PROJECT EDI WAM!

Everybody **D**o **I**t: **W**ar **A**gainst **M**alnutrition in Brgy. Roma, San Joaquin, Iloilo

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ABSTRACT

The Millenium Development Goals for the Philippines by 2015 is to reduce the underweight-by-age prevalence to 17.2% among 0-5 years old children. So far in 2013, the prevalence decreased from 20.7% in 2003 to 19.9%.

Western Visayas ranks second (26.0%) in the most malnourished regions in the country, with trends increasing in Iloilo from 25.1% in 2008 to 27.4% in 2013. According to the National Nutrition Council, this small change in number for the past 10 years makes it unlikely that the country will achieve its MDG.

Project EDI WAM! Everybody Do It: War Against Malnutrition in Barangay Roma, San Joaquin, Iloilo aims to decrease the prevalence of malnutrition by 70% among children aged 24 to 72 months. Operation Timbang showed that out of the 42 children, 11 were identified as malnourished, giving a prevalence of 26.19%. Project EDI WAM! aims to decrease the number of undernourished children through health education, feeding, and supplementation programs.

A functional core group of 9 members was formed and was later transformed into a Barangay Health Board. Cooking lessons dubbed Pinoy Mother Chef improved the mothers' food preparation practices and behavior. Hygiene and Sanitation increased by 36.60%, while proper meal planning increased by 24.83%. Ready-to-Use therapeutic food (RUTF) was prepared and supplemented to the children. Knowledge of mothers on health and nutrition also increased by 35.54%.

Out of the 11 malnourished children, 4 were turned to normal, giving a decrease of 36.36%. The 70% goals was not achieved and may be attributed to the short period of time that the project was implemented. However there is a significant increase in weight among all the recipients (2.79%) and malnourished (4.92%).

A Mothers' Association was established to continue the project advocacy, making the cooking and feeding program an annual event.