

**FOOD AND NUTRITION RESEARCH INSTITUTE**  
*Department of Science and Technology*



# MANDATE

**FNRI**

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INSTITUTE**

**DEPARTMENT  
OF  
SCIENCE AND  
TECHNOLOGY**

- **Undertake researches that define the citizenry's nutritional status, with reference particularly to the malnutrition problem, its causes and effects and identify alternative solutions to them**
- **Develop and recommend policy options, strategies, programs and projects which address the malnutrition problem for implementation by appropriate agencies**
- **Disseminate research findings and recommendations to relevant end-users**





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# **VISION**

**Optimum Nutrition** for all Filipinos, socially and economically empowered through scientifically sound and globally competitive technologies

# **MISSION**

**As the lead Agency** in food and nutrition research and development in the country, the FNRI fights malnutrition with accurate data, correct information, and innovative technologies



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# **Effects of migration and urbanization on food and nutrition security**

**Mario V. Capanzana, Ph.D.**  
**Director**  
**Food and Nutrition Research Institute**  
**Department of Science and Technology**



# Migration

- ❑ “a process of moving, either across an international border, or within a State.
- ❑ It encompasses any kind of movement of people, whatever its length, composition and causes; it includes refugees, displaced persons, uprooted people, and economic migrants.”

*(International Federation of Red Cross and Red Crescent Societies)*



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# Migration

## Two Types :

- Internal** migration refers to a move from one area (a province, district or municipality) to another within one country.
- International** migration is a territorial relocation of people between nation-states.

*(International Migration and Multi-Cultural Policies, UNESCO)*



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# Migration : migrants

- The UN Convention on the Rights of Migrants defines a migrant worker as a "person who is to be engaged, is engaged or has been engaged in a remunerated activity in a State of which he or she is not a national."



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# Urbanization

- ❑ is the increase in the proportion of a population living in urban places.
- ❑ It is measured in relative terms, it refers to a complex process of social transformation.
- ❑ Urbanization takes place through---
  - natural increase by urban dwellers
  - international immigration to cities
  - internal rural-to-urban migration

*Drescher, A. and Laquinta D. (2002). Urbanization: Linking Development Across the Changing Landscape, Special Report . FAO)*



# Food Security

- ❑ Food security' exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

based on FAO definition (1996, 2009)

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# Food Security

□ dimensions of food security:

- food availability
- economic and physical access to food
- food utilization, and
- stability over time

*(Food and Agriculture Organization (FAO) of the United Nations)*

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# Food Security

- Hunger is a severe form of food insecurity
- Prolonged hunger may lead to malnutrition, illness, mental and physical growth retardation, among many other complications.
- The “ability to acquire acceptable foods in socially acceptable ways” contributes to food security

*(Food and Nutrition Research Institute-Department of Science and Technology)*

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# .... on migration and food security

## □ Effects of remittances on food security

- purchasing power has led to improvement in quantity, quality and selection of food for families of OFWs
- preferences for imported food products and fast food
- reduced dependency on subsistence agriculture for food supply

Source: "Gender, Remittances and Development: The Case of Filipino Migration to Italy", United Nations INSTRAW, IFAD, and Filipino Women's Council, 2008 as cited in Reyes, Melanie. 2008. *Migration and Filipino Children Left-Behind: Review of Literature*.  
[www.unicef.org/philippines/synthesis\\_StudyJuly12008.pdf](http://www.unicef.org/philippines/synthesis_StudyJuly12008.pdf)



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# Philippine Statistics





## The Philippine Population based on census year

Census Year	Census Reference Date	Philippine Population in million
2010	May 1, 2010	92.34
2000	May 1, 2000	76.51
1990	May 1, 1990	60.70

Source: Phillippine Statistics Authority, 2010 Census

The 2010 population is higher by 15.83 million compared to the 2000 population of 76.51 million. In 1990, the total population was 60.70 million.



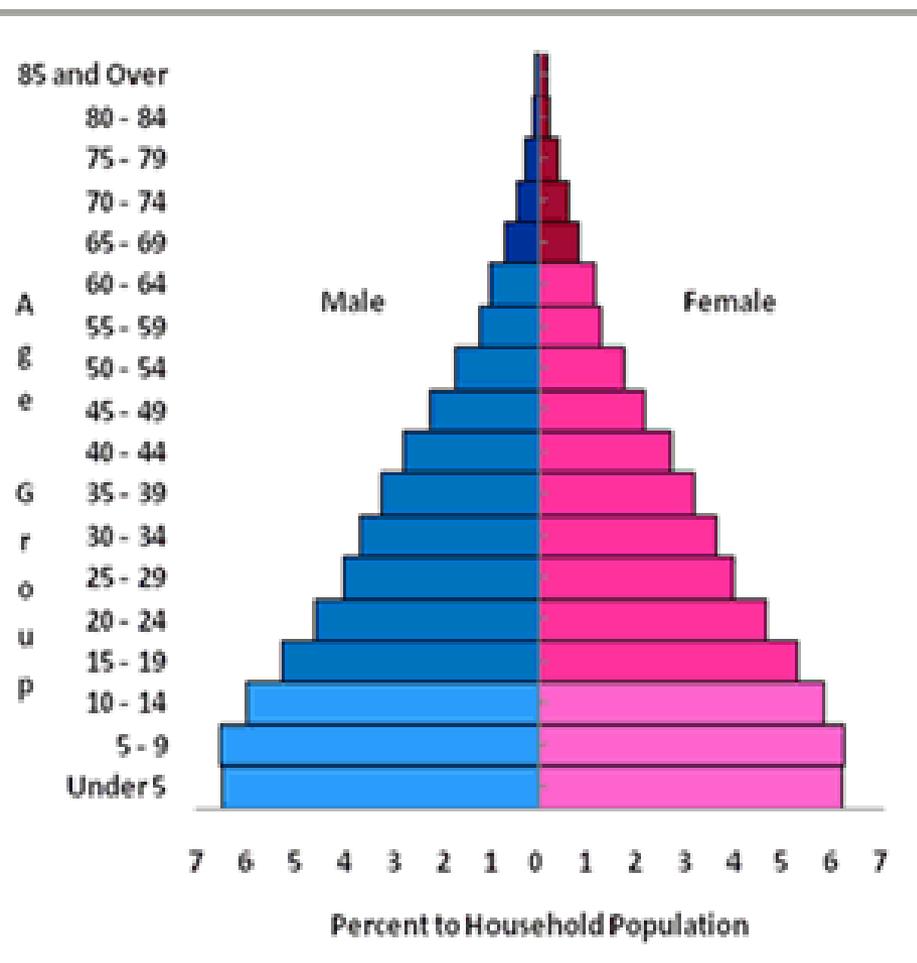
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2000

Household Population: 76.3 million



2010

Household Population: 92.1 million

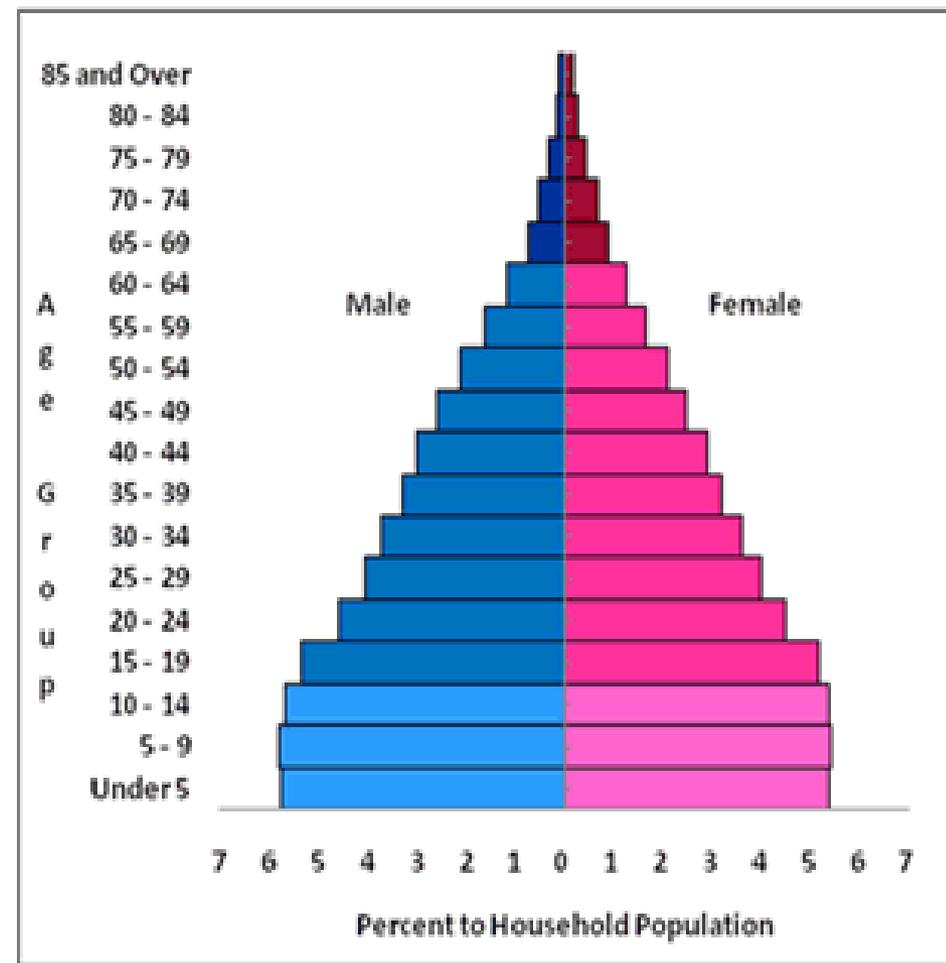
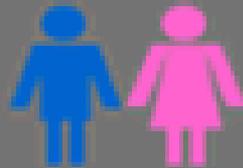


Figure 1. Age-Sex Pyramid of Household Population: Philippines

Source: Philippine Statistics Authority, NSO



## Sex Ratios

All ages	102:100
0-14 years old	107:100
15-64 years old	102:100
65 years old and over	73:100

*Source: Philippine Statistics Authority: NSO*



# The Filipino overseas workers



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## Distribution of Overseas Filipino Workers by Age Group, Sex and Area: 2013

Region	Both Sexes	Male	Female
<b>Philippines</b> Number (In thousands)	<b>2,295</b>	<b>1,154</b>	<b>1,141</b>
Total	100.0	100.0	100.0
<b>National Capital Region</b>	<b>12.8</b>	<b>14.6</b>	<b>10.9</b>
Cordillera Administrative Region	2.2	1.2	3.1
I - Ilocos Region	8.2	6.1	10.3
II - Cagayan Valley	6.6	3.5	9.7
<b>III - Central Luzon</b>	<b>13.9</b>	<b>16.5</b>	<b>11.2</b>
<b>IVA - CALABARZON</b>	<b>18.4</b>	<b>22.5</b>	<b>14.3</b>
IVB - MIMAROPA	2.2	2.2	2.2
V - Bicol Region	3.3	2.7	4.1
<b>VI - Western Visayas</b>	<b>9.4</b>	<b>8.9</b>	<b>10.0</b>
VII - Central Visayas	6.5	8.5	4.4
VIII - Eastern Visayas	1.6	1.8	1.5
IX - Zamboanga Peninsula	1.7	1.3	2.0
X - Northern Mindanao	2.7	3.5	2.0
XI - Davao Region	2.6	1.9	3.4
XII - SOCCSKSARGEN	5.8	4.1	2.4
Caraga Autonomous	1.5	1.3	1.7
Autonomous Region in Muslim Mindanao	2.3	1.2	3.3

Source: Philippine Statistics Authority, 2013 Survey on Overseas Filipinos



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## Distribution of Overseas Filipino Worker by Sex and Region: 2013

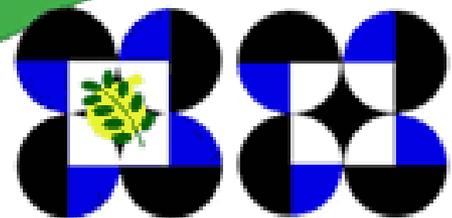
Area	Age Group	Both Sexes	Male	Female
<b>Philippines</b>		<b>2,295</b>	<b>1,154</b>	<b>1,141</b>
Number (In thousands)				
Total		100.0	100.0	100.0
15 - 24		7.8	7.0	8.6
25 - 29		23.6	19.7	27.6
30 - 34		24.3	22.4	26.2
35 - 39		16.0	15.7	16.4
40 - 44		11.8	13.1	10.4
45 and over		16.4	22.0	10.8

Source: Philippine Statistics Authority, 2013 Survey on Overseas Filipinos

2<sup>nd</sup> NATIONAL NUTRITION SUMMIT:

# 8<sup>th</sup> NATIONAL NUTRITION SURVEY

*"Juan Mission for a Well-Nourished Nation"*



# NNS SAMPLING DESIGN

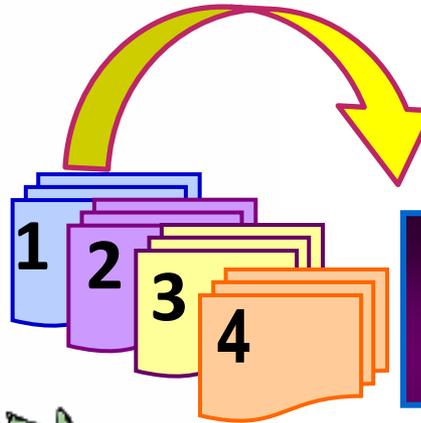
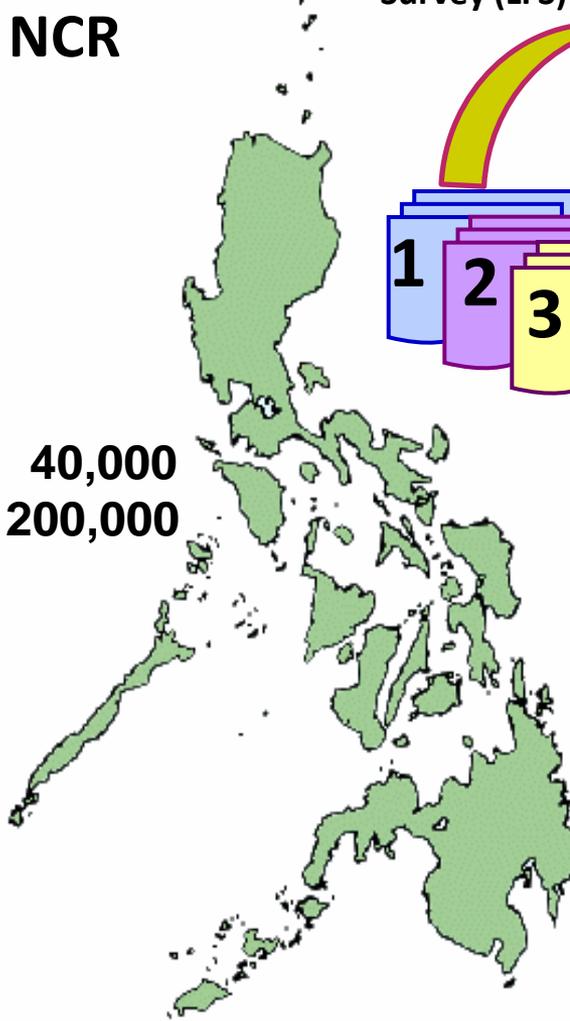
17 Regions/  
80 Provinces  
+ NCR

4 replicates from the  
NSO Master Sample  
which utilized 100% of  
the 2009 Labor Force  
Survey (LFS) Households

**National Statistics Office  
(NSO) Master Sample  
(PSA)**

**Multi-Stage Stratified  
Sampling Design**

Households = 40,000  
Individuals = 200,000



**1<sup>st</sup> Stage – Primary Sampling Unit**  
One barangay or contiguous bgy's  
with at least 500 HHs

**2<sup>nd</sup> Stage – Enumeration Area**  
Contiguous area in a barangay  
with 150-200 HHs



**3<sup>rd</sup> Stage – Households**

# TARGET GROUPS BY COMPONENT

COMPONENT	HH	0-5	6-12	13-19	20-59	60 & over	Preg	Lact
<b>Anthropometry</b>		✓	✓	✓	✓	✓	✓	✓
<b>Biochemical</b>		6m-5y	✓	✓	✓	✓	✓	✓
<b>Clinical</b>			10 y & above				✓	✓
<b>Dietary</b>	✓	6m-5y	✓	✓	✓	✓	✓	✓
<b>Socio-Economic</b>	✓							
<b>Food Security</b>	✓							
<b>Gov't Program Participation &amp; Salt Survey</b>	✓	✓	✓	✓	✓	✓	✓	✓
<b>Health</b>					✓	✓	✓	✓
<b>IYCF</b>		0-36m						
<b>Maternal</b>				Mothers w/ 0-36 months child			✓	

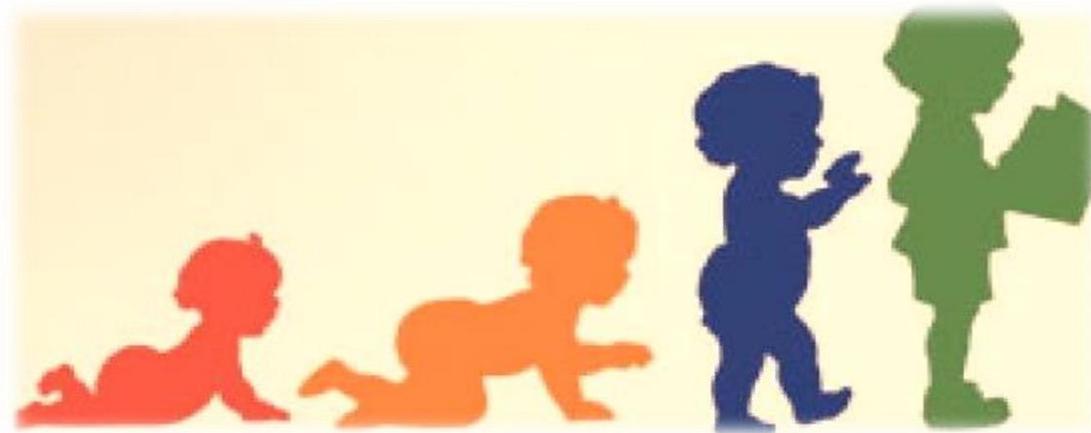


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# CHILDREN, 0-5.0 YEARS OLD (0-60 MONTHS)



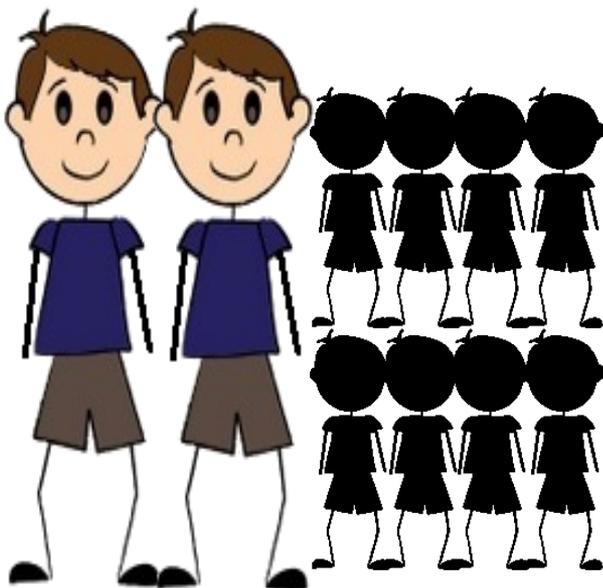


# Prevalence of underweight children, 0-5.0 years old (**0-60 months**): Philippines, 2013

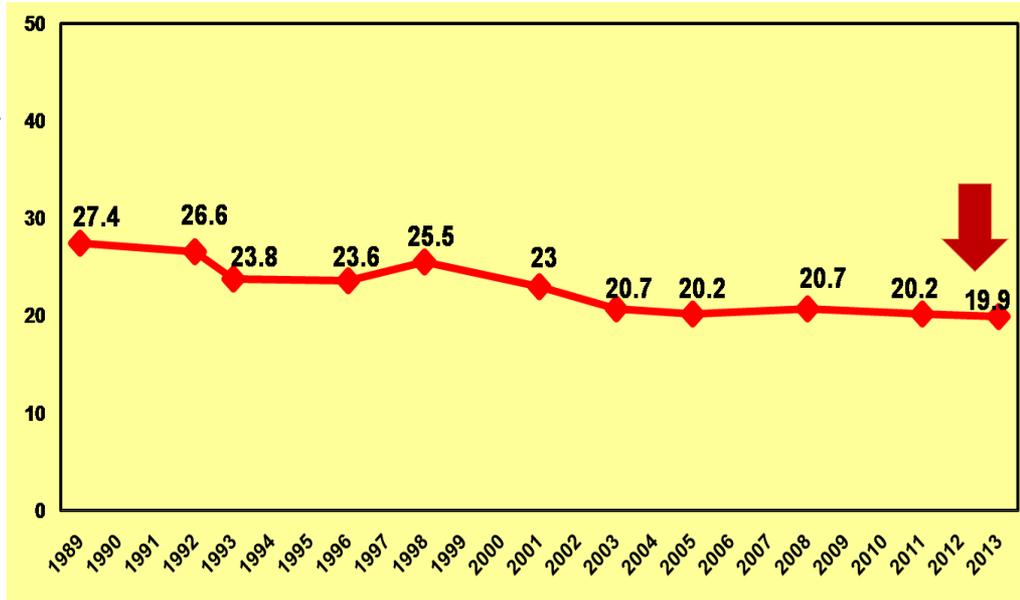
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2 out of 10 or **19.9%**  
children among 0-5 years  
old were underweight



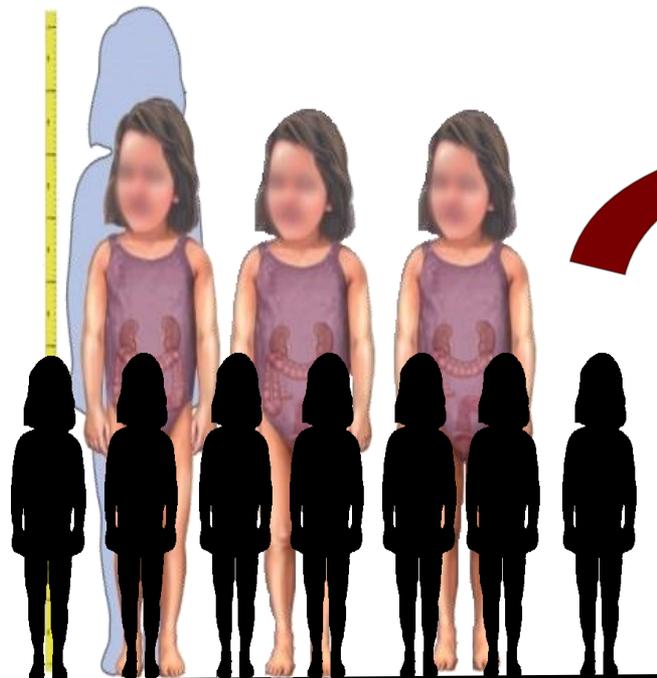


# Prevalence of stunting among children, 0-5.0 years old (**0-60 months**): Philippines, 2013

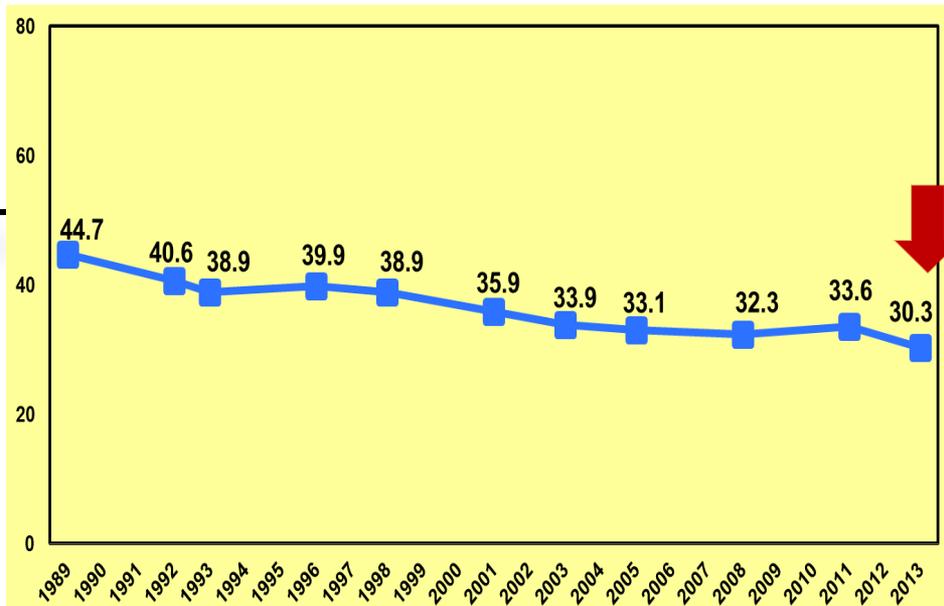
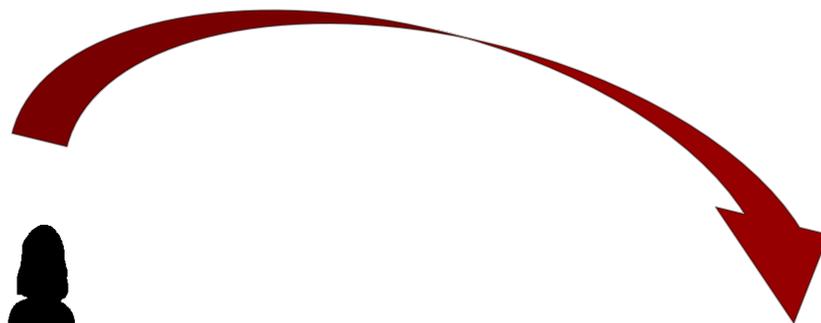
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**3 out of 10 or 30.3% children among 0-5 years old were Stunted**

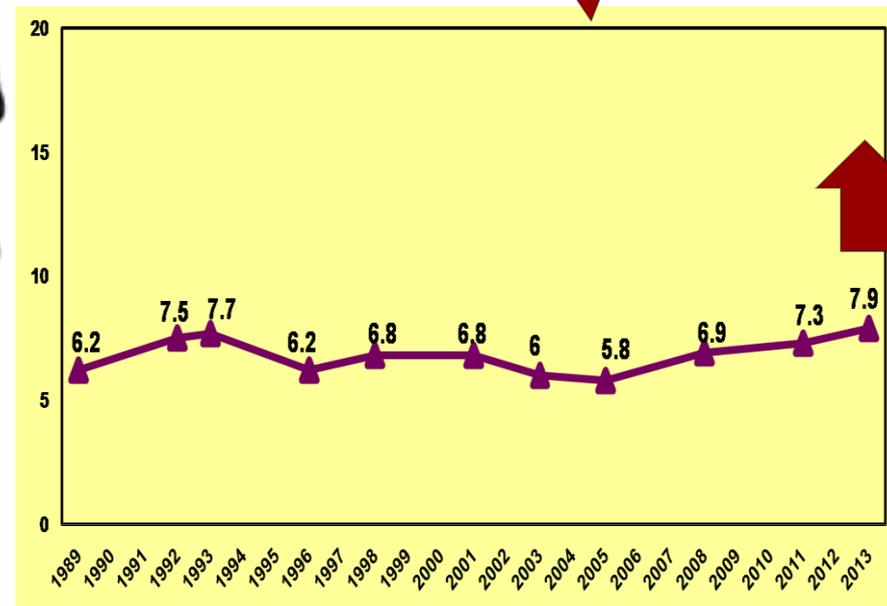




# Prevalence of wasting among children, 0-5.0 years old (**0-60 months**): Philippines, 2013



1 out of 10 or **7.9%** children among 0-5 years old were wasted



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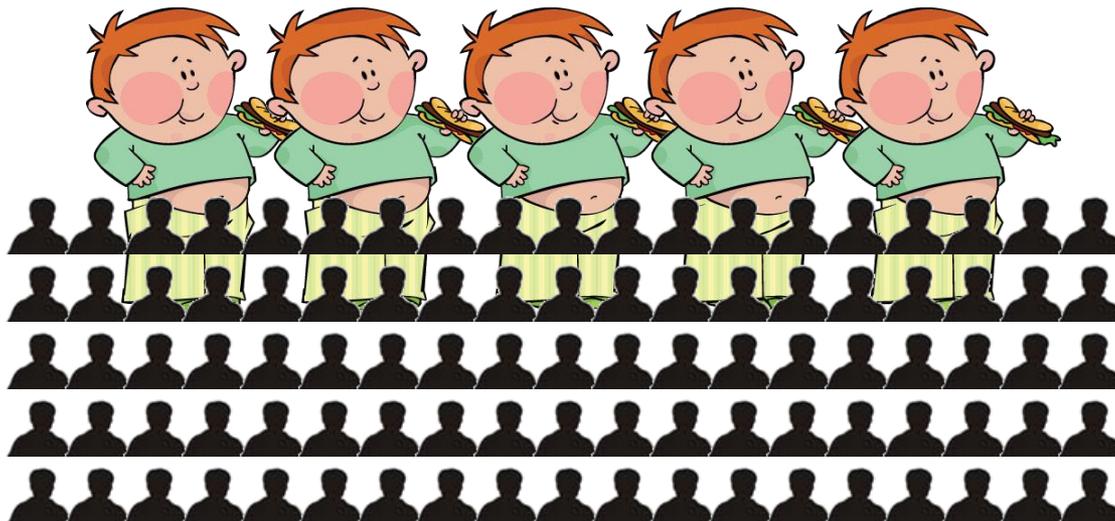
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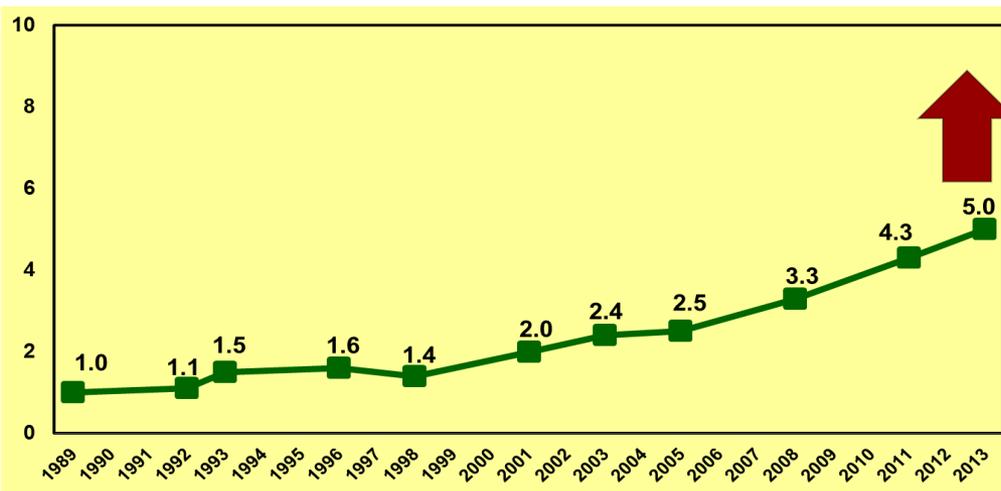




# Prevalence of overweight-for-height among children, 0-5.0 years old (**0-60 months**): Philippines, 2013



5 out of 100 or **5.0%** children among 0-5 years old were overweight

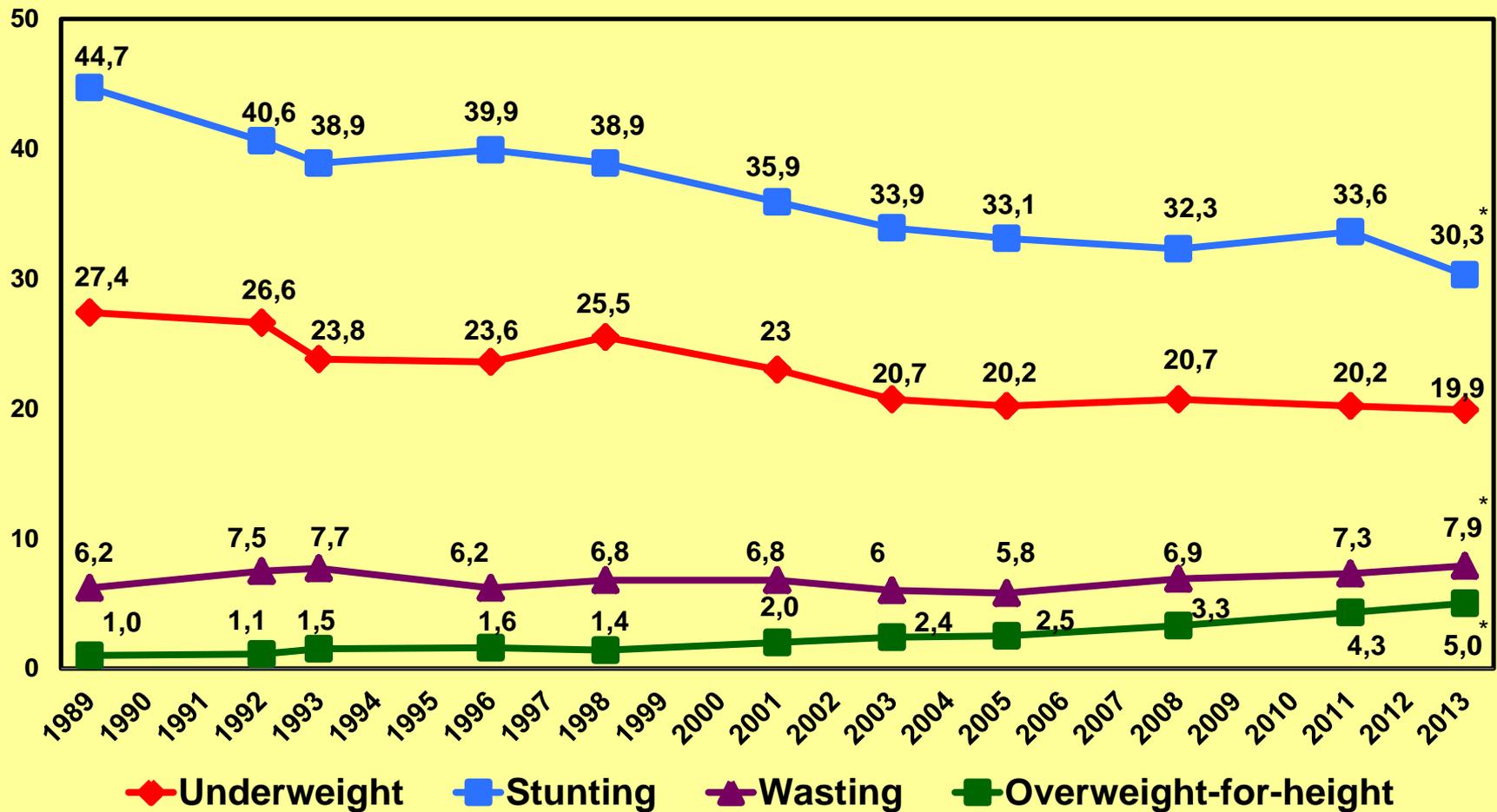


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# Trends in the prevalence of malnutrition among children, 0-5.0 years old (0-60 months): Philippines, 1989-2013



\*significant (p-value<0.05)



# Prevalence of malnourished children, 0-5.0 years old (0-60 months) by place of residence and by wealth quintile: Philippines, 2013

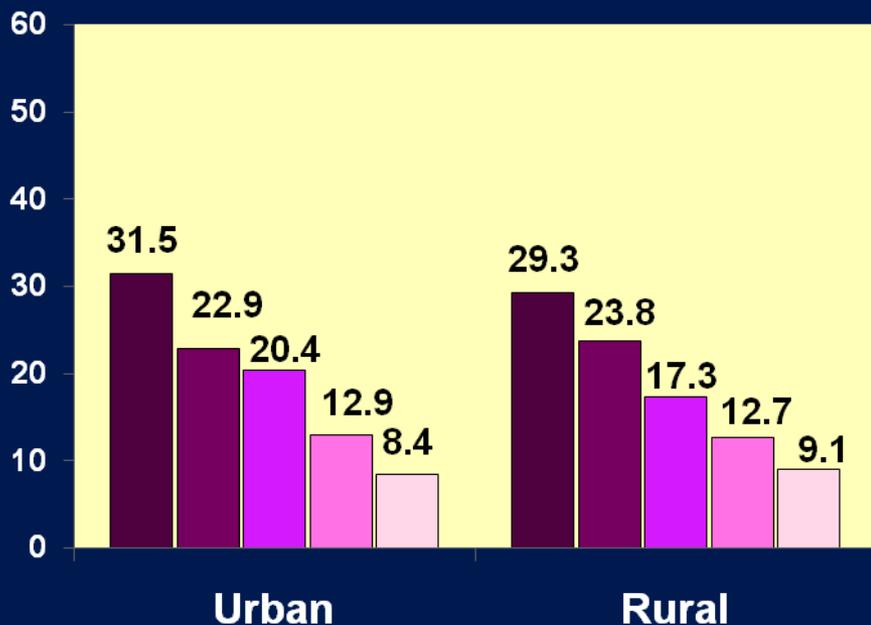


Philippines: 19.9%

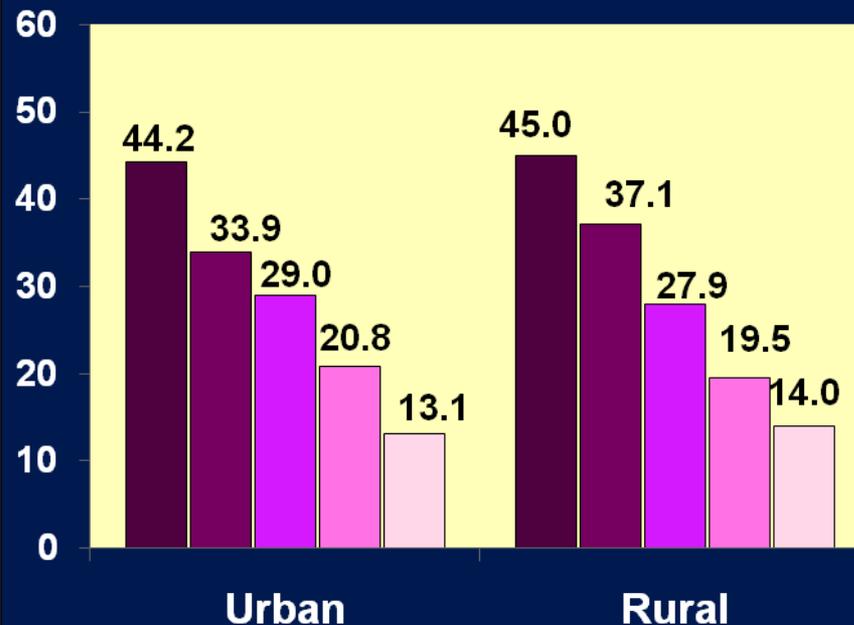


Philippines: 30.3%

## UNDERWEIGHT



## STUNTING



Poorest
  Poor
  Middle
  Rich
  Richest



# Prevalence of malnourished children, 0-5.0 years old (0-60 months) by place of residence and by wealth quintile: Philippines, 2013

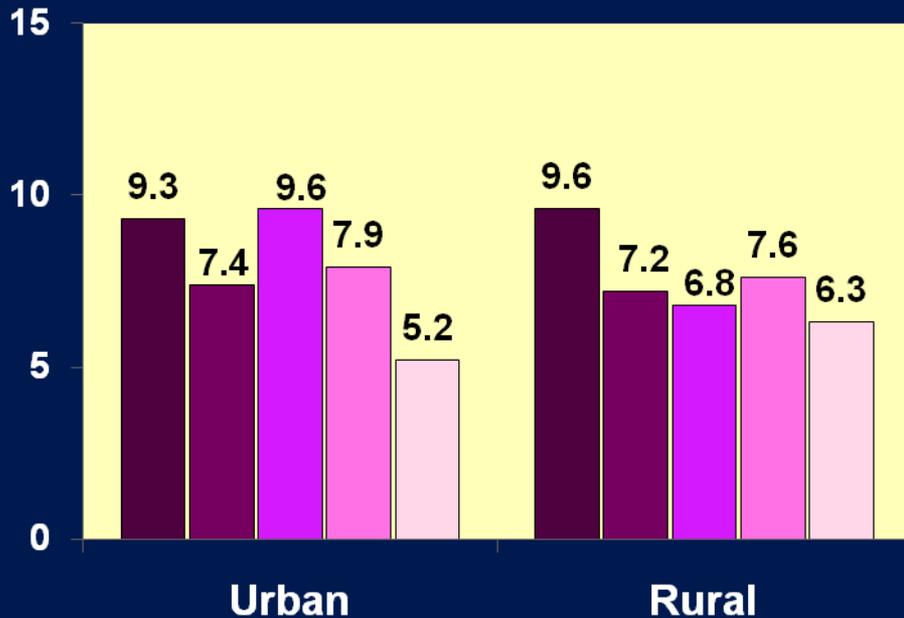


Philippines: 7.9%

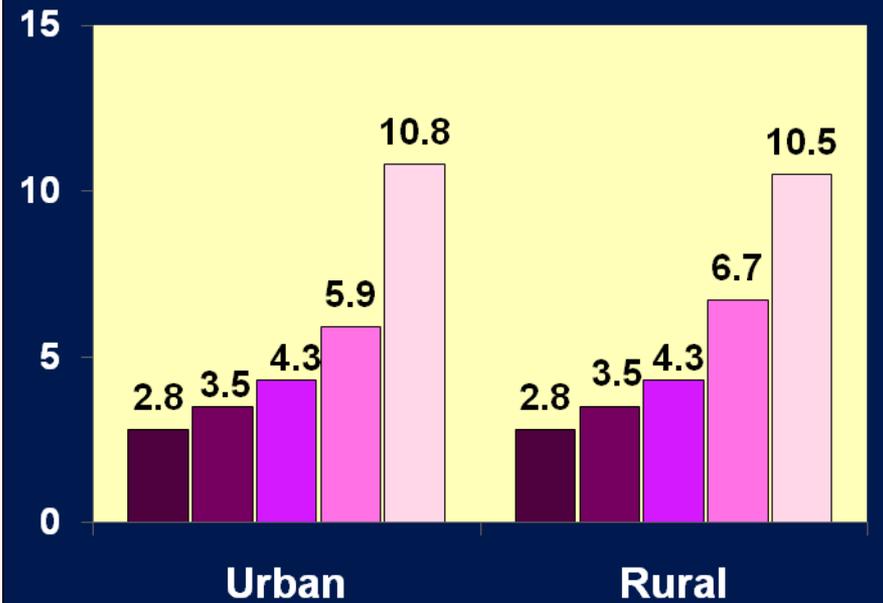


Philippines: 5.0%

## WASTING



## OVERWEIGHT



Poorest
  Poor
  Middle
  Rich
  Richest





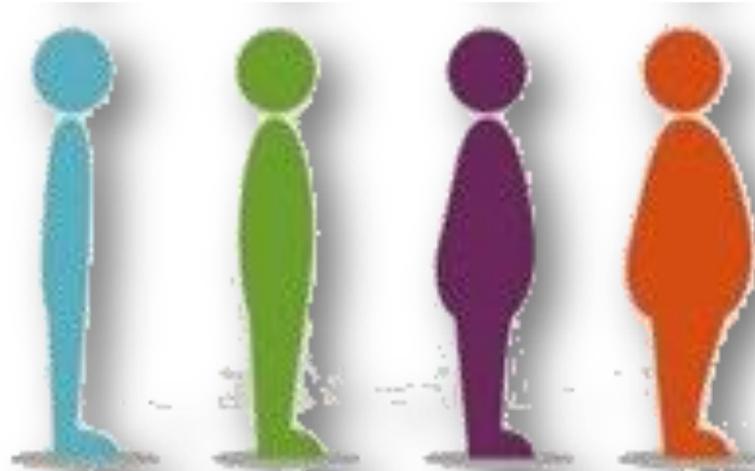
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# **CHILDREN, 5.08-10.0 YEARS OLD (61-120 MONTHS)**



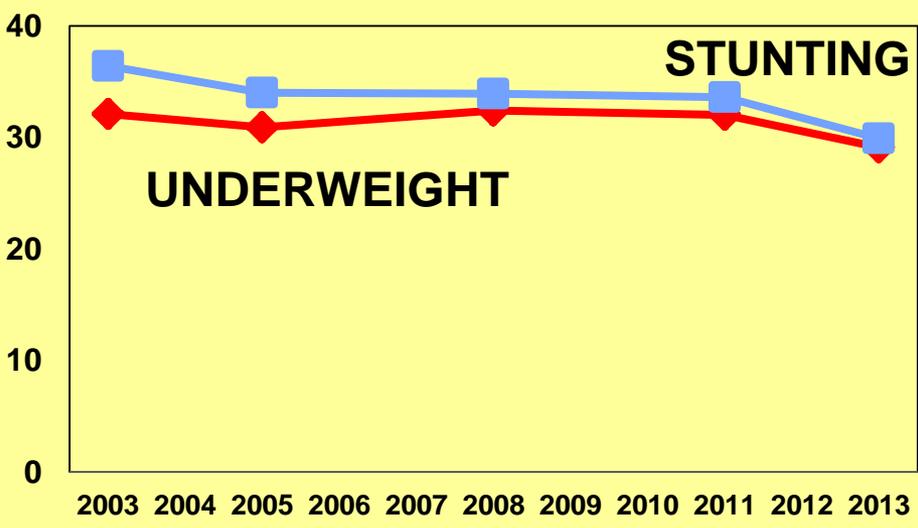
# Prevalence of malnourished children, 5.08-10.0 years old (61-120 months): Philippines, 2013

**UNDERWEIGHT**

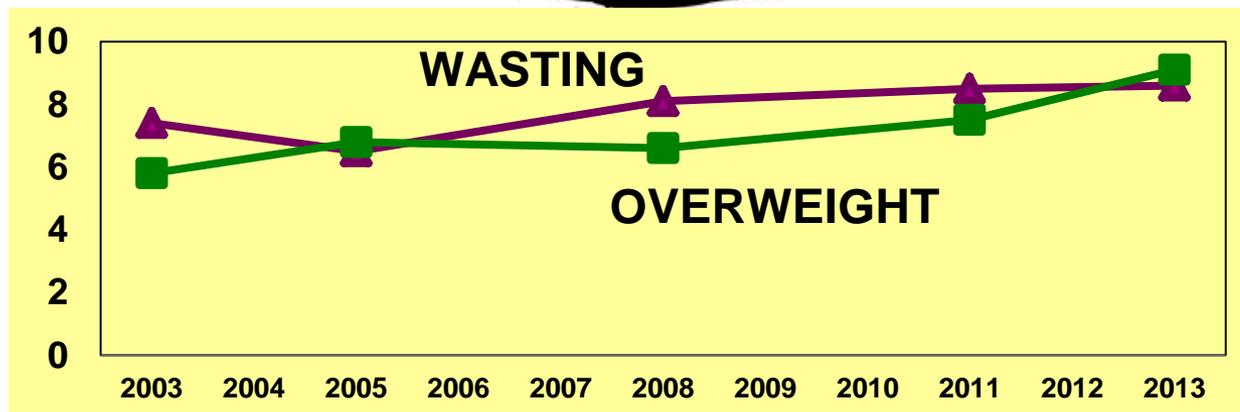
**29.1%**

**STUNTING**

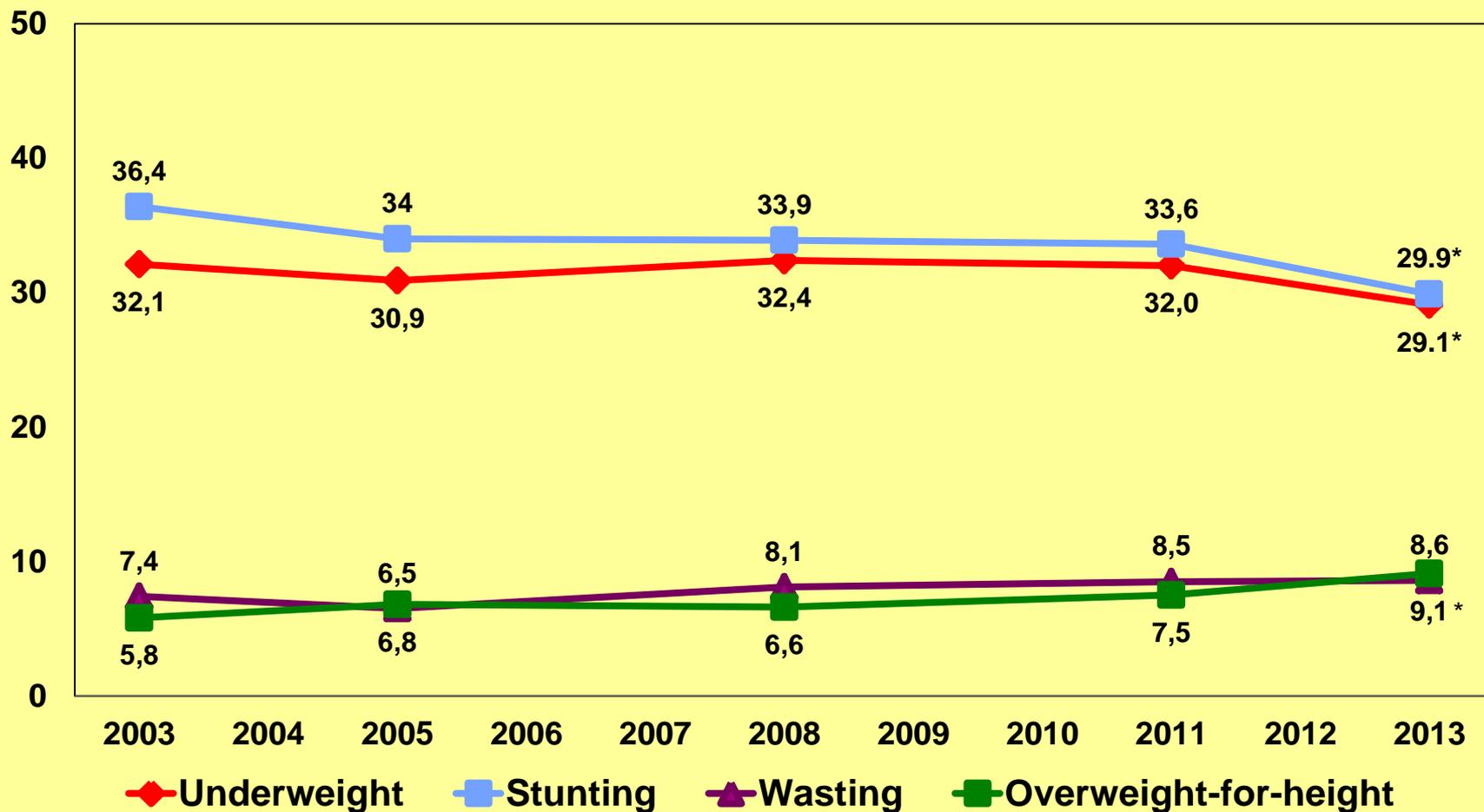
**29.9%**



# Prevalence of malnourished children, 5.08-10.0 years old (**61-120 months**): Philippines, 2013



# Trends in the prevalence of malnutrition among children, 5.08-10.0 years old (61-120 months): Philippines, 2003-2013



\*significant (p-value<0.05)

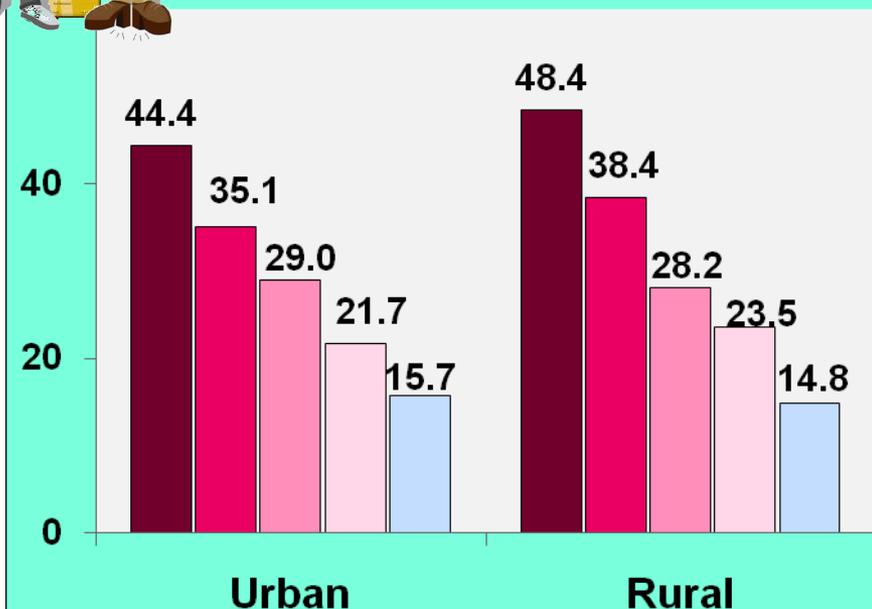


# Prevalence of malnourished children, 10.08-19.0 years old (121-228 months) by place of residence and by wealth quintile: Philippines, 2013

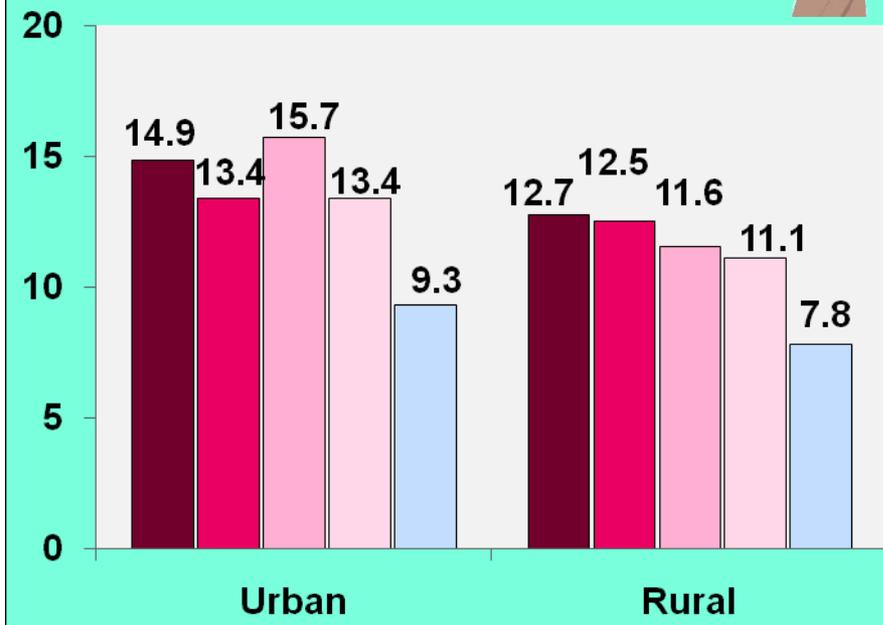
Philippines: 31.5 %

Philippines: 12.4%

## STUNTING



## WASTING



Poorest 
  Poor 
  Middle 
  Rich 
  Richest



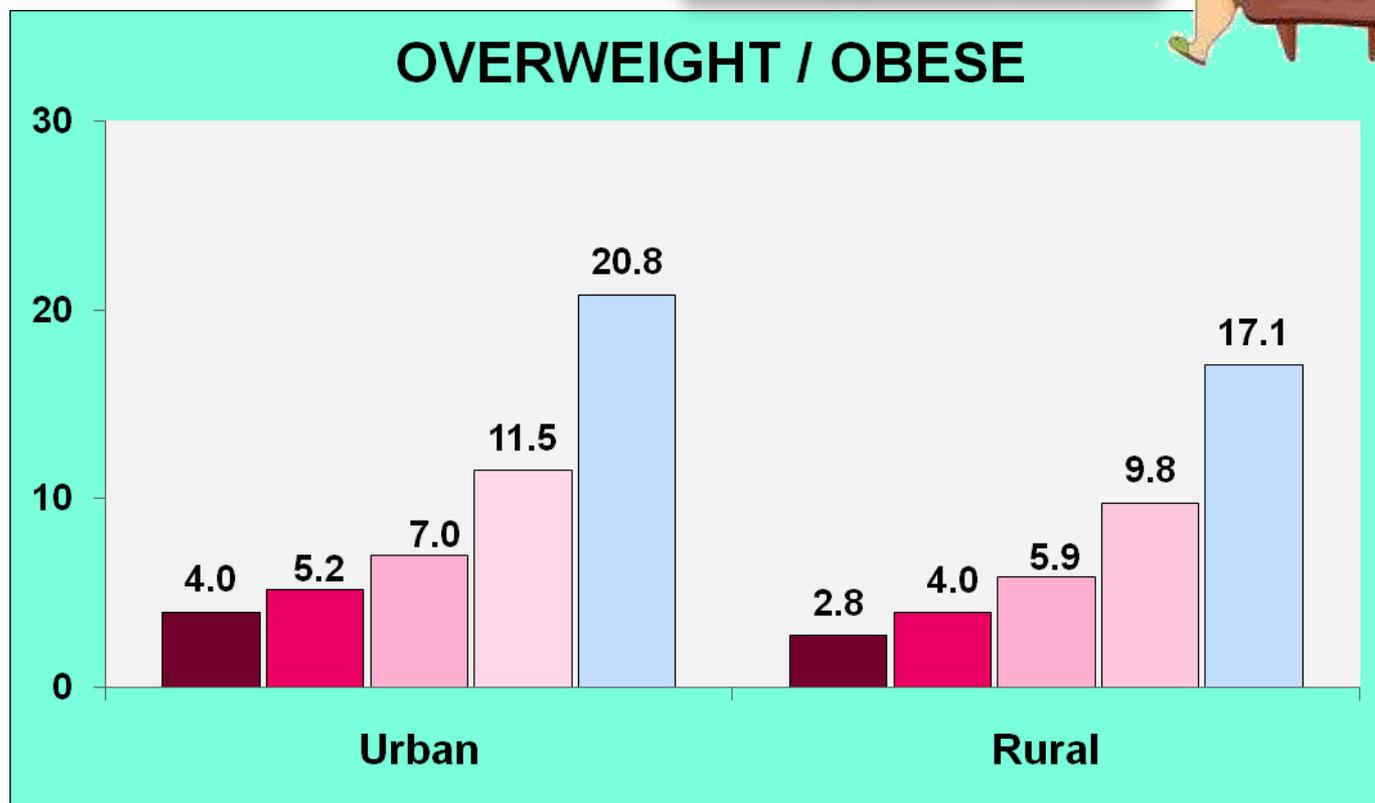


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CIP/4217/09/02/629

# Prevalence of overweight / obese children, 10.08-19.0 years old (**121-228 months**) by place of residence and by wealth quintile: Philippines, 2013



Philippines: 8.3%



Poorest Poor Middle Rich Richest



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**ADOLESCENTS, 10.08-19.0 YEARS OLD  
(121-228 MONTHS)**





# Prevalence of malnourished children, 10.08-19.0 years old (**121-228 months**): Philippines, 2013

**WASTING**

**12.4%**



**OVERWEIGHT**

**8.3%**



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# Prevalence of malnourished children, 10.08-19.0 years old (**121-228 months**): Philippines, 2013

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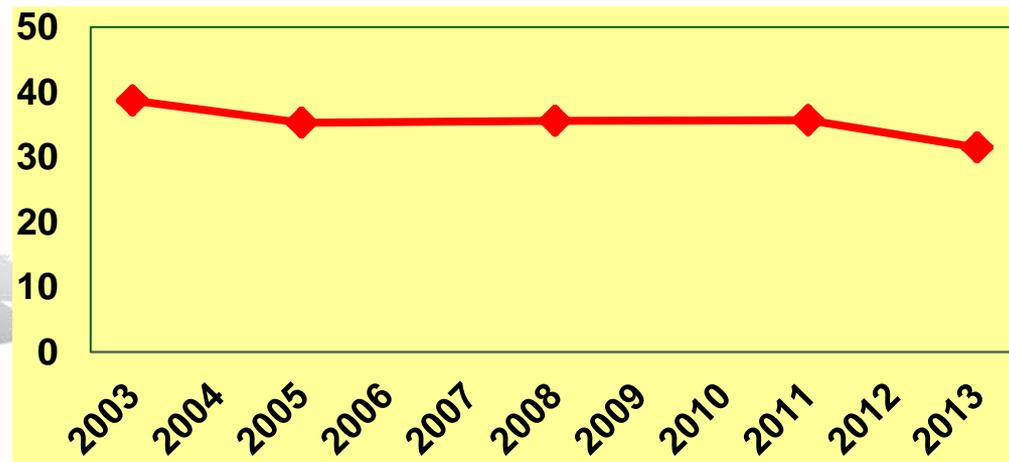
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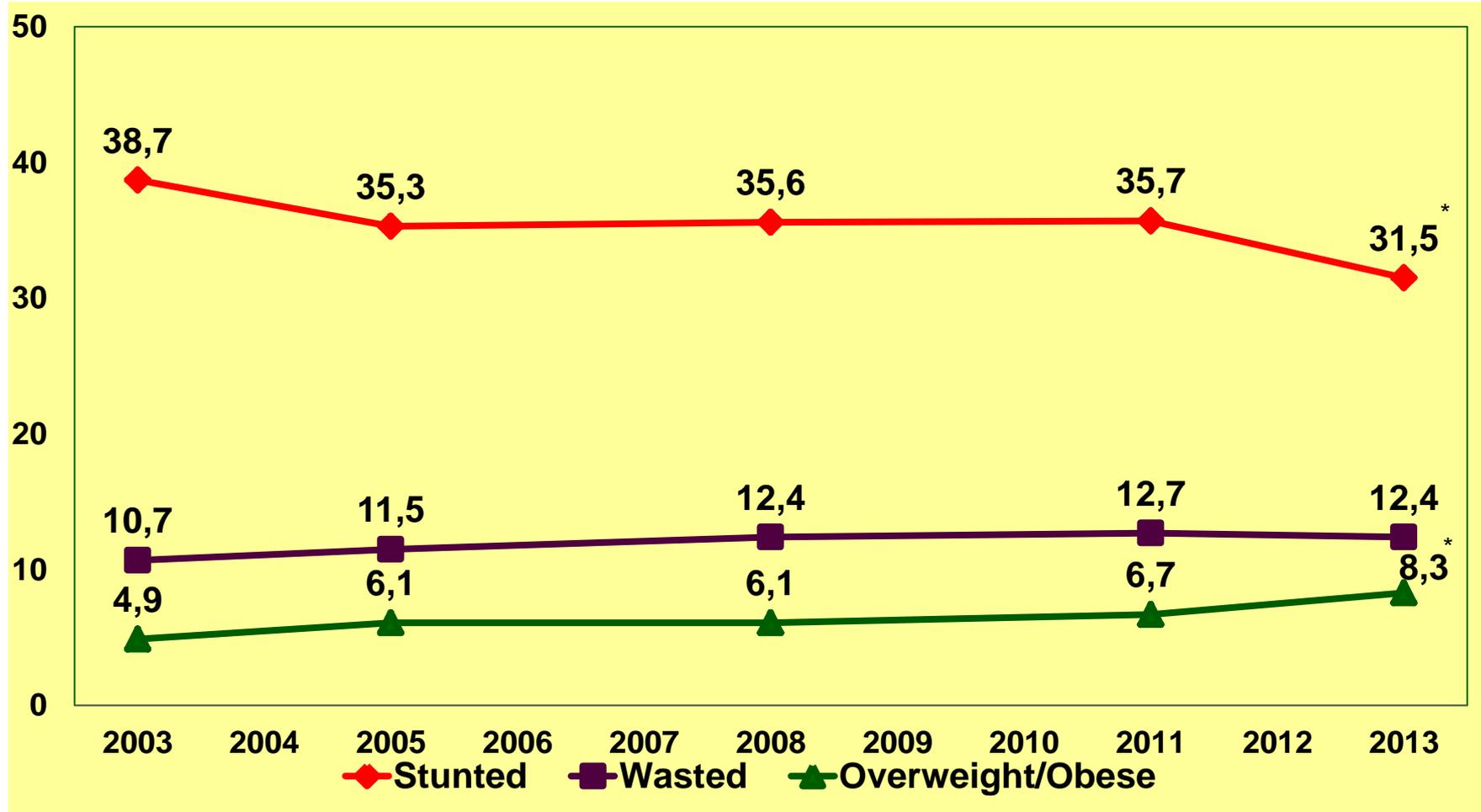


## STUNTING

# 31.5%



# Trends in the prevalence of malnutrition among children, 10.08-19.0 years old (121-228 months): Philippines, 2003-2013



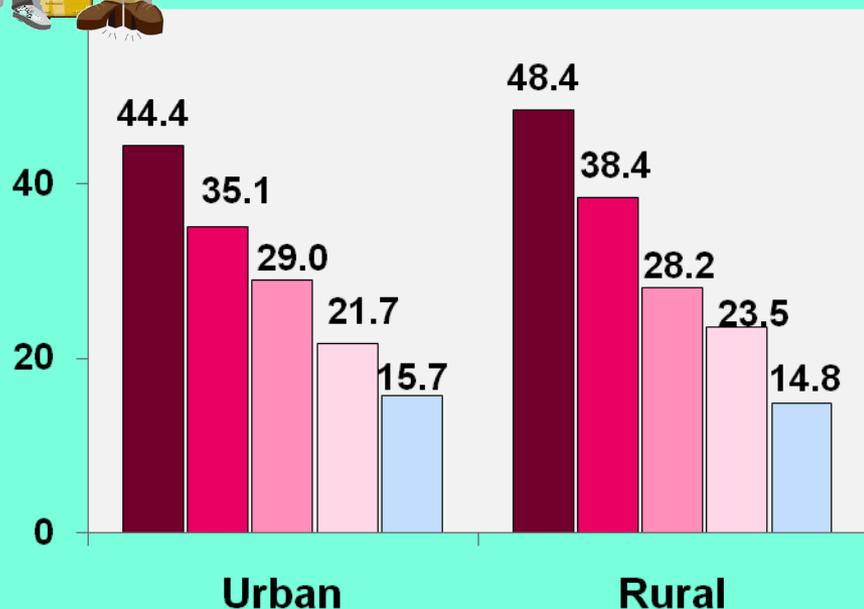
\*significant (p-value<0.05)



# Prevalence of malnourished children, 10.08-19.0 years old (121-228 months) by place of residence and by wealth quintile: Philippines, 2013

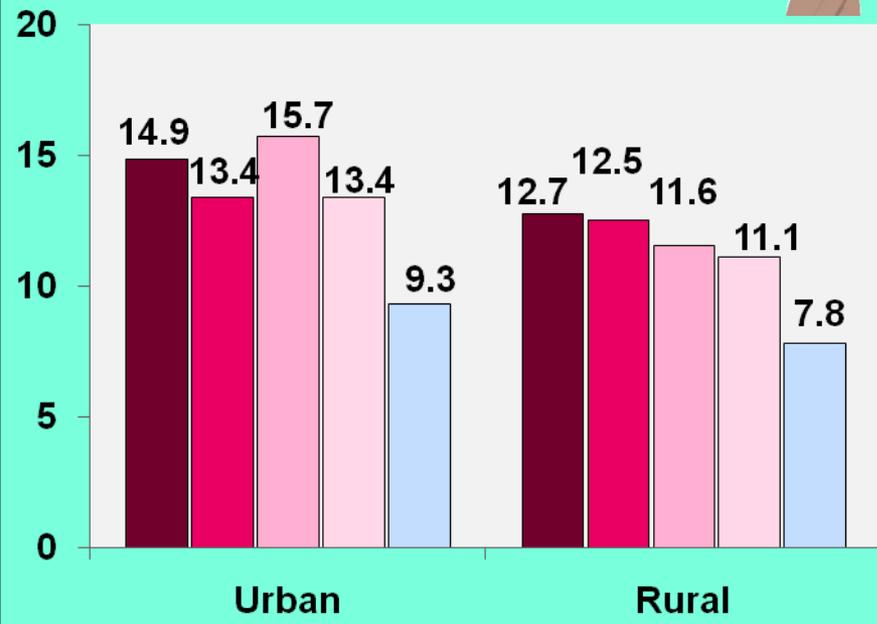
Philippines: 31.5 %

## STUNTING



Philippines: 12.4%

## WASTING



Poorest
  Poor
  Middle
  Rich
  Richest



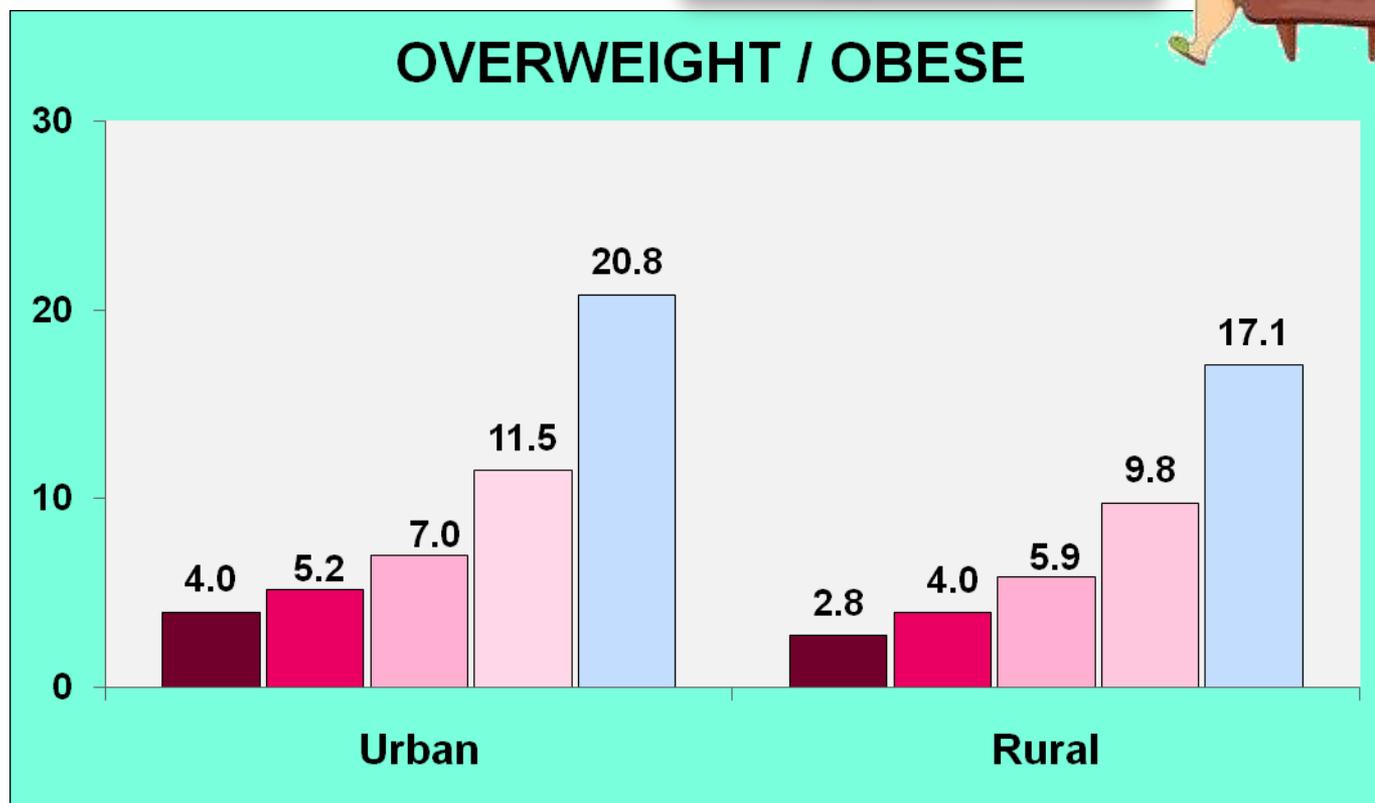


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# Prevalence of overweight / obese children, 10.08-19.0 years old (**121-228 months**) by place of residence and by wealth quintile: Philippines, 2013



Philippines: 8.3%



Poorest Poor Middle Rich Richest



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# **Nutritional Status and Nutrient Intake of Children by Maternal Working Status by Urbanization**

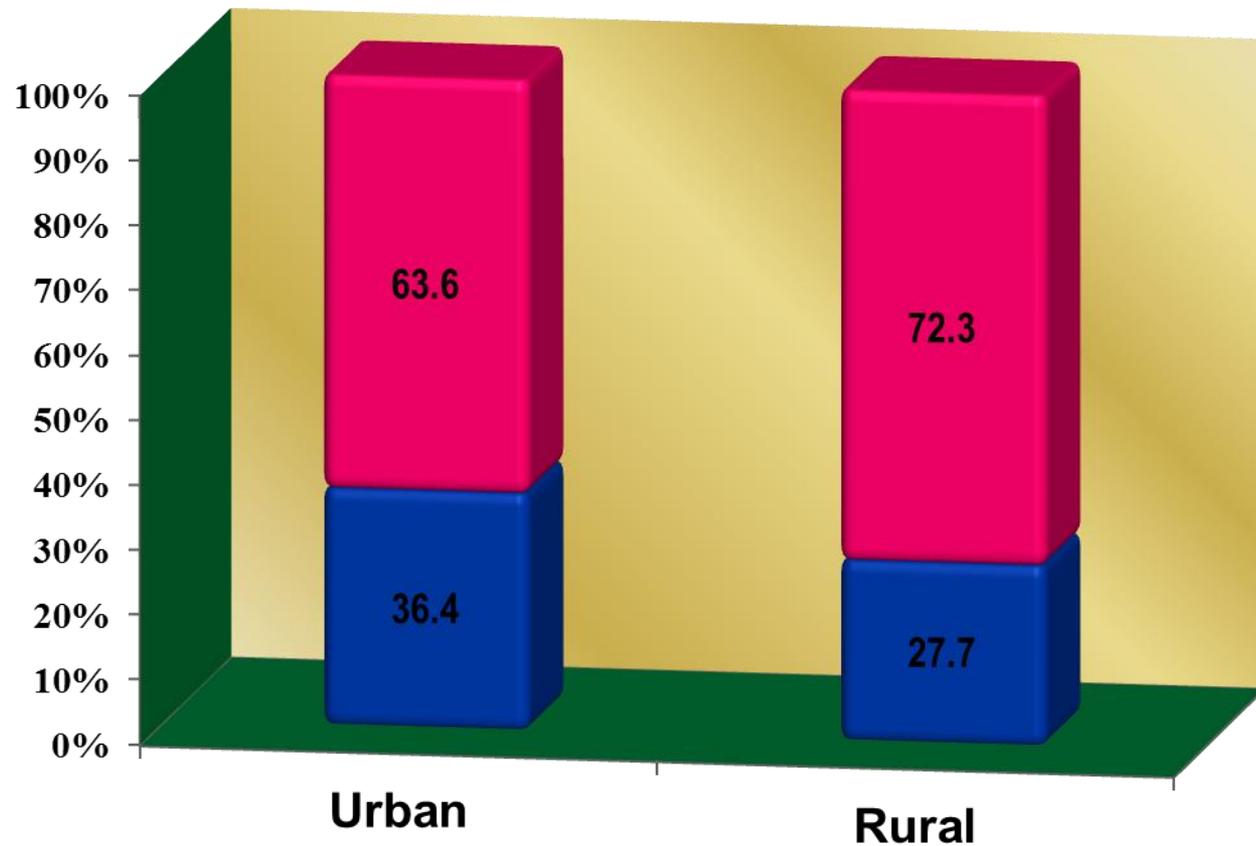




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# Distribution of 6 to 71 months old children by employment status of mothers by urbanization: Philippines, 2008

■ Working mother ■ non-working mother



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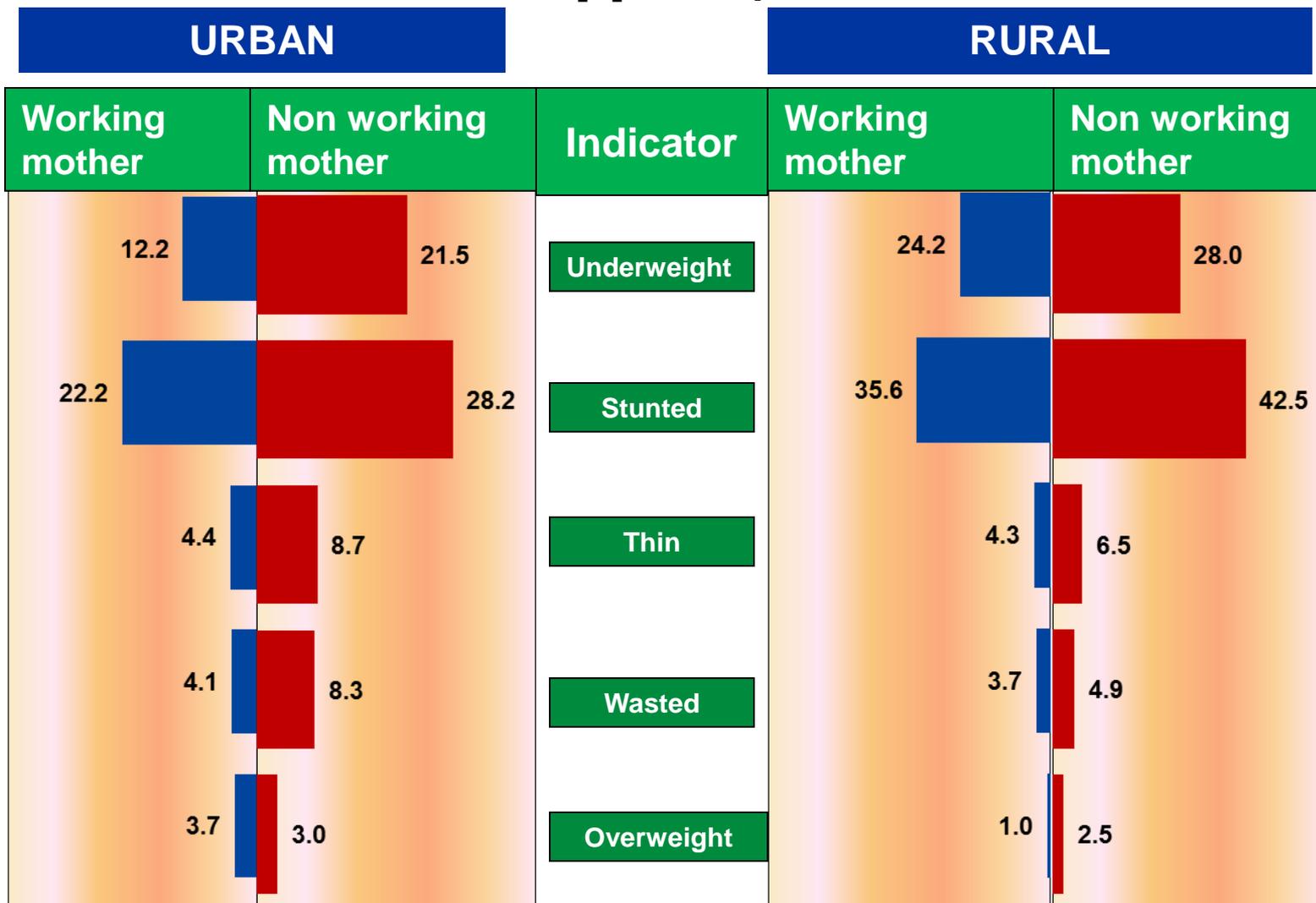


# Prevalence of Malnutrition among 6-71 month old children by working status of mothers in urban and rural: Philippines, 2008

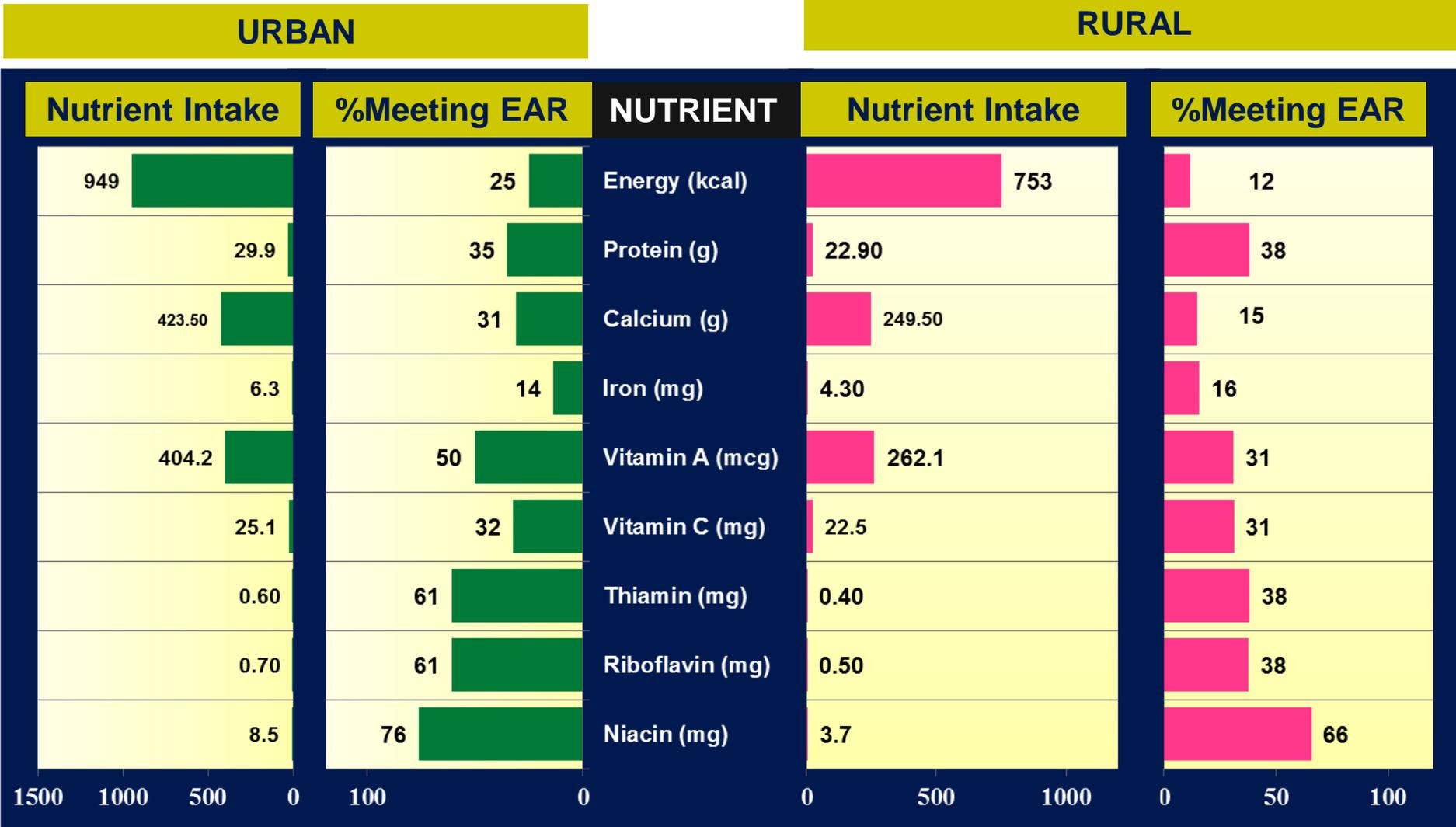
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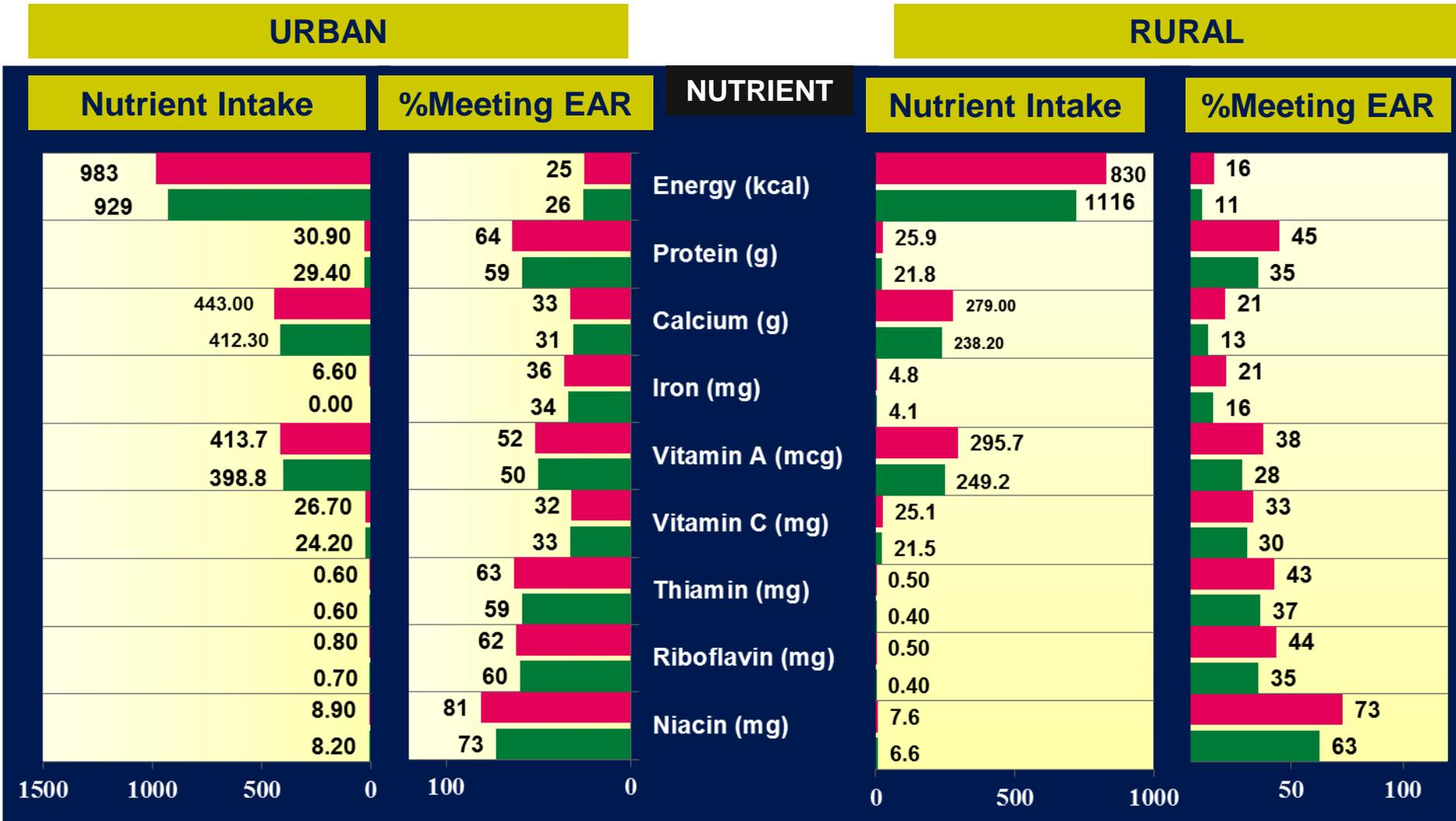
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# Nutrient intake and proportion of children meeting Estimated Adequacy Requirement (EAR) by urbanization: Philippines, 2008



# Nutrient intake and proportion of children meeting Estimated Adequacy Requirement (EAR) by urbanization by mother's employment : Philippines, 2008



Working Non-Working





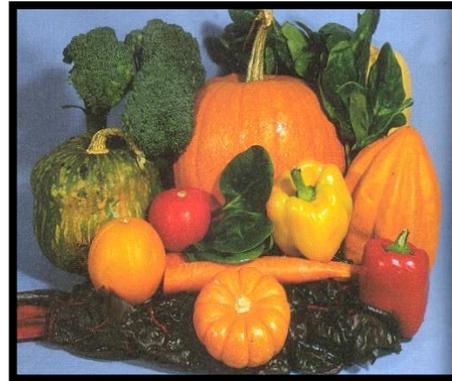
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**Grains, Roots and Tubers**



**Meat, Fish and Poultry**



**Vit. A-rich Fruits and Vegetables**



**Legumes and Nuts**



**Eggs**



**Dairy Products**



**Other Fruits and Vegetables**

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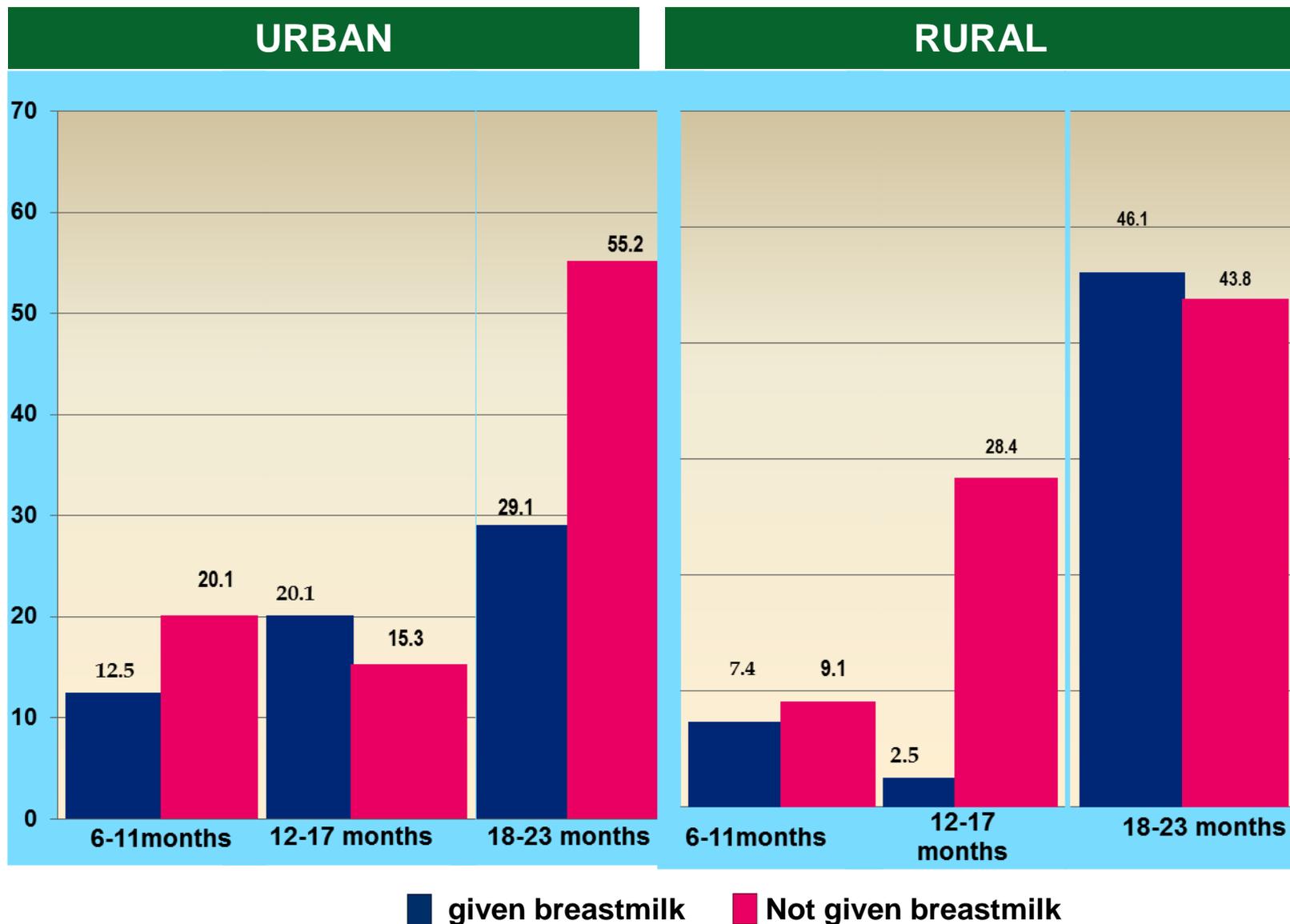


# Percent of Children given breast milk by Dietary Diversity Score (DDS) of $\geq 4$ in urban and rural areas: Philippines, 2008

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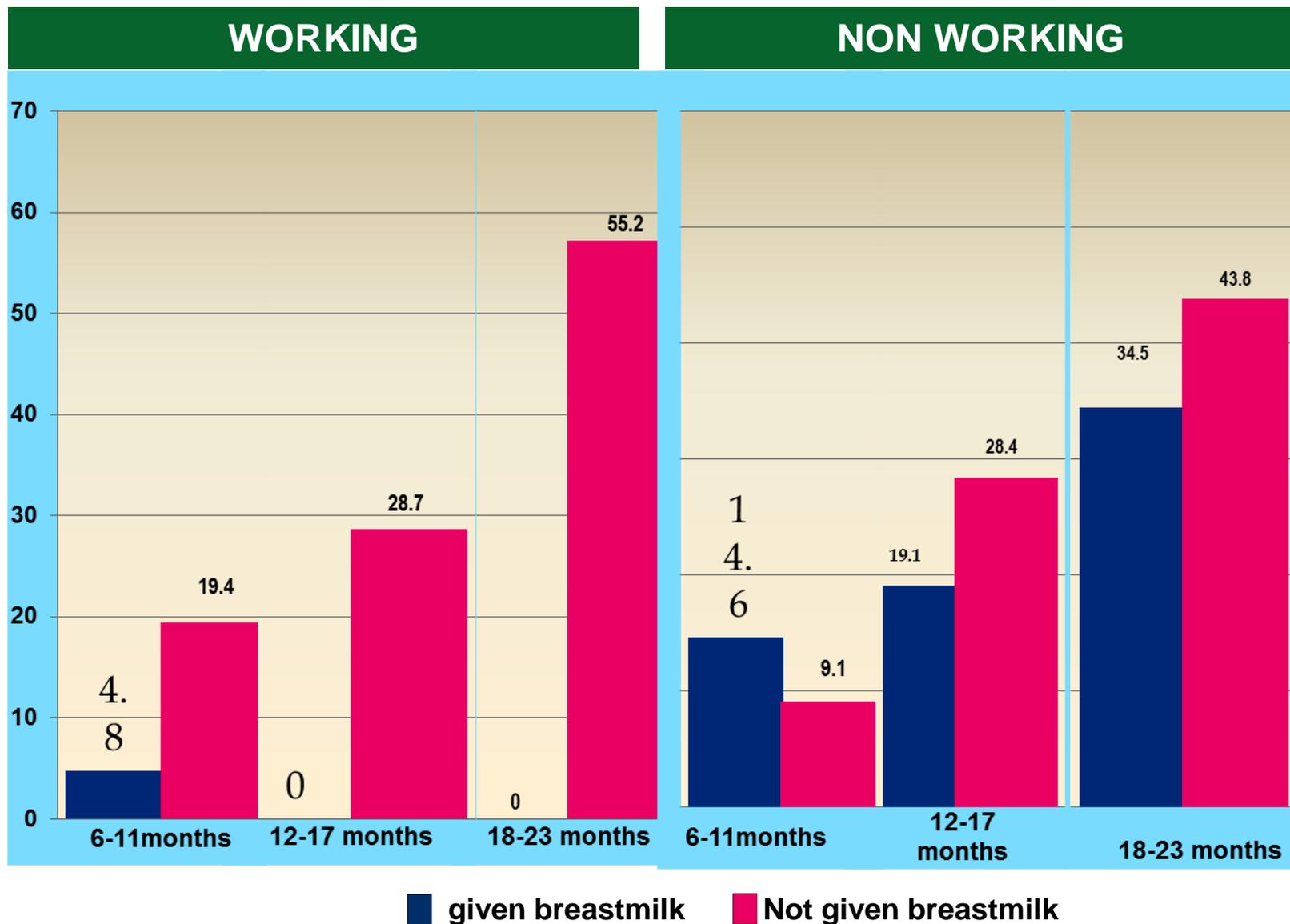


# Percent of Children of working and non working mothers given breast milk by Dietary Diversity Score (DDS) of $\geq 4$ in urban areas: Philippines, 2008

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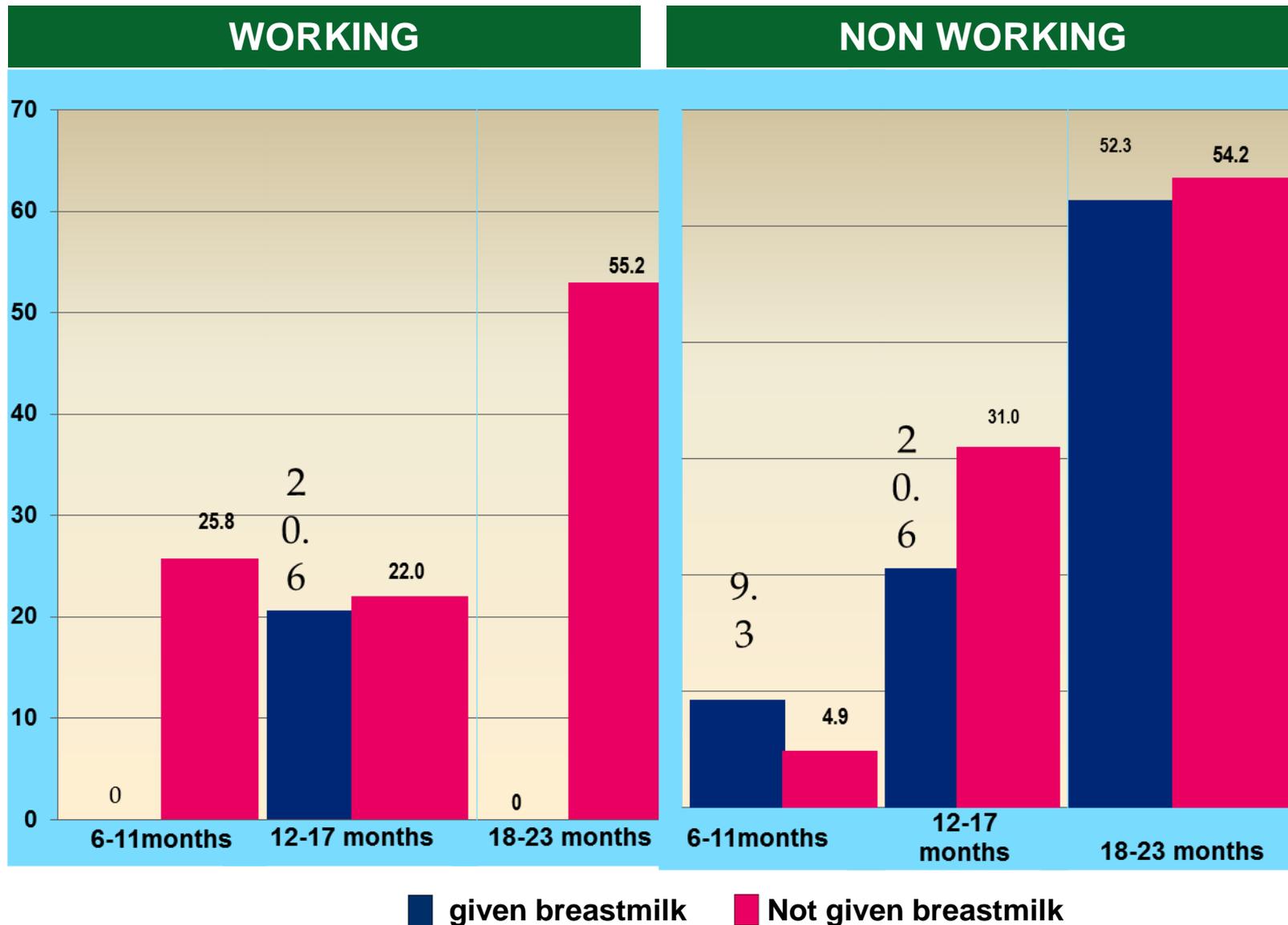


# Percent of Children of working and non working mothers given breast milk by Dietary Diversity Score (DDS) of $\geq 4$ in rural areas: Philippines, 2008

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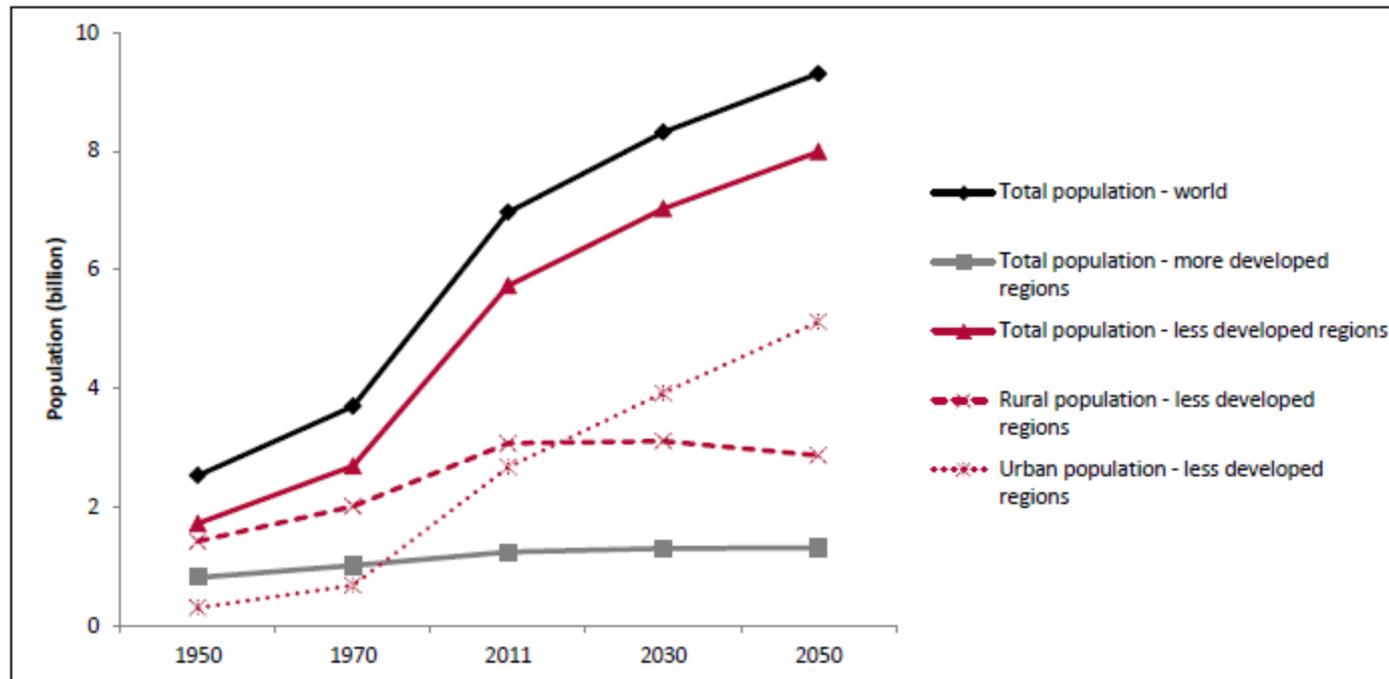
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## Demographic Trends 1950 - 2050

[www.gainhealth.org](http://www.gainhealth.org)



Source: United Nations, World Urbanization Prospects, The 2011 Revision  
[http://esa.un.org/unup/pdf/WUP2011\\_Highlights.pdf](http://esa.un.org/unup/pdf/WUP2011_Highlights.pdf)

## Transformation of environment and diets



[www.gainhealth.org](http://www.gainhealth.org)

- ▶ Urban market constitutes about 60-70% of the food consumed in Asia

(Source: Reardon et al., Urbanization, Diet Change, and Transformation of Food Supply Chains in Asia, Michigan State University, Global Center for Food Systems Innovation, 2014)

- ▶ Commercial Food Consumption in rural areas:
  - ▶ Rural Bangladesh and Indonesia = 80%
  - ▶ Rural Vietnam = 72%



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- 
- **Prevalence of underweight and stunting were significantly higher in rural areas.**
  - **Urban areas have a higher occurrence of overweight among children**
  - **Underweight prevalence was significantly high among children of non-working mothers for all age groups from the rural areas.**



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- 
- **Pervasiveness of thinness and overweight were higher among children of non working mothers.**
  - **Mean DDS score of children of working and non-working mothers in both urban and rural areas fell short of the acceptable score.**
  - **Mean DDS score of 6-11 months and 18-23 months old children from the rural areas were significantly lower than their urban counterparts.**



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**The analysis provided evidence that urbanization and maternal working status have a significant impact on the nutritional status and food and nutrient intake of children.**

# The Way Forward





# .... on the proposed definition

## **‘Food and Nutrition Security’**

**“Food and nutrition security exists when all people at all times have physical, social and economic access to food, which is consumed in sufficient quantity and quality to meet their dietary needs and food preferences, and is supported by an environment of adequate sanitation, health services and care, allowing for a healthy and active life.”**

**United Nations System, Standing Committee on Nutrition.**

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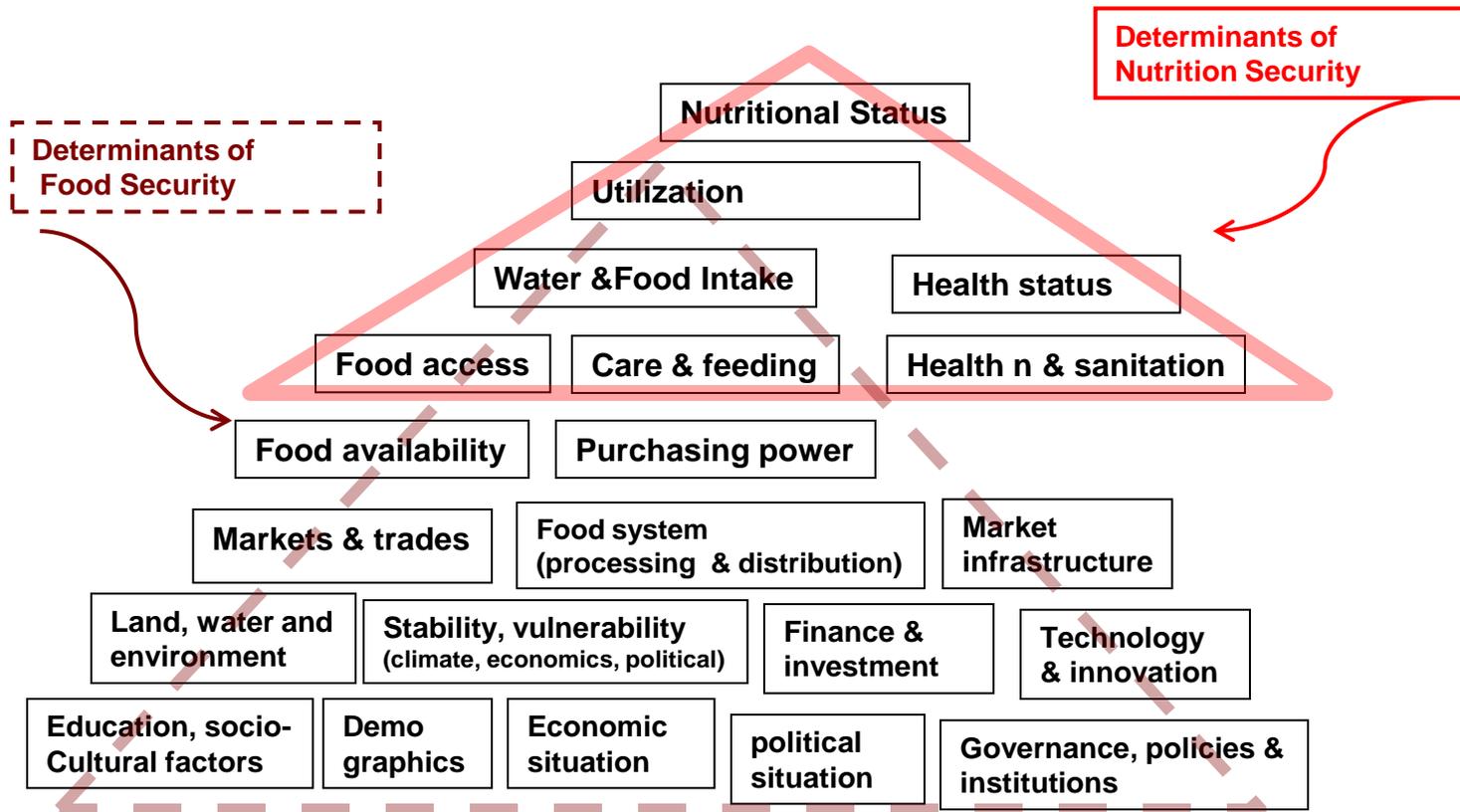
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# Determinants of Food security and Nutrition security

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Source FAO as cited by United Nations System, Standing Committee on Nutrition.





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## **... on Research**

- **Further research on the impact of migration (internal and international) on the food and nutrition security of households with vulnerable children (pre-school, school and adolescents )**
- **The conduct of cohort studies that will investigate the effects of migration ( both internal and international) on the food and nutrition security of the households with children and adolescents;**



# ... on Research

- **The use of both quantitative and qualitative approach for investigating the lives of migrant households in terms of food and nutrition security.**
  - **The quantitative approach will provide the numbers and can be done through national surveys while the qualitative can be in the form of case studies which will provide the depth in the study**

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# ... on Research

- **The cohort studies on the effect of migration and urbanization on the food and nutrition security of households can also be started.**

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# ... on programs and policies on food security in the Philippines

## Feeding Programs

- aimed to reduce hunger among school children through the provision of meals and snacks

## Food Fortification

- includes programs which aim to address micronutrient deficiency.

## Information, Education, and Nutrition Awareness

- includes programs which promotes the enhancement of nutritional status through information drive.

*Source: Philippine Food Security Information System , Philippine Statistics Authority*

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# ... on programs and policies on food security in the Philippines

## Food Production

- consists of programs which intend to foster self-sufficiency and mitigate hunger.

## Support to Farmers and Subsidies

- take the form of grants and assistance.

## Comprehensive and Integrated Food Security Programs

- provide support which link supply with demand. Services under such programs are geared towards productivity and enhancing the beneficiaries' purchase capacity.

*Source: Philippine Food Security Information System ,Philippine Statistics Authority*

# Thank you

