



Session 1

Why Invest in Nutrition

Workshop on Integrating Nutrition in the PDPFP, CDP, and LDIP

Date | Venue

Objectives of the Session

1. Explain why LGUs need to put high priority to nutrition and make significant investments in nutrition
2. Illustrate how LGUs can invest in nutrition with focus on the first 1000 days to effectively prevent stunting

Why Invest in Nutrition



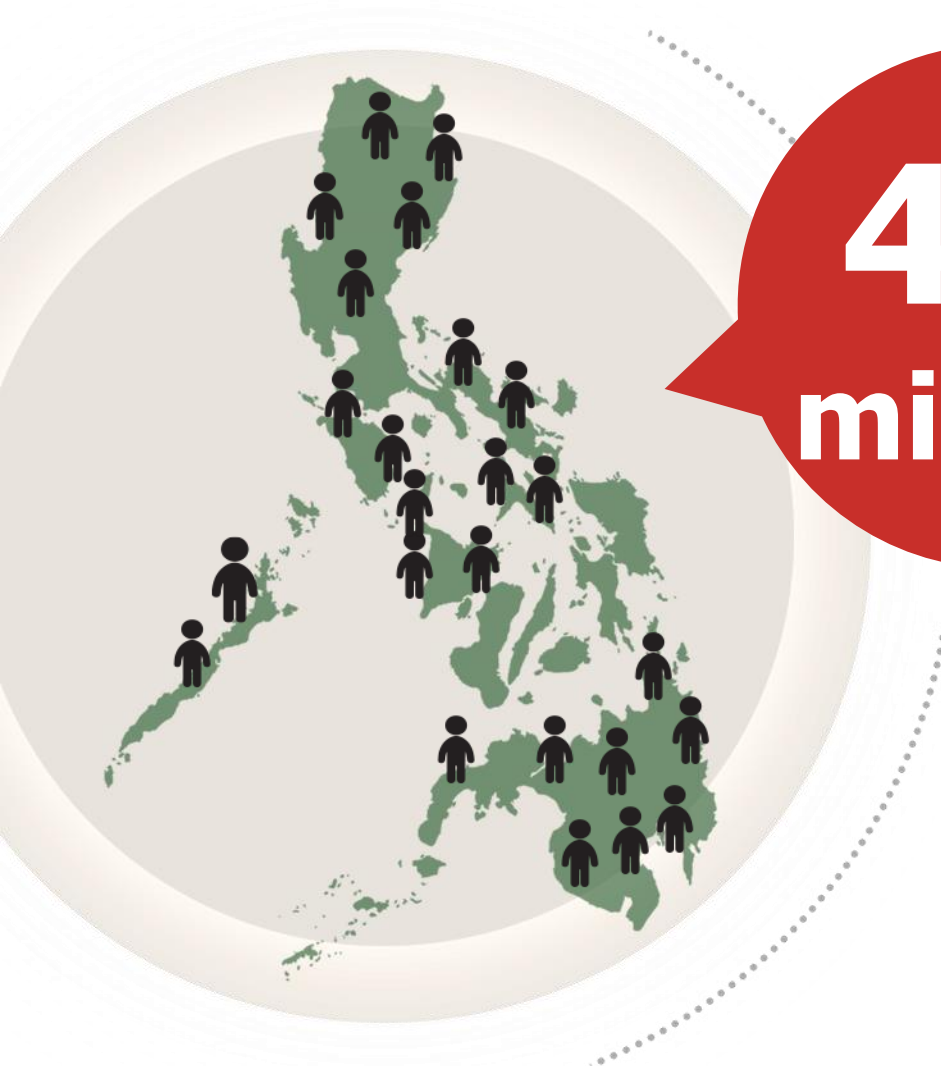
Compelling Reasons in Investing in Nutrition

1. Alarming nutrition problem
2. Embarrassment for a middle income country
3. Cost of malnutrition to the economy
4. Negative impact of malnutrition on development
5. Returns to investment in nutrition very high
6. Intervention to address malnutrition exists
7. Nutrition is a child right and an integral part of the UN SDGs and PDP. Supportive policies for LGUs to invest in nutrition exist

Malnutrition Comes In Many Forms



ENEMY: Hardly Visible to Invisible Stunting, Wasting, and Hidden Hunger



**4.6
million**

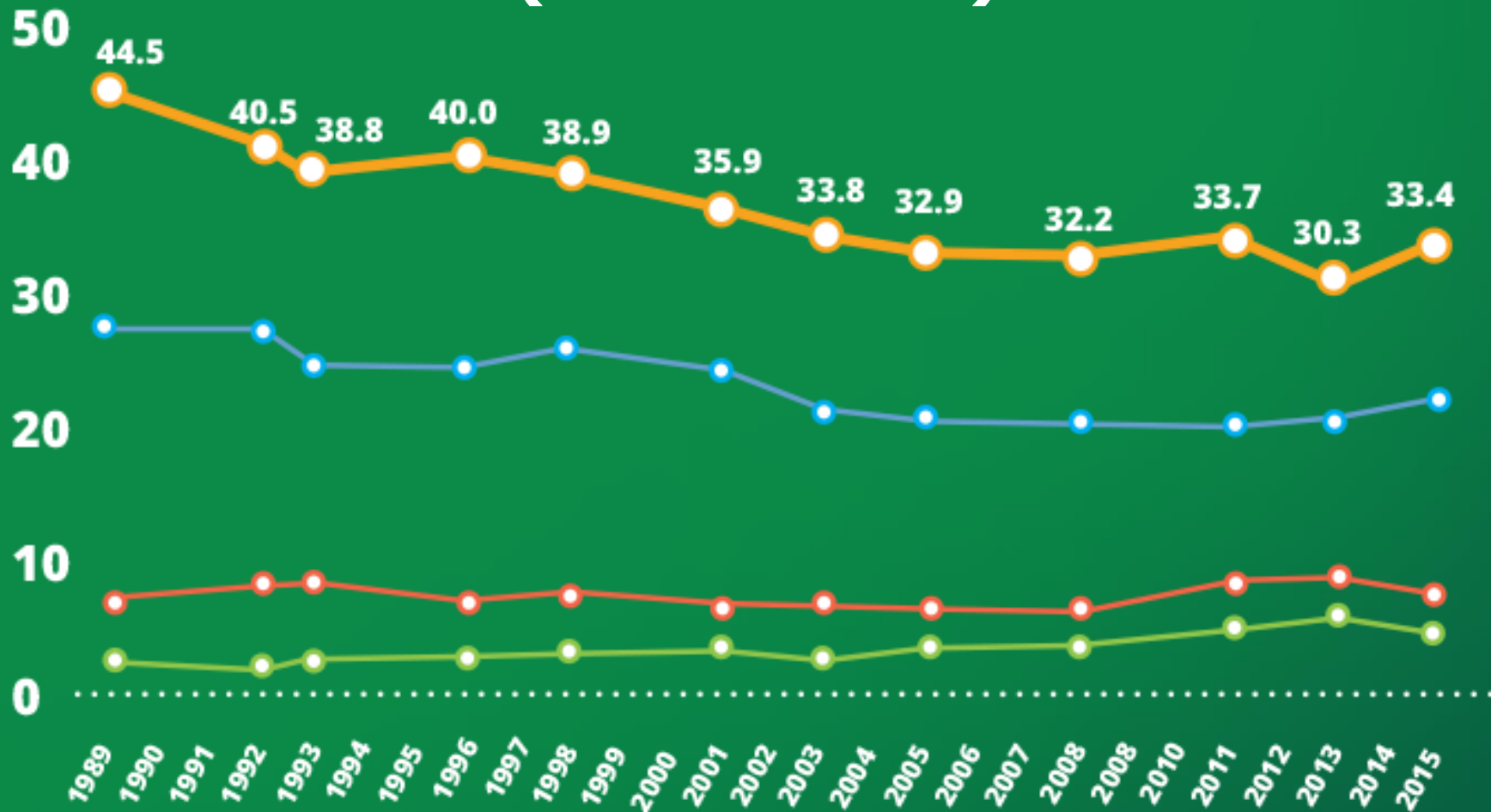


STUNTED CHILDREN

ENEMY: Hardly Visible to Invisible Stunting, Wasting, and Hidden Hunger



Nutritional Status of Children 0-5 Years Old (FNRI – DOST)



STUNTING

UNDERWEIGHT

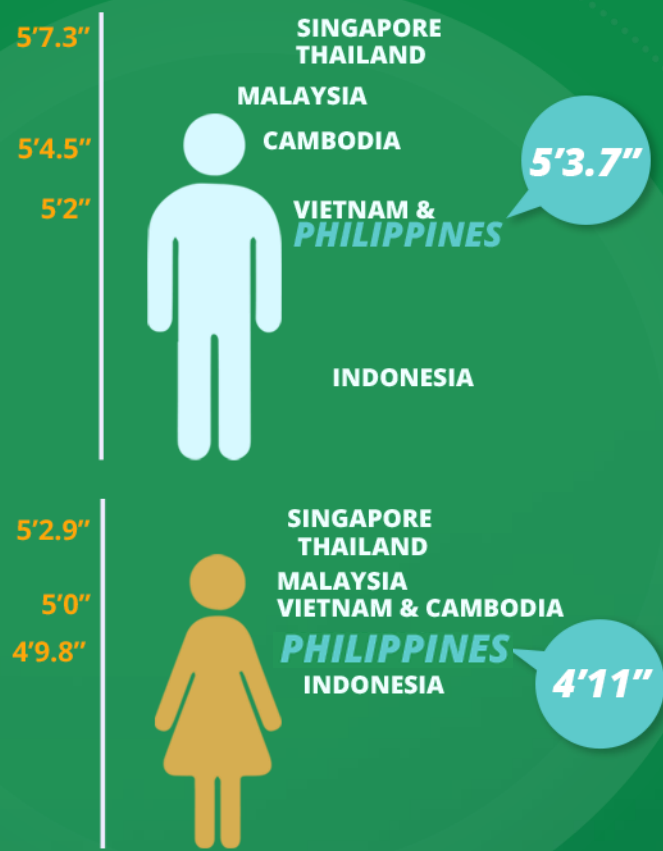
WASTING

OVERWEIGHT FOR HEIGHT

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EMBARASSMENT FOR A MIDDLE INCOME COUNTRY



2nd

Filipinos are the 2nd shortest in the ASEAN Region

9th

Philippines is 9th in the global stunting burden

10th

Philippines is 10th on global burden of wasting

2014 Comparative Heights in ASEAN Countries

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**ECONOMIC LOSSES
FROM
UNDERNUTRITION**



**\$ 4.5B / year
FUTURE ECONOMIC
LOSSES**

Compelling Reasons in Investing in Nutrition

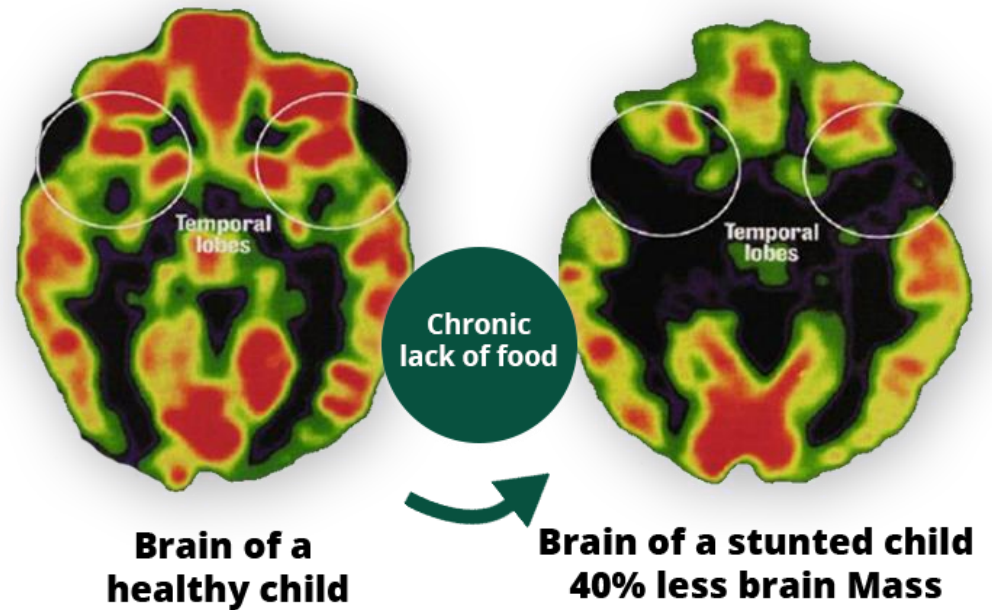
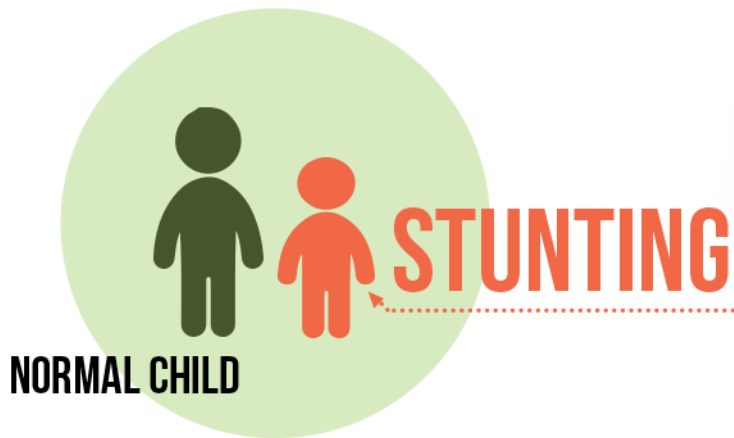
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Prevalence of stunting among children 0 to 3 years old, 2008-2015



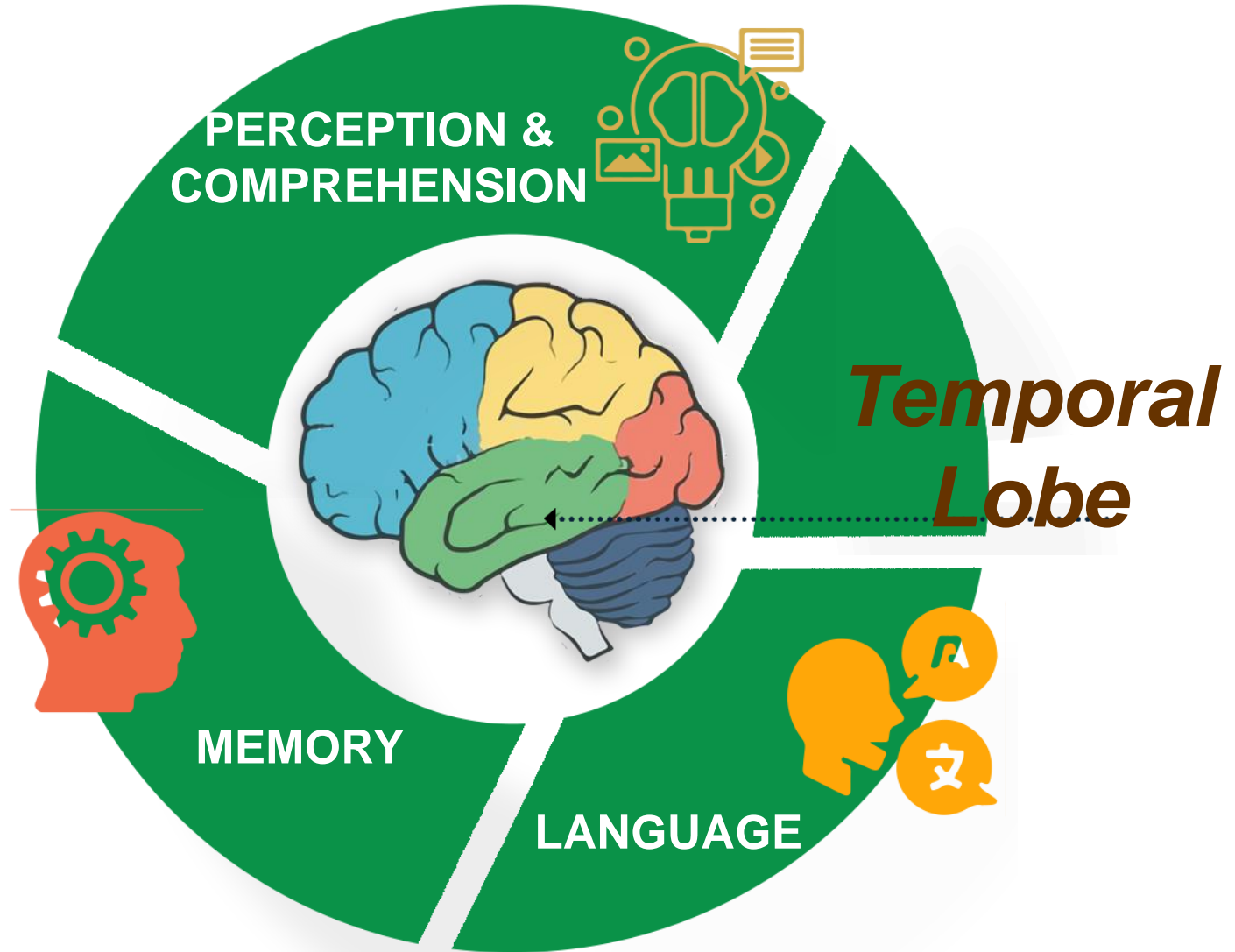
	0-5 Months	6-11 Months	1 Year old	2 Years old	3 Years Old
2008	11.6	14.3	27.7	40.1	41.2
2011	14.1	16.2	33.6	39.3	41.5
2013	13.1	16.2	31.5	35.7	35.4
2015	12.7	17.3	36.2	38.4	38.6

THE FIRST 1000 DAYS IS CRITICAL TO COGNITIVE DEVELOPMENT



Source: <http://www.globalhealthhub.org/2016/09/19mri-evidence-favor-cash-transfers/>

THE FIRST 1000 DAYS IS CRITICAL TO COGNITIVE DEVELOPMENT



WELL-NOURISHED CHILDREN IN THE FIRST 1000 DAYS...

are **10X more** likely to overcome the most life-threatening childhood diseases



Are more likely as adults to have

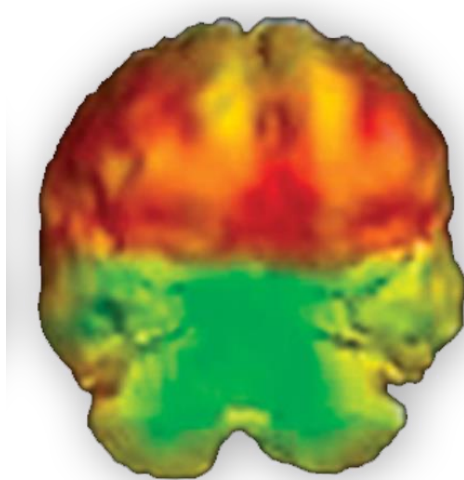
healthier families

Complete **4.6 more** grades in school

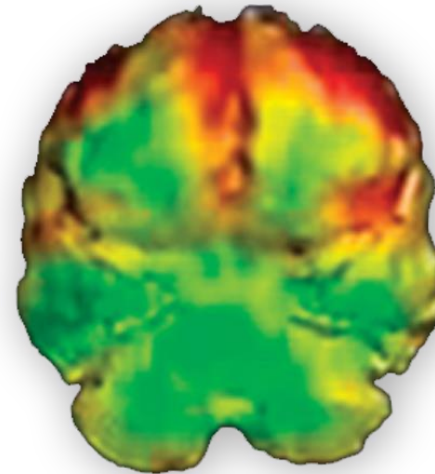


Go to earn **21% more** in wages as adults

THE FIRST 1000 DAYS IS CRITICAL TO BEHAVIORAL DEVELOPMENT



Brain of a healthy child



Brain scan of a child with severely early-life deprivation

Severe early-life deprivation shows the reduced functioning of the ventral prefrontal cortex

Individuals with **reduced functioning of the ventral prefrontal cortex**, specially **during childhood**, tend to have **severe antisocial behavior** and impaired moral judgment.



Source: Silburn (2002)

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THE COPENHAGEN CONSENSUS



“Economic models suggest that the returns to investments in nutrition have high benefit:/cost ratios, and that this should be a top development priority.”

THE COPENHAGEN CONSENSUS

- *It is possible to put a monetary value on the benefits of increased vitamin A and zinc supplementation.*
- *The Copenhagen Consensus Center research shows that the benefits are very large. For treatment of pre-school aged children, **each dollar spent on these initiatives results in around \$17 of benefits.***
- *In the worst-affected countries, the benefits of supplementation with vitamin A and zinc can be up to 100 times higher than the costs.*

COPENHAGEN CONSENSUS

Priority actions
for confronting
the greatest
global
challenges

Rank	Solution	Challenge
1	Micronutrient supplements for children (Vitamin A and zinc)	Malnutrition
2	The Doha development agenda	Trade
3	Micronutrient fortification (iron and salt iodization)	Malnutrition
4	Expanded immunization coverage for children	Diseases
5	Biofortification	Malnutrition
6	Deworming and other nutrition programs at school	Malnutrition and Education
7	Lowering the price of schooling	Education
8	Increase and improve girl's schooling	Women
9	Community-based nutrition promotion	Malnutrition
10	Provide support for women's reproductive role	Women

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THE POWER OF THE FIRST 1000 DAYS



PREGNANCY

270 DAYS

Pre-pregnancy to birth

- ✓ At least 4 pre-natal visits in 3 trimesters (2-1-1)
- ✓ 180 tablets of Iron-folic acid supplementation
- ✓ Balanced protein-energy dietary supplementation



YOUNGER STAGE OF INFANCY

180 DAYS

Birth to 6 months

- ✓ Exclusive breastfeeding for the first 6 months










OLDER STAGE OF INFANCY AND TODDLERHOOD

550 DAYS

6 months to 2 years

- ✓ Age-appropriate complementary feeding with continued breastfeeding
- ✓ Micronutrient supplementation (Vit. A, MNP)

Successful Countries in Reducing Stunting

Brazil	37.1% (Year 1974/1975)		7.1% (Year 2006/2007)
Peru	28% (Year 2008)		13% (Year 2016)
Thailand	22% (Year 1987)		12% (Year 1995)
China	31.2% (Year 1995)		8.1% (Year 2013)
Mongolia	29.8% (Year 2000)		7.3% (Year 2016)
Tajikistan	42.1% (Year 2000)		17.5% (Year 2017)
Senegal	33% (Year 1993)		19% (Year 2014)



Quezon Province

Quezon province shows the way with its Q1K Program taking care of pregnant women and young children in the first 1000 days.



THE QUEZON'S FIRST 1000 DAYS PROGRAM

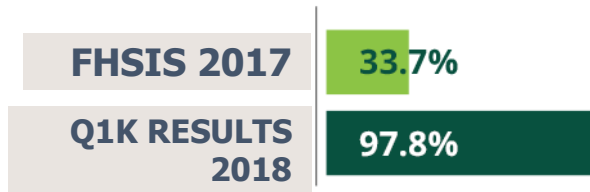
KEY COMPONENTS OF THE PROGRAM

- **Assignment of Q1K Coordinators in each town**
- **Conduct of free baseline ultrasound and laboratory workup among mothers in their first pre-natal check-up**
- **Conduct of Parent Effectiveness Sessions (PES)**
- **Activities on maintaining environmental and water sanitation**
- **Procurement and provision of complementary food in sachet (Momsie) for children 6-23 months old**
- **Provision of Mama Book and Baby Book with “Tatay and Nanay Tips” to guide parents on child rearing**

Quezon Province

Shining Example Of Effective Stunting Reduction

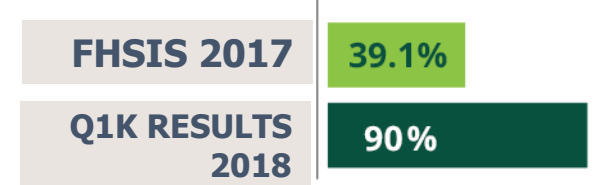
At least 4 prenatal visits



Low Birthweight



Exclusive Breastfeeding



Stunting



Wasting



Overweight



Underweight



What did Quezon Province do?

- ✔ Effective *government leadership*
- ✔ Q1K Project with comprehensive and *fully compliant to First 1000 Days requirement*
- ✔ Effective *planning, monitoring and management of Q1K*
- ✔ *Continuous innovations*
- ✔ Use of existing *budgetary resources* in the province and LGUs



**THE ASCENT OF LOCAL GOVERNMENTS
IN NUTRITION IN THE PHILIPPINES**
A Compendium of Actions on Nutrition

© Province of Davao del Norte



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Nutrition is a Fundamental Right of the Child

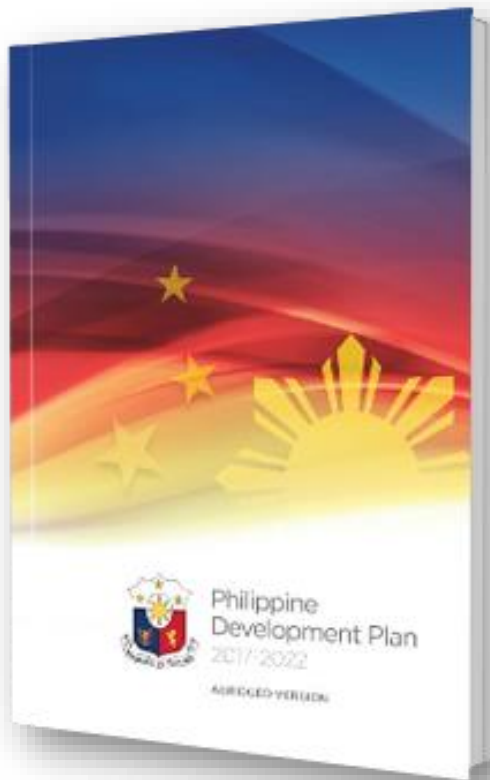
The United Nations Convention on the Rights of the Child



Article 24 states that "States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health" and shall take appropriate measures "to combat disease and malnutrition" through the "provision of adequate nutritious foods, clean drinking water, and health care"

Article 27 says that States Parties "shall in case of need provide material assistance and support programmes, particularly with regard to **nutrition**, clothing, and housing."

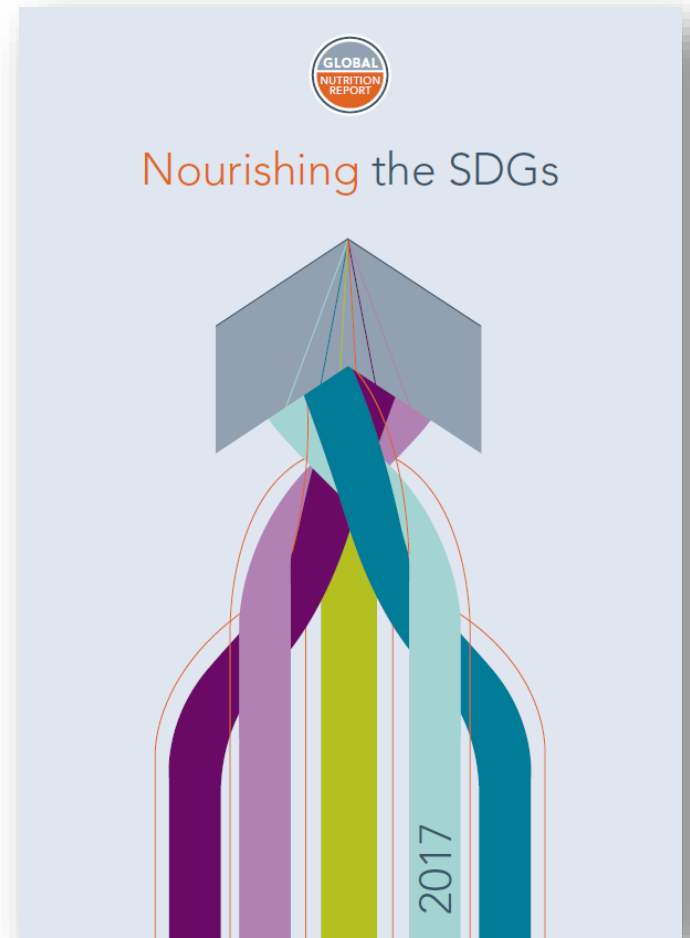
THE UN SUSTAINABLE DEVELOPMENT GOALS AND THE PHILIPPINE DEVELOPMENT PLAN 2017-2022



THE UN SUSTAINABLE DEVELOPMENT GOALS AND THE PHILIPPINE DEVELOPMENT PLAN 2017-2022

*“... ending malnutrition in all its forms will catalyse improved outcomes across the SDGs. **Whoever you are, and whatever you work on, you can make a difference to achieving the SDGs, and you can help end malnutrition.** You can stop the trajectory towards at least one in three people suffering from malnutrition. The challenge is huge, but it is dwarfed by the opportunity.”*

Global Nutrition Report 2017



THE POLICIES THAT SUPPORT INVESTMENTS IN NUTRITION





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Signature *Mia*
Date *03-26-18*
Time *10:05 AM*

OFFICIAL RELEASED
RECORDS SECTION

ADOPTION AND IMPLEMENTATION OF THE PHILIPPINE PLAN OF ACTION FOR NUTRITION (PPAN) 2017-2022

Memorandum Circular No. 2018-42
March 26, 2018



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF BUDGET AND MANAGEMENT
GENERAL SOLANO STREET, SAN MIGUEL, MANILA

LOCAL BUDGET MEMORANDUM No.: 78
May 15, 2019

To : Local Chief Executives, Members of the Local Sanggunian, Local Budget Officers, Local Treasurers, Local Planning and Development Coordinators, Local Accountants, and All Others Concerned

Subject : **INDICATIVE FY 2020 INTERNAL REVENUE ALLOTMENT (IRA) SHARES OF LOCAL GOVERNMENT UNITS (LGUs) AND GUIDELINES ON THE PREPARATION OF THE FY 2020 ANNUAL BUDGETS OF LGUs**

1.3. Include in their respective Local Development Plans and Annual Investment Programs (AIP), applicable PPAN programs to ensure adequate funding for nutritional impact;

2.2.8 In accordance with DILG Memorandum Circular (MC) No. 2018-42 dated March 26, 2018,²⁰ all LGUs are enjoined to prioritize in the allocation of local funds the PPAs included in their respective local nutrition action plans, which shall be formulated in accordance with the Philippine Plan of Action for Nutrition 2017-2022.

THE POLICIES THAT SUPPORT INVESTMENTS IN NUTRITION

[REPUBLIC ACT No. **11148**]

AN ACT SCALING UP THE NATIONAL AND LOCAL HEALTH AND NUTRITION PROGRAMS THROUGH A STRENGTHENED INTEGRATED STRATEGY FOR MATERNAL, NEONATAL, CHILD HEALTH AND NUTRITION IN THE FIRST ONE THOUSAND (1,000) DAYS OF LIFE, APPROPRIATING FUNDS THEREFOR AND FOR OTHER PURPOSES

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

CHAPTER I

GENERAL PROVISIONS

SECTION 1. *Short Title.* – This Act shall be known as the “Kalusugan at Nutrisyon ng Mag-Nanay Act”.



NATIONAL NUTRITION COUNCIL
1974

FIRST
1,000
DAYS

© Province of Davao del Norte
Photo from the cover of the 2018
NNC Compendium of Actions on Nutrition

First 1,000 Days Bill is now a law!
Republic Act 11148 “Kalusugan at Nutrisyon ng Magnanay Act”
Signed by President Rodrigo Duterte on November 29, 2018

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8. _____

Positive Outcomes

CRITICAL WINDOW

Determines national development

ECONOMIC LOSSES

Negative Outcomes

COST EFFICIENT ECONOMY

HEALTHIER FAMILIES & HEALTHIER MINDS

ADULTS EARNING 21% MORE IN WAGES

CHILDREN COMPLETE 4.6 MORE GRADES IN SCHOOL

HEALTHY CHILDREN 10X MORE LIKELY TO OVERCOME DEADLY DISEASE

1 MILLION WASTED CHILDREN

4.6 MILLION STUNTED CHILDREN

9TH IN GLOBAL STUNTING

2ND SHORTEST IN ASEAN



Positive Outcomes

CRITICAL WINDOW

Determines national development

THE LGU TEAM

COST EFFICIENT ECONOMY

HEALTHIER FAMILIES & HEALTHIER MINDS

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