

PHILIPPINE NUTRITION



FACTS & FIGURES 2005



FOOD AND NUTRITION RESEARCH INSTITUTE
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PHILIPPINE NUTRITION FACTS AND FIGURES 2005

NUTRITIONAL STATUS
OF FILIPINO CHILDREN
AND
SELECTED POPULATION GROUPS:
2005 UPDATE

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through the

**Philippine Council for Health Research and
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**Bureau of Agricultural Research (BAR)
of the Department of Agriculture (DA);**

United Nations Children's Fund (UNICEF)

and

**Food and Nutrition Research Institute
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FOREWORD

Nutrition is the means and the end of the country's development. That is, human resource being the backbone of the country's economy, needs to be properly nourished if it is to achieve socio-economic development. At the same time, development efforts of the country can be measured primarily through the positive gains in the nutrition situation of the country.

The Philippine Government recognizes the important role of nutrition to achieve the true meaning of development. Along these efforts, the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) conducts research and development programs and projects in food and nutrition.

One of the major programs of the Institute is the periodic review of the citizenry's nutritional status through the conduct of National Nutrition Surveys (NNS) every five years and the Updating Survey every two to three years in between the NNS. The results of these surveys are vital components in the formulation and development of nutrition and nutrition-related policies and programs at the national and local levels. Among the plans that makes use of the FNRI-DOST's survey data are the Medium-Term Philippine Plan of Action for Nutrition (MTPPAN) which is the country's blueprint to achieve proper nutrition for all Filipinos, the Medium-Term Philippine Plan of Action for Children (MTPPAC), the Millennium Development Goals, Poverty Alleviation Programs and legislation of food fortification laws, among others.

The usefulness of data generated from the surveys led to the publishing of the first handbook of Philippine Nutrition Facts and Figures in 2001, which incorporated all pertinent data of the previous surveys. Since then, Facts and Figures Supplement 1 and Facts and Figures 2003 were also published and well-received by various organizations and institutions engaged in nutrition work. Thus, we are again publishing this Philippine Nutrition Facts and Figures 2005, which contains the result of the 2005 Updating Survey, a follow-up of the 2001 Updating Survey and the 2003 National Nutrition Survey.

We hope that similar to the previous handbooks, this Philippine Nutrition Facts and Figures 2005 will be used extensively to serve its purpose of guiding the various nutrition stakeholders plan and formulate nutrition and nutrition-related policies, plans and programs to improve the quality of life of Filipinos.



MARIO V. CAPANZANA, Ph.D

Director

Food and Nutrition Research Institute
Department of Science and Technology

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**Philippine Nutrition Facts and Figures 2005:
Nutritional Status of Filipino Children
and Selected Population Groups**

RESEARCH STAFF

CORAZON M. CERDEÑA

Supervising Science Research Specialist and Officer-In-Charge
Nutritional Assessment and Monitoring Division (NAMD)

WILMA L. MOLANO

Supervising Science Research Specialist, NAMD

MA. ADRIENNE S. CONSTANTINO

Senior Science Research Specialist, NAMD

MA. LILIBETH P. PATALEN-DASCO

Senior Science Research Specialist, NAMD

MARINA B. VARGAS

Senior Science Research Specialist, NAMD

MILAGROS C. CHAVEZ

Senior Science Research Specialist, NAMD

ELENITA V. CASTILLO

Senior Science Research Specialist, NAMD

CYNTHIA A. NONES

Senior Science Research Specialist, NAMD

MILDRED O. GUIRINDOLA

Science Research Specialist II, NAMD

RHEA C. BENAVIDES-DE LEON

Science Research Specialist I, NAMD

and all the

**Technical and non-technical staff of the Nutritional Assessment
and Monitoring Division, FNRI-DOST**

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