7TH NATIONAL NUTRITION SURVEY: 2008
National Dissemination Forum

Theme: 7th National Nutrition Survey:
Vital inputs to Nutrition Governance for Sustainable Development

November 23, 2009
Dusit Thani Hotel
Ayala Center, Makati City
7TH NATIONAL NUTRITION SURVEY: 2008

Food Insecurity Survey Component

LUZON

VISAYAS

MINDANAO
Objective:

- To assess the food insecurity situation using the Radimer – Cornell instrument
- To identify the coping mechanisms of food insecure households
METHODOLOGY

Face-to-face interview
Aimed to provide evidence on the status of food insecure households in the country.

Sampling design – used 50% of 1 replicate of NSO’s master sample for Labor Force Survey: First Quarter.

Coverage – 852 enumeration areas (EAs)
- 5,014 households
- 4,569 households with children

Data collection – May to December 2008.
“limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways”

(Expert Working Group of the American Institute of Nutrition, 1990)
Tool used to determine whether households and individuals in the households were food insecure during the past three (3) months preceding the survey.

10-items/statement

Actual experience of food insecure individuals

Describe behaviors of households who food insecure

Period of reference when food insecurity was experienced – February to October 2008
INDICES OF FOOD INSECURITY at the INDIVIDUAL LEVEL

1. Skipped eating or missed meal(s) because there was no food or money to buy food

2. Ever hungry but did not eat because there was no food or money to buy food

3. Did not eat for the whole day because there was no food or money to buy food
<table>
<thead>
<tr>
<th>Indices of Household Food Insecurity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. “I worried that food would run out before we got money to buy more”</td>
</tr>
<tr>
<td>2. “The food just bought did not last and we did not have enough money to get more”</td>
</tr>
<tr>
<td>3. “The children were not eating enough because we did not have enough food and can not afford to buy more”</td>
</tr>
<tr>
<td>4. “We could not feed the children nutritionally adequate meals because we did not have enough food and enough money to buy more”</td>
</tr>
</tbody>
</table>
RESULTS
How many are food insecure?

What are the most common experiences of food insecure individuals?

What are the most common behaviors of food insecure households?

In times of food insecurity, how do households cope with the situation?

Where are the food insecure individuals and food insecure households located?
Percentage of mothers/caregivers who experienced food insecurity during the past 3 months prior to the survey and frequency of experience ($n=5,014$)

<table>
<thead>
<tr>
<th>INDICES</th>
<th>%</th>
<th>FREQUENCY (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Once</td>
</tr>
<tr>
<td>Skipped eating or missed meal(s)</td>
<td>26.9</td>
<td>34.5</td>
</tr>
<tr>
<td>Hungry but did not eat</td>
<td>16.1</td>
<td>41.0</td>
</tr>
<tr>
<td>Did not eat for the whole day</td>
<td>9.5</td>
<td>44.7</td>
</tr>
</tbody>
</table>

% with experience of at least one of the indices **28.6**

Reference period – February to October, 2008
Percentage of children who experienced food insecurity during the past 3 months prior to the survey and frequency of experience (n=4,659)

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Once</td>
</tr>
<tr>
<td>Skipped eating or missed meal(s)</td>
<td>16.6</td>
<td>36.1</td>
</tr>
<tr>
<td>Hungry but did not eat</td>
<td>11.1</td>
<td>40.1</td>
</tr>
<tr>
<td>Did not eat for the whole day</td>
<td>7.5</td>
<td>43.0</td>
</tr>
</tbody>
</table>

% with experience of at least one of the indices: 17.9

Reference period – February to October, 2008
Hunger is... "the uneasy or painful sensation caused by the lack of food. The recurrent and involuntary lack of access to food"

"is a potential, although not necessary, consequence of food insecurity"

Hunger may produce malnutrition over time
Percentage of food insecure mothers/caregivers and children

- Skipped eating: 26.9% (Mothers/caregivers), 16.6% (Children)
- Hungry but did not eat: 16.1% (Mothers/caregivers), 11.1% (Children)
- Did not eat whole day: 7.5% (Mothers/caregivers), 9.5% (Children)

(n = 5,014) (n = 4,569)
Percentage of households who experienced food insecurity during the past 3 months prior to the survey and frequency of experience ($n=5,014$)

<table>
<thead>
<tr>
<th>INDICES</th>
<th>%</th>
<th>FREQUENCY (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Often</td>
</tr>
<tr>
<td>“I worried that food would run out before we got money to buy more”</td>
<td>69.8</td>
<td>41.6</td>
</tr>
<tr>
<td>The food just bought did not last and we did not have enough money to get more</td>
<td>58.5</td>
<td>37.6</td>
</tr>
</tbody>
</table>

% with experience of at least one of the indices: **72.7**

Reference period – February to October, 2008
### Percentage of households who experienced food insecurity during the past 3 months prior to the survey and frequency of experience (n=4,569)

<table>
<thead>
<tr>
<th>INDICES</th>
<th>%</th>
<th>FREQUENCY (%)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>“The children were not eating enough because we did not have enough food and cannot afford to buy more”</td>
<td>45.8</td>
<td>36.6</td>
<td>63.4</td>
<td></td>
</tr>
<tr>
<td>‘We could not feed the children nutritionally adequate meals because we do not have enough food and enough money to buy more”</td>
<td>50.4</td>
<td>37.7</td>
<td>62.3</td>
<td></td>
</tr>
</tbody>
</table>

% with experience of at least one of the indices: 52.8

Reference period – February to October, 2008
Percent of households who experienced hunger but there was no food to eat and frequency of experience

<table>
<thead>
<tr>
<th>Ever hungry or there was no food to eat</th>
<th>%</th>
<th>FREQUENCY (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19.5*</td>
<td>Once 29.3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>More than once 56.3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Frequent 13.9</td>
</tr>
</tbody>
</table>

SWS hunger average of 2008 = 18.5%
Coping mechanisms adopted by households in times of food insecurity

1. Loan, relatives (68.4%)
2. Purchase on credit (63.2%)
3. Borrow foods (53.3%)
4. Reduce portion sizes of foods (47.8%)
5. Reduce consumption of adults (45.8%)
6. Loan, friends (40.8%)
7. Reduce number of meals in a day (37.0%)
8. Rely on less expensive foods (32.3%)
9. Migration (21.2%)
10. Ask children to be absent in school (17.0%)
Percentage of mothers/caregivers who experienced food insecurity during the past 3 months prior to the survey, by region

Legend: Percentage
- 40 and Above
- 30.0 - 39.9
- 20.0 - 29.9
- 10.0 - 19.9
- Less than 10

National estimate = 28.6%
Percent of children who experienced food insecurity during the past 3 months prior to the survey by region.
Percent of households who experienced food insecurity during the past 3 months prior to the survey, by region

Legend: Percentage
- 80.1 and Above
- 70.1 - 80.0
- 60.1 - 70.0
- 50.1 - 60.0
- <= 50

National estimate = 72.7%
Percent of households with children who experienced food insecurity during the past 3 months prior to the survey, by region

Legend: Percentage
- 80.1 and Above
- 70.1 - 80.0
- 60.1 - 70.0
- 50.1 - 60.0
- <= 50

National estimate = 52.8%
Based on the Radimer-Cornell measuring tool, 28.6% of mothers/caregivers and 17.9% of children were food insecure during the past 3 months prior to the survey.

At the household level, 72.7% of households felt insecure about the availability and adequacy of food in the household, 52.8% felt that children were not fed enough, in terms of quantity and nutritional adequacy.
In times of food insecurity, most households managed by borrowing money and foods from relatives and friends and purchasing foods on credit.

Across regions, high percentage of food insecure mothers/caregivers were noted in SOCCSKSARGEN, ARMM and MIMAROPA were food insecure.

ARMM and SOCCSSARGEN recorded the most number of food insecure children.
High percentage of households who felt insecure about the availability and stability of food in the household were observed in Central Visayas, Northern Mindanao, Bicol, ARMM and SOCCSKSARGEN.

High percentage of households who felt uncertain with regards to the condition of the children’s intake was noted in ARMM, SOCCSKSARGEN, Bicol, MIMAROPA and Ilocos.