How are we faring with:

The Philippine Plan of Action for Nutrition &
The Sustainable Development Goals Targets?

IMELDA ANGELES-AGDEPPA, Ph.D.
Chief Science Research Specialist and Scientist II
Prevalence of Stunting among Children Under Five Years Old


2.5% points reduction per year to meet SDG target by 2030

2.2% points reduction per year

1.0% decrease per year

33.8 32.9 32.2 33.7 30.3 33.4 30.3 21.4
Prevalence of Wasting among Children Under Five Years Old

0.5% point reduction per year to meet SDG 2030 target

0.2% point decrease per year

0.5% decrease per year

PPAN TARGET

5.0
Prevalence of Overweight-for-Height among Children Under Five Years Old

0.3% point reduction per year to meet SDG 2030 target

0.03% point reduction per year

0.03% increase per year

PPAN TARGET

1.9 2.9 3.5 4.3 5.1 3.9 4.0

Prevalence of Overweight/Obese among Children 5.08 to 10 years old

1.0% point reduction per year to meet SDG 2030 target

1.7% point reduction per year

1.0% increase per year

PPAN TARGET

4.9

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Prevalence of Overweight/Obese among Adults 20.0 years old and above

2.3% points decrease per year

3.1% points decrease per year to meet SDG 2030 target

2.0% increase per year

PPAN TARGET
Prevalence of Anemia among Female aged 20-39 years old

- 2008: 18.6%
- 2009: 12.1%
- 2010: 9.7%
- 2011: 6.0%

0.5% point decrease per year

0.9% point reduction per year

PPAN TARGET: 6.0%
Median Urinary Iodine Excretion levels among school children 6-12 years old

- Median UIE (mcg/L)
  - 2008: 132 mcg/L
  - 2022: 180 mcg/L

- Increase per year: 2.4 mcg/L

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Median Urinary Iodine Excretion levels among pregnant women

- Median UIE (mcg/L)
- 3.2 mcg/L increase per year
- 7.3 mcg/L increase per year
- PPAN TARGET

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Median Urinary Iodine Excretion levels among lactating women

- Median UIE levels increased from 81 mcg/L in 2008 to 103 mcg/L in 2018, with an average increase of 5.2 mcg/L per year.

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Prevalence of IDD among children 6-12 years old (<50 mcg/L)

Percent


19.7

0.98% point decrease per year

16.4

11.5
Prevalence of IDD among lactating women (<50 mcg/L)

Percent

2.82% points decrease per year

<20 PPAN TARGET

Prevalence of Nutritionally At-Risk Pregnant Women

Percent


25.0 24.8 24.7 20.1 20.0

1.5% point decrease per year

0.03% point decrease per year

PPAN TARGET

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Proportion of infants exclusively breastfed from 0 - 5 months

- 2011: 23.8%
- 2012: 28.3%
- 2013: 24.7%
- 2014: 29.0%
- 2022: 33.3%

- 1.1% point increase per year
- 1.4% point increase per year

PPAN TARGET
Percentage of children 6-23 months old Meeting the Minimum Acceptable Diet

- 12.1% in 2011
- 6.4% in 2012
- 18.6% in 2013
- 13.4% in 2014

- 2.3% points increase per year
- 1.7% point decrease per year

PPAN TARGET: 22.5%
Proportion of Food Secure Households

- 2003: 23.0%
- 2004: 27.3%
- 2005: 30.7%
- 2006: 34.1%
- 2007: 33.9%
- 2008: 46.1%
- 2009: 37.1%

- 2010: 37.1%
- 2011: 37.1%
- 2012: 37.1%
- 2013: 37.1%
- 2014: 37.1%
- 2015: 37.1%
- 2016: 37.1%
- 2017: 37.1%
- 2018: 37.1%
- 2019: 37.1%
- 2020: 37.1%
- 2021: 37.1%
- 2022: 37.1%

- PPAN TARGET: 37.1%

- 4.1% points increase per year
- 2.25% points increase per year
Prevalence of current tobacco use of 10-19 years old

- 2008: 9.1%
- 2009: 6.9%
- 2010: 5.5%
- 2011: 4.0%
- 2012: 3.5%
- 2013: 3.0%
- 2014: 2.5%
- 2015: 2.0%
- 2016: 1.5%
- 2017: 1.0%
- 2018: 0.5%

0.3% point decrease per year to meet SDG target by 2030

0.5% point decrease per year
Prevalence of current tobacco use of 20 years old and over

- 2003: 34.8%
- 2018: 20.7%

1.7% point reduction per year to meet SDG target by 2030

0.9% point decrease per year
Proportion of insufficiently physically active adults >20 years old

1.27% point reduction per year to meet WHO target by 2030

0.07% point increase per year
What Does our NNS Data Say:
Are we In or Out?
<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>Baseline (%) (2015)</th>
<th>2018 (%)</th>
<th>Target (%) 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stunted children &lt;5 years old</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline (%)</td>
<td>33.4</td>
<td>30.3</td>
<td>21.4</td>
</tr>
<tr>
<td><strong>Wasted children &lt; 5 years old</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline (%)</td>
<td>7.1</td>
<td>5.6</td>
<td>&lt;5</td>
</tr>
<tr>
<td><strong>Wasted children 6 – 10 years old</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline (%)</td>
<td>8.4</td>
<td>7.6</td>
<td>&lt;5</td>
</tr>
<tr>
<td><strong>Overweight</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>INDICATOR</td>
<td>Baseline (%) 2015</td>
<td>2018 (%)</td>
<td>Target (%) 2022</td>
</tr>
<tr>
<td>Under 5 years old</td>
<td>3.9</td>
<td>4.0</td>
<td>&lt;3.9</td>
</tr>
<tr>
<td>✓ 6 – 10 years old</td>
<td>8.6</td>
<td>11.7</td>
<td>&lt;8.6</td>
</tr>
<tr>
<td>✓ Adolescents</td>
<td>9.2</td>
<td>11.6</td>
<td>&lt;5.0</td>
</tr>
<tr>
<td>✓ Adults</td>
<td>31.1</td>
<td>37.2</td>
<td>28.0</td>
</tr>
<tr>
<td>Indicators</td>
<td>Baseline (2013)</td>
<td>2018</td>
<td>Target 2022</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
<td>----------------</td>
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<td>-------------</td>
</tr>
<tr>
<td>Prevalence of anemia among women 20-39 years old</td>
<td>12.1%</td>
<td>9.7%</td>
<td>6.0%</td>
</tr>
<tr>
<td>IDD - Median Urinary Iodine Concentration, mcg/L</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ Children 6-12 years old</td>
<td>168</td>
<td>180</td>
<td>≥100</td>
</tr>
<tr>
<td>✓ Pregnant women</td>
<td>105</td>
<td>121</td>
<td>≥150</td>
</tr>
<tr>
<td>✓ Lactating women</td>
<td>77</td>
<td>103</td>
<td>≥100</td>
</tr>
<tr>
<td>% with urinary iodine concentration, &lt;50 mcg/L</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ Children 6-12 years old</td>
<td>16.4%</td>
<td>11.5%</td>
<td>&lt;20%</td>
</tr>
<tr>
<td>✓ Lactating women</td>
<td>34.3%</td>
<td>20.2%</td>
<td>&lt;20%</td>
</tr>
</tbody>
</table>
### Proportion of nutritionally-at-risk pregnant women

<table>
<thead>
<tr>
<th>Base (%)</th>
<th>2018 (%)</th>
<th>Target (%) 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.7</td>
<td>20.1</td>
<td>20.0</td>
</tr>
</tbody>
</table>

### Percentage of infants who are exclusively breastfed from 0 until 5 months old

<table>
<thead>
<tr>
<th>Base (%)</th>
<th>2018 (%)</th>
<th>Target (%) 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.7</td>
<td>29.0</td>
<td>33.3</td>
</tr>
</tbody>
</table>

### Percentage of children 6-23 months old meeting min. acceptable diet

<table>
<thead>
<tr>
<th>Base (%)</th>
<th>2018 (%)</th>
<th>Target (%) 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.6</td>
<td>13.4</td>
<td>22.5</td>
</tr>
</tbody>
</table>
By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.
<table>
<thead>
<tr>
<th>Indicators</th>
<th>Baseline</th>
<th>2018</th>
<th>IN</th>
<th>OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevalence of stunting among children under 5 years of age</td>
<td>33.4</td>
<td>30.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prevalence of wasting among children under 5 years of age</td>
<td>7.1</td>
<td>5.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prevalence of overweight among children under 5 years</td>
<td>3.9</td>
<td>4.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indicators</td>
<td>Baseline (%)</td>
<td>2018 (%)</td>
<td>IN</td>
<td>OUT</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>--------------</td>
<td>----------</td>
<td>----</td>
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</tr>
<tr>
<td>Anemia*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ 6 months to 5 years old</td>
<td>13.8</td>
<td>14.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ Pregnant</td>
<td>24.6</td>
<td>26.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ Lactating</td>
<td>16.7</td>
<td>14.4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ 60 years old and up</td>
<td>20.8</td>
<td>20.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ WRA, 15-49 years old</td>
<td>13.4</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proportion of exclusively breastfed children 0 to 5 months old*</td>
<td>48.8</td>
<td>54.9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*No PPAN Target
<table>
<thead>
<tr>
<th>Indicator</th>
<th>Baseline</th>
<th>2018</th>
<th>IN</th>
<th>OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Median urinary iodine concentration, mcg/L</td>
<td>% with urinary iodine concentration, &lt;50 mcg/L</td>
<td>Median urinary iodine concentration, mcg/L</td>
<td>% with urinary iodine concentration, &lt;50 mcg/L</td>
</tr>
<tr>
<td>Iodine Deficiency Disorders</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>✓ 6 - 12 years old</td>
<td>168</td>
<td>16.4</td>
<td>180</td>
<td>11.5</td>
</tr>
<tr>
<td>✓ WRA, 15-49 years old, non-pregnant/non-lactating*</td>
<td>123</td>
<td>21.7</td>
<td>170</td>
<td>11.3</td>
</tr>
<tr>
<td>✓ Lactating Mothers</td>
<td>77</td>
<td>34.3</td>
<td>103</td>
<td>21.2</td>
</tr>
<tr>
<td>✓ Pregnant Women</td>
<td>105</td>
<td>27.0</td>
<td>121</td>
<td>20.2</td>
</tr>
<tr>
<td>✓ Elderly, 60 years old and above*</td>
<td>80</td>
<td>33.8</td>
<td>108</td>
<td>23.3</td>
</tr>
</tbody>
</table>

*No PPAN Target
<table>
<thead>
<tr>
<th>Indicators</th>
<th>Baseline (%)</th>
<th>2018 (%)</th>
<th>IN</th>
<th>OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age-standardized prevalence of current tobacco use among persons aged 15 years and older</td>
<td>23.6</td>
<td>19.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>▶ Prevalence of current tobacco use of 10-19 years old</td>
<td>5.5</td>
<td>4.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>▶ Prevalence of current tobacco use of 20 years old and over</td>
<td>23.3</td>
<td>20.7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LOSSES FROM CHILDREN SUFFERING FROM UNDERNUTRITION

- PHP 220 billion a year
- Over 29,000 Filipino children under 5 YEARS OLD die each year
- An estimated PHP 4.8 billion yearly is needed for very key interventions, especially during a child’s first 1,000 days
- Every PHP 49.00 investment to address undernutrition, there is a return of PHP 587.00

Source: UNICEF Report: Economic Consequences of Undernutrition in the Philippines
COST OF HUNGER: PHILIPPINES*

PHP 328 billion
Total cost of hunger (2013)

PHP 166.50 billion
Lost of income due to lower educational achievement

PHP 1.23 billion
Educational Cost

PHP 160.00 billion
Lost productivity due to premature mortality

*Save the Children Report (August 2016)
WHAT CAN BE DONE?
Ignite our minds and create big fire

On Creative or innovative strategies to address

- Stunting
- Minimum Acceptable Diet for 6-23 months old
- Overweight across all age groups
- Anemia among women of reproductive age
- Median UIE among pregnant women
Ignite our minds and create big fire

On Creative or innovative strategies to address

- Median UIE among lactating women
- Tobacco users among 20 years old & above
- Alcohol drinkers among adolescents and adults
- Physical Inactivity among adults
Review Targets

- Pregnant women at risk
- Exclusive breastfeeding
- Proportion of food secure households
- Median UIE among 6-12 years old children and lactating women
- Prevalence of IDD among pregnant and lactating women
Keep the fire burning on our efforts addressing

- Wasting among under five years old children
- Exclusive breastfeeding of infants 0-5 months
- Food secure households
Continue Using #SFTP

Science For The People To craft more impactful, and socially and culturally mindful programs and policies
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Thank You 😊