

## **The 2<sup>nd</sup> DR. CONRADO R. PASCUAL MEMORIAL LECTURE**

The [DR. CONRADO R. PASCUAL](#) (CRP) Memorial Award was launched by the Food and Nutrition Research Foundation in July 1997, with seed money donated by the family of the late Dr. Pascual. The first Awardees who gave the first Memorial Lectures were Dr. Josefa S. Eusebio, Program Director, Barangay Integrated Development Approach for Nutrition Improvement (BIDANI)-UPLB, for her community work articulated in her lecture on “Convergence of Development Initiative for Nutrition Improvement: The BIDANI Experience,” and Dr. Florentino S. Solon, President and Executive Director of the Nutrition Center of the Philippines (NCP), for his community-oriented nutrition interventions, elaborated in his lecture on “Moving NGO Projects to National Program: The NCP Experience.” The second Memorial Lecture on “The 6<sup>th</sup> NNS: Initial Results” was presented by [Dr. Corazon VC. Barba](#), Director, FNRI-DOST.

## **The 6<sup>th</sup> NATIONAL NUTRITION SURVEYS: Initial Results**

### **LEGAL BASIS**

#### **EO 128 Section 22.**

The FNRI is mandated to:

- a) Undertake research that defines the citizenry’s nutritional status, with reference particularly to the malnutrition problem, its causes and effects, and identify alternative solutions to them;
- b) Develop and recommend policy options, strategies, programs and projects; and
- c) Disseminate research findings and recommendations

### **DESIGNATED STATISTICAL ACTIVITY**

#### **EO 352:**

DESIGNATION OF STATISTICAL ACTIVITIES THAT WILL GENERATE CRITICAL DATA FOR DECISION-MAKING OF THE GOVERNMENT AND THE PRIVATE SECTOR

FNRI is designated to conduct the National Nutrition Survey every five (5) years, at the national and regional levels, and to disseminate the results one (1) year after the reference year

## **OBJECTIVES:**

### **General:**

- To assess and update the food consumption and nutritional status of Filipino households and selected population groups

### **Specific:**

- To assess the usual food and nutrient intake and adequacy;
- To assess incidence of household food insecurity based on perception of lack or the inability to acquire food for household and selected household members;
- To measure the nutritional status of 0-12 year-old children, pregnant and lactating women, 13-19 year-olds, and other adults 20 years and over, using anthropometric and biochemical indicators of nutritional status;
- To track the changes in the nutritional status of these population groups from 1998 and 2001;
- To determine the prevalence of risk factors to, and the prevalence of nutrition-related chronic degenerative diseases among Filipino adults; and
- To provide benchmark data on consumption of fortifiable staples and fortified foods by 0-5 year-old children and pregnant and lactating women, to monitor the progress of the Food Fortification Program.



**Anthropometric Nutrition Survey**



**Household Food Consumption Survey**



**Dietary Assessment among 0-5 Year-Old Children,  
Pregnant and Lactating Mothers**



**Household Food Security Survey**



**Awareness and Usage of Fortified Foods and Fortifiable Foods**

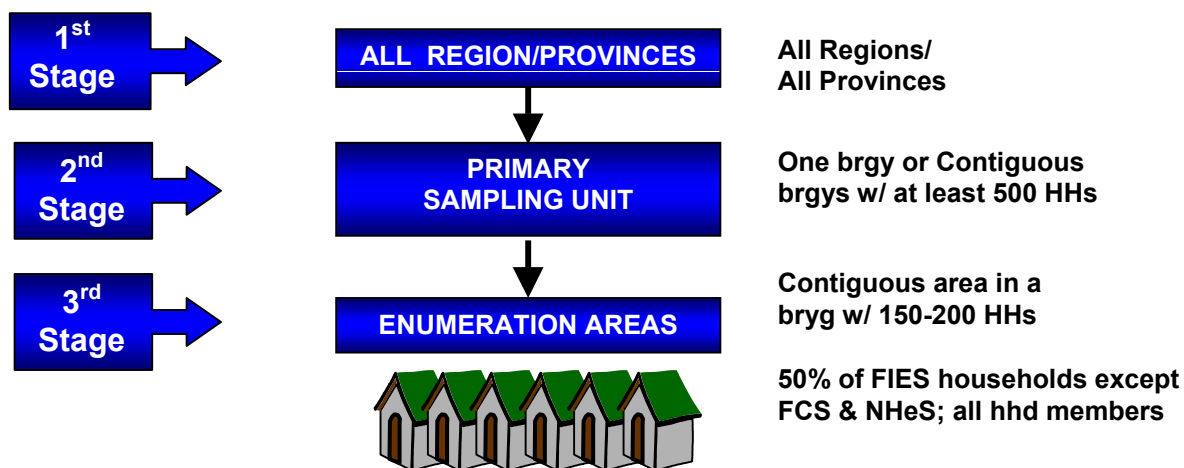


**Biochemical Nutrition Survey**



**Clinical Phase: National Nutrition & Health Survey**

## SAMPLING DESIGN



## SAMPLING COVERAGE

Groups	Anthropometry and Dietary			Biochemical			NNHes		
	Total Eligible	Total No. of Response	Response Rate (%)	Total Eligible	Total No. of Response	Response Rate (%)	Total Eligible	Total No. of Response	Response Rate (%)
Enumeration Areas (EAs)	812	790	97.3	812	790	97.3	812	790	97.3
Households	5,768	5,522	95.7						
0-5 years old	4,226	4,110	97.3						
6 months – 5 years old				3,871	3,619	93.5			
6-12 years old	4,909	4,777	97.3	4,839	4,648	96.0			
13-19 years old	3,997	3,519	88.0						
>=20 years old	13,461	11,696	86.9						
20-59 years old							2,492	2,423	97.2
60 years old and Over							2,401	2,323	96.8
Pregnant	601	593	98.7	600	586	97.7			
Lactating	1,211	1,201	99.2	1,210	1,190	98.4			

## COMPONENTS

1. [National Survey on Anthropometry](#)
2. [Prevalence of Anemia Among Specific Population Groups](#)
3. [Awareness and Usage of Fortified Foods](#)

## SUMMARY

### Nutritional Status of Various Age Groups: Philippines, 2003

Among 0 – 5 years old children, 27.6% are underweight, 30.4% are short, 5.5% are thin, and 1.4% are overweight.

Among 6 – 10 years old children, 26.7% are underweight, 36.5% are short, and 1.3% are overweight.

Among 11 – 19 years old preadolescents and adolescents, 15.5% are underweight, and 3.5% are overweight.

Among these age groups, undernutrition has decreased while overweight increased between 1998 and 2003.

Among pregnant and lactating women, 26.6% and 11.7%, respectively, are underweight.

Among adults, 12.3% are Chronic Energy Deficient (CED) and 23.9% are overweight to obese.

The prevalence of overweight and obesity in 2003 has increased from 1998.

Public health and clinical risk to co-morbidities is moderate to high in 36% of the 20 – 39 year-olds, 48.9% of the 40 – 59 year-olds, and 34.9% of the elderly (60 years of age and over).

The prevalence of anemia among 6 months to < 1 y and 1 y and 11 months old children has remained unabated and continued to increase, and is presently alarmingly high at 66% and 53.0%, respectively.

Among pregnant and lactating women, anemia remains a public health problem with 43.9% and 42.2% prevalence, respectively.

## Awareness and Usage of Fortified Foods

Ninety-seven percent of households consume foods with the Sangkap Pinoy Seal, even as only 16% know what the Sangkap Pinoy Seal is.

Eighty percent of households (mothers) claim they are aware of iodized salt, but only 38% actually use iodized salt. The proportion of households whose salt tested positive for iodine is 56.4%.

The most commonly consumed fortified foods in the market today, by households, children as well as pregnant and lactating women are instant noodles and sardines.

## CONCLUSIONS

- There has been a general improvement between 1998 and 2003 in the country's overall nutrition situation, affecting various population groups, as evidenced specifically by reductions in underweight and stunting among 0- 5 and 6 – 10 years old children, reduction in underweight among pregnant and lactating women, and reduction in CED among adults.
- There is however a trend towards increasing overweight among adults as well as among children.
- The anemia problem, especially among infants from 6 months to less than a year old, toddlers 1 y to 1 y and 11 months old, and pregnant and lactating women have remained unabated.
- Considering the targets set for 2004 in the MTPPAN and the Medium Development Goals set for 2015, overall efforts to reduce Protein-Energy Malnutrition, Chronic Energy Deficiency, Nutritional Anemia as well as arrest the increasing trend of overweight and obesity will need to be strengthened.
- A national policy on iron supplementation for infants and young children should be put in place.