



# 2014 Nutrition Month

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# A Nation at Risk

← EACH LINE REPRESENTS A STORM TRACK BETWEEN 2003 AND 2013

**WARMER OCEAN WATERS**

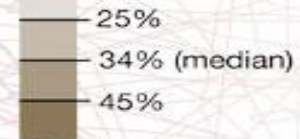
**COASTAL HOMES**

**DEFORESTATION**

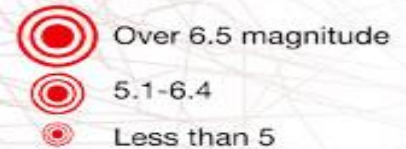
**RING OF FIRE**

**POVERTY**

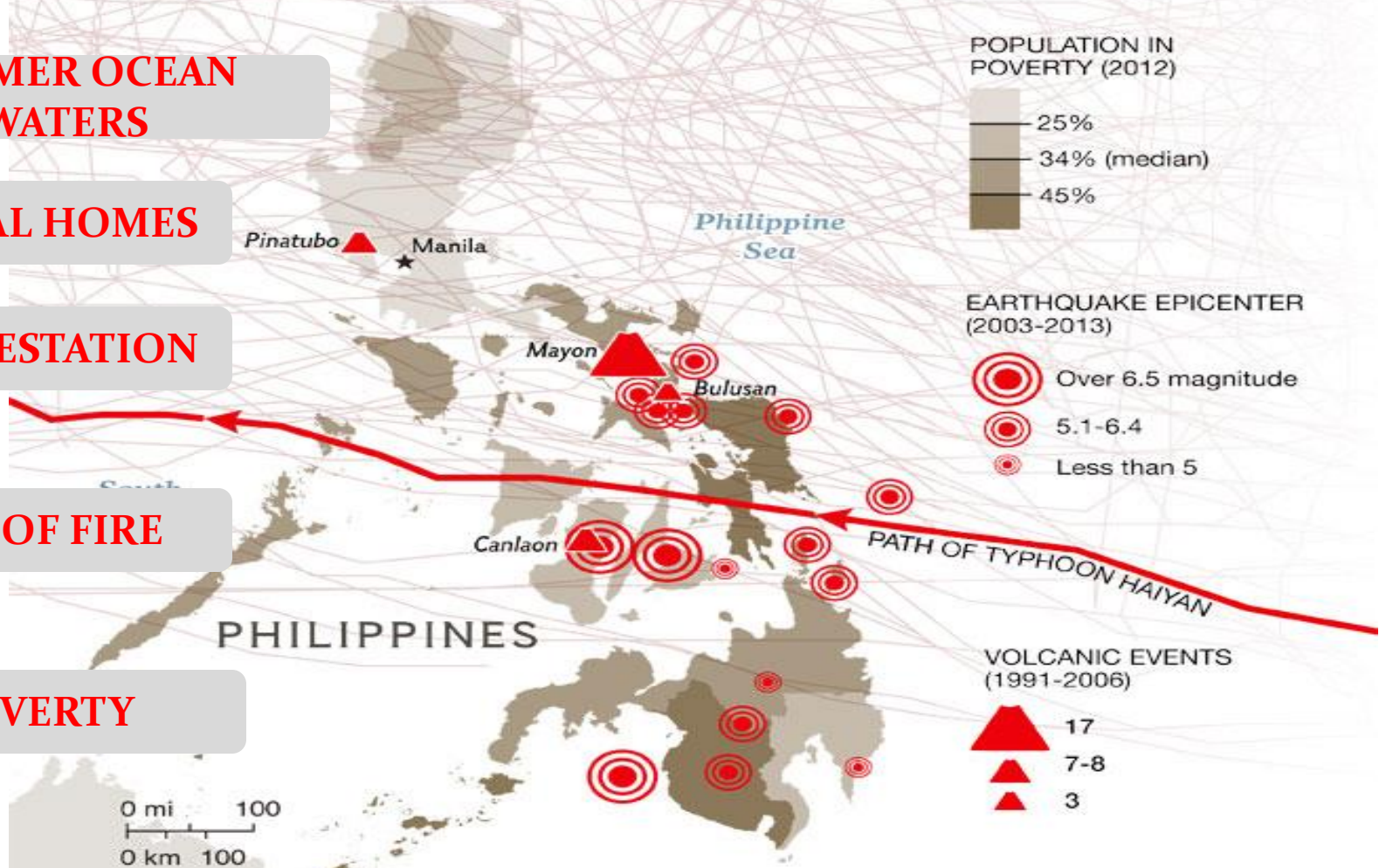
POPULATION IN POVERTY (2012)



EARTHQUAKE EPICENTER (2003-2013)



VOLCANIC EVENTS (1991-2006)



SOURCES: NOAA; SMITHSONIAN; NATIONAL STATISTICAL COORDINATION BOARD, PHILIPPINES



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Gutom at malnutrisyon agapan!**



**2014 NUTRITION MONTH**



# Outline

1. Nutrition Month theme and objectives
2. Why nutrition in emergencies (NiEm)
3. Nutrition management in emergencies
4. Nutrition Cluster
5. Minimum Nutrition Service Package
6. Key messages on NiEm





# Objectives of Nutrition Month

- Promote interventions to address nutritional needs for emergency preparedness, response and recovery phases
- Mobilize responders to address gaps in nutrition in emergency response
- Increase awareness on coping and resiliency strategies to prevent malnutrition and worsening of nutritional status



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**2014 NUTRITION MONTH**



# Definition

- **Nutrition in emergencies (NiEm)** refers to nutrition services that are part of emergency preparedness, response and recovery to prevent death and/or deterioration of nutritional status
- **Nutrition emergencies** refer to conditions of malnutrition in emergency-affected populations or in areas where there is food insecurity

# Why Nutrition in Emergencies?



Prevent  
death



Uphold  
the right  
to  
nutrition



Prevent  
malnu-  
trition



Reduce  
risk to  
malnu-  
trition

# Pre-existing malnutrition in the country

**0-4 years old:**

**19.9% underweight**

**30.3% stunted**

**7.9% wasted**

**5-10 years old:**

**29.1% underweight**

**29.9% stunted**

**8.6% wasted**

**25.2% pregnant  
anemic**

**39.4% infants  
anemic**

**67%  
families not  
eating  
enough**



**Iodine deficiency**

**15% children  
with vitamin A  
deficiency**



# Emergencies can result to:

1. Acute malnutrition (muscle wasting)



# Emergencies can result to:

2. Chronic malnutrition  
(Stunting and impaired mental and physical development)



Emergencies can result to:

3. Micronutrient deficiencies



Vitamin A  
deficiency

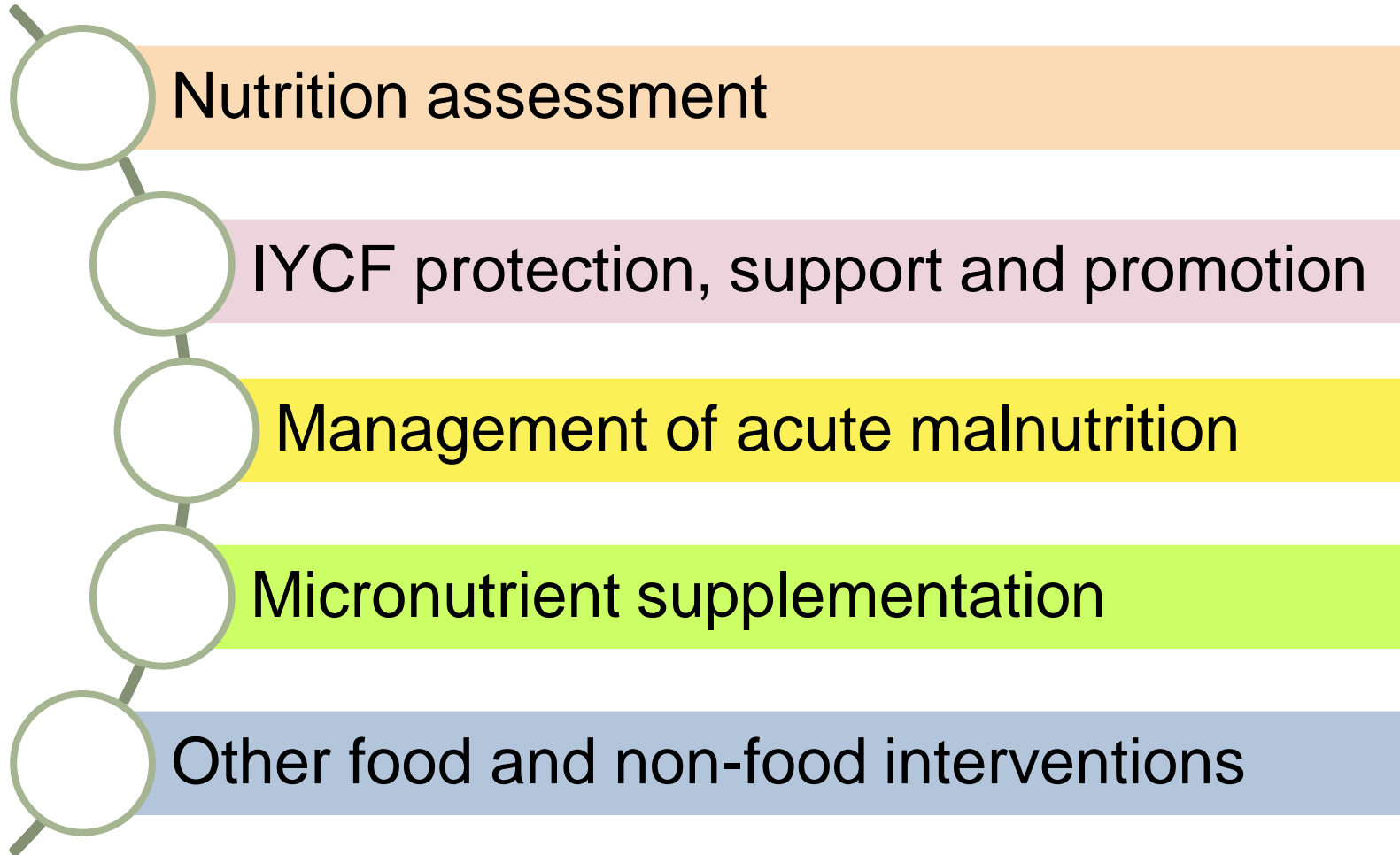


Iron deficiency  
anemia



Iodine deficiency  
disorders

# Components of NiEm



# Nutrition assessment

- Multi-cluster assessment tool measures food security, health, nutrition, sanitation, child protection and other concerns
- SMART or Standardized Monitoring and Assessment of Relief Transitions survey measures the extent to which response is able to meet needs of affected population; measures nutritional status of children under 5 and mortality rate



# Rapid nutrition assessment

- A quick way to identify level of malnutrition in affected area and is done within the first two days following an emergency
- To identify severe and moderate acute malnutrition cases for immediate treatment and referral



# Management of acute malnutrition

- Active nutrition screening through MUAC or weight-for-height
  - Children 6-59 months old
    - 11.5 cm to <12.5 cm, no edema are provided with targeted supplementary feeding
    - <11.5cm with or without edema are referred to therapeutic program



# Management of acute malnutrition

On screening



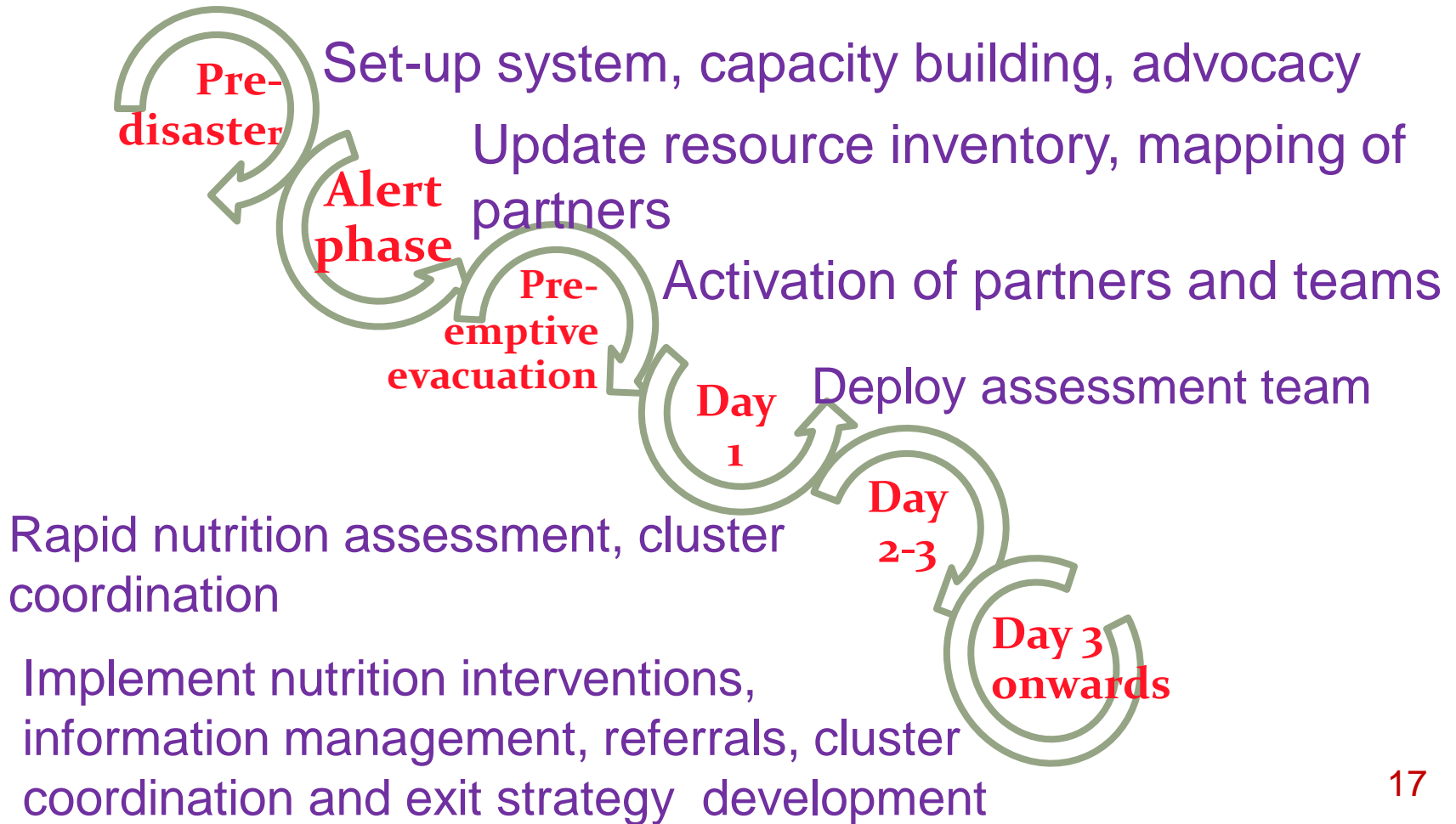
Within 3 weeks



After 6 weeks



# Recommended Nutrition Cluster Response or the Minimum Nutrition Service Package





# Nutrition in Emergencies Policy

National Policy on Nutrition Management in Emergencies and Disasters (NNC Governing Board Resolution No. 2, S. 2009 ([www.nnc.gov.ph](http://www.nnc.gov.ph)))

- Provides the standards and guidelines on appropriate nutrition interventions and aid in identifying agency involvement
- Local nutrition management in emergencies as component of local nutrition action plans



# Cluster approach for NiEm coordination

- NDRRMC Circular 5-2007 - Institutionalization of the Cluster Approach in the Philippine Disaster Management System, Designation of Cluster Leads and their Terms of Reference at the National, Regional and Provincial Level
- DOH Department Order 2007-2492 - Creation of the Health Cluster with Sub-Clusters on Health, Nutrition, WASH and MHPS
- DOH DPO 2007-2492A – amended in March 2013 to name the NNC as chair of the nutrition cluster replacing HEMS

# The Nutrition Cluster



## Global Nutrition Cluster

**National Level**

- National Nutrition Cluster



**Regional Level**

- Regional Nutrition Cluster



**Provincial/City  
Municipal/  
Barangay Level**

- Local Nutrition Cluster

# National Nutrition Cluster

- NNC – Chair
- DOH (HEMS, NCDPC, NCHFD, NCHP)
- DOH-FDA
- DOST-FNRI
- DSWD (DRRROO, CWC)
- DILG
- DTI
- DepED
- CHED
- UNICEF – co-Chair
- ACF International
- Arugaan
- Child Fund
- Helen Keller International
- Medecins Sans Frontieres
- Merlin
- Philippine Red Cross
- Plan International
- Save the Children
- UN World Food Programme
- World Health Organization
- World Vision

# Role of Nutrition Cluster

- To ensure that nutritional status of affected populations will not worsen
- Facilitate strategic collaboration and comprehensiveness of emergency management, resource mobilization and integration of cross-cutting nutrition concerns with other clusters

# Key messages on NiEm

1. Organize and ensure functionality of local nutrition clusters which should make available the recommended minimum nutrition service package during emergencies



# LGU Preparedness checklist

- Packaging of Nutrition in Emergencies training kits and trainings on NiEm and IYCF-Em
- Orientation on Early Warning Information and Disaster Risk Reduction and Management among employees and residents
- Inventory of resources
- Implementation of regular nutrition programs
- Updating of database of NiEm trained personnel
- Cluster coordination meetings

# LGU Preparedness checklist

## ✓ Inventory of resources

- Vitamin A capsules
- Multiple micronutrient powder
- Ferrous sulfate with folic acid tablets
- IEC for Nutrition
- MUAC tapes
- Weighing scale
- Weight for height reference table
- Height Board
- Ready-to-Use Therapeutic Food (RUTF)
- Ready-to-Use Supplementary Food (RUSF)
- Antibiotics, deworming tablets

# Key messages on NiEm

2. Prevent malnutrition by providing food and non-food interventions especially to families with pregnant women, infants and preschool children.

# Food-based Interventions

- Food Ration or Family Food Packs
- Emergency School Feeding
- Food for Work
- Supplementary Feeding
- Therapeutic Care – (use of F75, F100, RUTF foods; community and hospital treatment)

# Therapeutic foods





# Non-food based Interventions

- Cash for Work
- IYCF–Emergencies
- Health and nutrition services (water and sanitation, deworming, vaccination, management of communicable diseases)
- Micronutrient Supplementation and Food Fortification (including micronutrient powders)

# Key messages on NiEm

3. Protect, promote and support appropriate infant and young feeding (IYCF) practices.

- Do not allow donations of infant formula.
- Establish human milk banks
- Organize surrogate breastfeeding mothers (wet nurse)
- Organize and sustain support groups to counsel mothers with on IYCF practices
- Establish mother-baby friendly spaces

# Mother-baby friendly spaces



# Key messages on NiEm

## 4. Be food secure.

- Families can store a 3-day supply of non-perishable and easy to prepare food items.
- Supply of safe food and water and clean containers can be prepared to prevent food and water-borne diseases.

# Family emergency preparedness checklist

## Store 3-day supply of:

- ✓ water stored in clean plastic bottles (2 L for drinking and 2 liters for food preparation and cleaning per person, per day)
- ✓ canned sardines/meat/fruits/vegetables
- ✓ canned juices/milk for adults
- ✓ cup noodles
- ✓ dried fish/fruits
- ✓ high energy food – peanut butter, crackers, jelly
- ✓ foods for infants/elderly/persons on special diet
- ✓ comfort food – biscuits, hard candy, instant cereal, instant coffee
- ✓ paper cups, plates and plastic utensils



## Family emergency preparedness checklist

Families with breastfeeding children should prepare **breastfeeding kit** with:

- Malong or *tapis*
- feeding cup with cover
- food container with spoon and fork
- 1 liter glass tumbler with cover
- Nutrition IEC materials
- Birth registration form

# Let's do our part!

Spread the message

Be informed

Be concerned and save lives

Donate

Provide for the future

Be alert, be prepared



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**2014 NUTRITION MONTH**

**For more details:  
Nutrition Month Talking Points  
(available at [www.nnc.doh.gov.ph](http://www.nnc.doh.gov.ph))**

**Write or call  
National Nutrition Council  
2332 Chino Roces Ave Ext., Taguig City  
<http://www.nnc.gov.ph>  
[facebook.com/nncofficial](https://www.facebook.com/nncofficial)  
[youtube.com/user/NNC1974](https://www.youtube.com/user/NNC1974)  
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