Nutritional Status of Filipino Adolescents, >10-19 years old

MA. LILIBETH P. DASCO, RND
Senior Science Research Specialist
Among adolescents…

26.3 % are stunted

11.3 % are wasted
Trends in the prevalence of stunting and wasting among adolescents, >10-19 years old: Philippines, 2003 - 2018

*Significantly different at 5% Level of significance
Prevalence of stunting among adolescents, >10-19 years old by age group: Philippines, 2015 & 2018

*Significantly different at 5% Level of significance
Prevalence of wasting among adolescents, >10-19 years old by age group: Philippines, 2015 & 2018

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-12 y*</td>
<td>14.0</td>
<td>11.7</td>
</tr>
<tr>
<td>13-15 y</td>
<td>12.7</td>
<td>11.6</td>
</tr>
<tr>
<td>16-19 y</td>
<td>10.4</td>
<td>10.4</td>
</tr>
<tr>
<td>All</td>
<td>12.5</td>
<td>11.3</td>
</tr>
</tbody>
</table>

*Significantly different at 5% Level of significance
Among adolescents...  

11.6 % are overweight and obese
Trends in the prevalence of overweight and obese among adolescents, >10-19 years old: Philippines, 2003-2018

*Significantly different at 5% Level of significance
Prevalence of overweight & obese among adolescents, >10-19 years old by age group: Philippines, 2015 & 2018

*Significantly different at 5% Level of significance
Insufficiently Physically Active

- Doing less than 60 minutes of moderate- to vigorous-intensity physical activity per day

Reference: World Health Organization (2015) Global Reference List of 100 Care Health Indicators. Geneva 27, Switzerland
Proportion of insufficiently physically active adolescents >10 to 17 years old by sex and age group: Philippines, 2018

**Males**
- 10-12 y: 75.1%
- 13-15 y: 72.6%
- 16-17 y: 76.3%

**Females**
- 10-12 y: 84.4%
- 13-15 y: 80.4%
- 16-17 y: 86.8%
Smoking Status of Filipino Adolescents
CURRENT SMOKERS

— those who smoked during the survey either on a “daily” basis (at least one cigarette a day) or on a regular/occasional basis

• Occasional smokers are those who do not smoke daily but who smoke at least weekly and

• those who smoke less often than weekly

Reference: World Health Organization
Proportion of current smokers among adolescents, >10-19 years old by age group: Philippines, 2015 & 2018

*Significantly different at 5% Level of significance
Prevalence of anemia among children, 13-19 years old by sex: Philippines, 2013 & 2018

Prevalence (%)

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>5.3</td>
<td>5.2</td>
</tr>
<tr>
<td>Female</td>
<td>10.4</td>
<td>11.1</td>
</tr>
<tr>
<td>All</td>
<td>7.7</td>
<td>8.1</td>
</tr>
</tbody>
</table>
Percent distribution of UIE levels among adolescents, >10-12 years old by sex: Philippines, 2018

Median: 173 mcg/dL

Prevalence <50 mcg/dL = 11.5%
Among adolescents…

• Stunting has decreased significantly from 31.9% to 26.3%
• Wasting has decreased but not significant at 5% level
• Overweight is a growing problem
• Majority have insufficiently physical activity particularly among females, 10-17 years old
• Current smokers decreased among all age groups but there were still smokers <18 years of age
SUMMARY

Among adolescents…

• Anemia remains a problem of mild public health significance especially among females, 13-19 years old
• Pockets of Iodine Deficiency Disorder still exist among 10-12 years old
Nutrition Situation of Women of Reproductive Age in the Philippines
Prevalence of chronic energy deficient among non-pregnant/non-lactating women of reproductive age, 15-49 years old: Philippines, 2015 & 2018

*Significantly different at 5% Level of significance

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20 y*</td>
<td>14.9</td>
<td>9.5</td>
</tr>
<tr>
<td>≥20 y*</td>
<td>9.4</td>
<td>7.4</td>
</tr>
<tr>
<td>All*</td>
<td>10.5</td>
<td>7.8</td>
</tr>
</tbody>
</table>
Prevalence of overweight and obese among non-pregnant/non-lactating women of reproductive age, 15-49 years old: Philippines, 2015 & 2018

*Significantly different at 5% Level of significance

**Prevalence (%)**
- <20 y: 2015 - 8.1, 2018 - 10.8
- ≥ 20 y: 2015 - 34.8, 2018 - 41.5
- All*: 2015 - 29.3, 2018 - 35.3
Trends in the prevalence of nutritionally at-risk pregnant women: Philippines, 1998-2018

Prevalence (%)

YEAR


30.7 26.6 28.4 26.3 25.0 24.8 24.7 20.1
Prevalence of nutritionally-at-risk among pregnant women by age group: Philippines, 2015 & 2018

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015 (%)</th>
<th>2018 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;20 y</td>
<td>39.7</td>
<td>36.6</td>
</tr>
<tr>
<td>≥20 y</td>
<td>22.4</td>
<td>18.4</td>
</tr>
<tr>
<td>All</td>
<td>24.7</td>
<td>20.1</td>
</tr>
</tbody>
</table>
Proportion of nutritionally-at-risk among pregnant women by wealth quintile: Philippines, 2015 & 2018

- Poorest: 30.0% (2015), 23.6% (2018)
- Rich: 17.0% (2015), 22.7% (2018)
- Middle: 21.1% (2015), 24.4% (2018)
- Poor: 10.0% (2015), 19.5% (2018)
- Richest: 24.7% (2015), 23.0% (2018)
LACTATING WOMEN
Trends in the prevalence of chronic energy deficient and overweight/obese among lactating mothers: Philippines, 2011 to 2018

*Significantly different at 5% Level of significance
Prevalence of chronic energy deficient (CED) and overweight/obese among lactating mothers: Philippines, 2015 & 2018

Chronic Energy Deficient

- Philippines 2015: 11.4%
- Philippines 2018: 13.7%

Overweight and Obese

- Philippines 2015: 10.9%
- Philippines 2018: 23.2%

Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
MICRONUTRIENT STATUS
Prevalence of anemia among non-pregnant/ non-lactating women, 15-49 years, Philippines: 2018

<table>
<thead>
<tr>
<th>Category</th>
<th>Prevalence (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richest</td>
<td>11.0</td>
</tr>
<tr>
<td>Rich</td>
<td>11.9</td>
</tr>
<tr>
<td>Middle</td>
<td>11.4</td>
</tr>
<tr>
<td>Poor</td>
<td>11.9</td>
</tr>
<tr>
<td>Poorest</td>
<td>12.1</td>
</tr>
<tr>
<td>Rural</td>
<td>11.9</td>
</tr>
<tr>
<td>Urban</td>
<td>11.4</td>
</tr>
<tr>
<td>Philippines</td>
<td>11.6</td>
</tr>
</tbody>
</table>
Trends in the prevalence of anemia among pregnant and lactating women, Philippines: 1993 to 2018

Prevalence (%)

- Pregnant
- Lactating


Prevalence:
- 43.6 in 1993
- 50.7 in 1998
- 43.9 in 2003
- 42.5 in 2008
- 24.6 in 2013
- 26.1 in 2018
Prevalence of Iodine Deficiency Disorder among women of reproductive age, 15-49 years old: Philippines, 2013 & 2018

*Significantly different at 5% Level of significance
SUMMARY

Among non-pregnant and lactating women and lactating mothers of reproductive age…

• Chronic energy deficient has decreased significantly
• Overweight and obese is also growing problem
• Anemia has decreased but remains a problem of mild public health significance
• Iodine deficiency disorder has decreased significantly
SUMMARY

Among pregnant women…

• Nutritionally-at-risk pregnant women have decreased, especially among adults but not significant at 5% level
• Anemia remains a problem of moderate public health significance
Thank you!