

G 90%

of filipinos has one or more of these 6 prevalent risk factors:

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.

3 out of 10

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

Skipped eating or missing meal(s) was the most frequent experience among food insecure mothers.

Hunger was experienced by about 2 out of 10 mothers

Why Mothers Stop Breastfeeding

- 1 perception that she has no or inadequate milk
- 2 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



OBESITY

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



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.



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/nutrition/en/index.html>

http://www.who.int/hpr/NPH/docs/gs_obesity.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 **iFLY 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.

