Nutrition Situation in
Negros Island Region
- **UNDERWEIGHT** prevalence in Negros Island Region is **significantly higher** (25.6%, 95% CI: 22.2-29.1; CV – 6.9) than the Philippine average and continues to be a public health problem of **high** magnitude and severity.

- **STUNTING** prevalence in Negros Island Region is **significantly higher** (41.7%, 95% CI: 37.4-46.1; CV – 5.3) than the Philippine average and continues to be a public health problem of **very high** magnitude and severity.

- **WASTING** continues to be a **poor** public health concern despite its decrease in prevalence between 2013 and 2015 (decrease not significant).

- Children less than five years old who are **OVERWEIGHT-FOR-HEIGHT** decreased between 2013 and 2015 (though decrease is not significant).
- In the country, stunting prevalence among children less than five years old continues to follow the trend in 2013, though with general increase across age groups in 2015.

- The younger age groups have lower prevalence of stunting but it can be seen that as children age, the prevalence of stunting increases, remarkably so between the 6 to 11 months and 1 year-old children.
Looking at malnutrition by place of residence and wealth quintile, undernutrition is observed to be more pronounced in rural areas among the poorest population.

In rural areas, underweight and stunting is of high magnitude and severity as a public health problem.

In urban areas, though the prevalence of undernutrition is generally lower, underweight and stunting are still of medium magnitude and severity, while wasting is observed to continue being a poor public health concern for both rural and urban areas.

As expected, overnutrition is more distinct in urban areas with increasing prevalence as the general household gets more well-off.
- **UNDERWEIGHT** prevalence in Negros Island Region is **significantly higher** (36.1%, 95% CI: 32.8-39.3; CV – 1.3) than the Philippine average and continues to be a public health problem of **very high** magnitude and severity.

- **STUNTING** prevalence in Negros Island Region is **significantly higher** (36.8%, 95% CI: 32.9-45.9; CV – 5.3) than the Philippine average and continues to be a public health problem of **high** magnitude and severity.

- **WASTING** continues to be a **poor** public health concern despite its decrease in prevalence between 2013 and 2015 (decrease not significant).

- **OVERWEIGHT** prevalence in Negros Island Region is still lower than national average but has increased between 2013 and 2015 (though increase is not significant).
- **STUNTING** prevalence in Negros Island Region was **significantly higher** (37.1%, 95% CI: 32.8-41.4; CV – 6.0) than the Philippine average and continues to be a public health problem of high magnitude and severity.

- **WASTING** continues to be a **serious** public health concern and has slightly increased in prevalence between 2013 and 2015 (though increase is not significant).

- **OVERWEIGHT** prevalence in Negros Island Region is **significantly lower** (6.1%, 95% CI: 4.6-7.5; CV – 12.3) than national average but has increased between 2013 and 2015 (though increase is not significant).
- **CHRONIC ENERGY DEFICIENCY** prevalence in Negros Island Region is **significantly higher** (13.7%, 95% CI: 12.5-15.0; CV – 4.7) than the Philippine average and continues to be a **poor** public health concern.

- **OVERWEIGHT/OBESE** prevalence in Negros Island Region is **significantly lower** (23.3%, 95% CI: 21.3-25.4; CV – 4.5) than national average and has decreased between 2013 and 2015 (though decrease is not significant).
- Overweight and obese prevalence in the country continues to follow the trend in 2013, though with slight decreases across age groups.

- Prevalence is lowest among the youngest and oldest adults, is observed to increase as adults age, and reach its peak at 40-50 years of age where it starts declining again.
2015 Philippine Average
Male 3.0% (2.8-3.2) CV-1.3
Female 18.5 (18.1 – 19.0) CV-3.3

Males
2013 – 2.0% (1.4 – 2.8) CV-18.0
2015 - 1.6% (1.0 – 2.2) CV-19.6 – not significant decrease between 2013 and 2015

Females
2013 – 17.5% (15.1 – 20.2) CV-7.4
2015 – 13.1% (11.1 – 15.1) CV-7.7 – not significant decrease between 2013 and 2015

Males and Females of Negros Island Region with High Waist Circumference has **significantly lower** prevalence than Males and Females of Philippines with High Waist Circumference.
Prevalence of high waist-hip ratio among adults, ≥20 years old by sex: Negros Island Region 2013 vs 2015

**2015 Philippine Average**
Male 7.1% (6.8 – 7.3) CV-2.0
Female 57.9 (57.3 – 58.6) CV-0.6

Male
2013 – 4.6% (3.6 – 5.7) CV-11.6
2015 – 4.6% (3.6 – 5.6) CV-11.2 – not significant decrease between 2013 and 2015

Female
2013 – 57.1% (53.9– 60.2) CV-2.9
2015 – 51.8% (48.9-54.7) CV-2.8 – not significant decrease between 2013 and 2015

Males and Females of Negros Island Region with High Waist Hip Ratio has **significantly lower** prevalence than Males and Females of Philippines with High Waist Hip Ratio.
Prevalence of *undernutrition* among children, less than 5 years old by province: Philippines and Negros Island Region, 2013 vs 2015

<table>
<thead>
<tr>
<th>Region/Province</th>
<th>Underweight</th>
<th>Stunting</th>
<th>Wasting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td>20.0</td>
<td>30.3</td>
<td>8.0</td>
</tr>
<tr>
<td>Negros Island Region</td>
<td>23.9</td>
<td>36.8</td>
<td>7.8</td>
</tr>
<tr>
<td>Negros Occidental</td>
<td>26.0</td>
<td>37.5</td>
<td>8.8</td>
</tr>
<tr>
<td>Negros Oriental</td>
<td>20.1</td>
<td>40.0</td>
<td>6.0</td>
</tr>
</tbody>
</table>

- **UNDERWEIGHT** prevalence in Negros Island Region is *significantly higher* than the Philippine average. Negros Oriental has a greater increase in prevalence than Negros Occidental (comparison not significant).

- **STUNTING** prevalence in Negros Island Region is *significantly higher* than the Philippine average; specifically in the province of *Negros Occidental* (42.8% CI:37.3-48.4; CV-6.6).

- **WASTING** continues to be a *poor* public health concern in the provinces despite its decrease in prevalence between 2013 and 2015 (decrease not significant).

- Note: Differences between 2013 and 2015 are not significant EXCEPT for significant increase in Philippine prevalence of stunting.
- **UNDERWEIGHT** prevalence in Negros Island Region is **significantly higher** than the Philippine average; specifically in the province of **Negros Occidental** (37.8% CI: 33.8-41.9-48.4; CV-5.5).
- Negros Oriental has a greater increase in prevalence than Negros Occidental (comparison and increase not significant).

- **STUNTING** prevalence in Negros Island Region is **significantly higher** than the Philippine average; specifically in the province of **Negros Occidental** (38.0% CI: 33.6-42.5; CV-5.9).

- **WASTING** continues to be a **poor** public health concern in the Negros Occidental and a **serious** public health concern in Negros Oriental.

- Note: Differences (increase/decrease) between 2013 and 2015 are not significant.
Prevalence of undernutrition among children, 10-19 years old by province: Philippines and Negros Island Region, 2013 vs 2015

- **STUNTING** prevalence in Negros Island Region was **significantly higher** than the Philippine average; specifically in the province of **Negros Occidental** (40.2% CI: 35.6-44.8; CV-5.9).

- **WASTING** continues to be a **serious** public health concern in the provinces and **Negros Occidental** is observed to have **significantly higher** prevalence (16.2% CI: 13.9-18.5; CV- 7.2) than national average.

- Note: Differences (increase/decrease) between 2013 and 2015 are not significant.
Prevalence of overweight and obese among children, 0-19 years old by province: Philippines and Negros Island Region, 2013 vs 2015

<table>
<thead>
<tr>
<th>Region/Province</th>
<th>Less than 5 yrs. old</th>
<th>5-10 yrs. old</th>
<th>10-19 yrs. old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td>5.1</td>
<td>9.1</td>
<td>8.3</td>
</tr>
<tr>
<td>Negros Island Region</td>
<td>4.2</td>
<td>5.1</td>
<td>5.3</td>
</tr>
<tr>
<td>Negros Occidental</td>
<td>4.5</td>
<td>4.7</td>
<td>5.3</td>
</tr>
<tr>
<td>Negros Oriental</td>
<td>3.7</td>
<td>6.0</td>
<td>5.3</td>
</tr>
</tbody>
</table>

LESS THAN FIVE YO
- Negros Oriental is observed to have significantly lower overweight-for-height prevalence (2.0% CI: 0.4-3.5; CV-41.3) than national average.

5-10 YO
- OVERWEIGHT prevalence in Negros Oriental is observed to be significantly lower (4.6% CI: 1.8-7.5; CV-31.4) than national average.

10-19 YO
- OVERWEIGHT prevalence in Negros Island Region is significantly lower than national average specifically in Negros Occidental (6.1% CI: 4.4-7.7; CV-13.9).


- **CHRONIC ENERGY DEFICIENCY** prevalence in Negros Island Region is **significantly higher** than the Philippine average specifically in the province of *Negros Occidental* (15.1% CI: 13.5-16.9; CV-5.8).

- **OVERWEIGHT** prevalence in Negros Island Region is **significantly lower** than national average specifically in the province of *Negros Occidental* (18.3% CI: 16.5-20.3; CV-5.2).

- **OBESE** prevalence in Negros Island Region is generally **significantly lower** than national average.
Prevalence of **overweight and obese among adults, >20 years old by province: Philippines and Negros Island Region, 2013 vs 2015**

<table>
<thead>
<tr>
<th>Regions/ Province</th>
<th>Overweight/ Obese</th>
<th>2013</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippines</td>
<td></td>
<td>31.1</td>
<td>31.1</td>
</tr>
<tr>
<td>Negros Island Region</td>
<td></td>
<td>23.3</td>
<td>25.3</td>
</tr>
<tr>
<td>Negros Occidental</td>
<td></td>
<td>22.6</td>
<td>24.1</td>
</tr>
<tr>
<td>Negros Oriental</td>
<td></td>
<td>24.5</td>
<td>27.6</td>
</tr>
</tbody>
</table>

- Combined overweight and obese prevalence shows that Negros Island Region generally has lower prevalence than Philippine average with Negros Occidental having the lower estimate.
- Males – Negros Occidental significantly lower than All Males

- Females – All provinces significantly lower than Philippines
Prevalence of high waist-hip ratio among adults, $\geq 20$ years old by sex and by province: Philippines and Negros Island Region, 2015

- Males – Negros Occidental significantly lower than All Males
- Females – All provinces significantly lower than Philippines
Summary
Children, Less than 5 years old

1 out of 4
25.6% are underweight

6 out of 100
5.8% are wasted or thin and considered to be a public health problem

4 out of 10
41.7% are stunted

3 out of 100
2.5% overweight for their height

2016 Regional Dissemination Forum
Updating of the Nutritional Status of Filipino Children and Other Population Groups
Kamusta na ba ang Kalagayang Pang-nutrisyon ni Juan at Juana?
Summary

Children, Less than 5 years old

- In Negros Island Region, underweight and stunting generally increased while wasting and overweight-for-height prevalence decreased for this age group.
Summary

School Children, 5-10 years old

4 out of 10
36.1% are underweight

9 out of 100
9.1% are wasted or thin and considered to be a public health problem

4 out of 10
36.8% are stunted

7 out of 100
6.5% overweight for their height

2016 Regional dissemination forum
Updating of the Nutritional Status of Filipino Children and Other Population Groups
Kamusta na ba ang Kalagayang Pang-nutrisyon ni Juan at Juana?
School Children, 5-10 years old

- Underweight and stunting prevalence generally increased for this region.
- Wasting prevalence generally decreased in Negros Island Region except for an increase in prevalence in Negros Oriental.
- In contrast, overweight and obese prevalence generally increased in Negros Island Region except for Negros Oriental.
Summary

Pre-adolescent and Older Children, 10-19 years old

4 out of 10
37.1% are stunted

1 out of 10
14.4% are wasted or thin

6 out of 100
6.1% are overweight and obese
Summary

Pre-adolescent and Older Children, 10-19 years old

- Stunting generally decreased while wasting generally increased in Negros Island Region.
- Overweight and obese prevalence slightly increased in Negros Island Region between 2013 and 2015.
Summary

Adults, 20 years old and over

1 out of 10
13.7% are chronic energy deficient

1 out of 4
23.3% are overweight and obese

Prevalence of high waist circumference and high waist hip ratio is higher among females than males, making them more at risk to non-communicable diseases
Summary

Adults, 20 years old and over

- Chronic Energy Deficiency prevalence generally increased while overweight and obese prevalence generally decreased for this age group in this region.