1,000 Days!

A unique window to give the Right Start of Life Forever!
• Undernutrition in the Philippines
• Importance of 1,000 Days
• Nutrition Governance
• Governance of 1,000 Days Actions at LGU’s
What causes Undernutrition?

**Short-term consequences:**
Mortality, morbidity, disability

**Long-term consequences:**
Adult size, intellectual ability, economic productivity, reproductive performance, metabolic and cardiovascular disease

Maternal and child undernutrition

Immediate causes

- Inadequate dietary intake
- Disease
- Inadequate care
- Unhealthy household environment and lack of health services
- Income poverty: employment, self-employment, dwelling, assets, remittances, pensions, transfers etc.
- Lack of capital: financial, human, physical, social, and natural
- Social, economic, and political context

Underlying causes
Undernutrition in Children

Low Height for Age

Low Weight for Height

STUNTED CHILD

WASTED CHILD
WASTING I Acute Undernutrition

• Deadly form of undernutrition which increases risk of child deaths

• Increases risk of stunted growth, poor cognitive development

In the Philippines, 7.9% of children ages 0-5 are wasted.*

*NNS, 2013
STUNTING | Chronic Undernutrition

- Fails to grow and develop to full potential
- Mental and physical deficits
- Potentially Irreversible after 2 years of age

*NNS, 2013
STUNTING | Chronic Undernutrition

- Lowered productivity
- Increased risk of chronic diseases in adulthood

*In the Philippines, 30.3% of children ages 0-5 are stunted.*

*NNS, 2013*
Wasting and Stunting Cases in Philippines

**WASTED**

More than 700 thousand under-fives

**STUNTED**

More than 3 million under-fives

Undernutrition represents a violation of children’s right to survival and development and the highest attainable standards of health.
• Undernutrition in the Philippines
• Importance of 1,000 Days
• Nutrition Governance
• Governance of 1,000 Days Actions at LGU’s
First 1000 Days is part of the National Health Agenda

All Life Stages & Triple Burden of Disease

First 1000 days | Reproductive and sexual health | maternal, newborn, and child health | exclusive breastfeeding | food & micronutrient supplementation | Immunization | Adolescent health | Health screening, promotion & information

COMMUNICABLE
- HIV/AIDS, TB, Malaria
- Diseases for Elimination
- Dengue, Lepto, Ebola, Zika

NON-COMMUNICABLE, INCLUDING MALNUTRITION
- Cancer, Diabetes, Heart Disease and their Risk Factors – obesity, smoking, diet, sedentary lifestyle
- Malnutrition

DISEASES OF RAPID URBANIZATION & INDUSTRIALIZATION*
- Injuries
- Substance abuse
- Mental Illness
- Pandemics, Travel Medicine
- Health consequences of climate change / disaster
1,000 Days Window of Opportunity

Right Nutrition for Women & Children Key for:
– Survival and protection of diseases
– Growth, health and development
– Future productive generations
Philippines | Stunting occurs early in life

Prevalence of child stunting (%)

Source: NNS, 2015

Window | Too late
WHO cut-off values for public health significance of stunting prevalence:
- > 40%: very high prevalence
- 30–39%: high prevalence of stunting
- 20–29%: medium prevalence;
- <20%: low prevalence (red line)

Which together other nutrition issues causes huge economic losses across 4 pathways

<table>
<thead>
<tr>
<th>Nutrition Indicators</th>
<th>Issues</th>
<th>Losses</th>
<th>Economic Loss of GDP</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maternal Status, Hygiene, WAZ, WHZ, EBF, VAD, ZN</td>
<td>Child Mortality</td>
<td>Lost Future Workforce</td>
</tr>
<tr>
<td>2</td>
<td>Iodine Deficiency, Anemia Deficiency, Childhood Stunting</td>
<td>Child Cognition and Growth</td>
<td>Lost Future Productivity</td>
</tr>
<tr>
<td>3</td>
<td>Adult Anemia</td>
<td>Adult Work Deficits</td>
<td>Manual Work Performance</td>
</tr>
<tr>
<td>4</td>
<td>Maternal Status, Hygiene, Zinc, EBF</td>
<td>Higher Morbidity</td>
<td>Cost Health System and Families</td>
</tr>
</tbody>
</table>

~$3.99 Billion/Year = 1.37% GDP
Undernutrition in the First 1,000 Days is largely irreversible and can be fatal

- Potentially irreversible effects on intellectual performance throughout life
- Lower physical work capacity as adults
- Earlier onset of chronic degenerative diseases in adulthood
- Increases the risk of deadly infectious diseases (diarrhea, pneumonia)
• Undernutrition in the Philippines
• Importance of 1,000 Days
• Nutrition Governance
• Governance of 1,000 Days Actions at LGU’s
What is Nutrition Governance?

Institutional process to develop policies and implement nutrition actions to achieve positive nutrition outcomes through:

• Developing Adequate Coordination Structures
• Organizational Capacities
• Funding Mechanisms
Nutrition Governance at LGU to Improve Nutrition

CONTENT

• Undernutrition in the Philippines
• Importance of 1,000 Days
• Nutrition Governance

• Governance of 1,000 Days Actions at LGU’s
Adopt Policies and Improve Capacity

POLICY FRAMEWORK ACTIONS

• Adopt policy for Municipal Nutrition Action Officers to be trained in nutrition, and to be in full-time positions

• Passage a Local Ordinance to promote the First 1,000 Days

IMPROVING TECHNICAL CAPACITY

• Support Barangay Nutrition Scholars (BNS) with compensation to deliver quality services

• Develop capacities of nutrition and health service providers
Collaboration among Sectors & more Funding

INTERSECTORAL COOPERATION
• Ensure that the Local Nutrition Committees have clear roles, and deliverables
• Improve multi-sectoral coordination with WASH, Education, and Budget and Planning sectors for quality health and nutrition delivery

SUSTAINABLE FUNDING
• Prioritize and increase funding for essential nutrition interventions in local investment plans
WASH Supports Nutrition

- Ensuring all health facilities have safe water supply and clean, functional toilets with handwashing facilities – contributes to ensuring deliveries are safe for mother and children.

- Eliminating open defecation and ensuring safe disposal of children’s feces – contributes to a cleaner living environment, reducing infections (including diarrheal diseases, intestinal worms) and Environmental Enteropathy;

- Ensuring use of safe water and good hygiene practices by family members – contributes to ensuring food hygiene and a cleaner living environment, reducing infections.
Invest in Essential Nutrition Actions in your Annual Investment Plan

- Protect and promote optimal infant and young child feeding practices
- Ensure adequate supplies of micronutrients are accessible in all health centers
- Prioritize the procurement and distribution of growth monitoring tools
Accountability for Nutrition Actions

VERTICAL COORDINATION

• Ensure that national health and nutrition policies are implemented in every barangay

MONITORING

• Improve monitoring nutrition indicators by setting up community based nutrition information systems

ADVOCACY ON POWER OF NUTRITION IN FIRST 1000 DAYS

• Deliver key messages on essential nutrition and health actions targeted at increased awareness and demand for quality services by the families
Quezon example

- Quezon’s First 1000 days of Life Program
- Site of the July 2016 Nutrition Month Launch
Quezon’s First 1000 days of Life Program

With Technical Support from UNICEF:

- The Provincial Government has allocated PhP29 for the first year of Q1K program in addition to 2016 budgets for Nutrition (PhP15 million) and Agriculture (PhP10 million).
- 1,000 pregnant women and their infants coming from disadvantaged families and targeted by the program are now receiving a full complement of interventions on Nutrition, Health, WASH, Social Welfare, Agriculture and Psychosocial stimulation all focusing on the 1st 1000 days.
Invest in Good Nutrition during 1,000 DAYS and beyond!

*Let us choose to give that extraordinary opportunity to every child.*

*The Right start lasts FOREVER!*
THANK YOU!
Back Up Slides
What LGUs can do to support the First 1000 days?

On IYCF
- Establish and sustain a pool of IYCF peer counsellors at the community level and ensure that they are given opportunities for training and skills updating.
- Ensure that a referral system is in place for mothers seeking assistance on IYCF concerns.
- Ensure that local health workers promote and are supportive of proper IYCF practices and are aware of their responsibilities on the Milk Code implementation.
- Initiate local information and education campaigns on IYCF.
What LGUs can do to support the First 1000 days?

On Micronutrient Supplementation

– Ensure that adequate supplies of vitamins and micronutrients are available and accessible in all health centers

– Facilitate the attainment of at least 90% coverage of micronutrient supplementation and deworming by supporting local health workers and their campaigns and distribution activities.
What LGUs can do to support the First 1000 days?

On Management of Acute Malnutrition

• Adopt DOH AO 2015-0055 as an Ordinance
• Ensure that local health workers have capacities for early identification and appropriate management of Severe Acute Malnutrition Cases
• Support the mobilization of communities to increase their awareness of the problems of both acute and chronic malnutrition
What LGUs can do to support the First 1000 days?

On Growth Monitoring and Promotion

• Prioritize the procurement and distribution of growth monitoring tools (height boards, weighing scales, CGS charts) so that the nutritional status of infants, young children and their mothers can be accurately and regularly monitored

• Ensure that local health workers have capacities to accurately assess and monitor the growth of children and give appropriate feedback to their mothers/caregivers