

Regional Nutrition Situation in CAR

The Nutrition situation of the Cordillera region is based on the data from the National Nutrition Survey conducted by the Food and Nutrition Research Institute of DOST, Annual Operation Timbang by the Local Government Unit and the DepED annual nutrition assessment of the school children. The statistics were categorized according to the three major forms of malnutrition: 1). Protein Energy Malnutrition, 2). Micronutrient Deficiencies and 3). Overweight/Obesity.

Protein Energy Malnutrition (PEM) is one of the leading nutrition concerns in the country as exhibited by poor physical growth. It is manifested by having low weight for age (underweight), low weight for height (wasting/thinnes) and short height for age (stunting) resulting from inadequate intake of energy or protein rich foods, failure to appropriately breastfeed or late introduction of complementary foods to infants.

The common and easiest way in determining the child's nutritional status is through the measurement of physical growth. This indicator is also used by the WHO to measure the nutritional status and health of a country.

A. Local Data on Nutritional Status, 2014

PROVINCE	Prevalence Rate			
	UW/SUW	WASTING	STUNTING	OVERWEIGHT
Abra	11.0	7.08	18.95	1.05
Apayao	9.02	-	-	0.61
Benguet	1.76	1.02	11.75	0.73
Ifugao	2.36	1.20	15.73	0.37
Kalinga	6.81	3.12	24.35	0.82
Mountain Province	4.18	1.89	23.84	0.87
Baguio City	1.48	1.52	6.59	0.76
Tabuk City	3.02	6.19	18.00	0.07
CAR	4.46	2.57	14.8	0.71

Source: Operation Timbang Plus (OPT Plus) Reports, 2014 – National Nutrition Council-CAR

The table shows in the second column that among the 0-5 years old, the Provinces of Abra and Apayao has the highest prevalence of underweight in the region.

Three in every 100 preschool children are wasted in CAR. Abra has the highest prevalence followed by Tabuk City. No data was submitted by Apayao because the heights were not measured. Few Height boards and steel rule were issued in the province but during that time, there was no training conducted yet for the measuring of height. The inclusion of height taking was fully implemented in 2015.

Stunting also called the shortness or underheight for age is an indicator for chronic malnutrition measured by using height for age of a child and comparing it to a height for age standards under the WHO-CGS. Stunting is highest in the provinces of Kalinga and Mountain Province. Gone is the saying that people from Kalinga are tall.

The prevalence of overweight among preschool children and even across all age groups in the Cordillera increased. This should be a cause of alarm and concern among health and

nutrition workers.. Double burden of disease is present in the province of Abra, since it has the highest % of underweight and yet it has the highest % of overweight.

B. National Data on Nutritional Status, 2013

	Prevalence Rate			
	UW/SUW	WASTING	STUNTING	OVERWEIGHT
CAR	16.5	5.9	32.4	6.1
PHILIPPINES	19.9	7.9	30.3	5.0

Source: National, Nutrition Survey, Food and Nutrition Research Institute, DOST, 2013

The table shows the national data from the FNRI-DOST, NNS 2013 wherein underweight and wasting are below the national prevalence rate while national rate on Stunting and Overweight were surpassed by the regional data. The high and increasing prevalence of overweight should be a concern among health and nutrition workers. Overweight and obesity contributes to high prevalence of lifestyle related diseases. There are 32 in every 100 preschool children who are stunted.

C. Nutritionally Depressed Municipalities, 2014 (weight-for-age)

PROVINCE	Municipality	# of Barangays	# of PS weighed	# of UW & SUW	Prevalence
Abra	Lagayan	5	487	171	35.11
	Tineg	10	635	150	23.62
	Lacub	6	583	123	21.10
	San Isidro	9	460	89	19.35
	Pilar	19	884	164	18.55
	San Quintin	6	479	85	17.75
	Tayum	11	1356	240	17.70
	Licuan-Baay	6	436	76	17.43
	Langiden	6	396	66	16.67
	Bucay	21	2064	335	16.23
Apayao	Bucloc	4	170	25	14.71
	Pidigan	15	1178	173	14.69
	Malibcong	12	610	78	12.79
	Pudtol	22	1746	207	11.86
	Villaviciosa	8	535	63	11.78
	La Paz	12	2185	255	11.67
	Kabugao	21	1917	253	11.63
Bangued	8	6548	732	11.18	

Source: OPT Plus Results, NNC-CAR, 2014

The identification of Nutritionally Depressed Municipalities (NDM) was based on the prevalence of undernutrition with 10% or more. From among the 77 municipalities and 2 cities of CAR, 18 were identified to be NDMs with 89% of these NDMs belonging to the province of Abra while 11% belongs to Apayao.

B. MICRONUTRIENT SUPPLEMENTATION

The high prevalence of malnutrition would now mean that there is a need to strengthen vitamin A supplementation as a preventive intervention.

VITAMIN A SUPPLEMENTATION, FIRST ROUND, 2015

PROVINCE	VITAMIN A SUPPLEMENTATION						TOTAL		
	6-11 mos			12-59 mos			6 - 59 mos		
	Target (1.36%)	No. Given	%	Target (10.8%)	No. Given	%	Target	No. Given	%
ABRA	3366	2652	78.79	27221	23,314	85.65	30,587	25,966	84.89
APAYAO	1629	1234	75.75	12343	10,696	86.66	13,972	11,930	85.39
BENGUET	6040	5403	89.45	48324	39,245	81.21	54,364	44,648	82.13
IFUGAO	2807	2549	90.81	22460	18,902	84.16	25,267	21,451	84.90
KALINGA	2700	2665	98.70	21604	20,037	92.75	24,304	22,702	93.41
MT PROVINCE	2179	1663	76.32	17429	12,667	72.68	19,608	14,330	73.08
BAGUIO CITY	4843	3727	76.96	38747	26,399	68.13	43,590	30,126	69.11
CAR	23564	19893	84.42	188128	151260	80.40	211,692	171,153	80.85

The table shows the results of the first round of vitamin A supplementation. The overall accomplishment is 80.85% while the regional / national objectives for health target for VAS is 90%. There is a need to focus the attention on the City of Baguio and Province of Mt. Province for their low accomplishment on VAS. Furthermore, the province of Abra and Apayao also needs to be prioritized since they have the most number of undernourished preschool children.

D. IRON TREATMENT

	2-6 mos seen w/LBW	2-6 mos given with Iron	%	12-59 mos. Anemic	12-59 mos given Iron	%
ABRA	76	73	96	316	297	94
APAYAO	25	21	84	221	188	85
BENGUET	156	53	34	234	215	92
BAGUIO	50	26	52	176	176	100
IFUGAO	25	13	52	88	88	100
KALINGA	97	94	97	219	212	97
MT. PROV	21	15	71	81	65	80
CAR	450	259	66%	1334	1241	93%

The percentage of children given with iron among 2-6 months who were LBW is only 66%. The regional office only augments ferrous sulphate of the LGUs. The 93% of 12-59 months given with iron is remarkable.

E. IRON SUPPLEMENTATION, FIRST ROUND, 2015

	TARGET			TOTAL	%
		drops	syrup		
ABRA	10,052	356	1165	1521	15.13
APAYAO	4887	224	548	772	15.79
BENGUET	18121	226	714	940	5.18
IFUGAO	8422	397	715	1112	13.2
KALINGA	8563	88	92	180	2.1
MOUNTAIN PROVINCE	6537	17	54	71	1.08
BAGUIO CITY	14530	128	376	504	3.47
TOTAL	71,112	1436	3664	5100	7.17

The table shows that due to lack of iron supplements, the underweight and wasted were prioritized for the supplementation. Not all 6-23 months are given iron supplementation.

ISSUES / CONCERNS:

1. Low accomplishment on iron supplementation.
2. Low accomplishment of Baguio on Vitamin A supplementation.
3. Delayed submission of GP reports from municipalities to provincial level.

WHAT HAVE BEEN DONE:

1. Augmentation of iron supplements
2. Provision of Vitamin A capsules for routine supplementation
3. Provision of TA during monitoring of micronutrient supplementation program and during MELLPI
4. Provision of laminated guidelines on micronutrient supplementation for health workers.

5. Provision of OPT Plus logistics: heightboards, steel rule, salter weighing scales, CGS Tables
6. Conduct of WHO-CGS Training for untrained health workers in selected Nutritionally Depressed Municipality

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