

Physical inactivity 60.5%

Smoking 34.8%

Hypertension 22.5%

Hypercholesterolemia 8.5%

Obesity 4.9%

Diabetes 4.6%

Overweight and obesity affects 27 adults in every 200.

About 12 in every 100 adults, 20 years and over were chronic energy deficient (CED).

> The prevalence of hypertension among adults is 25.3%. it increases with age starting from age 40 -49 years.

## Philippines Data/ **Fact Sheet Good Nutrition and Exclusive Breastfeeding**

Nearly 50% of death in the Philippines are caused by diseases that may be brought about by unhealthy lifestyle.

mothers experienced food insecurity because there was no food or money to buy food in the past 3 months.

Hunger was experienced by about Skipped eating or missing 2 out of 10 mothers meal(s) was the most frequent experience among food insecure mothers.

#### **Why Mothers Stop Breastfeeding**

perception that she has no or inadequate milk

returning to work within 4 to 8 weeks of delivery into a work environment that is not conducive to continued breastfeeding

#### **Republic Act 10029**

The Expanded Breastfeeding Promotion Act of 2009

Mandates the setting up lactation facilities in private & public workplaces.

Minimum of 40-minutes breaks each day for every eight-hour working period or

**Lactation Breaks** for nursing employees.

## **Global Data**

According to 2010 figures,

43 million children under age five are overweight.

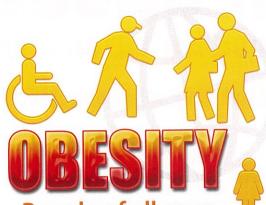
More than

#### 1 billion adults

are overweight

at least 300 million of them are clinically obese.

An estimated 17.6 million children under five are estimated to be overweight worldwide.



People of all ages and backgrounds face this form of malnutrition.

#### SOURCES

7th National Nutrition Survey: Philippines, 2008: Initial Results

UNICEF Baseline Survey on Exclusive Breastfeeding and Continued Breastfeeding Practices in the Philippines (2010). Study commissioned by the UN MDG-F Joint Program on Children, Food Security, and Nutrition

Millennium Development Goals Fund (MDG-F) 2030, ppt file.

http://www.who.int/features/factfiles/nu trition/en/index.html

http://www.who.int/hpr/NPH/docs/gs\_o besity.pdf



A mother who feeds her baby only with breastmilk,

# on demand day and night

during the baby's first six months, can delay the return of menstruation and help prevent pregnancy.

### birth of a sibling

One of the threats to the health and growth of a

child under age 2.

For the older child, breastfeeding may stop, and the mother has less time to prepare the foods and provide the care and attention the child needs.

CHANGE is a comprehensive workplace health and wellness campaign under the Fit Live Young.

Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.











Labour Organization





