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The National Economic and Development Authority Food Threshold and Dietary Requirements of Individual in the Selected Areas of Caloocan City: A Correlational Analysis

A Research Proposal Paper
presented to the Faculty of Senior High School
Caloocan City Business High School

In partial fulfillment of the Requirements
for Graduation in Senior High School

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APPROVAL SHEET

This research entitled "**THE NATIONAL ECONOMIC AND DEVELOPMENT AUTHORITY FOOD THRESHOLD AND DIETARY REQUIREMENTS OF INDIVIDUAL IN THE SELECTED AREAS OF CALOOCAN CITY: A CORRELATIONAL ANALYSIS**" has been prepared and submitted by Torrejos, John Lloyd J., Tuazon, Arnold Josh B., Serra, Sophia M., Soriano, Kylle Angel N., Sta. Maria, Marinell Anne O., and Tapang, Feriena G., and has been approved and accepted in partial fulfillment of the requirements for Graduation in Senior High School.

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ABSTRACT

Poverty continues to be a significant issue in the Philippines, with a large proportion of the population living below the poverty line. Recent claims, such as the assertion by the National Economic and Development Authority (NEDA) Secretary-General Arsenio Baliscan that individuals spend only ₱64 for three meals a day, have raised concerns, especially in the context of rising inflation and the increasing cost of basic necessities. The current NEDA food threshold of ₱64 per person is far from adequate to meet the nutritional needs of Filipino families, with many spending more than this amount to fulfill daily food requirements. This issue has highlighted the growing challenge of ensuring food security as living costs continue to rise. The aim of this study is to investigate the correlation between the NEDA food threshold and the dietary requirements of individuals, with a focus on the impact of this threshold on low-income households in Caloocan City. Using a quantitative research approach, the study surveyed 150 respondents from Barangays 172, 176, and 177. The findings indicate that the current food threshold is insufficient to meet the nutritional needs of most households, particularly those earning below ₱10,000. The study suggests that revisions to the NEDA food threshold, along with the implementation of targeted poverty alleviation and nutrition programs, are necessary to ensure food security and improve the nutritional well-being of vulnerable populations in the Philippines.



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CHAPTER 1

THE PROBLEM AND ITS BACKGROUND

INTRODUCTION

Food threshold is a minimum income required for a family or individual to meet the basic food needs and non-food requirements, which satisfies the nutritional requirements for economically necessary and socially desirable physical activities. Food threshold is the amount of money that is required to purchase a meal package that satisfies the average Filipino needs. Poverty is one of the biggest social problems in the world. Poverty is a persistent problem which has presented political and moral challenges to all societies at all times. The factors that affect this poverty harms children's health, social and emotional wellbeing, and education. It harms their childhoods and their futures. Psychological deprivation results from people or countries not having enough ownership, control, or access to a minimal quality of living (Chamhuri, et al., 2004). As food prices increase, the households need more income to meet their basic nutritional needs so if their income does not increase accordingly, they struggle to afford enough food and it is pushing them below the food threshold that determines poverty status.

As stated in the study of Rowntree, J. (2019), describe poverty as "when your resources are well below your minimum needs", if your income is well below your minimum needs that means you are included in people that are experiencing poverty. Because if your income is below minimum needs that means you do not have enough money to provide basic needs including food, water, shelter, and etc. The poverty incidence is the proportion of



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families or individuals with per capita income less than the per capita poverty threshold to the total number of families or individuals. The incidence of poverty is measured by the poverty ratio, which is the ratio of the number of poor to the total population expressed as a percentage. It is the people who experience a lack of money to provide their basic needs like, everyday food, clothes, and many more for their families or for themselves.

Dietary needs are the specific nutritional requirements that a body requires to function optimally and remain in good health. These are the specific foods and nutrients your body needs to thrive. These needs are influenced by factors like age, activity level, health conditions, and personal preferences. For example, a pregnant woman needs more nutrients than someone who isn't, and someone with diabetes may need to limit their sugar intake. Understanding your dietary requirements is essential for maintaining good health, managing any health conditions, and reaching your personal health goals. (Cambridge, 2024)

The National Economic Development Authority (NEDA) of the Philippines recently declared that ₱64 can have three meals per day or roughly ₱21 per meal figure for not being food poverty. That means if Filipino spend 64 pesos a day for food they are not considered poor. This research will explore the NEDA's declaration about food threshold, finding the connectedness to dietary intake by examining the challenges faced by families in their food security.



BACKGROUND OF THE STUDY

Food threshold and poverty incidence in the Philippines are very important nowadays because all Filipinos need to be aware of what is happening to our country. It was used to assess the country's development progress and to measure the effectiveness of the government policies and programs addressing poverty (Philippine Statistical Authority, 2024). In the Philippines, food threshold and dietary requirements is an important issue because food threshold refers to the minimum quantity of food to meet the nutritional foods of individuals which is critical for assessing the food security levels among households. Food thresholds are the bare minimum of nutrients needed to stay healthy and to meet the Dietary requirements, while the Dietary needs are the specific nutritional requirements that a body requires to function optimally and remain in good health.

This research is crucial in understanding how food security relates to economic stability and health outcomes. Studies often reveal that areas with high poverty rates experience greater food insecurity, as financial constraints limit access to nutritious food. This relationship underscores the need for policies that address both economic stability and food access. In light of this, the researchers were curious about the minimum amount of food required for a healthy diet and the rate of poverty within the pollution. The rationale of this study is to examine if the National Economic and Development Authority's statement about 64 pesos meal per day or 21 per meal is enough for a person to reach the recommended energy and nutrients for the body. In that case, you will not be able to get the recommended energy and nutrients intake in your body. Additionally, small amounts of an offending food can cause a negative reaction for individuals.



STATEMENT OF THE PROBLEM

In the Philippines, poverty remains high, with many Filipino families living below the poverty line. The recent claim of the National Economic and Development Authority's Secretary-General Arsenio Baliscan regarding individuals spending 64 pesos for 3 meals a day is not considered "food poverty", raises concerns, particularly as inflation affects the cost of basic necessities. The food threshold of a family of five has increased from 55 to 63.87 or 64 pesos per person, showing that the proposed budget does not reflect the financial realities families face today. This situation emphasizes the challenge of ensuring food security as living costs rise, leaving many unable to meet their dietary requirements.

RESEARCH QUESTION

- 1.) What income bracket belongs to the poorest of the poor?
- 2.) What is the basis of NEDA in computing the food threshold?
- 3.) How many households in the selected areas of Caloocan City belong to the poverty level?
- 4.) Does the ₱64 food threshold have a significant effect on meeting the dietary requirements of households?



RESEARCH HYPOTHESIS

- H₁:** The ₱64 food threshold significantly affects the dietary requirements of households.
- H₀:** The ₱64 food threshold does not significantly affect the dietary requirements of households.

SCOPE AND DELIMITATION OF THE STUDY

The research is delimited to selected areas in Caloocan City, specifically Barangay 172, 176, and 177, encompassing a total of 150 respondents. The primary goal is to explore the relationship between the food threshold set by the National Economic and Development Authority (NEDA) and the dietary requirements of individuals within these communities.

SIGNIFICANCE OF THE STUDY

This study aims to explore the correlation between food thresholds and dietary requirements of an individual in the selected area of Caloocan City, providing insights that will offer benefits to various beneficiaries.

Policymakers can utilize the findings to develop targeted food security initiatives, ensuring that resources are allocated effectively to address poverty.

Academics will gain valuable data for further research on food security and economic factors, enhancing the academic discourse on these critical issues.

Communities will benefit from enhanced food security programs that address local needs, fostering resilience against poverty.



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The Public will gain awareness of the urgent issues surrounding food security and poverty, encouraging collective action towards sustainable solutions.

Local Government Units can use the findings to design targeted food security policies, ensuring resources are allocated based on local needs.

Future Researchers will benefit from the data as a foundation for further studies on food security and related social issues.



CHAPTER 2

REVIEW OF RELATED LITERATURE AND STUDIES

Poverty Threshold Description

The Philippine Republic Act No. 11291, also known as an act providing for a magna carta of the poor states that the "poor shall refer to individuals or families whose income falls below the poverty threshold as defined by the National Economic and Development Authority (NEDA) and/or who cannot afford in a sustained manner to provide their minimum basic needs of food, health, education, housing, or other essential amenities of life". This means that by law, income should be taken into consideration when estimating poverty in the Philippines. While the law did not state how income should be measured, the Philippines uses gross income in the estimation of official poverty statistics. It is suggested, however, that taxes and compulsory social security contributions be deducted in the income aggregate in estimating poverty. This deduction results in disposable income which is a better measure of a household's resource available for consumption. Furthermore, it is essential to take into consideration the diverse needs of household members through the use of equivalence scales. How imputed rent is estimated should also be explored if rent is accurately calculated. (Briones et al., 2021).



Poverty

According to a study by Benedetti et al. (2021), besides international efforts to address poverty and hunger, there are still many disparities among households. Therefore, innovative approaches and techniques are required to address the multiple facets of poverty, especially food poverty. Given the complexity in defining this phenomenon, the fuzzy approach based on an expenditure-related metric is adopted as it provides valuable insights into the Italian food poverty situation, thus improving the results generally provided by the classical binary (or crisp) set theory. By considering the equivalised household food expenditure obtained from the 2021 Italian Household Budget Survey data, the fuzzy set approach is used to measure food poverty, paying particular attention to vulnerable households at a detailed territorial level. The study of Bartelmeß, T., et al. (2022) examined the global, European, US, and UK levels of various food (in)security and poverty indices, aiming to assess how these measures relate to the broader dimensions of food poverty. The research highlights that while indices for food insecurity are more diverse, multidimensional, and directly linked to nutrition and food access, general poverty assessments marginally address the issue of food or nutrition. A key finding is that food poverty lacks a universal and scientific definition, with no official global food poverty index in existence. The only significant attempt to develop such an indicator was made in Ireland in 2012, focusing on the inability to afford essential food items and capturing the physiological and cultural dimensions of food poverty due to economic constraints. However, even this indicator omitted the social aspects of food poverty, which tend to be underexplored, especially in affluent societies. It further argues that current food insecurity and poverty



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assessments focus too narrowly on economic vulnerability and short-term coping strategies to meet basic food needs, missing the broader implications of food poverty that manifest across various dimensions, including social exclusion and mental health challenges. Moreover, intra-household inequalities and access to food within families highlight the need for more nuanced measures of food poverty. These insights are vital for policymakers and researchers aiming to achieve Sustainable Development Goal 1 (No Poverty) and Goal 2 (Zero Hunger) by addressing food poverty more comprehensively at local, national, and international levels.

According to the study of Solajub (2018), "poverty and food security are closely linked," with traditional income and poverty measures failing to provide clear information about food security despite a strong bi-causal relationship between the two. The analysis reveals a strong, negative, and significant statistical relationship between households' food security and their poverty status, indicating that "a reduction in the poverty status of the household will lead to improvement in the household food security." Conversely, "a worsening poverty condition of a household results in poor household food security." It is noted that factors affecting food security include the gender of the household head, age, education level, household size, marital status, and household poverty. The gender of the household head showed that "households headed by females have a lower probability of being food insecure," while the age coefficient suggested that "the older the age, the more food insecure the respondents become," which can be attributed to low productive activities affecting livelihood strategies. Education is emphasized as critical; the study found that "the more educated the household heads are, the more likely their households will be food secured," as education enhances decision-making regarding food production and nutrition. The research concludes that poverty



alleviation efforts must focus on rural households, particularly those characterized by larger family sizes and lower educational attainment, to improve food security outcomes. Poverty and food security are closely linked. According to the National Economic and Development Authority (NEDA), food insufficiency is a primary indicator of poverty. Families below the food threshold often fail to achieve adequate nutrition, leading to adverse effects on children's health and development. A multidimensional analysis of poverty, including access to food, is crucial for developing effective poverty alleviation programs (Repollo & Rebielos, 2021).

National Poverty Measurement

According to Philippine Statistics Authority (PSA), 11 out of 18 regions recorded significant decreases in poverty incidence in 2023. It defines that a poverty incidence is the proportion of individuals or families with income less than the poverty threshold or poverty line to the total number of families or individuals. Therefore, a family in the Philippines with five members is needed at least PhP 13,873 per month to meet their minimum basic food and non-food needs in the year of 2023 while the average per month to meet their basic food needs is amounting to PhP 9,581, the record in national poverty incidence is about 2.99 million Filipino families does not have enough income to meet their basic food and non-food needs. Based on the preliminary 2023 family income and expenditure survey, out of the 18 regions there are 11 recorded statistically significant decreases in poverty incidence among families in 2023 from 2021. In the Social Reform & Poverty Alleviation Act of 1997, poor is defined as "individuals or families whose income fall below the poverty threshold as defined by NEDA and cannot afford in a sustained manner to provide their minimum basic needs of food, health, education, housing, and other essential amenities of life." (Section 3 of the RA 8425).



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Emphasizing the complexities of measuring poverty, noting that it is inherently multidimensional and often unquantifiable. They argue that decomposing rural multidimensional poverty is essential for understanding specific local contexts. Their study focuses on a comprehensive dataset derived from a community-based monitoring system in Goa, Camarines Sur, which is situated in one of the poorest regions of the Philippines. Given the limited research on poverty in this area, the dataset includes various multidimensional poverty indicators, such as health, nutrition, housing, education, and disaster preparedness, highlighting the need for localized approaches to economic development (Onsay, et al., 2024).

In GMA News Articles (2024) states that in the first quarter of 2024, the Tugon ng Masa (TNM) survey revealed that self-rated poverty in the Philippines decreased slightly to 42%, or about 11.1 million families, marking a 3% reduction from the previous quarter's 45%. This modest decline, equivalent to around 800,000 families, continues a downward trend observed since July 2023, when self-rated poverty was at 50%. Notably, significant declines occurred in the National Capital Region (NCR), Balance Luzon, and the Visayas, with poverty rates dropping by 11%, 18%, and 10%, respectively. However, Mindanao saw a contrasting 14% increase, with 71% of its population considering themselves poor, making it the region with the highest poverty rate. Socioeconomic disparities were also evident, as 72% of families in Class E reported themselves as poor, compared to just 14% in Class ABC and 39% in Class D. The survey also showed a decrease in self-rated hunger, with 11% of families—around 2.9 million—reporting hunger, down from 14% in the previous quarter. Additionally, self-rated food poverty dropped to 37% from 42%, indicating slight improvements in food security, though significant regional and class-based differences persist.



As explained in the study by de Haan et al. (2021), the social exclusion figures measure poverty by showing how being left out of jobs, housing, and social support affects people's lives. The poverty gap precisely measures poverty by showing how much people's income is above or below a set poverty line. It deepens understanding of poverty and assesses the NEDA food threshold. Financial development influences poverty through economic growth and income inequality. The effect of financial development on poverty reduction is indirect, instead often facilitating access to money which is preferable to poverty alleviation. However, a lot of people especially those living in the remote areas of the Philippines find it hard to gain access to financial services. This is likely to increase income inequalities which in turn makes the problem of poverty worse. It is therefore relevant to consider the NEDA food threshold in relation to financial development as it probably explains the variations in poverty in several regions. With the help of that in comes income inequality, a major factor affecting the levels of the poverty. In such a case, a larger population would be subjected to severe levels of poverty. As a result, it means that the existing NEDA food threshold measure may not give the precise presentation of poverty especially in those regions that have high inequalities.

International Poverty Measure

The article argues that rural wellbeing must be understood against the backdrop of diversifying patterns of employment and income. It makes little sense to speak of the 'rural poor' as a homogenous group. Different strategies and policies are needed, tailored to the specific needs of different groups living in different contexts. This article explicitly focuses on rural households, there is no doubt that small-scale families are critical to the future of food systems and rural wellbeing. The data discussed projected poverty levels which are the rates



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of poverty in rural areas, the extent to which poorer people are employed in the agriculture sector, gender inequalities and youth unemployment (Woodhill, et. al.). It said that the current international extreme poverty line is \$1.90 a day. Moderate poverty is the population living under the international poverty line of \$3.20 a day, typical for lower- and middle-income countries (this is an update from the previous level of \$3.10 a day and we use both in the analysis as the current estimates at \$3.20 have not been disaggregated by rural and urban locations). For poverty in general we use the international poverty line of \$5.50 a day. Current poverty trends underscore the need for continued focus on rural poverty and inequality (UNDESA, 2021; United Nations, 2019). They argue that development efforts should focus on creating a living income for people. This is the income that people need in their circumstances to afford a healthy diet, housing, education, and health care, and to meet other social and family needs and responsibilities.

Food Insecurity

Food insecurity is a serious issue in both rural and urban areas, affecting the types of food people can eat and their overall health. Dela Luna and Bullecer, (2020) studied food security in Occidental Mindoro and found important differences between rural and urban communities. They reported that 56.25% of rural households faced food insecurity, while 45.83% of urban households did. They also found that preschool children in rural areas had less variety in their diets, with 37.08% having less diverse meals compared to 26.25% in urban areas. These results show the urgent need for special nutrition programs in rural areas, where people struggle to access enough and varied food due to economic and structural challenges. In a related study, Agdeppa et al. (2021) looked at how food insecurity was affected by the



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COVID-19 pandemic. They found that food insecurity makes poverty worse and leads to health problems, creating a cycle of need that is hard to break. The pandemic increased food shortages for vulnerable groups, highlighting how weak our food systems can be. Their research showed that food shortage affects financial stability and raises the risk of malnutrition and poor health. Agdeppa et al. noted that families facing food insecurity often cannot afford healthy food, forcing them to choose cheaper and low nutrient options. It can lead them to health issues that can last long (i.e. obesity or any severe diseases). The authors called for stronger social safety nets to help vulnerable groups and effective policies to ensure everyone has access to food and to address the root causes of food insecurity. Briones et al. (2023) examine the pressing issues of hunger and food insecurity in the Philippines, particularly amid current inflationary challenges. Their study utilizes computable general equilibrium modeling to analyze household purchasing power and the affordability of diets that meet energy, protein, and Vitamin A requirements. They propose three scenarios: the Reference scenario, which projects future trends and indicates that while many households may meet energy and protein needs by 2030, Vitamin A intake will remain inadequate; the Subsidy scenario, which shows that producer support may not significantly improve dietary intake or justify fiscal risks; and the Productivity scenario, which highlights the benefits of long-term investments in infrastructure and services that lead to greater improvements in nutrient intake and price stability. The analysis emphasizes the importance of maintaining 5-6% annual economic growth and suggests prioritizing investments in general services as a key strategy for achieving food affordability and improving dietary quality in the Philippines.



Nutritional Requirement

According to Journal of the Nutritionist-Dieticians' Association of the Philippines the objective of this study was to compare the food basket derived from 1883 National Nutrition Survey (NNS) and food threshold of households., Logistic regression was then performed using significant food items from the discriminant analysis as the independent variables and identified food items in the model included adjusting the food basket to meet nutrition standards adding Vitamin A and iron rich foods to meet 80% adequacy, adjusting some food amounts to meet 100% energy requirement, calculating food cost based on 2000 Price Estimates, and validating the food threshold using 2000 Family income expenditure survey data and food poverty incidence. The food selection in city homes, across all income levels, included rice, bread, pork, and fish, chicken, dried fish, noodles, and etc. Therefore, the result of their study's estimate is based on the food basket of the average Filipino than if it were computed from a reference population (Journal of the Nutritionist-Dieticians' Association of the Philippines, 2004).

According to Manila standard (2024), the Philippine Statistics Authority (PSA) was previously admitted that the 64 pesos meal a day for each person “food poor” threshold was insufficient to meet the nutritional or dietary requirements in a day. Furthermore, According to the National Economic Development Authority (NEDA), it was revealed that to be considered not food poor the amount of food per person, in a typical family of five, should not fall below 64 pesos. The NEDA explained that this figure was calculated by dividing the P9,851 monthly food threshold for a family in 2023 by the approximate number of days in a month, or 30 days.



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Lastly, The National Economic Development Authority (NEDA) has already committed to reviewing the methodology they employed, which is the most significant development.

Data from the Philippines where progress on reducing undernutrition has been stubbornly slow, it assesses the differences between household-level and individual-level measurements of food and diet adequacy. By comparing food expenditures to a food poverty line, researchers can classify households and individuals as to whether they are food poor. Similarly, by comparing consumption of each food category to a recommended consumption threshold (i.e., Food-Based Dietary Guidelines or FBDGs), they can classify households and individuals as to whether they fail to meet the recommended consumption for each food group, shedding light on poor diet quality (Wang, et. al.). If a food has a low price that an individual can afford, let us know if that food is worth eating, especially if it may affect the energy from your body because mostly food poor are considered non nutritive. In looking at both food poverty and diet quality, it speaks not only to how much food one can access but also to what types of food, thus drawing the links from food to diets and nutrition. In overall, it found that there is a significant risk for misclassification if one focuses only on household-level indicators.

The study by Bartelme et al. (2022) explains that food poverty is not only in money. Food poverty means not only having no enough funds to buy food but also being unable to participate in food-related activities that are important to society. Findings are that practices like eating together and enjoying certain cuisines are essential for social connections. If people cannot engage in these activities, it can harm their mental health. They also criticize food insecurity guides, such as the Global Food Security Index (GFSI) and the Household Food Insecurity Access Scale (HFIAS). These guide mainly focus on material aspects, like the



availability of enough hygienic food at reasonable prices. However, they often overlook important issues, such as cultural food preferences and the psychological effects of being food insecure. Food poverty can lead to serious health problems. Food insecurity raises the risk of undernutrition and malnutrition, especially among poor people. Bartelme et al. report that lack of food leads to poor diets, which negatively affects health and productivity. In the Philippines, even families earning minimum wage struggle to find healthy and affordable food. As a result, they often resort to cheap, non-nutritive options that can cause long-term health issues.

Food Security and Poverty Outcomes

The study about analyzing the intersection between food security and poverty status among households found out that it indicates several significant outcomes. Firstly, there is data that shows a discernible relationship between poverty level and unemployment level across Nigeria. Secondly, study confirms that poverty level exerts a notable influence on agricultural output with Nigerian context. Thirdly, it establishes that both poverty level and unemployment level collectively contribute to shaping the sustainability of agricultural output in the country. As global populations expand and societal landscapes evolve, the ongoing research into combating household poverty through food security remains paramount. The interconnected dynamics between socio-economic factors and agricultural productivity highlighting the critical importance of addressing poverty and unemployment in fostering sustainable agricultural development in Nigeria. Additionally, the economic empowerment aspects of food security interventions and their impact on income generation and livelihoods could provide valuable insights (Gomina, et. al., 2024).



Journal of Public health policy estimates the probability of food insecurity at the Canadian poverty thresholds. Household food insecurity is associated with both low income and high cost of living, it is a potentially better measure for consumption compared to income. Journal of Public Health Policy used data to estimate the probability of food insecurity at the Canadian poverty thresholds (Market Basket Measure thresholds, or MBMs) and calculate the income required to reach that probability in each MBM region, aggregated by province and rural/urban status, using data on food insecurity and income from 10 years of the Canadian Community Health Survey (2007–2017) of single-person households ($n = 145,044$). We refer to this as the Food Insecurity Poverty Line (FIPL) since a regression model indicates that the likelihood of experiencing food insecurity at the MBM is roughly 30%. The income needed to satisfy the FIPL is often 1.25 times the MBM, which is a significant difference from the MBM. This suggests that a possible sentinel indicator of poverty could be food insecurity. (Journal of Public Health Policy, 2024).

Impact of Climate Change

According to Mbow et al., (2020) despite significant advancements in food production, with a more than 30% increase in food supply per capita since 1961, 821 million people remain undernourished. This issue is particularly acute in low-income regions where the impacts of climate change are most severe. Climate change exacerbates food insecurity by reducing crop yields through increased temperatures, altered precipitation patterns, and more frequent extreme weather events. These changes lead to higher food prices, which disproportionately affect impoverished communities, resulting in higher rates of malnutrition and stunted growth among children. The study proposes several adaptation and mitigation strategies. On the



adaptation front, improving soil management practices, such as increasing soil organic matter and controlling erosion, can enhance crop resilience. Diversifying food systems by incorporating a wider variety of crops can also reduce vulnerability to climate impacts. Empowering women in agriculture is another crucial strategy, as it can lead to more efficient and sustainable farming practices.

LOCAL SYNTHESIS

The Philippines witnessed a significant decline in poverty incidence across 11 out of its 18 regions recorded from PSA, indicating a positive shift in the overall economic conditions of the country. This improvement can be attributed to various factors, including government initiatives aimed at economic development, increased access to education and healthcare, and enhanced employment opportunities in several areas. However, despite this progress, substantial disparities persist, particularly in the Mindanao region, which continues to grapple with higher poverty rates compared to other parts of the country that gathered from GMA news, Manila Standard, Journal of the Nutritionist-Dieticians' Association of the Philippines, and the study of Onsay. The socioeconomic divide is also evident, as certain classes of society experience the benefits of economic growth more than others. For instance, urban areas may see more rapid improvements due to better infrastructure and job availability, while rural communities, especially in Mindanao, often lag behind. This uneven distribution of resources and opportunities highlights the complexity of poverty in the Philippines, where factors such as geography, education, and access to services play critical roles in determining the quality of life for individuals and families.



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As demonstrated by Dela Luna, Briones, and Repollo, enhancing food security is a crucial component of these strategies, as access to sufficient and nutritious food is fundamental to improving overall well-being and economic stability. Initiatives could include supporting local agriculture, improving supply chains, and providing education on nutrition and sustainable farming practices. By focusing on these localized efforts, the Philippines can work towards not only reducing poverty incidence but also fostering a more equitable and resilient society for all its citizens.

Furthermore the findings of De Haan and Agdeppa from this analysis underscore the urgent need for localized strategies that are tailored to the unique challenges faced by different regions and socioeconomic groups. A one-size-fits-all approach is insufficient to tackle the multifaceted nature of poverty effectively. Policymakers and stakeholders must prioritize targeted interventions that address the specific needs of communities, particularly in areas with high poverty rates.

FOREIGN SYNTHESIS

The analysis underscores the intricate relationship between poverty and food security, emphasizing that effective interventions must address the underlying causes of poverty to enhance food security, particularly in vulnerable rural populations. Furthermore, it highlights the necessity of incorporating subjective measures of poverty to better capture the lived experiences of those affected, thereby informing more effective anti-poverty strategies demonstrated by Wang, Bartelme, Benedetti, and Solajub. Addressing food poverty necessitates a holistic understanding of its complexities and a commitment to tackling the



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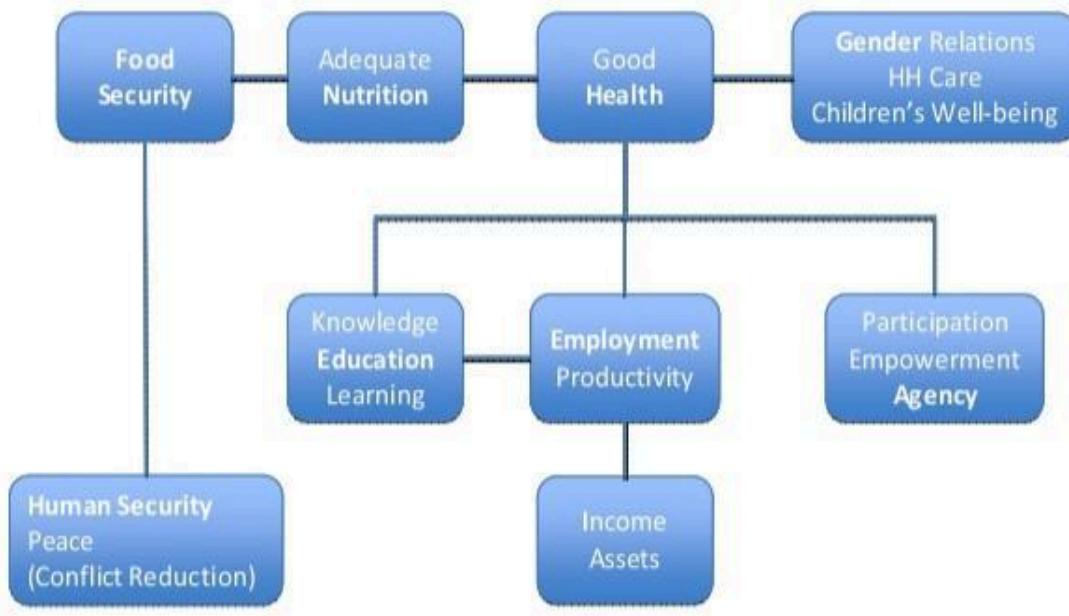
interconnected social, cultural, and psychological factors that contribute to it. By integrating these elements into comprehensive policy frameworks and intervention strategies, we can more effectively fight hunger and enhance overall food security for all individuals and communities.

The articles of UNDESA, Gomina, Mbow, and Journal of Public Health Policy from Canada emphasizes the necessity of tailored strategies to address the diverse needs of rural populations, highlighting the intricate relationship between poverty, employment, and food security. It underscores the importance of understanding these dynamics to foster sustainable agricultural development and improve rural wellbeing, particularly in the context of ongoing global challenges such as climate change and economic inequality.



THEORETICAL FRAMEWORK

CAPABILITY APPROACH OF AMARTYA SEN



The Capability Approach of Amartya Sen finds its basis in the book titled Hunger and Public Action, co-authored by Sen and Jean Drèze, which was published in 1989. This framework stresses the necessity of analyzing food security in a more comprehensive way than simply looking at food supply and availability. Instead of looking at "command over food," it looks at "nutritional capabilities," which is the ability to secure adequate nutrition through various conversion factors such as health, education and other variables.



The framework starts with **food security**, which affects multiple aspects of human development.

Adequate Nutrition is directly connected to food security, it focuses on sufficient and nutritious food is a basic human need.

Health of individuals is affected by food security. Its absence leads to poor nutrition, diseases, poor health and poor productivity and life span in general.

Knowledge, Education, and Learning. Without adequate food, the children's ability to concentrate, learn, and perform in class is affected negatively. Adequate Feeding in early years is important for the development of the brain.

Employment and Productivity. It is difficult for any person to work and make money without a proper diet. Nutrition is essential for human productivity.

The financial capacity to acquire food and other essential resources. Lack of **assets or income** prevents individuals from purchasing adequate food.

Participation, Empowerment, and Agency. Food security provides the basis for individuals to be active in their households as well as communities.

Gender Relations and Household Care. Issues of distribution of food among members of the family vary with gender. Giving food security is mostly women's responsibility and women and children's access to food has a bearing on their health.

Human Security and Peace. The presence of food insecurity is also at risk for social peace and violence as people try to satisfy even the most basic needs.

Amartya Sen's Capability Approach focuses on increasing the freedom and the capacity of the individuals to enhance their well-being. This diagram is consistent with this viewpoint by



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indicating WASH (water, sanitation, hygiene), Food security, Nutrition, and Health in order to enhance individual's productivity. Education and Employment contribute to Income Generation which enables an individual to make choices and engage in activities in society. Social aspects such as Gender Relations and Empowerment also affect these capabilities. These capabilities in this particular regard tends to assist Sen's proposition with respect to development that development is about providing people with the means to lead the kinds of lives they have reason to value (Sen, 1999).



CONCEPTUAL FRAMEWORK

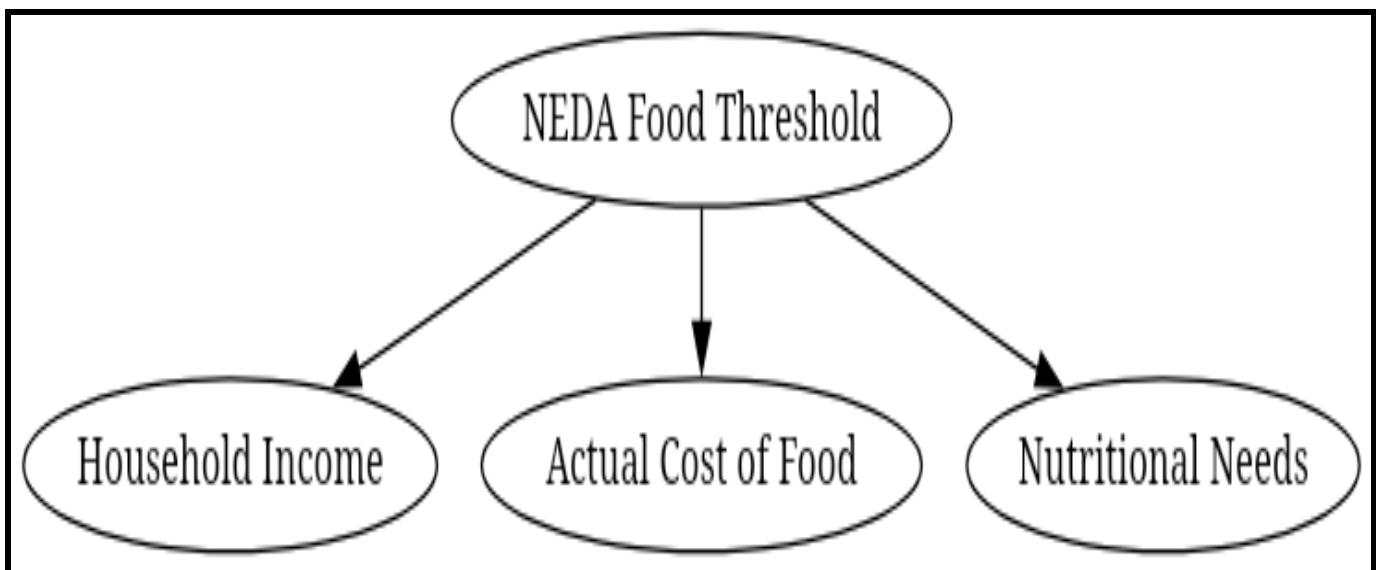


Figure 1: The Correlational Model of NEDA ₱64/day Food Threshold and Poverty

Incidence in Caloocan City

This correlational model presents the relationship between the food threshold of the National Economic and Development Authority (NEDA), which is the ₱64/day food threshold. Many variables are independent of the relationship between food threshold and dietary needs. These include household income, actual cost of food, and nutritional needs. Household income indicates the economic status of the households and how it affects their capacity to fulfill the ₱64 daily food budget. Actual Cost of Food is the NEDA threshold enough in this day and age when prices of commodities rise and fall every other minute. Nutritional needs are also important because health will be achieved through them, and where these needs are not catered for, it leads to health problems due to malnourishment.



DEFINITION OF TERMS

Correlational Analysis- is a statistical method used to evaluate the strength of relationship between two quantitative variables. (Franzese & Luliano, 2018)

Dietary Requirements- is the lowest continuing intake of a nutrient that for a specific indicator of adequacy, will maintain a defined level of nutriture in an individual. (Sutherland et al., 1998)

Food Insecurity- is a condition in which households lack access to adequate food because of limited money or other resources. (Gundersen & Ziliak, 2015)

Food Poor- is a term used by NEDA's Secretary, which refers to individuals or families who spend on less than ₱64 or less for three meals a day. (Antonio Balisacan, 2024)

Food Poverty- it does not simply occur due to a lack of money but also develops as a result of a number of other factors, such as lack of knowledge, skills or equipment to prepare healthy foods. (Coe, 2013)

Food Security- is when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life. (World Food Summit, 1996)

Food Threshold- is the minimum income or expenditure required for a family or individual to meet the basic food needs, which satisfies the nutritional requirements. (Philippine Statistics Authority, 2020)

National Economic and Development Authority- is the country's premier socioeconomic development planning and policy coordinating body primarily responsible for formulating



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continuing, coordinated and fully integrated social and economic policies, plans, and programs.

(NEDA, 2024)

Per Capita Income- is the measurement of average income per person in a specific country, city, or region within a definitive time period. (Financial Corporate Institute, 2021)

Poverty- is when one or more persons do not attain a level of material well-being deemed to constitute a reasonable minimum by the standards of that society. (Ravallion, 1992)

Poverty Incidence- is the proportion of individuals living in certain households with an average per capita expenditure below the poverty line. (National Statistical Coordination Board)

Poverty Rate- is the ratio of the number of people (in a given age group) whose income falls below the poverty line; taken as half the median household income of the total population. (OECD, 2014)

Poverty Threshold- is the minimum income required for a family or individual to meet the basic food and non-food requirements. (Philippine Statistics Authority)

Undernutrition- is the insufficient intake of energy and nutrients to meet an individual's needs to maintain good health. (Maleta, 2006)



CHAPTER 3

METHODOLOGY

RESEARCH DESIGN

The researchers will be using the quantitative method in their research to examine their study. The Quantitative method is the process of collecting and analyzing numerical data through polls, questionnaires, and surveys. Additionally, It can be used to find patterns and averages, make predictions, test causal relationships, and generalize results to wider populations (Bhandari, 2020). Under the types of Quantitative Method, the researchers have chosen Correlational Research.

Correlational research design is an appropriate choice when the study is exploring the relationship between variables. It is useful when you want to identify the relationships, it can help to determine the strength and direction of relationship between variables (Voxco, 2021). It answers the questions that are essential for gathering answers such as: what relationship exists, by examining the connection between two or more variables.



POPULATION AND SAMPLE OF THE STUDY

The population of this study comprises residents of Barangay 172, Barangay 176, and Barangay 177 in Caloocan City. These barangays were selected as representative clusters to examine the correlation between the National Economic and Development Authority (NEDA) food threshold and dietary requirement. .

A cluster sampling technique was utilized, with the three barangays serving as distinct clusters. From each barangay, 50 respondents were randomly selected, resulting in a total sample size of 150 participants. This approach was adopted to achieve efficient coverage of the target population while ensuring diversity among the respondents' demographic profiles.



RESEARCH INSTRUMENT

The researchers employed a survey using paper-based questionnaires with close-ended questions to gather quantitative data from respondents. The questionnaire, invented by Sir Francis Galton, a British anthropologist, explorer, and statistician in late 1800s, is a list of mimeograph or printed questions that is completed by or for a respondent to give his opinion. According to Kuphang (2024), a questionnaire's structured format facilitates standardized data collection, organization, and analysis, particularly advantageous for quantitative research endeavors. This method offers researchers cost-effectiveness, accessibility, and the ability to reach a broad and diverse population, enabling efficient gathering of comprehensive insights (Kuphang, 2024).

The questionnaires consisted of three parts: Firstly, Demographic Information gathered respondent names and monthly household income. Secondly, Food Expenditure assessed daily food spending and priorities. Lastly, Dietary Requirements inquired perceptions of the ₱64 food threshold, awareness, and its impact. Data collection for this study was finalized on November 4, 2024.



DATA GATHERING PROCEDURE

The researchers prepared a letter to conduct data and signed by the professor of their subject in practical research 2. The researchers prepared a questionnaire to gather data from the respondents. The questionnaire focused on the correlation between the National Economic and Development Authority's (NEDA) food threshold and the dietary requirements of an individual. The researchers scattered to Barangay 172, 176, and 177 in Caloocan City to distribute the questionnaire. The researchers explain some terms, such as "dietary needs," so that respondents can fully understand the questions in the questionnaire and answer them with knowledge and responsibility as the subject of the study. The researchers requested and reminded the respondents to answer carefully and with honesty. The researchers use cluster sampling, according to Scribbr, cluster sampling is a probability sampling method in which you divide a population into clusters, such as districts or schools, and then randomly select some of these clusters as your sample. In this study, since the researchers tend to seek the correlation between the National Economic and Development Authority's (NEDA) food threshold and the dietary needs of an individual, the researchers believe that cluster sampling is the best research design for their research. After the respondents had answered the questionnaire, the researchers used Google Forms to tally the data easily for data interpretation. The researchers used the Microsoft Excel that the professor in the practical research suggested to help the researchers interpret the data.



STATISTICAL TREATMENT

The data collected by the researchers from the respondents will be compiled, sorted, organized and tabulated. They were subject to the following statistical treatment in order to answer the questions proposed in the study.

- 1. Frequency and Percentage Distribution** - The frequency of each response will show how many respondents fall into each category and what percentage they represent out of the total sample.

The formula is:

$$P = \frac{f}{n} \times 100$$

Where:

P = percentage

f = frequency of response

n = total of respondents

100 = constant number



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2. Chi-square test - The Chi-square test of Independence is used in analyzing two variables with multiple categories. The observed frequencies will be determined on the number of the respondents who will check in the particular item.

$$\chi^2 = \sum \frac{(O_i - E_i)^2}{E_i}$$

Where:

O_i = observed frequencies

E_i = expected frequencies

With: $df = (r-1)(c-1)$

Where:

r = number of rows

c = number of columns



CHAPTER 4

PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA

In this chapter, the outcome of the survey is presented, and the information collected through the respondents answers to the questionnaire is explained. The results of the study are presented in tables, and are distributed according to the research questions and hypothesis of the research.

Table 1
Distribution of Respondents by Barangay

Barangay	Frequency	Percentage
Barangay 177	50	33.33%
Barangay 176	50	33.33%
Barangay 172	50	33.33%
Total	150	100%

Shows the percentage of the respondents according to their Barangay. The distribution of respondents in every Barangay is 50 equivalent to 33.33%. In this table, it shows an equal frequency and percentage.



Table 2
Shows the Income Bracket and Number of Households
in the Selected Areas of Caloocan City belongs to the p
Poverty Level.

Monthly Income	Frequency	Percentage
Below P5,000	25	16.67
P5,000 - P10,000	37	24.67
P10,000 - P20,000	43	28.67
Above P20,000	45	30

This table provides a breakdown of the income distribution across households in the selected areas of Caloocan City, which can be used to understand the poverty situation in these areas. It shows an answer for SOP 1 and SOP 3. According to GMA news (2024), for 2023, the poverty threshold, minimum income required for a family to meet the basic food and non-food requirements and it was set at a national average of P13,873 per month. The households are categorized into four income brackets. Using the standard of PSA and the table above, below 5,000 to 10,000 is the income bracket that belongs to the poorest of the poor. Below 5,000 to 10,000 income brackets have a percentage total of 41.34% including 62 households, it answers research question 3, with the total of households in the selected areas of Caloocan City belonging to the poverty level.



Table 3
Shows the Cost the Respondents Spend for Food in a Day.

Food expenditure	Frequency	Percentage
Below P64	2	1.34
P64-100	9	6
P101-150	24	16
Above P150	115	76.67

The data indicates that the ₱64 daily food threshold set by NEDA falls short of the actual food expenses of most households in the barangays surveyed. A significant majority of the respondents reported spending more than ₱64 per day on food, which shows that the threshold is insufficient to meet even basic dietary needs. This shows the financial struggles faced by families in meeting their daily food requirements.



Table 4

Presents the Frequency and Percentage Distribution of Food Priorities in the Selected Areas of Caloocan City.

Food priority	Frequency	Percentage
Carbohydrates (rice, bread, etc.)	125	83.33
Protein (meat, fish, legumes)	105	70
Vegetable & Fruits	86	57.33
Processed foods	49	32.67
Canned goods	9	6

The data connects with SOP 2. According to the National Economic and Development Authority (2024), the daily food threshold of ₱64 is calculated by dividing the 2023 monthly food threshold of ₱9,581 for a family of five by the approximate number of days per month or 30 days. However, this budget falls short of meeting individuals' dietary requirements, as evident in the table.

Based on a survey of 150 residents in selected Caloocan City areas, the respondents selected various food types they consume, showing carbohydrates (83.33%) such as rice and bread, as the most prioritized, followed by protein (70%) including meat, fish, and legumes, vegetables and fruits (57.33%), processed foods (32.67%), and canned goods (6%). In line with these findings, the Department of Trade and Industry's Undersecretary Amanda Nograles (2024) suggested that with a daily budget of ₱64, Filipinos can barely afford basic meals. Specifically, breakfast options may include one sachet of 3-in-1 coffee (₱10) and a few pieces of pandesal (₱2 each). Moreover, lunch and dinner choices are limited to instant noodles (at least ₱10), and a can of sardines (at least ₱20). Additionally, other options include evaporated



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milk (₱44 for 410ml), instant noodles (₱7.75 for 55g), and three-in-one coffee (₱4.10 for 18g).

However, these options are deemed unhealthy and insufficient, particularly when vegetables are added to meals.

Table 5
Shows the Household's Dietary Needs are Not Met

Scale	Frequency	Percentage
Agree	34	22.67
Disagree	17	11.33
Neither Agree or Disagree	99	66

Shows the frequency and percentage of respondents' opinions on whether their household dietary needs are met, categorized into 'Agree,' 'Disagree,' and 'Neither'. The high percentage of respondents is 66% who are neutral, suggesting uncertainty or ambivalence about their dietary needs. This could point to varying conditions within households, where some may have access to sufficient food but others may not. However, the fact that nearly 23% of respondents agree their dietary needs are not met is concerning, as it suggests that a significant number of households might be struggling with food insecurity or insufficient nutrition.



Table 5.1

₱64 per Day is Sufficient to Meet the Household's Dietary Needs.

Scale	Frequency	Percentage
Agree	11	7.33
Disagree	127	84.67
Neither Agree or Disagree	12	8

It shows the frequency and percentage of respondents' opinions on whether ₱64 is enough to meet their daily household dietary needs, categorized into 'Agree', 'Disagree', and 'Neither'. Most respondents is about 84.67% feel ₱64 per day is inadequate for meeting their household's dietary needs, while a small percentage 7.33% think it's sufficient, and 8% are uncertain. This highlights concerns about food affordability for many households.

Table 5.2

₱64 Food Threshold Affects the Household's Ability to Meet Dietary Requirements.

Scale	Frequency	Percentage
Agree	108	72
Disagree	7	4.67
Neither Agree or Disagree	35	23.33

The table shows the frequency and percentage of respondents' opinions on the effectiveness of NEDA's ₱64, categorized into 'Agree,' 'Disagree,' and 'Neither'. The majority of respondents 72% believe that the ₱64 food threshold significantly affects their ability to meet dietary requirements, indicating concerns about the adequacy of this amount for proper



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nutrition. Only a small percentage 4.67% disagree, while 23.33% are unsure. This suggests that for most, ₱64 is insufficient to meet dietary needs.

Table 6
Shows the Effect of ₱64 Food Threshold on Dietary Requirements.

VARIABLES	COMPUTED CHI SQUARE	COMPUTED P VALUE	DECISION	REMARKS
₱64 food threshold on meeting the dietary requirements of households	360.43	0.000	REJECT NULL HYPOTHESIS	STATISTICALLY SIGNIFICANT

The results presented in table 3 examine the effect of the ₱64 food threshold on whether households can meet their dietary requirements. The computed chi-square value is 360.43, which indicates a strong relationship between the ₱64 food threshold and the ability to meet dietary needs. The associated p-value is 0.000, which is well below the commonly accepted significance level of 0.05. This means that the likelihood of observing such an extreme result under the assumption that there is no effect. Since the p-value is less than 0.05, we reject the null hypothesis, which suggests that the ₱64 food threshold does indeed have a significant effect on households' ability to meet their dietary requirements. To gain an answer from SOP 4, the analysis in ₱64 food threshold is not sufficient for many households to meet their dietary needs, indicating that a higher threshold might be necessary to ensure adequate nutrition.



CHAPTER 5

CONCLUSIONS & RECOMMENDATIONS

SUMMARY

Evidence from the data presents important information about the feasibility of the NEDA ₱64 food threshold in relation to the dietary needs of an individual. Of the total target population of 150 families within a particular area of Caloocan City, the researchers obtained answers from 50 families in Barangay 172, 50 families in Barangay 176, and 50 families in Barangay 177. The individuals who answered questionnaires in what barangay shows in Table 1. As for household income presented in Table 2, the data shows that households earning below P10,000 are the most vulnerable to poverty. For the food consumption expenditures presented in Table 3, the overwhelming majority spend more than ₱64 a day on food, which suggests that the present threshold is not enough to support the nutritional requirements of a person. For Table 4, carbohydrates such as rice and bread gained the most prioritization at 83.33%, with sources of protein such as meat, fish, and legumes coming in second at 70%, vegetables and fruits at 57.33%, some processed foods at 32.67%, and canned goods at 6%. Looking at the respondents' answers on fulfilling dietary requirements at Table 5, 72% of respondents in total believed they did not satisfy their dietary requirements, while 4.67% disagreed and 23.33% neither agreed nor disagreed. For table 5.1, most respondents are 84.67% who disagree that ₱64 per day is enough to meet their household's dietary needs, suggesting that this amount is insufficient for proper nutrition. The majority of the respondents believe that the amount of 64 pesos cannot satisfy the dietary needs of an individual. And a



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large portion 72% who agrees that the ₱64 food threshold affects their ability to meet dietary requirements, highlighting the impact of limited food budgets on nutrition. In table 6, to answer the hypothesis, a chi-square analysis presented a computed value of 360.43 and a p-value of 0.000, rejecting the null hypothesis. The relationship between the food threshold of ₱64 and dietary need fulfillment among the households is significant. However, the ₱64 threshold has been shown to be insufficient as it does not fulfill the nutritional needs of an individual.

CONCLUSIONS

This study reveals a statistically significant correlation between the National Economic and Development Authority Food Threshold and Dietary Requirements among individuals in selected areas of Caloocan City. The researchers' findings indicate that the current ₱64 daily food threshold is inadequate to meet dietary needs, with the majority of households exceeding this expenditure. The data collected reveals that the poorest households, particularly those earning below ₱10,000 per month, are disproportionately vulnerable to poverty and nutrition insecurity. These families are often unable to meet their basic needs, including nutrition, due to limited financial resources. Food group prioritization favors carbohydrates and protein sources over canned goods. Seventy-two percent of respondents reported unmet dietary requirements. Therefore, revised food thresholds, targeted nutrition programs, and poverty alleviation strategies are necessary to ensure food security and nutritional well-being in vulnerable populations.



RECOMMENDATIONS

It is evident from the data that the ₱64 food threshold set by NEDA does not match the actual cost of meeting basic food needs. The findings show that most respondents spend much more than this amount on their daily food expenses, showing that the current standard does not reflect the real situation of households in the surveyed barangays. To address this, it is recommended that NEDA reviews how the food threshold is calculated by using updated economic data and taking into account the differences in food prices across regions. Revising the threshold to reflect the real cost of food would provide a clearer picture of poverty levels and help create better policies and programs for those in need.

Many households, especially those earning less than ₱10,000 a month, are struggling to meet even their basic needs, including food. To help these families, targeted nutrition programs should be put in place, making healthy food more affordable and accessible. It also found that families tend to buy more cheap carbohydrates and proteins, rather than more nutritious options like fruits and vegetables. To change this, we need to make healthier food options more affordable and available, especially in poorer areas. The government should also consider expanding cash transfers, food subsidies, or other forms of financial assistance. These measures would help bridge the gap between household income and rising food costs, ensuring that families can purchase enough nutritious food to sustain their health. By revising the food threshold, increasing financial support, and implementing targeted nutrition programs, the government can address food insecurity more effectively and ensure that vulnerable populations have access to the nutrition they need for better health and well-being.



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APPENDICES

APPENDIX A

November 01, 2024

To Whom It May Concern

Dear Sir/Madam,

Greetings of Peace and Prosperity!

I am Ms. Sophia M. Serra, a grade 12 ABM student at Caloocan City Business High School together with my groupmates: John Lloyd J. Torrejos, Arnold Josh B. Tuazon, Kylle Angel N. Soriano, Marinel Ann Sta. Maria, and Feriena G. Tapang is asking permission to conduct a survey among 150 families in the selected areas of Caloocan City on the topic of "The National Economic and Development Authority Food Threshold and Dietary Requirements of Individual in the Selected Areas of Caloocan City: A Correlational Analysis".

This survey aims to explore the correlation between food thresholds and dietary requirements of an individual, and it may provide valuable insights into the nutritional needs of the community and challenges faced by low-income families. The survey will be conducted through a paper-based questionnaire.

The survey will be completely observed the Data Privacy Act of 2012 or the Republic Act 10173 and all data collected will be kept confidential and used solely for research purposes. The results of the survey will be used to inform the local government units and contribute to future researchers.

My group and I am grateful for your time in answering our survey questions.

Sincerely,
Sophia M. Serra

Marisol P. Bagonoc
Research Adviser



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APPENDIX B

It is the instrument that the researchers used to gather data, it presents questionnaires answered by the respondent.

NEDA's Food Threshold and Dietary Requirement of Individual Questionnaires

We are conducting a study to explore the correlation between food thresholds and dietary requirements of an individual. Kindly answer the following questions below to the best of your ability, and your help and time will be appreciated. Your responses will be kept confidential and used solely for research purposes.

Name: Angela

1. What is your total monthly household income?
 Below P5,000
 P5,000-P10,000
 P10,000-P20,000
 Above P20,000

2. How much do you spend on food per day?
 Below P64
 P64-P100
 P101-P150
 Above P150

3. What types of food does your household prioritize?
 Carbohydrates (rice, bread, etc.)
 Protein (meat, fish, legumes)
 Vegetables & Fruits
 Processed foods
 Can goods

4.

	Agree	Neither Agree or Disagree	Disagree
Your household's dietary needs are not met.	/		
P64 per day is sufficient to meet your household's dietary needs.			/
P64 food threshold affect your household's ability to meet dietary requirements.	/		

Thank you for your participation! Your responses will provide valuable insights to our research, the impact of the P64 food threshold on the dietary needs in your area.

APPENDIX C

NEDA's Food Threshold and Dietary Requirement of Individual Questionnaires

We are conducting a study to explore the correlation between food thresholds and dietary requirements of an individual. Kindly answer the following questions below to the best of your ability, and your help and time will be appreciated. Your responses will be kept confidential and used solely for research purposes.

Name: CAROLEEN JANE NICOLAT

1. What is your total monthly household income?
 Below P5,000
 P5,000-P10,000
 P10,000-P20,000
 Above P20,000

2. How much do you spend on food per day?
 Below P64
 P64-P100
 P101-P150
 Above P150

3. What types of food does your household prioritize?
 Carbohydrates (rice, bread, etc.)
 Protein (meat, fish, legumes)
 Vegetables & Fruits
 Processed foods
 Can goods

4.

	Agree	Neither Agree or Disagree	Disagree
Your household's dietary needs are not met.	/		
P64 per day is sufficient to meet your household's dietary needs.			/
P64 food threshold affect your household's ability to meet dietary requirements.	/		

Thank you for your participation! Your responses will provide valuable insights to our research, the impact of the P64 food threshold on the dietary needs in your area.



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APPENDIX D

NEDA's Food Threshold and Dietary Requirement of Individual Questionnaires

We are conducting a study to explore the correlation between food threshold and dietary requirements of an individual. Kindly answer the following questions below to the best of your ability, and your help and time will be appreciated. Your responses will be kept confidential and used solely for research purposes.

Name: *[Signature]*

1. What is your total monthly household income?
 Below P5,000
 P5,000-P10,000
 P10,000-P20,000
 Above P20,000

2. How much do you spend on food per day?
 Below P64
 P64-P100
 P101-P150
 Above P150

3. What types of food does your household prioritize?
 Carbohydrates (rice, bread, etc.)
 Protein (meat, fish, legumes)
 Vegetables & Fruits
 Processed Foods
 Can goods

4.

	Agree	Neither Agree or Disagree	Disagree
Your household's dietary needs are not met.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P64 per day is sufficient to meet your household's dietary needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
P64 food threshold affect your household's ability to meet dietary requirements.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

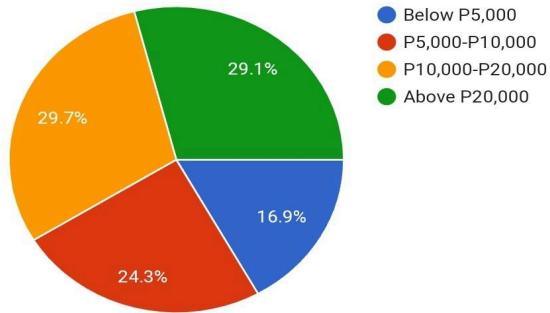
Thank you for your participation! Your responses will provide valuable insights to our research, the impact of the P64 food threshold on the dietary needs in your area.

APPENDIX E

Figure 1. Using a pie graph, the total percentage of responses based on their monthly household income is measured.

What is your total monthly household income?

148 responses



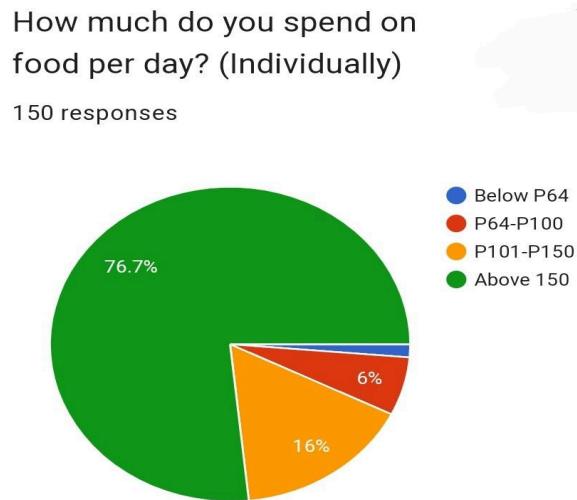


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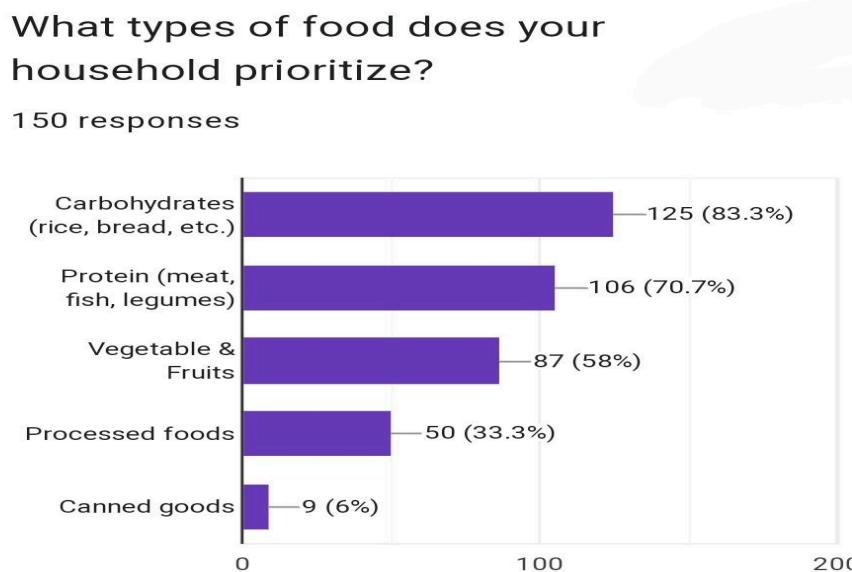
APPENDIX F

Figure 2. Using a pie graph, the total percentage of responses based on their amount of spending for food per day is measured.



APPENDIX G

Figure 3. Using a bar graph, the total percentage and frequency of responses based on their food prioritize in their household when they are free to choose more than one is measured.



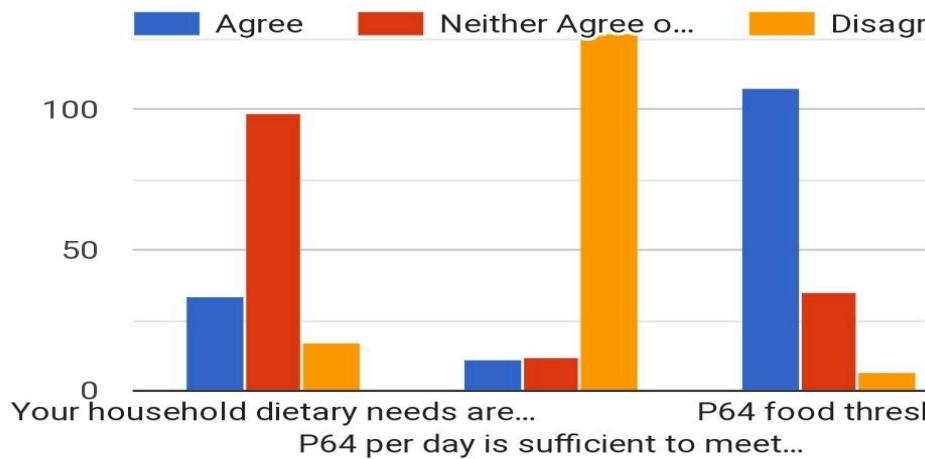


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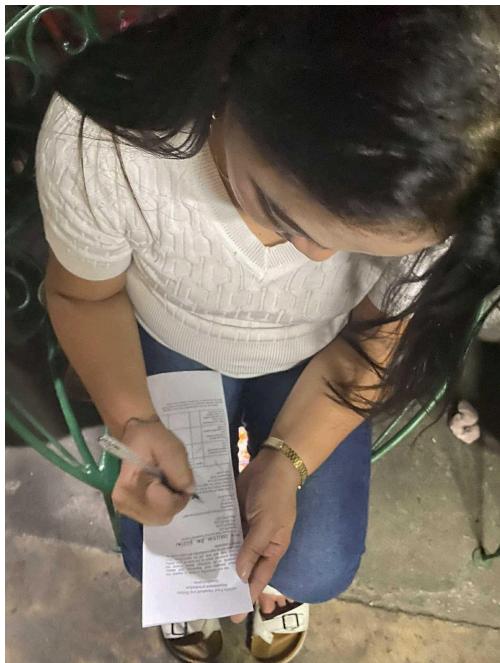


APPENDIX H

Figure 4. Using a bar graph, it shows the comparison of the response using scales (agree, neither agree or disagree, and disagree).



APPENDIX I





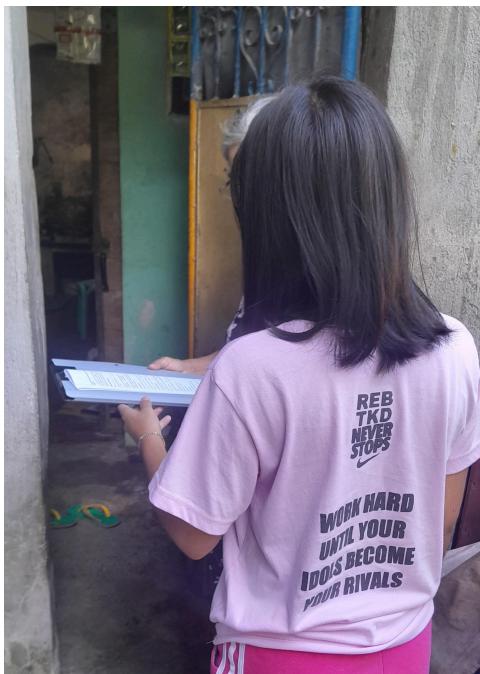
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APPENDIX J



APPENDIX K





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CURRICULUM VITAE



Sophia M. Serra

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 09946922041
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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Tala High School With Honors
Elementary School	Pag-asaya Elementary School With Honors

Relevant Skills

- Excellent Communication Skills
- Customer Service Skills
- Written skills
- Attention to detail
- Adaptability Skills
- Interpersonal skills

Character References

Meylene Ibarra	Teacher in English DepEd Caloocan https://www.facebook.com/meylene.ibarra
Alden Gabutero	Teacher in Science DepEd Caloocan https://www.facebook.com/alden.gabutero



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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Benigno Aquino Jr. High School With Honors
Elementary School	Camarin Elementary School

Relevant Skills

- Time management
- Reliability
- Ambitious
- Compassion
- Teamwork
- Multitasking

Character References

Jamie Ann Tongol	Teacher in Science DepEd Caloocan https://www.facebook.com/jamietongol27?mibextid=LQQJ4d
Mary Ann Montibon	Teacher in Esp DepEd Caloocan https://www.facebook.com/maryann.montibonbahjs?mibextid=LQQJ4d



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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Cielito Zamora Junior High School With Honors
Elementary School	Cielito Zamora Memorial School With Honors

Relevant Skills

- Fast Learner
- Problem Solving
- Time Management
- Adaptability
- Technical Proficiency
- Organizational skills

Character References

Jessica D. Claveria	Teacher in Filipino DepEd Caloocan https://www.facebook.com/jessica.claveria.A19
Patricia Ann B. Cantor	Teacher/Adviser in Grade 11 Marketing/Organization and Management DepEd Caloocan https://www.facebook.com/besa.patricia



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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Caloocan City Business High School With Honors
	Our Lady of Lourdes Catholic School Top Achiever
Elementary School	Camarin D. Elementary School Top Achiever

Relevant Skills

- Adaptability
- Creativity
- Reliability
- Written Skills
- Prioritization
- Active Listening and Communication

Character References

Lelanie G. Sanchez	Teacher/Adviser in Grade 5 (Mathematics) DepEd Caloocan https://www.facebook.com/lelanie.sanchez
Patricia Ann B. Cantor	Teacher/Adviser in Grade 11 (Marketing/Organization and Management) DepEd Caloocan https://www.facebook.com/besa.patricia



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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Caloocan City Business High School With Honors
Elementary School	Urduja Elementary School With Honors

Relevant Skills

- Good Communication
- Multi-Tasking
- Analyzation
- Hard Working
- Quick Adaptability
- Time Management
- Organized Tasks

Character References

Patricia Ann Besa-Cantor
Teacher/Adviser in Grade 11 Marketing/Orgman
DepEd Caloocan
<https://www.facebook.com/besa.patricia>

Francis Gili
Teacher/Adviser in Grade 12 UCSP/Business Finance
DepEd Caloocan
<https://www.facebook.com/lilgsicnarf>



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Education

Senior High School	Caloocan City Business High School Accountancy, Business, and Management With Honors
Junior High School	Caloocan City Business High School With Honors
Elementary School	Urduja Elementary School With Honors

Relevant Skills

- Problem- Solving
- Adaptability
- Creativity
- Kinesthetic Learner
- Accountability
- Team player

Character References

Thessa T. Villaverde	Medical Representative UNILAB 0945-116-2036
Patricia Ann Besa-Cantor	Teacher / Adviser in Grade 11 Principles of Marketing / Organization Management DepEd Caloocan https://www.facebook.com/besa.patricia