

From evidence to nutrition improvement actions

13th PCHRD Forum
21 November 2012



**Underweight, stunting,
wasting --serious
nutritional problems**



**Overnutrition is increasing
and at a high level among
children and adults**

CLHNS Follow-up of index children

Year	Focus
1991	Growth, recovery from stunting, diet, activity, school entry, IQ (<i>World Bank, ADB, Thrasher, NIH</i>)
1994	Growth, activity, diet, school achievement (<i>World Bank, USAID</i>)
1998	Growth, pubertal development, biomarkers of disease risk, adolescent health, parent-child communication (<i>Mellon Foundation, NIH</i>)
2002	Attainment of adulthood, BP, schooling, work (<i>NIH</i>)
2005	Biomarkers of disease risk, final school attainment, work, becoming a parent (<i>NIH</i>)
2007-9	Following the third generation (<i>NSF</i>)

CLHNS Follow-up of Mothers

Year	Focus
1991	Birth spacing, diet, activity, nutritional status
1994	Diet, activity, nutritional status, work, autonomy
1998	Diet, activity, nutritional status, parent-child communication, mental health, blood pressure
2002	Diet, activity, nutritional status (obesity), parent-child communication, mental health, blood pressure
2005	Biomarkers of disease risk, obesity, physical functioning, menopause, aging
2007	Aging, physical and cognitive functioning

Major contributions of CLHNS

- Determinants of birth outcomes, infant morbidity, mortality and growth
- Determinants and consequences of infant feeding practices
- Environmental influences on health
- Methodological contributions: endogeneity, proximate determinants
- Child development, IQ , school attainment and school performance
- Long term consequences of early life health and nutrition
- Genetics of weight status, blood pressure
- Multiple dimensions of stress and its health effects
- Sleep duration and bmi/cortisol

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Poor maternal diet,
inadequate nutrient stores,
placental factors, blood flow
(substrate + delivery)

Fetal
Nutritional Insufficiency

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Organ-specific structural deficits,
altered body composition,
altered metabolism,
altered regulatory mechanisms

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Dietary adequacy or excess,
sedentary behavior,
other environmental factors

synergism

Increased risk of chronic disease

well-nourished children

optimal
growth

good health



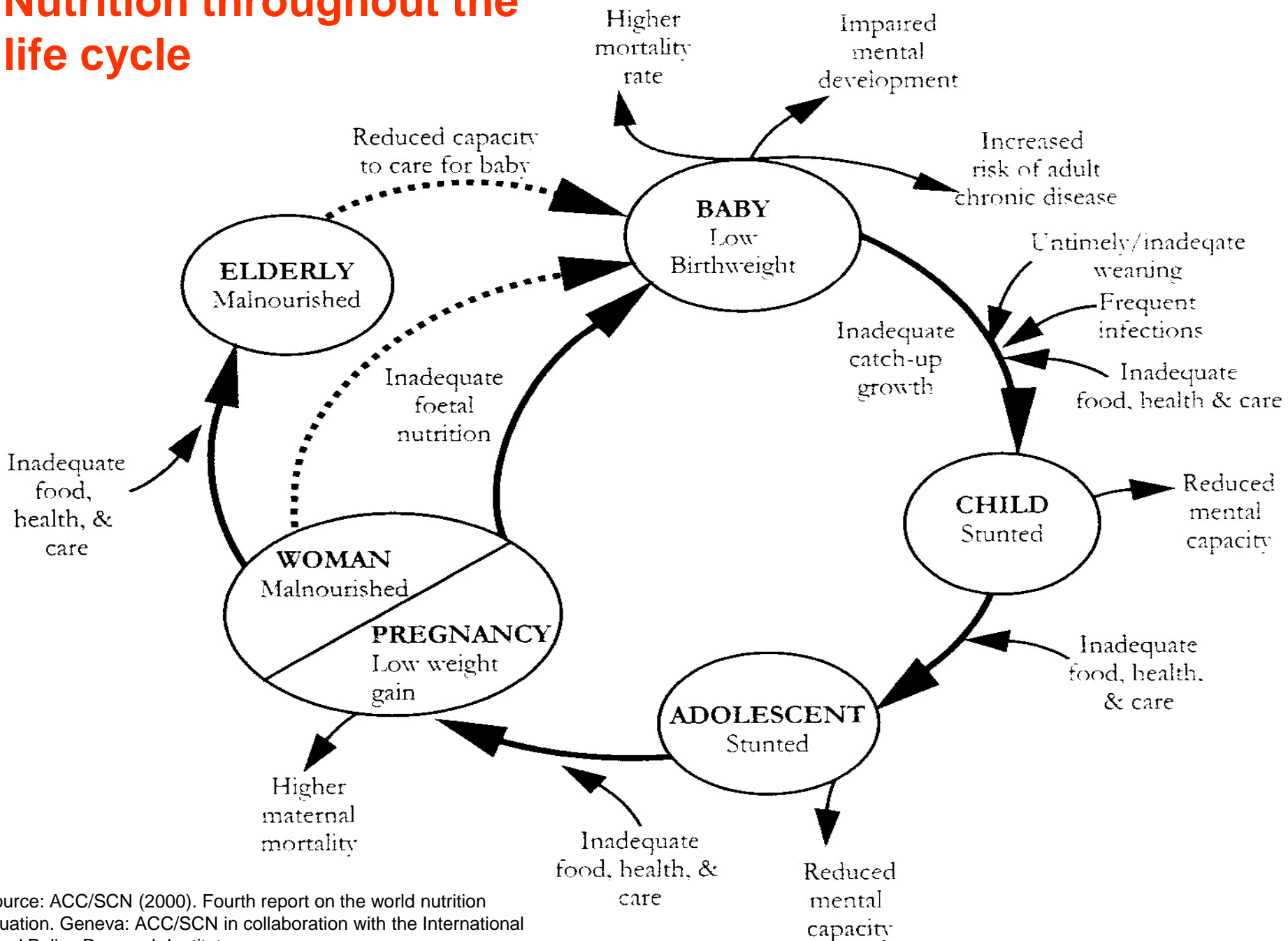
happy

good
appetite

proper brain
development

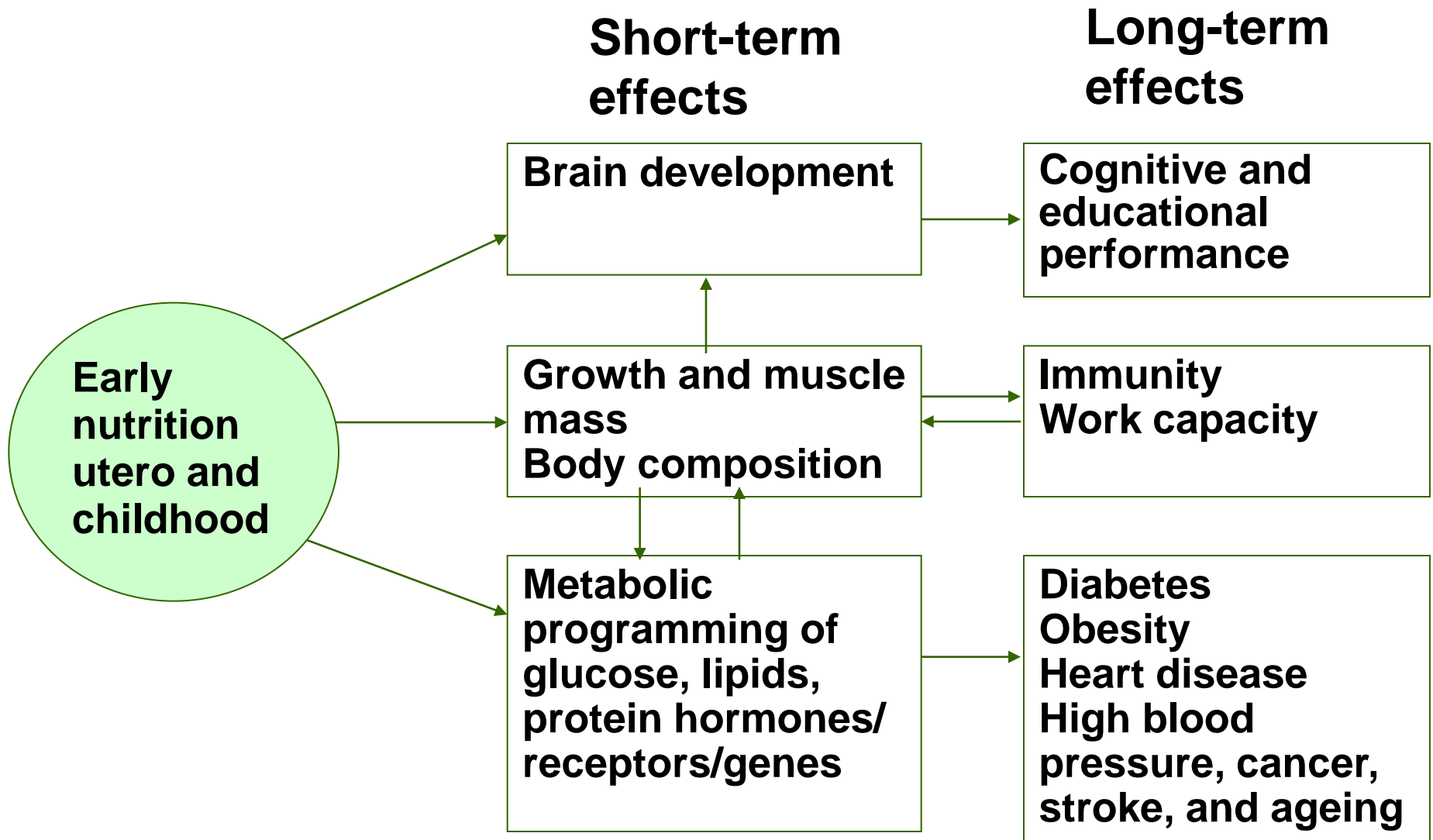
attentive

Nutrition throughout the life cycle



Source: ACC/SCN (2000). Fourth report on the world nutrition situation. Geneva: ACC/SCN in collaboration with the International Food Policy Research Institute.

Malnutrition has serious implications to individual & national development



Goals, strategies and thrusts of the Philippine Plan of Action for Nutrition

- To contribute to improving the quality of the human resource base of the country and to reducing child and maternal mortality.



PPAN Directions

1. Contribute to the reduction of disparities related to nutrition through a focus on population groups and areas highly affected or at-risk to malnutrition, specifically:
 - Pregnant women, infants and children 1-2 years old
 - Families with pregnant women, children 0-2 years old, and underweight children 0-5 years old
 - LGUs with high levels of child undernutrition or at risk to increased levels of undernutrition

PPAN Target and strategies

Reduced prevalence of underweight (from 20.6% in 2008 to 12.7%) and stunted under-five children (from 32.3% to 21.5%)

- Strengthen support for pregnant and lactating mothers to participate in IYCF practices

PPAN Target and strategies

Reduced prevalence of wasted under-five children from 6.9% in 2008 to less than 5% in 2016

- Adoption and implementation of CMAM guidelines

PPAN Target and strategies

Reduced prevalence of nutritionally-at-risk pregnant women from 26.3% in 2008 to 22.8% in 2016

- Integration of nutrition services in ante-natal care services

MNCHN Strategy → intermediate results

Every pregnancy is wanted, planned and supported.

Every pregnancy is adequately managed.

Every delivery is facility-based and managed by skilled health professional.

Every mother and newborn pair secures proper postpartum and postnatal care with smooth transitions to the **women's health care package for the mother and child survival package for the newborn.**

DOH Administrative Order No. 2008-0029

- Adopting the policy on Maternal, Newborn and Child Health and Nutrition
 - Pre-pregnancy services
 - Antenatal care
 - Care during delivery
 - Postpartum and postnatal care

DILG Memo Circular 2012-89

Adopting the Philippine Plan of Action
for Nutrition 2011 – 2016

To contribute in the:

- Improvement of the quality of human resource
- Reduction of child and maternal mortality

Promote Good Nutrition

NNC program in support of safeguarding the nutrition of children in their **first 1000 days** (9 months of pregnancy and the first 2 years of the child)



On nutrition and related interventions

**But are they of the right quality?
Right quantity? And to the
appropriate communities?**

**Do we have enough community
mobilizers to bridge services to
priority families?**

Suggested researches on the cohort data or related data

- Economic valuation of the consequences of undernutrition on adult health and productivity
- Quantification of the irreversible nutrition consequences in young adults stratified in previously wasted and stunted children
- Optimum timing and nutritional formulation of supplementary food for pregnant women
- Similar cohort study in geographically-challenged areas



Thank You!

