

HOUSEHOLD CHARACTERISTICS WITH CO-EXISTENCE OF UNDER- AND OVERNUTRITION

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ABSTRACT

Background: The co-existence of dual forms of malnutrition (i.e. under- and over-nutrition) within the household is a relatively new concern, thus it has not been extensively studied. The degree of double burden of malnutrition in the Philippines can be further examined by directly studying the affected households and by looking at household characteristics. It poses a threat to public health and it needs to be addressed properly. **Objectives:** To assess the prevalence of and the characteristics of households with co-existence of child undernutrition and adult overnutrition. **Methods:** The data used in the study were part of the 6th National Nutrition Survey (6th NNS) 2003. The survey followed the stratified three-stage sampling design and utilized the Master sample developed by NSO for 2003 Family Income and Expenditure Survey (FIES). A total of 2,639 households including 884 households with overweight adult and 891 households with underweight 0-5 year-old children were included in the study. The dietary intake and socio-demographic characteristics such as type of dwelling unit, tenure status, occupation of the adults and the utilities available in the household were considered. Data were analyzed using descriptive statistics such as averages and percentages for all variables and by income quintile for the households, with and without the double burden of malnutrition. **Results:** The prevalence of under- and over-nutrition was 7.1%. Higher incidence was found at the second, third, and fourth income quintile. Presence of under/over-nutrition in the household was higher in the households belonging in the second, third, and fourth income quintile group while households from the lowest and highest income quintile groups have similar incidence of under/over-nutrition. Households with under/over-nutrition have lower nutrient adequacy than households without co-existence of under/over-nutrition. **Conclusion:** household without co-existence of under/over-nutrition fare better than households with co-existence of under/over- nutrition. Households from low and high income groups are equally likely to experience co-existence of under/over-nutrition.

