

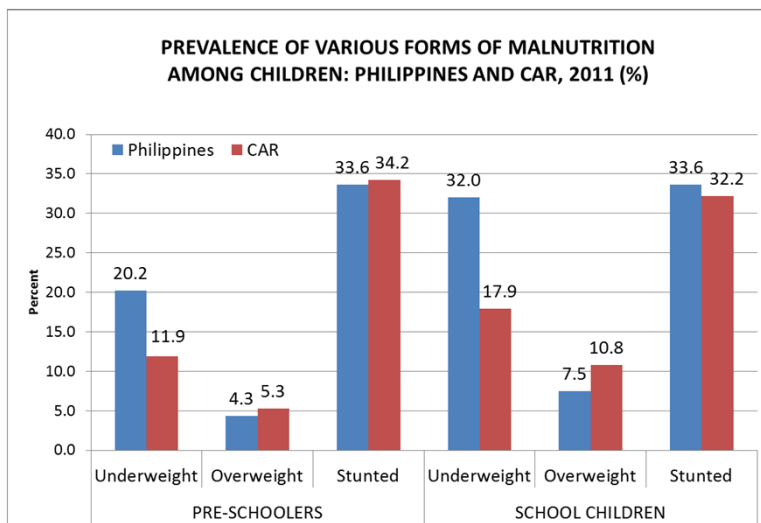


One in every 10 school children in CAR is overweight

A recent survey of the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) reveals that 10.8 percent of school children (5.1-10.0 years old) and 5.3 percent of pre-schoolers (5 years old and below) in the Cordilleras were overweight in 2011. Both figures are higher than the national overweight prevalence rate for school children of 7.5 percent and for pre-schoolers of 4.3 percent. These are based on the findings of the 2011 Survey on Updating the Nutritional Status of Filipino Children and Other Population Groups of FNRI-DOST.

Nationwide, the Cordillera Administrative Region (CAR) had the least number of underweight children in the country in 2011 at 17.9 percent among school children and 11.9 percent for pre-school children. Both figures are much lower than the national underweight prevalence rate for school children of 32.0 percent and for pre-schoolers of 20.2 percent.

The survey also showed that the proportion of stunted school children in CAR at 32.2 percent was lower than the national average of 33.6 percent. However, the proportion of underheight pre-schoolers in CAR of 34.2 percent was above the national average of 33.6 percent.



Source: FNRI-DOST

PROPORTION OF MALNOURISHED CHILDREN ALL REGIONS, 2011

(In Percent)

Area	Pre-schoolers			School children		
	Under Weight	Over Weight	Stunted	Under Weight	Over Weight	Stunted
PHILIPPINES	20.2	4.3	33.6	32.0	7.5	33.6
NCR	14.7	6.2	26.8	25.8	12.6	25.6
CAR	11.9	5.3	34.2	17.9	10.8	32.2
Ilocos	19.8	6.3	29.0	29.8	9.6	28.1
Cagayan Valley	23.2	3.2	32.1	26.9	7.1	27.7
Central Luzon	15.8	5.1	22.2	25.2	11.1	22.2
CALABARZON	14.8	5.9	27.5	27.1	12.1	26.2
MIMAROPA	24.9	3.4	37.2	40.4	4.0	40.3
Bicol	25.3	3.4	36.8	39.6	4.0	36.6
Western Visayas	23.9	3.5	41.1	40.4	5.5	40.1
Central Visayas	21.6	2.6	38.6	36.6	4.3	38.4
Eastern Visayas	25.6	3.4	41.7	37.8	4.3	42.3
Zamboanga Peninsula	25.2	4.4	42.2	34.7	3.4	43.4
Northern Mindanao	21.9	2.4	37.2	32.8	4.0	40.3
Davao Region	20.1	3.1	35.2	32.4	6.4	40.2
SOCCSKSARGEN	25.1	2.4	42.7	36.2	4.3	41.5
CARAGA	23.1	1.9	37.3	34.6	3.2	37.9
ARMM	26.2	3.9	43.5	37.0	4.4	41.9

Notes: Pre-schoolers are children 5 years old and below.

Schoolchildren are from ages 5.08 -10.00 years old.

Source: FNRI-DOST

Basic Nutrition Terms

Underweight - a condition where the child's weight is lower than that of a normal person of the same age and is measured using weight-for-age as the index

Overweight - a condition where a person's weight is greater than that of a normal person of the same age (in case of adolescents) or height (in case of adults), with BMI of more than P85 (85th percentile) for adolescents or between 25 and 30 kg/m² for adults

Underheight or Stunted - a condition where the child's height is lower than that of a normal person of the same age and is measured using height-for-age as the index

Malnutrition - a pathological state, general or specific, resulting from a relative or absolute deficiency or excess in the diet of one or more essential nutrients, which may be manifested clinically or detectable by physical, biochemical and/or functional signs.

SOURCE: NSCB Resolution No.10, series of 2008

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