



National Guidelines on the Management of Moderate Acute Malnutrition for Children under Five Years

Manual of Operations

First Edition 2016

Revised on May 2020



World Food Programme

ACRONYMS

BHS	Barangay Health Station
BHW	Barangay Health Worker
BNS	Barangay Nutrition Scholar
BSFP	Blanketed Supplementary Feeding Program
CHT	Community Health Teams
CMAM	Community-Based Management of Acute Malnutrition
CTC	Community Therapeutic Care
DHMT	District Health Management Team
DOH	Department of Health
DALY	Disability-Adjusted Life Year
DSWD	Department of Social Welfare and Development
ENA	Essential Nutrition Action
ENN	Emergency Nutrition Network
EPI	Expanded Program of Immunization
FDA	Food and Drug Administration
FNRI	Food and Nutrition Research Institute
FANTA	Food and Nutrition Technical Assistance
G6PD	Glucose-6-Phosphate Dehydrogenase Deficiency
GAM	Global Acute Malnutrition
GFD	General Food Distribution
GIDA	Geographically Isolated and Disadvantaged Area
GNC	Global Nutrition Cluster
GP	<i>Garantisadong Pambata</i>
HC	Health Center
IEC	Information, Education, and Communication
IFE	Infant Feeding during Emergency
IYCF	Infant and Young Child Feeding
IMAM	Integrated Management of Acute Malnutrition
IMCI	Integrated Management of Childhood Illness
IPF	In-Patient Facility
ITC	Inpatient Therapeutic Care
IU	International Units
IUGR	Intrauterine Growth Restriction
LMICs	Low and Middle Income Countries
MAM	Moderate Acute Malnutrition
MCH	Maternal and Child Health
MHO	Municipal Health Officer

MNAO	Municipal Nutrition Action Officer
MUAC	Mid-Upper Arm Circumference
NAOs	Nutrition Action Officers
NiE	Nutrition in Emergency
NNC	National Nutrition Council
NNS	National Nutrition Survey
OPD	Out-Patient Department
OTC	Outpatient Therapeutic Care
PPAN	Philippine Plan of Action for Nutrition
PHN	Public Health Nurse
PIMAM	Philippine Integrated Management of Acute Malnutrition
RHM	Rural Health Midwife
RHU	Rural Health Unit
RUSF	Ready-to-Use Supplementary Food
SAM	Severe Acute Malnutrition
SFC	Supplementary Feeding Center
SFP	Supplementary Feeding Program
TB	Tuberculosis
TSFP	Targeted Supplementary Feeding Program
UNICEF	United Nations Child's Fund
WFL/H	Weight-for-Length/Height
WFP	World Food Programme
WHO	World Health Organization

FOREWORD



The Department of Health recognizes the persistent effects of undernutrition among the Filipino young children. The 2015 National Nutrition Survey showed a significant increase in the prevalence of both chronic malnutrition (stunting) at 33.4% and underweight at 21.5% among children 0-5 years old. Meanwhile, the prevalence of acute malnutrition (wasting) has barely decreased to 7.1% and nearly a million of them are suffering from it in the country.

Moderate Acute Malnutrition (MAM), or moderate wasting, increases the risk of health and nutrition deterioration in infants and young children with recurring calamities and emergencies. MAM eventually develops into SAM (Severely Acute Malnutrition) or severe wasting if unmanaged. Acute malnutrition in general

prevents normal gains in body weight, delays the chemical malnutrition of the body, hampers immunity and is associated with an increased risk of morbidity and mortality by 35-45% in the long run, it results to overall poor individual productivity and economic gains. Yet, acute malnutrition is preventable and reversible, but only when sufficient support is accessible and given at the right time during calamities and even in normal situations.

The Department of Health, together with the World Food Programme, development partners, relevant stakeholders and consultants have converged efforts in coming up with **National Guidelines on the Management of Moderate Acute Malnutrition for Children under Five Years** Manual of Operations. This set of guidelines will complete the “Acute Malnutrition Package”, preceded by the release of DOH Administrative Order 2015-0055-National Guidelines on Management of Acute Malnutrition for Children under five years and the Guidelines for the Management of Severe Acute Malnutrition (SAM) Manual of Operations.

We are hopeful that through these guidelines, program managers and frontline health and nutrition workers can efficiently implement nutrition interventions to abate childhood acute malnutrition. This is alongside the well-established interventions, such as exclusive breastfeeding for infants under 6 months, followed by provision of complementary foods with continued breastfeeding for children aged 6-24 months; expanding access to high quality and fortified foods, quality health care, improved water sources, and sanitation facilities; micronutrient supplementation for vulnerable children; and better knowledge and maternal and child practices.

On behalf of the Department of Health, I wish to thank all the stakeholders and partners who contributed to the development of these MAM guidelines. Let us continue working together for the vision **“All for Health Towards Health for All”**.

A handwritten signature in black ink that reads 'Paulyne-Ubial'.

PAULYN JEAN B. ROSELL-UBIAL, MD, MPH, MCHES II
Secretary of Health

MESSAGE



Acute malnutrition or wasting is associated with increased risk of disease and death for children, in addition to growth retardation and impaired psychosocial and cognitive development. Based on the latest national nutrition survey, 7.1% of children under-five have wasting. Among infants 0-5 months and 6-11 months, wasting is much higher at 10.9% and 11.6% respectively. Wasting not only affects the poorest and the poor but also the middle-income and rich households. Wasting prevalence has not changed much in more than 3 decades.

The National Nutrition Council is therefore pleased with the development of the Manual of Operations of the **National Guidelines on the Management of Moderate Acute Malnutrition for Children under Five Years**. These Guidelines on Moderate Acute Malnutrition complements the National Guidelines on the Management of Severe Acute Malnutrition issued by the Department of Health through Administrative Order 2015-0055. These two guidelines would now comprise the protocol

for treatment of acute malnutrition.

The NNC encourages the use of this manual by local government units, non-government organizations and other stakeholders working to address acute malnutrition or wasting. Government cannot do it alone but needs the help of all — parents, care providers, health professionals and communities. While these guidelines are on the treatment of acute malnutrition, prevention is still best. We encourage local government units especially Barangay Nutrition Scholars to cover all children in their regular growth monitoring activities to prevent early growth faltering and early identification of children with acute malnutrition for immediate referral.

The management of acute malnutrition is one of the cost-effective interventions and is one of the key nutrition-specific programs of the Philippine Plan of Action for Nutrition (PPAN) for 2017-2022. Together with the treatment of acute malnutrition, we encourage all stakeholders to take part in delivering nutrition and related services in order to end all forms of malnutrition in the country.

We acknowledge the Technical Working Group on Community-based Management of Acute Malnutrition for the expertise and effort in coming up with the guidelines. The NNC is pleased to have taken part in the development of these guidelines.

A handwritten signature in black ink, appearing to read 'M. B. Flores', with a stylized flourish at the end.

MARIA-BERNARDITA T. FLORES, CSO II
Assistant Secretary of Health
Executive Director IV, National Nutrition Council

MESSAGE



Children are the hope for our future. They are crucial in deciding how the world is going to be over the next few decades. Doing something good in the life of a child today will create a positive change for the future. We can start off by providing good nutrition. Good nutrition is the foundation of a child's life but knowing that undernutrition in both mother and child is still a global issue that results in 35-45% of deaths among children under five, it is imperative to take action right now.

One form of undernutrition crippling our children is acute malnutrition. It results from disease; nutritious food consumption at inadequate levels and at insufficient quantities; improper maternal and child-care and feeding practices; as well as lack of access to basic social services, often aggravated by calamities, natural and man-made alike. Without the necessary responses to address these causes, acute malnutrition eventually leads to child mortality. Unfortunately, even if a child survives without external intervention, he/she becomes sickly or chronically malnourished, contributing to the stagnation of the Philippines' growth and development.

As a signatory to the Scaling Up Nutrition (SUN) global movement, and as part of its commitment to the achievement of the Sustainable Development Goals — particularly on Zero Hunger (SDG # 2) - the Philippines has taken major steps in addressing acute malnutrition among children under five. Through this manual "**The Management of Moderate Acute Malnutrition**" with technical support from WFP and together with the Manual on the Management of Severe Acute Malnutrition, the package of interventions for Filipino children during both calamities and normal time is comprehensive.

Congratulations to the Department of Health (DOH), the National Nutrition Council, the United Nations Country Team, the CMAM technical working group led by the DOH's Health's Children's Health Development Division of the Disease Prevention and Control Bureau, the consultants of the manual and the personnel of Local Government Units in making this initiative a reality.

A handwritten signature in black ink, appearing to read 'Praveen Agrawal', written over a white background.

PRAVEEN AGRAWAL

Representative and Country Director
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In 2011, Prof. Golden and Dr. Grellety developed the original Guidelines on the Integrated Management of Moderate Acute Malnutrition (IMMAM) as commissioned by WFP. The Guidelines were revised, and it was further enriched with local experiences and lessons learned from the participants of the Consultative Workshop last July 30-31, 2014 at the Legend Villas Hotel, Mandaluyong City, led by the team of writers and workshop facilitators Dr. Juanita Basilio and Ms. Ellen Villate:

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