

# Transforming Local Food Systems

## Quezon City

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Quezon City Government



# Quezon City as the Most Populous City in the Philippines



3,027,195 population



142 barangays



171.7 sq.km land area

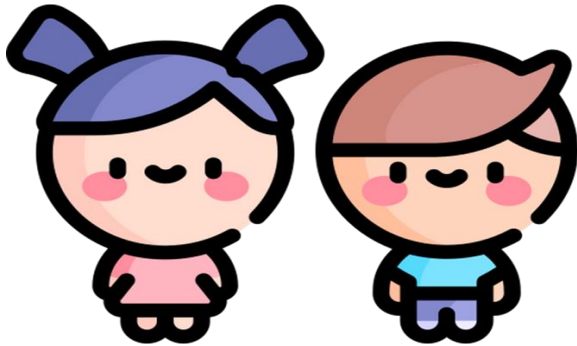


Home to diverse range of businesses - small enterprises to large corporations

# Quezon City Nutrition Situation

**250,687**

under five years old measured during OPT  
Plus 2024



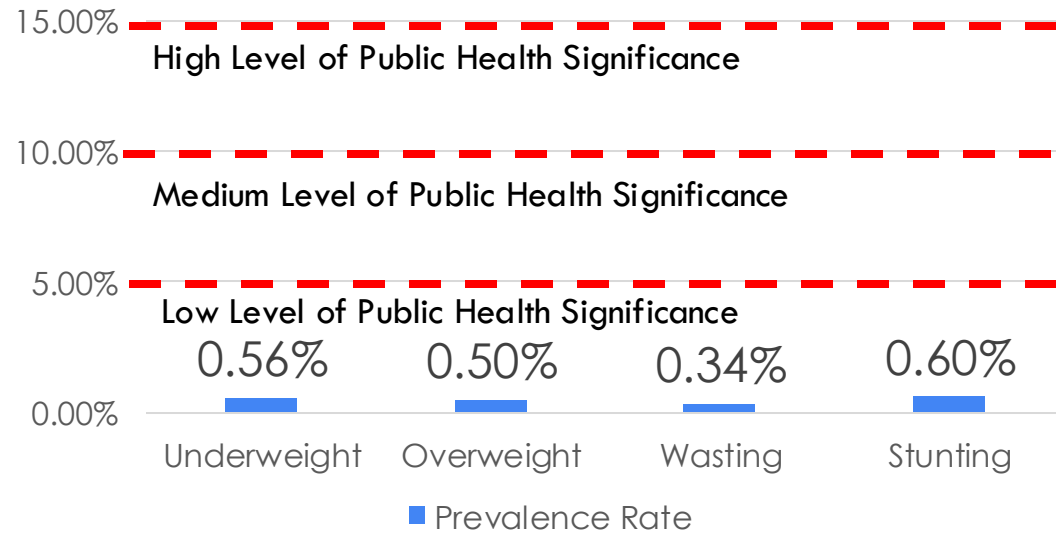
**FEMALE**

125,514 (49.6%)

**MALE**

126,173 (50.3%)

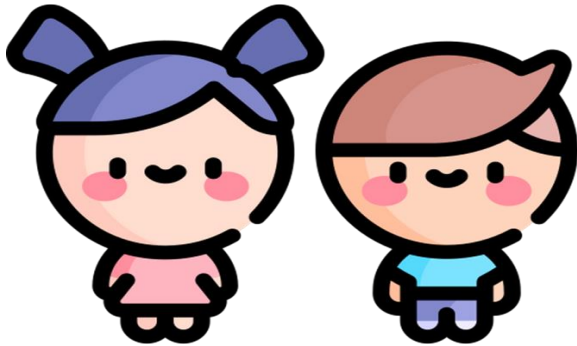
## Prevalence Rate of Malnutrition



# Quezon City Nutrition Situation

**261,314**

QC public elementary students measured in  
2023



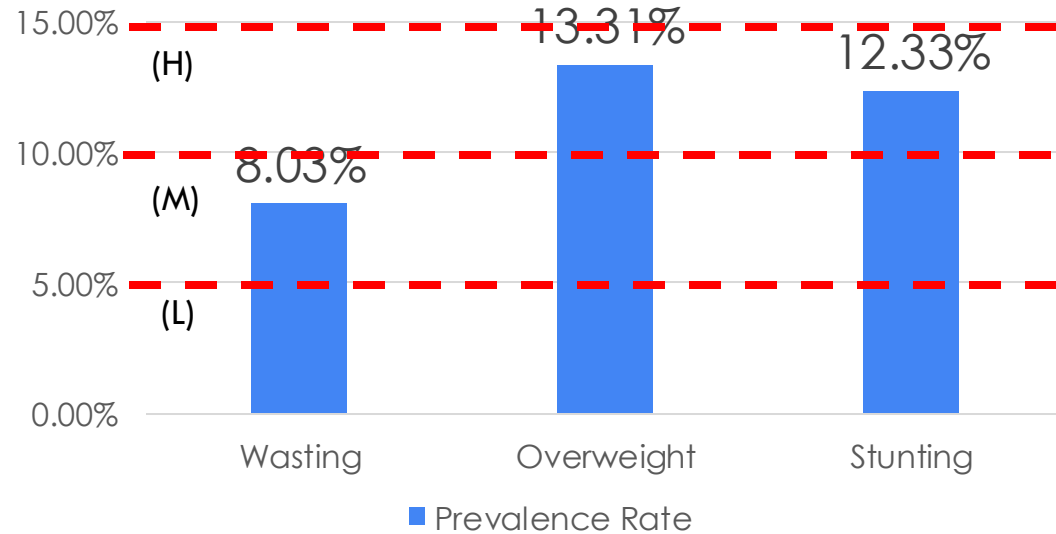
**FEMALE**

125,430 (48%)

**MALE**

135,884 (52%)

## Prevalence Rate of Malnutrition



# Quezon City Vital Health Statistics, 2023



## Hypertension, Cancer and Diabetes Mellitus

Top 3 Leading Causes of Mortality  
Across All Ages



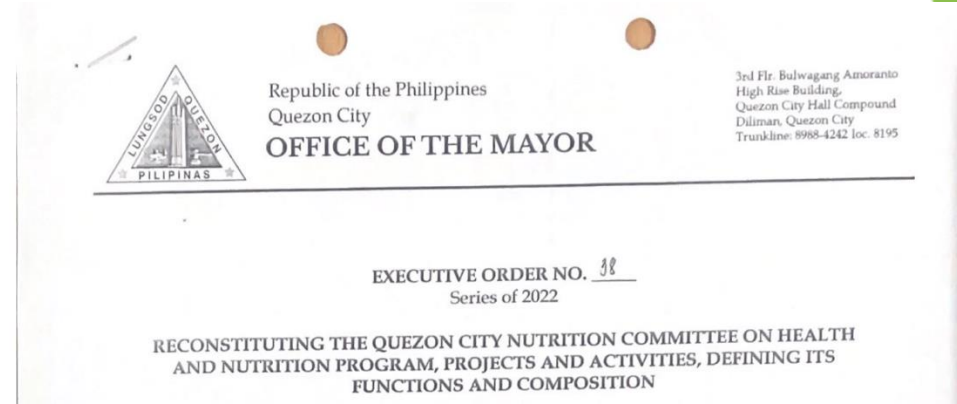
## Hypertension, Disease of the Heart and Diabetes Mellitus

Top 3 Leading Causes of Morbidity  
Across All Ages

# Quezon City Nutrition Committee

## Executive Order No. 38 s. 2022

promoting coordinated action among various stakeholders, and emphasizing the development and implementation of the Quezon City Nutrition Action Plan 2023-2028.



City Nutrition Budget: Php 45,477,996.72

# Addressing Malnutrition

UNDERNUTRITION

OVERNUTRITION

MICRONUTRIENT  
DEFICIENCY

INDIVIDUAL SYSTEMS LEVEL

FOOD SYSTEMS LEVEL

Nutrition Education & Behavior Change Campaigns

Dietary Supplementation Program

Promoting local agriculture and community gardens

Importance of nutrition-sensitive policies that support food security

Policies on Food Environment

# From Policy to Program

Scaled up Nutrition Programs through enactment of food security policies (**Bundle of Joy: First 1000 days Program and Urban Farming**)

Integrated programming to address complexity of malnutrition (**QC Food Security Task Force**)

Continuous Capacity Building of Key Stakeholders in enhancing food systems

Engage with external partners for innovative solutions





# Individual Systems Level

## Bundle of Joy Program

Targets nutritionally-at-risk pregnant mothers by providing essential maternal and child care packages until their child reaches 2 years old.

Assessment of developmental milestones and referral to Kabahagi Center for those with developmental delays



# Individual Systems Level

## Child Friendly Spaces

Ordinance No. SP-3051 s. 2021 was enacted to institutionalize the establishment of safe, nurturing environments designed to provide protection, recreation and promotion of physical activity among children





# Food Systems Level

## Healthy Diet in Schools & Most Child Friendly School Canteen

Ordinance No. SP 2846 helps address malnutrition by ensuring that school environments promote nutritious, balanced meals for students aligned with the DepEd Order No. 13

Incentivizes schools to prioritize the nutritional well-being of students by ensuring that food offered in school canteens complies with health standards.



# Food Systems Level

## Calorie Labeling in Food Establishments

empower Quezon City citizens to make informed and healthier food choices by requiring the display of calorie and nutrition information.

encourages food businesses to offer healthier menu options



# Key Actions



**Ensure  
Open Policy  
Making**



**Build a strong  
evidence-base**



**Engage with  
stakeholders**



QUEZON CITY  
NUTRITION SECTION

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