RESULTS
Pregnant Women
Prevalence of nutritionally at-risk* pregnant women by age-group: Philippines, 2013

Philippines: 24.8%

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
<th>Risk Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20 years of age</td>
<td>37.2%</td>
<td>1 in about 3</td>
</tr>
<tr>
<td>20 - 29 years of age</td>
<td>23.0%</td>
<td>1 out of 4</td>
</tr>
<tr>
<td>30 – 39 years of age</td>
<td>14.8%</td>
<td>1 out of 7</td>
</tr>
<tr>
<td>≥ 40 years of age</td>
<td>17.4%</td>
<td>1 out of 6</td>
</tr>
</tbody>
</table>

*Based on weight-for-height classification; P<95 = Nutritionally at-risk, P≥95 = Not nutritionally at-risk (Magbitang, et.al, 1988)
Prevalence of nutritionally at-risk pregnant women by wealth quintile and by place of residence: Philippines, 2013

WEALTH INDEX

Percentage

Poorest | Poor | Middle | Rich | Richest
---|---|---|---|---
30.0 | 26.5 | 24.7 | 25.9 | 14.4
Philippines: 24.8

Percentage

Poorest | Poor | Middle | Rich | Richest
---|---|---|---|---
28.9 | 23.3 | 23.0 | 26.4 | 17.7
Rural

Percentage

Poorest | Poor | Middle | Rich | Richest
---|---|---|---|---
33.3 | 30.8 | 26.3 | 25.8 | 13.3
Urban
Trends in the prevalence of nutritionally at-risk pregnant women: Philippines, 1998-2013

![Line graph showing the percentage of nutritionally at-risk pregnant women from 1998 to 2013. The percentage decreases from 30.7 in 1998 to 24.8 in 2013.](image)
Elevated blood pressure* among pregnant women by wealth quintile and place of residence: Philippines, 2013

Philippines: 3.9%

Hypertension (≥140/≥90 (age <60))

*Based on a single visit BP measurement

Fasting Blood Glucose (FBG) among pregnant women 18 years and over: Philippines, 2013

<table>
<thead>
<tr>
<th>PSC</th>
<th>Mean FBG</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
</tr>
<tr>
<td>Pregnant</td>
<td>268</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

% Distribution by FBG (mg/dL) levels*

<table>
<thead>
<tr>
<th></th>
<th>&lt;100</th>
<th>(95% CI)</th>
<th>100 - 125</th>
<th>(95% CI)</th>
<th>≥126</th>
<th>(95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>97.03</td>
<td>95.03</td>
<td>99.04</td>
<td>1.13</td>
<td>-0.02</td>
<td>2.27</td>
</tr>
<tr>
<td>(95% CI)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

2.97%
RESULTS
Lactating Mothers
Nutritional status of *lactating* mothers: Philippines, 2013

Trends in the prevalence of malnutrition among lactating mothers: Philippines, 1998-2013
Nutritional status of lactating mothers by age group and length of lactation: Philippines, 2013

**AGE GROUP (in years)**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>CED</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 20</td>
<td>12.4</td>
<td>5.1</td>
<td>1.4</td>
</tr>
<tr>
<td>≥ 20</td>
<td>12.5</td>
<td>18.4</td>
<td>4.4</td>
</tr>
</tbody>
</table>

**LENGTH OF LACTATION (in months)**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>CED</th>
<th>OW</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 3</td>
<td>6.0</td>
<td>3.8</td>
<td>5.4</td>
</tr>
<tr>
<td>4-5.9</td>
<td>10.4</td>
<td>16.2</td>
<td>3.3</td>
</tr>
<tr>
<td>6-11.9</td>
<td>14.0</td>
<td>16.7</td>
<td>4.8</td>
</tr>
<tr>
<td>≥ 12</td>
<td>15.9</td>
<td>16.8</td>
<td>4.8</td>
</tr>
</tbody>
</table>
Nutritional status of lactating mothers by wealth quintile and place of residence: Philippines, 2013

**Place of Residence**

- Rural:
  - CED: 13.5%
  - Overweight: 15.6%
  - Obese: 2.8%

- Urban:
  - CED: 11.3%
  - Overweight: 19.7%
  - Obese: 5.9%
Nutritional status of lactating mothers by wealth quintile by place of residence: Philippines, 2013

- **Rural**
  - Poorest: 15.5%
  - Poor: 12.6%
  - Middle: 12.4%
  - Rich: 15.8%
  - Richest: 23.1%

- **Urban**
  - Poorest: 19.8%
  - Poor: 15.0%
  - Middle: 11.9%
  - Rich: 18.9%
  - Richest: 29.0%

**Percentage of CED, Overweight, and Obese**

- CED: Yellow bars
- Overweight: Pink bars
- Obese: Blue bars
Elevated blood pressure* among lactating women 18 yrs old & over by wealth index and place of residence: Philippines, 2013

Philippines: 8.0%

*Based on a single visit BP measurement

Fasting Blood Glucose (FBG) and percentage distribution among lactating mothers 18 years and over: Philippines, 2013

<table>
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<tr>
<th>PSC</th>
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<tr>
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<td>SE</td>
<td>(95% CI)</td>
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<tr>
<td>Lactating</td>
<td>685</td>
<td>80.19</td>
<td>0.67</td>
<td>78.86</td>
<td>81.51</td>
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<th>&lt;100</th>
<th>100 - 125</th>
<th>≥126</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>(95% CI)</td>
<td>%</td>
<td>(95% CI)</td>
</tr>
<tr>
<td>94.69</td>
<td>92.87</td>
<td>96.50</td>
<td>4.59</td>
</tr>
</tbody>
</table>

5.32%
SUMMARY

• The prevalence of nutritionally-at-risk pregnant women remained high at 24.8% with pregnant teen age girls more likely to be nutritionally at-risk at 37.2%.

• Compared with 2011 results, prevalence of CED/underweight among lactating mothers slightly increased from 11.9% to 12.5% while overweight barely changed from 17.7% to 17.5%.
SUMMARY

• Elevated BP affected 3.9% of pregnant women and 8.0% of lactating mothers.

• Impaired and elevated fasting blood sugar affected 2.97% of pregnant women and 5.32% of lactating mothers.