Results	Dipolog City	Pagadian City	Zamboanga City
Aspects of the monitoring			
Establishments of home vegetable garden	250 HH based from City Agriculture Office	85%	44 % data in 2014 based in City Agricultures office.
Exclusive breastfeeding	91.97 %	84.65%	88.2 % FHSIS report 2014
Child Under nutrition (pre-School)	1.12 %	4.26%	3.36 % from 4.06% in 2015
Budget for IYCF	no specific budget for the year 2015	no specific budget for the year 2015	no specific budget for the year 2015
IYCF Organization	1 Barangay only with stable and established IYCF support group	NONE	100 % organized

BNS request from NNC

- BNSs Training; IYCF Refresher course; BNS Kit; IEC Materials; Uniform; Incentives

Observation:

- Replacement of trained BNSs and other volunteer workers after the Local elections causes setbacks in the implementation of the IYCF.
- Majority of the BNSs in the barangays have many functions which lead to inconsistency of works due to work overload.
- BNSs do not see the importance of documentation and recording, attendance, pictures, narrative report, minutes of the meeting, master listing, acknowledgement receipt and other supporting papers for documentation and are rarely present during monitoring.
- No Plans of activities and Budget proposal for nutrition (LNAP, BNAP, BNSAP, MAR). Base on the observation some of the BNSs do reports for compliance only.

Conclusion:

- PGN has no follow up training after the first roll-out training conducted in most municipalities due to budget constraints. This is caused by the failure of the NAOs to implement their re-entry IYCF plan and/or change of NAO after the municipal training.
- IEC materials in LGUs (Nutrition Office and Public places) are already worn out, some are torn and some are lost due to transfer of office. Billboards are already gone. Tarpaulins had long ago reached their serviceable life due to exposure to the sun, rain and wind.
- The lack of regular monitoring of the deployed IYCF trained counselor was the primary reason for non-organization of support groups in majority of the barangays. There is lack of supervision to trained IYCF counselors.
- The EBF prevalence had increased in all areas and if there had been regular supportive supervision of the Peer Counselor the increase in EBF and appropriate complementary feeding could have been more significant
- Majority of households visited maintained home vegetable garden
- Fewer PGN related Resolutions and Ordinances are being implemented and adopted in the municipalities, some do not.
- The municipalities and cities have budget for nutrition program but there is no specific budget indicated for IYCF such as snacks for mothers to do PSN, or budget to supports activities on complementary feeding.

Recommendations:

Implementation of the Promote Good Nutrition Program in the barangay level needs closer monitoring. BNSs are the direct linked in the barangays that could help improve nutrition practices of the people particularly of the children's care givers and other vulnerable groups.

The following are suggested recommendations for Local Nutrition Committees' based on the PGN monitoring observation.

- LGUs should allocate funds for IYCF and nutrition counseling refresher courses to volunteer PCs. BNSs should be given formal orientation (training) on their role and functions before being deployed (job descriptions: e.g. some of the BNSs assist delivery in health centers instead of doing some vital functions like counseling the mother after delivery and record it)
- IYCF Counseling steps should be understood clearly by the counselor (steps and important information to be asked for proper use of cards to be presented in the client during counseling).
- MNAOs should closely monitor and assist their BNSs in making plans and activities (Plans and budget proposal) for nutrition and not to only make them submit reports

without understanding the impact of their service in the barangays. (e.g. BNS submit report only to comply the requirements for a certain month or date ex. MAR)

- Provincial/city/municipal level IYCF trained personnel should regularly monitor and supervise the peer counselors as well as provide coaching the counseling skills of peer counselors.
- The DILG Circular signed by Secretary Robredo encouraging LGUs to retain performing BNS in their service should be advocated to LCEs

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