EXPANDED NATIONAL NUTRITION SURVEY

What does the 2018 data say: Are we IN or OUT?

HOUSEHOLD FOOD CONSUMPTION SURVEY
DISSEMINATION FORUM
July 28, 2020
DOST-FNRI, Taguig City
EXPANDED NATIONAL NUTRITION SURVEY: 2018

FOOD CONSUMPTION SURVEY: Household Level
FOOD CONSUMPTION SURVEY

- Provides a **direct measure of the food situation**
- Reflects the **food and nutrients actually available** to the household
- Presents **food intake data in relation to regional, economic, demographic and socio-economic differences** in the country
The official and only recognized statistical source of data on food consumption and nutrient intakes in the Philippines;

Provide insights on the changing dietary pattern of the population; and

Helps identify public health concerns from inadequate intake to excess consumption
RATIONALE & SIGNIFICANCE

- Data is used in the development of policies and programs for poverty alleviation, food security, and health and nutrition endeavors of the government and private organizations.

- To track progress of achieving the 100% energy adequacy at the household level.
SURVEY COMPONENTS

ANTHROPOMETRY  BIOCHEMICAL  DIETARY

3 Components in 1978 NNS
SURVEY COMPONENTS

ANTHROPOMETRY
BIOCHEMICAL
DIETARY
CLINICAL & HEALTH
SOCIO-ECONOMIC
GOVERNMENT PROGRAM

3 Components in 1978 NNS
9 Components in 2013 NNS

FOOD SECURITY
MATERNAL
IYCF
Sampling Design of the 2018 ENNS

2013 Master Sample (PSA)

**Sampling domains:**
- 81 provinces
- 33 HUCs
- 3 other areas (Pateros, Isabela City, Cotabato City)

**2-Stage Cluster Sampling Design**

**1st Stage - PSUs**
- PSU size ranges from 100 to 400 households

**2nd stage**
- 16 sample replicates are drawn from each domain
- Households from 16 replicates (1,536)

Icons used were retrieved from http://www.flaticon.com
Coverage

50% of sample households or an average of 768 per sampling domain or provinces/HUCs

Respondent

member responsible in the food preparation
<table>
<thead>
<tr>
<th>Philippines</th>
<th>Eligible No. of HHs</th>
<th>No. of HH Covered</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>28,298</td>
<td>20,326</td>
<td>71.8%</td>
</tr>
</tbody>
</table>
Method of Data Collection

- Food Inventory
- Household Food Weighing
- Food Recall
TOOLS/EQUIPMENT

Digital Dietetic Scales

Manual of Instructions

Questionnaire

Calculator, pencil, clipboard, cloth rag

Standard weights (2000 g or 2 pcs 1000 g)
Flowchart of analysis of food intake

**Dietary Evaluation System**

**Editing and Validation of Food Intake Data**

- **COMPUTATION OF FOOD INTAKE**
  - Conversion of cooked food items into raw as purchased form
  - Conversion of raw edible food items into raw as purchased form

- **COMPUTATION OF ENERGY AND NUTRIENT INTAKE**
  - using the Philippine Food Composition Table

- **Computation of proportion Meeting or not meeting recommendation/requirements using PDRI**
Results
Mean one-day household food intake by food group and percent contribution to the total intake: Philippines, 2018

- Cereals and Cereal Products: 1198.2g (39%)
- Vegetables: 454.1g (15%)
- Fish and Products: 338.1g (11%)
- Meat and Products: 236g (8%)
- Milk and Milk Products: 198.5g (6%)
- Fruits: 145.7g (5%)
- Eggs: 81.2g (3%)
- Fats and Oils: 57.4g (2%)
- Dried Beans and Seeds: 36.5g (1%)
- Starchy Roots and Tubers: 40.7g (1%)
- Miscellaneous: 120.8g (4%)
- Poultry: 131.5g (4%)
- Sugar and Syrups: 33g (1%)

Total food intake: 3072g
Mean one-day household food intake by food group and percent contribution to the total intake by place of residence: Philippines 2015 and 2018

<table>
<thead>
<tr>
<th>Food Group</th>
<th>2015</th>
<th>2018</th>
<th>2015</th>
<th>2018</th>
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<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal and Cereal Products</td>
<td>1447g (43.2%)</td>
<td>1198.2g (39%)</td>
<td>1561g (45.9%)</td>
<td>1248g (40.6%)</td>
<td>1360g (40%)</td>
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<tr>
<td>Fats and Oils</td>
<td>496g (14.6%)</td>
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<td>Sugar and Syrups</td>
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<td>Fish, Meat and Poultry</td>
<td>740g (21.8%)</td>
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</table>
Mean one-day household food intake by household Wealth Quintile: Philippines, 2018

<table>
<thead>
<tr>
<th>Wealth Quintile</th>
<th>IN GRAMS (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>POOREST</td>
<td>1400, 639, 103</td>
</tr>
<tr>
<td>POOR</td>
<td>1343, 852, 113</td>
</tr>
<tr>
<td>MIDDLE</td>
<td>1331, 1059, 124</td>
</tr>
<tr>
<td>RICH</td>
<td>1289, 566, 568</td>
</tr>
<tr>
<td>RICHEST</td>
<td>1449, 669, 138</td>
</tr>
</tbody>
</table>

- **ENERGY-GIVING FOOD**
- **BODY-BUILDING FOOD**
- **BODY-REGULATING FOOD**
- **MISCELLANEOUS**
Mean one-day household food intake by major food groups and household size, 2018

Energy-giving Food
Body-building Food
Body-regulating Food
Miscellaneous

<table>
<thead>
<tr>
<th>Country</th>
<th>1-2</th>
<th>3-4</th>
<th>5-6</th>
<th>7-8</th>
<th>9 and above</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td>1329</td>
<td>1089</td>
<td>1468</td>
<td>1922</td>
<td>2446</td>
</tr>
<tr>
<td></td>
<td>941</td>
<td>822</td>
<td>1066</td>
<td>1222</td>
<td>1586</td>
</tr>
<tr>
<td></td>
<td>600</td>
<td>522</td>
<td>663</td>
<td>785</td>
<td>935</td>
</tr>
<tr>
<td></td>
<td>121</td>
<td>106</td>
<td>134</td>
<td>155</td>
<td>196</td>
</tr>
<tr>
<td></td>
<td>612</td>
<td>350</td>
<td>66</td>
<td>155</td>
<td>196</td>
</tr>
</tbody>
</table>
Percent contribution of food groups to total intake and mean one-day food intake by Food Security status: Philippines, 2018

**Food Secure**
- 1076.5g (35%)
- 230.1g (7.5%)
- 790.7g (25.8%)
- 161.8g (5.3%)
- 434.2g (14.4%)

**Food Insecure**
- 1298.3g (42.2%)
- 470.7g (15.3%)
- 637.4g (20.7%)
- 132.8g (4.3%)
- 434.2g (14.4%)

- Miscellaneous: 119.2g (3.9%)
- Fruits: 39.2g (1.3%)
- Vegetables: 81.8g (2.6%)
- Dried Beans, Nuts and Seeds: 39.5g (1.3%)
- Milk and Milk Products: 56.5g (1.8%)
- Eggs: 34.1g (1.1%)
- Fish, Meat and Poultry: 58.5g (1.9%)
- Fats and Oils: 34.1g (1.1%)
- Sugar and Syrups: 31.8g (1.0%)
- Starchy Roots and Tubers: 31.8g (1.0%)
- Cereals and Cereal Products: 39.5g (1.3%)
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Cost (Php)</th>
<th>Percent Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal and Cereal Products</td>
<td>77.3</td>
<td>28%</td>
</tr>
<tr>
<td>Strachy Roots and Tubers</td>
<td>2.5</td>
<td>1%</td>
</tr>
<tr>
<td>Sugar and Syrups</td>
<td>4.6</td>
<td>2%</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>6.4</td>
<td>2%</td>
</tr>
<tr>
<td>Fish, Meat and Poultry</td>
<td>107.6</td>
<td>39%</td>
</tr>
<tr>
<td>Eggs</td>
<td>10.7</td>
<td>4%</td>
</tr>
<tr>
<td>Milk and Milk Products</td>
<td>11.8</td>
<td>4%</td>
</tr>
<tr>
<td>Dried Beans</td>
<td>3.4</td>
<td>1%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>27.6</td>
<td>10%</td>
</tr>
<tr>
<td>Fruits</td>
<td>6.9</td>
<td>3%</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>17.3</td>
<td>6%</td>
</tr>
<tr>
<td>Dried Beans</td>
<td>3.4</td>
<td>1%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>27.6</td>
<td>10%</td>
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<td>Fruits</td>
<td>6.9</td>
<td>3%</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>17.3</td>
<td>6%</td>
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<tr>
<td>Total</td>
<td>276.1</td>
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</tr>
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</table>
Mean one-day household food cost by food group and percent contribution to the total intake by place of residence: Philippines 2015 and 2018

- Rural: PhP 18.79 (6.3%) vs. PhP 17.3 (6.3%)
- Urban: PhP 24.38 (14.6%) vs. PhP 27.6 (10.3%)

**Food Groups**
- Cereal and Cereal Products
- Fish, Meat, and Poultry
- Milk and Milk Products
- Fats and Oils
- Sugar and Syrups
- Miscellaneous
- Dried Beans
- Vegetables
- Eggs

**Percent Contribution**
- Philippines: 2015 vs. 2018
- Rural: 2015 vs. 2018
- Urban: 2015 vs. 2018

**Percentages**
- 0% to 10%
- 10% to 20%
- 20% to 30%
- 30% to 40%
- 40% to 50%
- 50% to 60%
- 60% to 70%
- 70% to 80%
- 80% to 90%
- 90% to 100%

**Values**
Mean one-day household food peso value and percent to total cost by food group and by wealth quintile: Philippines, 2018

- Php 79 (41.6%)
- Php 82 (40%)
- Php 85 (31.8%)
- Php 94 (29.8%)
- Php 119 (28.8%)
- Php 12 (6.3%)
- Php 15 (6.6%)
- Php 17 (6.4%)
- Php 19 (6.03%)
- Php 24 (5.8%)
- Php 26 (13.7%)
- Php 29 (12.7%)
- Php 32 (12.4%)
- Php 38 (12.1%)
- Php 43 (11.7%)
- Php 51 (12.3%)

IN PESO (Php)

- Php 190
- Php 228
- Php 267
- Php 315
- Php 413

Poorest
Poor
Middle
Rich
Richest

Energy-giving Food
Body-building Food
Body-regulating Food
Miscellaneous
Mean one-day total household plate waste and percent contribution: Philippines, 2018

- **Cereals and cereal products**: 48.0g (71.8%)
- **Fish, meat, and poultry**: 8.9g (13.4%)
- **Vegetables**: 7.2g (10.8%)
- **Others**: 2.7g (4%)
Mean one-day total household food waste by food group and by place of residence: Philippines, 2015 and 2018

Philippines, 2015:
- Cereal and Cereal Products: 57g (79.1%)
- Milk and Milk Products: 1g (7.5%)
- Fish, Meat and Poultry: 8.9g (13.4%)
- Miscellaneous: 8g (13.4%)
- Fruits: 1g (1.6%)
- Vegetables: 0.6g (0.9%)
- Dried Beans: 0.4g (0.7%)
- Eggs: 1g (1.6%)
- Fats and Oils: 0.4g (0.7%)
- Sugar and Syrups: 0g (0%)
- Strachy Roots and Tubers: 0g (0%)
- Cereal and Cereal Products: 57g (79.1%)

Philippines, 2018:
- Cereal and Cereal Products: 52.7g (64.3%)
- Milk and Milk Products: 33g (18.7%)
- Fish, Meat and Poultry: 10g (19.1%)
- Miscellaneous: 6g (11.3%)
- Fruits: 4g (7.1%)
- Vegetables: 0g (0%)
- Dried Beans: 0g (0%)
- Eggs: 9g (18.7%)
- Fats and Oils: 0g (0%)
- Sugar and Syrups: 0g (0%)
- Strachy Roots and Tubers: 0g (0%)
- Cereal and Cereal Products: 33.9g (64.3%)
Food and energy sources of households: Philippines, 2015 and 2018

**FOOD SOURCES**
- Plant Sources: 2015: 72.8%, 2018: 67.25%
- Animal Sources: 2015: 22.4%, 2018: 32.25%
- Miscellaneous: 2015: 4.8%, 2018: 0.4%

**ENERGY SOURCES**
- Carbohydrates: 2015: 67.9%, 2018: 68.8%
- Fats: 2015: 13.1%, 2018: 12.4%
- Protein: 2015: 19%, 2018: 18.8%
Proportion of households meeting 100% REI and EAR for 2018 and 2015

<table>
<thead>
<tr>
<th>Energy and Nutrients</th>
<th>Mean Intake</th>
<th>CV</th>
<th>Proportion of HH meeting 100% energy recommendation and EAR of nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2018</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy (kcal)</td>
<td>6607.4</td>
<td>2.0</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>211.5</td>
<td>1.8</td>
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</tr>
<tr>
<td>Iron (mg)</td>
<td>33.4</td>
<td>2.3</td>
<td></td>
</tr>
<tr>
<td>Calcium (g)</td>
<td>1.399</td>
<td>1.8</td>
<td></td>
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<tr>
<td>Vitamin A (mcg RE)</td>
<td>1828.3</td>
<td>4.9</td>
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<tr>
<td>Vitamin C (mg)</td>
<td>103.9</td>
<td>6.8</td>
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<tr>
<td>Thiamin (mg)</td>
<td>3.0</td>
<td>2.3</td>
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<tr>
<td>Riboflavin (mg)</td>
<td>2.8</td>
<td>2.9</td>
<td></td>
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<tr>
<td>Niacin (mg)</td>
<td>69.1</td>
<td>1.6</td>
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<tr>
<td><strong>2015</strong></td>
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<tr>
<td>Energy (kcal)</td>
<td>7597</td>
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<td>Protein (g)</td>
<td>231.1</td>
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<td>Iron (mg)</td>
<td>38.8</td>
<td>4.0</td>
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<td>1.66</td>
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<td>Vitamin A (mcg RE)</td>
<td>1916.8</td>
<td>2.2</td>
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<tr>
<td>Vitamin C (mg)</td>
<td>180.4</td>
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<td>Thiamin (mg)</td>
<td>3.41</td>
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<td>2.94</td>
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<td>Niacin (mg)</td>
<td>76.1</td>
<td>0.5</td>
<td></td>
</tr>
</tbody>
</table>
Proportion of households meeting 100% REI and EAR for nutrients of rural and urban areas: Philippines, 2018

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>RURAL</th>
<th>Proportion of HH meeting 100% energy recommendation and EAR of nutrients</th>
<th>URBAN</th>
<th>Proportion of HH meeting 100% energy recommendation and EAR of nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kcal)</td>
<td>6632.1</td>
<td><img src="image_url" alt="Graph" /></td>
<td>6575.6</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>204.3</td>
<td><img src="image_url" alt="Graph" /></td>
<td>220.9</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>32.3</td>
<td><img src="image_url" alt="Graph" /></td>
<td>34.8</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Calcium (g)</td>
<td>1.44</td>
<td><img src="image_url" alt="Graph" /></td>
<td>1.35</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Vitamin A (mcg RE)</td>
<td>1588.9</td>
<td><img src="image_url" alt="Graph" /></td>
<td>2136.7</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>110.1</td>
<td><img src="image_url" alt="Graph" /></td>
<td>95.8</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Thiamin (mg)</td>
<td>2.9</td>
<td><img src="image_url" alt="Graph" /></td>
<td>3.1</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Riboflavin (mg)</td>
<td>2.6</td>
<td><img src="image_url" alt="Graph" /></td>
<td>3.1</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
<tr>
<td>Niacin (mg)</td>
<td>66.9</td>
<td><img src="image_url" alt="Graph" /></td>
<td>71.9</td>
<td><img src="image_url" alt="Graph" /></td>
</tr>
</tbody>
</table>
Trends in mean one-day per capita food and energy intake: Philippines, 1978-2018
Trends in mean one-day per capita food consumption among Filipino households, 1978-2018

ENERGY-GIVING FOODS

Cereals and Cereal Products
Rice and Products
Starchy Roots and Tubers
Sugar and Syrups
Fats and Oils
Trends on mean one-day per capita food consumption among Filipino households, 1978-2018

BODY-REGULATING FOOD FOODS

Vegetables
Fruits


Vegetables: 145, 130, 111, 106, 111, 110, 114, 123, 126
Fruits: 104, 102, 77, 54, 54, 41, 37, 41
SUMMARY

The mean one-day Filipino intake remained to be mainly of Rice-Vegetables-Fish and Products;

Food intake of Filipinos decreased between 2015 and 2018 except for eggs, milk and milk products, dried beans, and miscellaneous food items;

The quality of Filipino diet were persistently inadequate in macro- and micronutrients;

Filipino households still did not achieve the 100% energy adequacy.
thank you