Country Case: Maternal Nutrition in the Philippines

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Nutritionally at-risk pregnant women, 1998-2013

Source: Food and Nutrition Research Institute. National Nutrition Surveys
Methodology for determining nutritional status of pregnant women

• Uses weight-for-height table by week of pregnancy for Filipinos to determine risk for delivering low birth weight babies (Magbitang Table, 1988)

• Table derived from adult Filipinos with these assumptions:
  • Average increase in weight during pregnancy is 20% with pre-pregnancy weight increase by 1.7% and the remaining 18.3% in the second and third trimesters
  • Pre-pregnant weight equals the standard reference for the woman’s height

<table>
<thead>
<tr>
<th>Classification</th>
<th>Cut-off points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutritionally at-risk</td>
<td>&lt; P95</td>
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<tr>
<td>Not nutritionally at-risk</td>
<td>≥ P95</td>
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</tbody>
</table>

*(Magbitang, 1988)
Prevalence of malnutrition among lactating women: 1998-2013

Source: National Nutrition Surveys. Food and Nutrition Research Institute, DOST
Prevalence of anemia among pregnant and lactating women: 1993-2013

Source. National Nutrition Surveys. Food and Nutrition Research Institute, DOST
Prevalence of Vitamin A Deficiency among children, pregnant, and lactating women: 1998-2013

Source. National Nutrition Surveys. Food and Nutrition Research Institute, DOST
## Progress in the Philippines towards the elimination of IDD, 1998-2013

<table>
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<tr>
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<tbody>
<tr>
<td>Proportion of households using adequately iodized salt</td>
<td>&gt; 90</td>
<td></td>
<td></td>
<td>25.2</td>
<td>25.7</td>
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<tr>
<td>Median urinary iodine, µg/L</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Children, 6 – 12 yrs</td>
<td>71</td>
<td>201</td>
<td>132</td>
<td>168</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13- 19 yrs</td>
<td>-</td>
<td>-</td>
<td>154</td>
<td>134</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adults, 20-59 yrs</td>
<td>100 - 199</td>
<td>-</td>
<td>-</td>
<td>137</td>
<td>116</td>
<td></td>
</tr>
<tr>
<td>Elderly, ≥ 60 yrs</td>
<td>-</td>
<td>-</td>
<td>107</td>
<td>80</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactating women</td>
<td>-</td>
<td>111</td>
<td>81</td>
<td>77</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pregnant women</td>
<td>150 - 249</td>
<td>-</td>
<td>142</td>
<td>105</td>
<td>105</td>
<td></td>
</tr>
</tbody>
</table>

| Proportion < 50µg/L, %                        | < 20   |      |              |      |      |      |
| Children, 6 – 12 yrs                          | 35.8   | 11.4 | 19.7         | 16.4 |      |      |
| 13- 19 yrs                                    | -      | -    | 14.7         | 20.0 |      |      |
| Adults, 20-59 yrs                             | -      | -    | 17.5         | 22.4 |      |      |
| Elderly, ≥ 60 yrs                             | -      | -    | 22.3         | 33.6 |      |      |
| Lactating women                               | -      | 23.7 | 34.0         | 34.3 |      |      |
| Pregnant women                                | -      |      |              |      |      |      |
Prevalence of Low Birthweight Infants, 1998-2013

Source: National Demographic and Health Surveys.
Conceptual Framework of Malnutrition

Interventions

POLICIES

• Expanded Breastfeeding Promotion Act (RA10048) – lactation rooms and breaks
• Food Fortification Law (RA 8976) and Salt Iodization Law (RA  8172)
• First 1000 Days Law (RA 11147) (November 2018)

PLANS/STRATEGIES

• Philippine Plan of Action for Nutrition
• Philippine Health Agenda
• Infant and Young Child Feeding National Policy and Program
• Maternal, Infant and Child Health and Nutrition Strategy

PROGRAMS

• Early Childhood Care and Development Intervention Package in the First 1000 Days – F1K Program
Reduced wasting among children under-five years old
Reduced stunting among children under-five years old
Reduced micronutrient deficiencies
Improved situation in overweight and obesity

• Reduced nutritionally-at-risk pregnant women
• Reduced low birthweight
• Increased exclusive breastfeeding
• Improved complementary feeding
• Improved food intake

Nutrition-specific programs
Nutrition-sensitive programs
Enabling programs

Ambisyon 2040, Philippine Development Plan and Sustainable Development Goals
Philippine Plan of Action for Nutrition, 2017-2022
Maternal Interventions

- Ante- and post-natal care
- Iron-folic acid and zinc supplementation
- Nutrition counseling
- PhilHealth Maternity Care Package
- Reproductive health
- Lipid-based nutrient supplement (2019)
Maternal Interventions

- Lactation stations and breastfeeding breaks for working women
- Breastfeeding promotion and protection
  - Mother-Baby Friendly Hospitals
  - Philippine Milk Code and Revised Implementing Rules and Regulations
  - Organization of peer support groups to provide counselling on IYCF
  - Behavior change communication
- Nutrition in emergencies (e.g. mother and child friendly spaces in evacuation centers)
Maternal Interventions

• Conditional Cash Transfer Program (poor households)
• Dietary diversification through home and community food production
• Nutrition education classes in the First 1000 Days
• Dietary Supplementation Program (starting 2018 in selected areas)
  • 6 months (Third trimester and within 3 months after giving birth)
  • Equivalent to 300-500 calories and 15 grams protein
Population-based interventions on NCDs/Obesity

• Regulation on healthy food and beverage options for school children (ban selling and marketing unhealthy food and beverages in schools)
• Public awareness programs on nutrition
• Increased taxation on alcohol, tobacco and sugar-sweetened beverages
• Smoking ban in public places
• Mandatory nutrition labelling and voluntary front-of-pack label of processed foods
Gaps/Challenges

• Standards for nutritional assessment of pregnant women and guidance on pregnancy weight gain
• Protocol for management of obesity among pregnant women
• Implementation
  • Scaling-up interventions (funding, capacity of implementors)
• Varying degrees of interest and prioritization of local governments who are responsible for service delivery
• Evaluation to determine effectiveness of programs
Opportunities

• ASEAN Declaration on Ending All Forms of Malnutrition (2017) for networking among the member countries

• International commitments (SDGs, Decade of Nutrition Action, ICN2)

• Development of the Implementing Rules and Regulations for recently enacted legislation on the First 1000 Days and Child Feeding Law to integrate obesity prevention
Opportunities

• Organized Task Force within the Department of Health on the PPAN (internal silos)
• Multi-sectoral mechanism for policy and program formulation and coordination in place through the National Nutrition Council with representation from agriculture, trade, labor, national planning, social welfare (INTERVENTIONS NOT ONLY IN THE HEALTH SYSTEM)
• SUN Movement through the civil society and private sector
Summary

• Triple burden of malnutrition persists among pregnant and lactating women
• Existing policies and interventions need to reviewed under an obesity lens to reduce potential negative impact
• Challenges relate to capacities for scaling-up interventions at the same time address obesity
• Organizational structures are in place for multi-sectoral and multi-level policy and program formulation, implementation and coordination
• Opportunities exist for enhancing existing programs to address double burden of malnutrition