

Sustain the Gains: An Assessment of Nurturing Care Outcomes in the Next 1000 Days

Part of the EDCOM-ECCD Research Studies (2/3)

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Presentation outline

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Introduction

The Next 1000 Days, Nurturing Care Framework (NCF)

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Methods

Data and sample, variables and measures, data analysis

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Results

Assessment of NCF Outcomes in the Philippines

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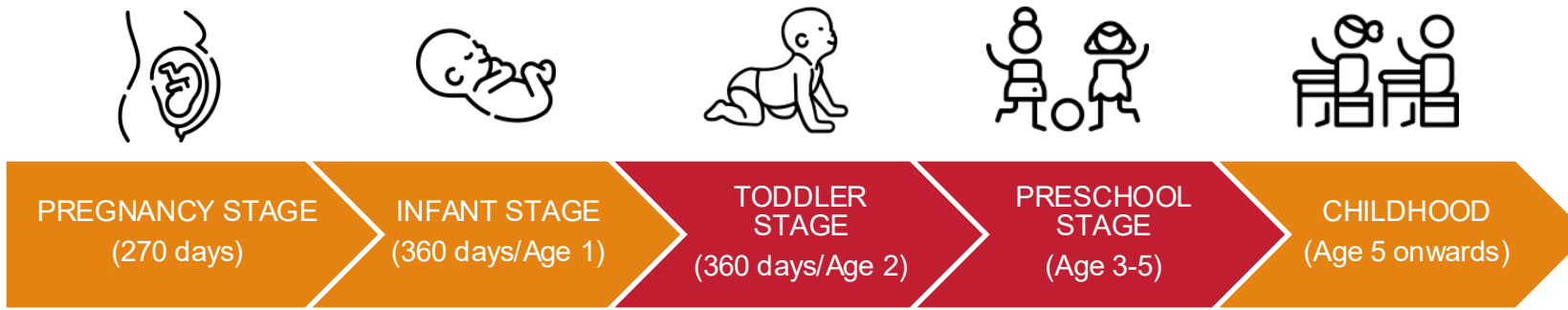
Conclusion and ways forward



1

Introduction

- What is the Next 1000 Days?
- How does this differ from the First 1000 Days?
- What is the Nurturing Care Framework?
- Status of Nurturing Care in the Philippines



The Next 1000 Days (age 2 to 5 years):
*a window of opportunity to build on early gains
and sustain or improve trajectories of healthy
development*



The First 1000 Days

Conception up to 2 years of age

**Interventions mainly focuses on
maternal and child health and
nutrition**

**Crucial in providing foundational
growth**

**Key players include mothers and
primary caregivers**

The Next 1000 Days

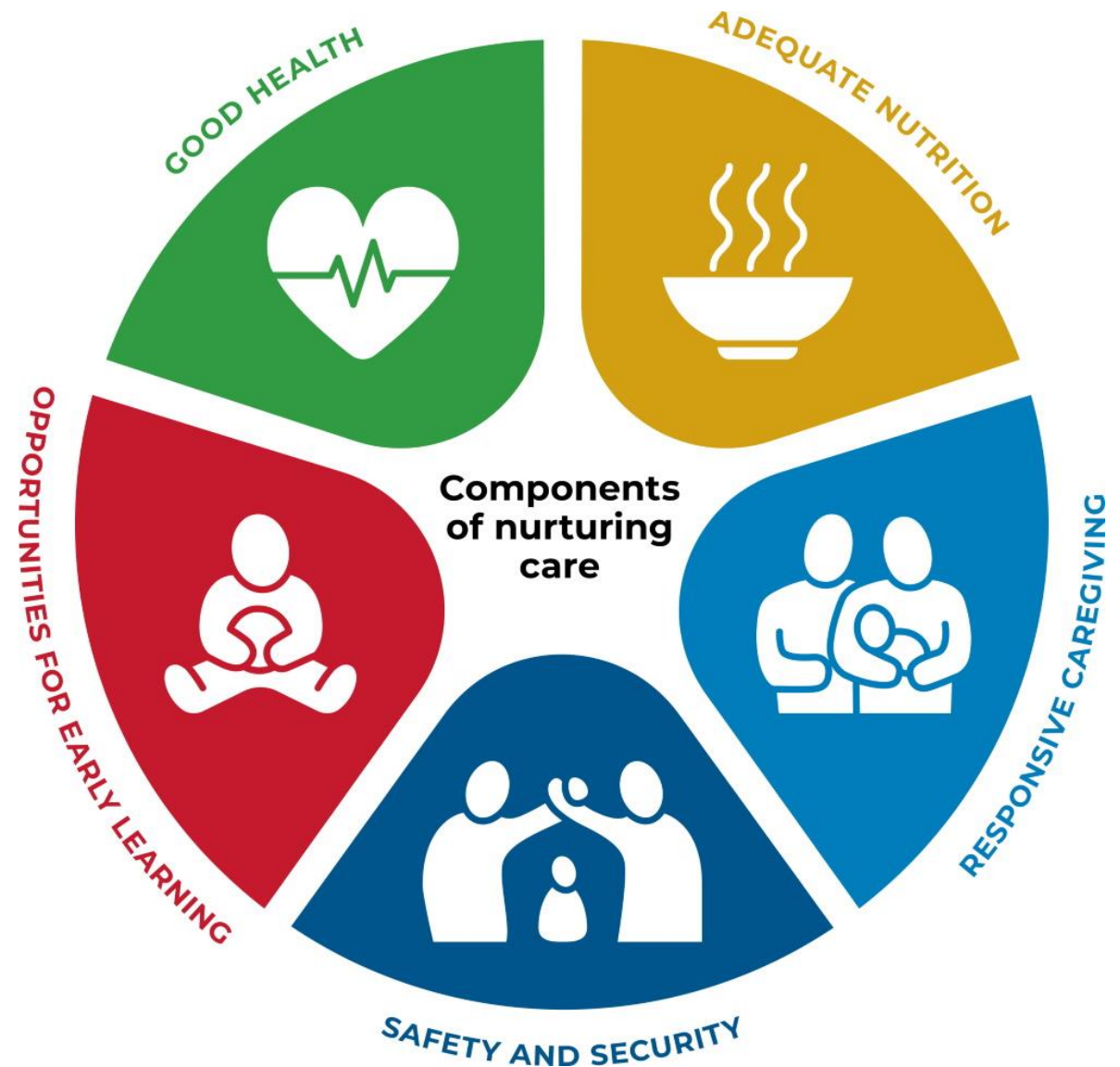
2 to 5 years of age

**Interventions revolve around
Nurturing Care**

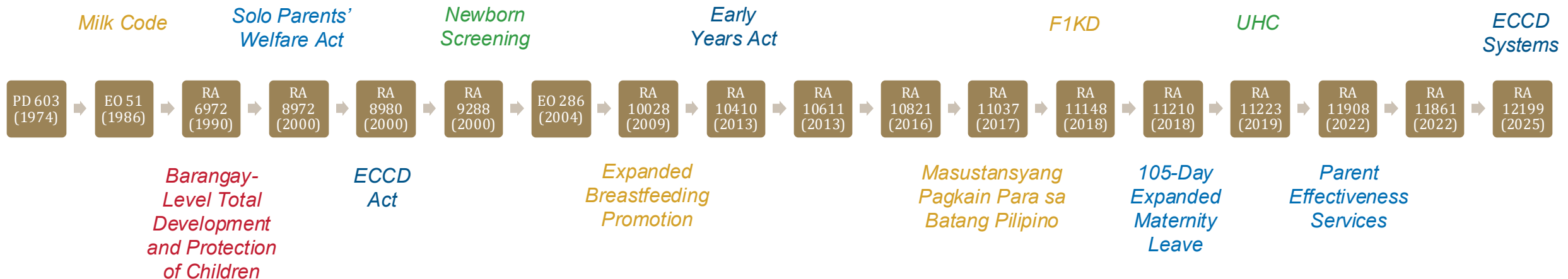
**Crucial in reversing early deficits
for growth and development**

**Key players include mothers,
primary caregivers, ECCD
workers**

The Nurturing Care Framework
developed by the WHO and UNICEF in response to the growing commitment of global institutions such as the World Bank Group and UNESCO to invest in early childhood development to achieve SDGs by 2030.



Nurturing Care in the Philippines: *enabling laws and policies for nurturing care have existed across multiple sectors for over five decades.*





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Methods

- Research Design
- Literature Review
- Policy Scanning



Our paper aims to look at the status of relevant nurturing care outcomes across the next 1000 days.



Quantitative Research Design

- Publicly available nationally representative data (NDHS, APIS, and DOST-FNRI NNS) to analyze ECCD outcomes
- Prevalences for each indicator were disaggregated by select sociodemographic categories
- Sampling weights used in processing the survey datasets
- Analyses conducted in STATA



Literature Review

- Official Nurturing Care Framework documents (implementing guidelines, SDG targets, proposed interventions)
- Lancet series on Early Childhood Development and the Next 1000 days
- International studies, white papers, and reports on NCF domains
- Policy briefs, working papers, and other relevant documents



Policy Scanning

- Enabling laws for Nurturing Care in the Philippines
- Official ECCD policy documents
- Government reports and grey literature



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Results

- Good health
- Adequate nutrition
- Responsive caregiving
- Opportunities for early learning
- Safety and security



Good Health *refers to the health and well-being of the children and their caregivers*

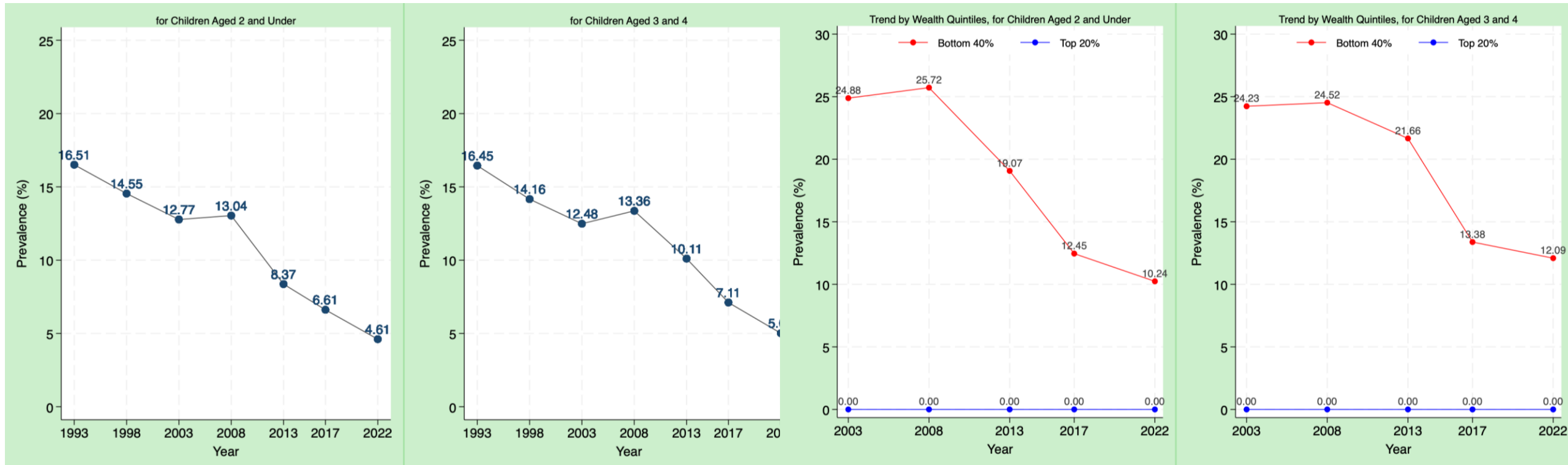
Poor WASH outcomes in the Next 1000 days hinder improvements in developmental trajectories.

| Indicators | Operational definition | Data Source, Year |
|--|--|--------------------------|
| Prevalence of children under-five practicing open defecation | Child belongs to a household that does not have any sanitation facility | NDHS, 1993-2022 |
| Prevalence of children under-five drinking surface water | Child belongs to a household that the main source of drinking water is surface water | NDHS, 1993-2022 |
| Prevalence of children under-five with improved WASH access | Child belongs to a household having BOTH improved sanitation facility AND improved drinking water source | NDHS, 1993-2022 |
| Prevalence of children under-five with improved drinking water access | Child belongs to a household with improved water sources | NDHS, 1993-2022 |
| Prevalence of children under-five with improved sanitation | Child belongs to a household with improved sanitation | NDHS, 1993-2022 |
| Prevalence of children under-five who had diarrhea in the past two weeks | Child did not contract diarrhea in the past two weeks | NDHS, 2003-2022 |



The Philippines has yet to achieve targets for WASH, especially among low-income households.

Children practicing open defecation, by age group and by wealth quintile, 1993-2022



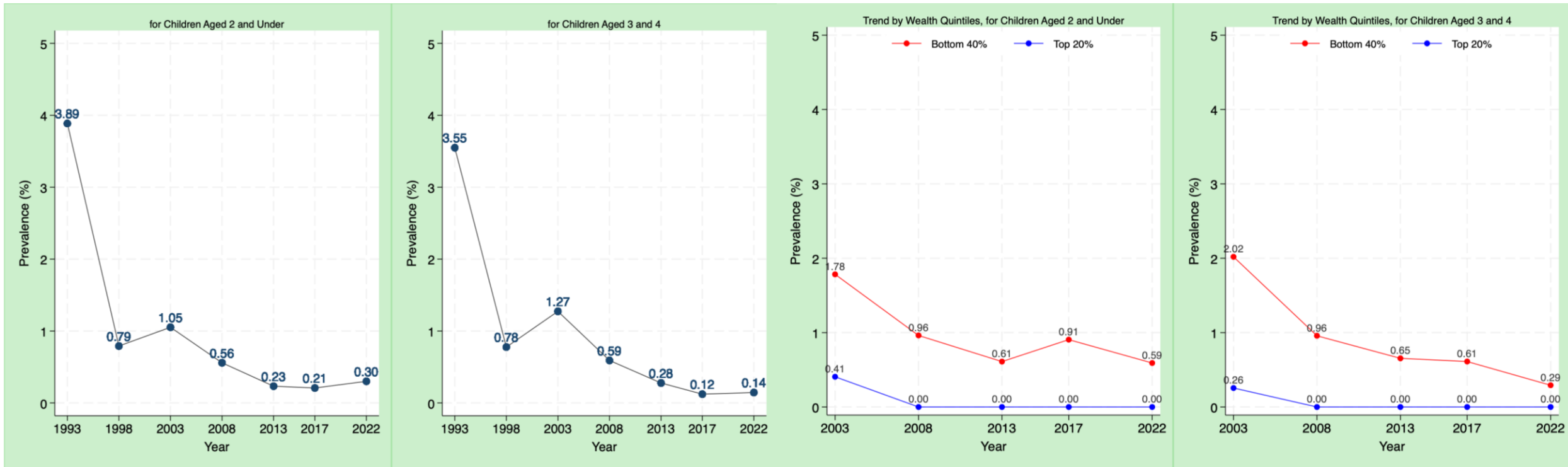
Source: Authors' analysis and visualization of the 1993 to 2022 National Demographic Health Survey data.

Open defecation has been virtually eliminated among Top 20% income households



The Philippines has yet to achieve targets for WASH, especially among low-income households.

Children drinking surface water, by age group and by wealth quintile, 1993-2022



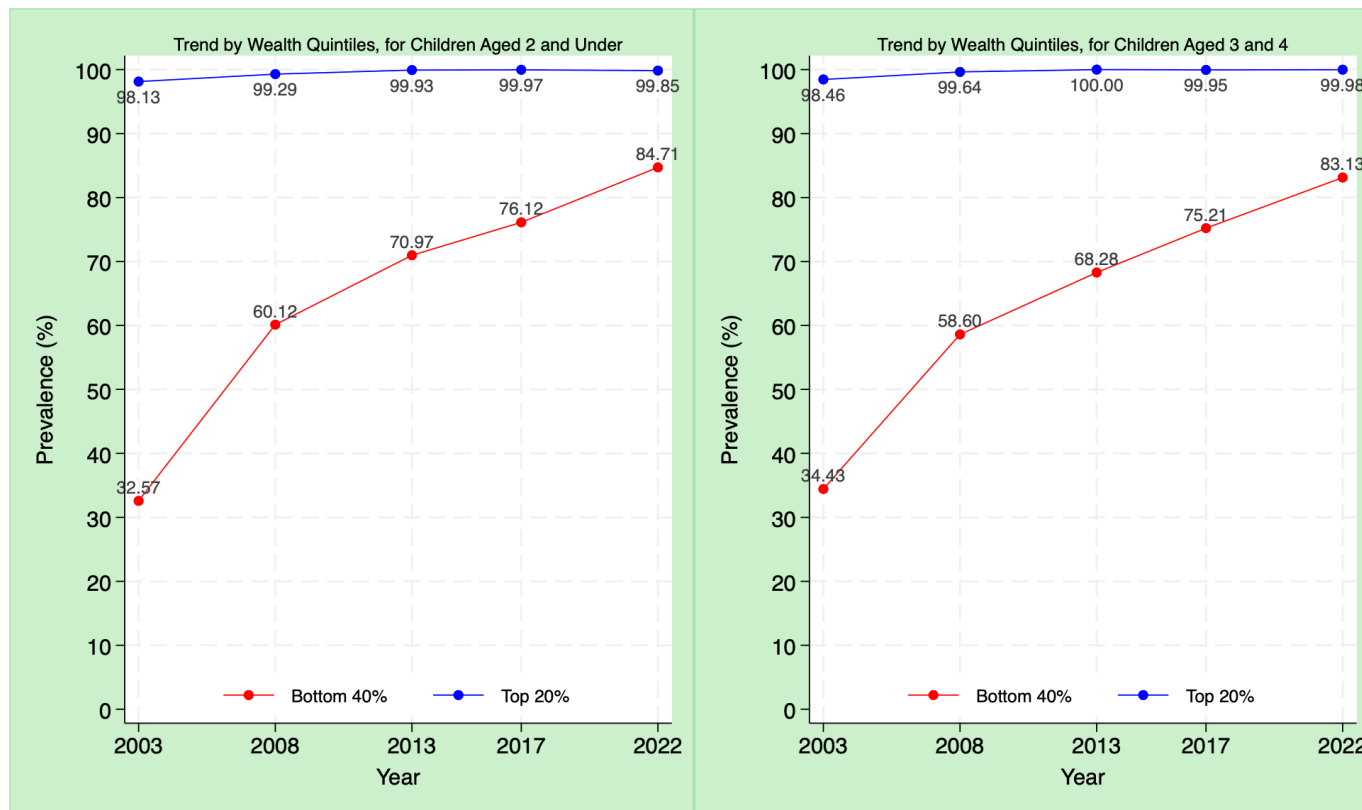
Source: Authors' analysis and visualization of the 1993 to 2022 National Demographic Health Survey data.

Prevalence of children drinking surface water is apparent only among bottom 40% income households.



The Philippines has yet to achieve targets for WASH, especially among low-income households.

Improved WASH Access, by age group and by wealth quintile, 1993-2022



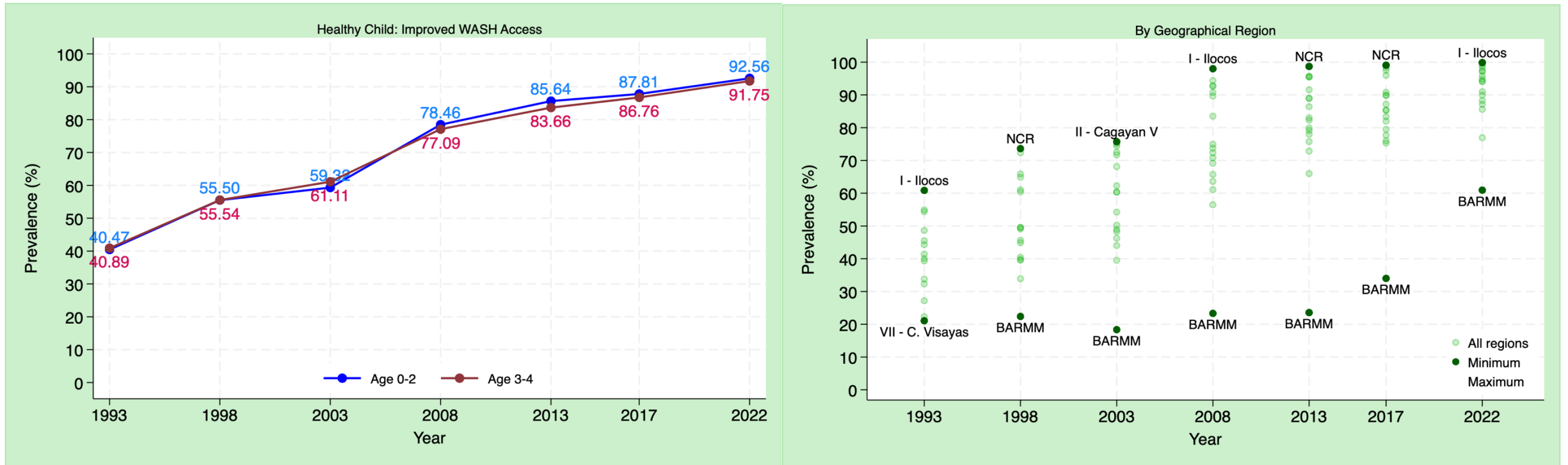
As higher income households reach universal improved WASH access, lower income households continue to lag behind.

Source: Authors' analysis and visualization of the 2003 to 2022 National Demographic Health Survey data.



Wide regional disparities for improved WASH access are persistent throughout the years.

Improved WASH Access, by age group and by region, 1993-2022



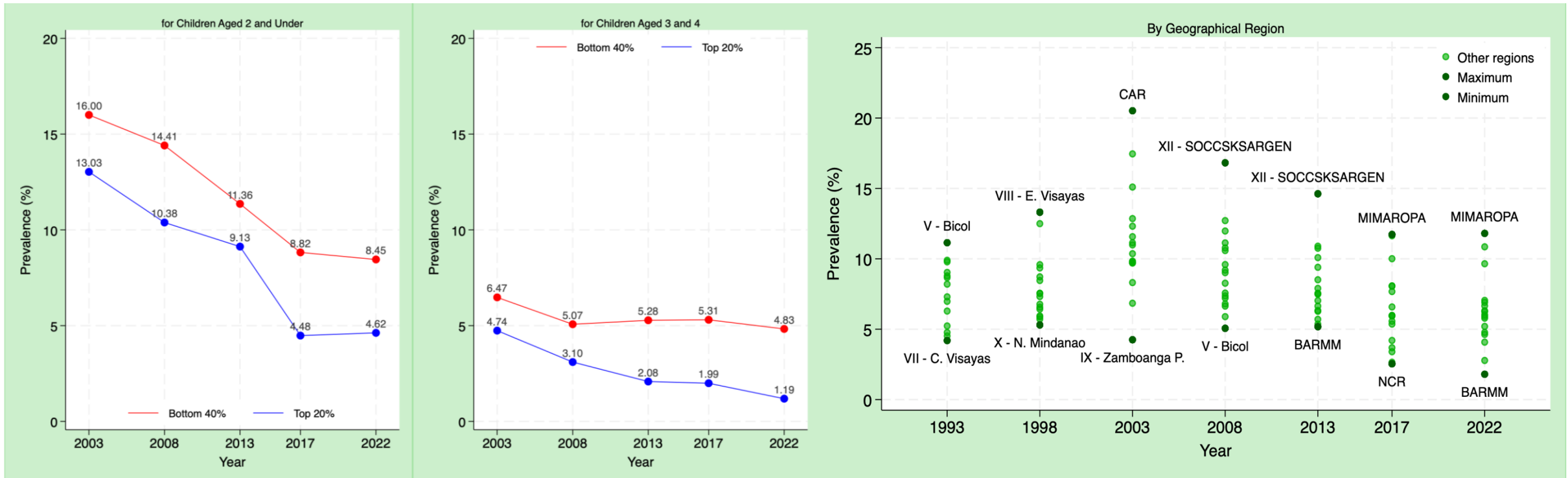
Source: Authors' analysis and visualization of the 1993 to 2022 National Demographic Health Survey data.

BARMM continues to lag behind, with only 60% of children under 5 with improved WASH access.



Absence of infection is imperative in improving developmental trajectories in the catch-up years, yet inequities persist.

Children under-five who had diarrhea in the past two weeks, by age group, wealth quintile, and region, 1993-2022



Source: Authors' analysis and visualization of the 2003 to 2022 National Demographic Health Survey data.

Children in the bottom 40% of households consistently exhibit higher prevalence rates than their counterparts in the top 20% across both age groups.



**Adequate
Nutrition** *refers to
maternal and child
nutrition*

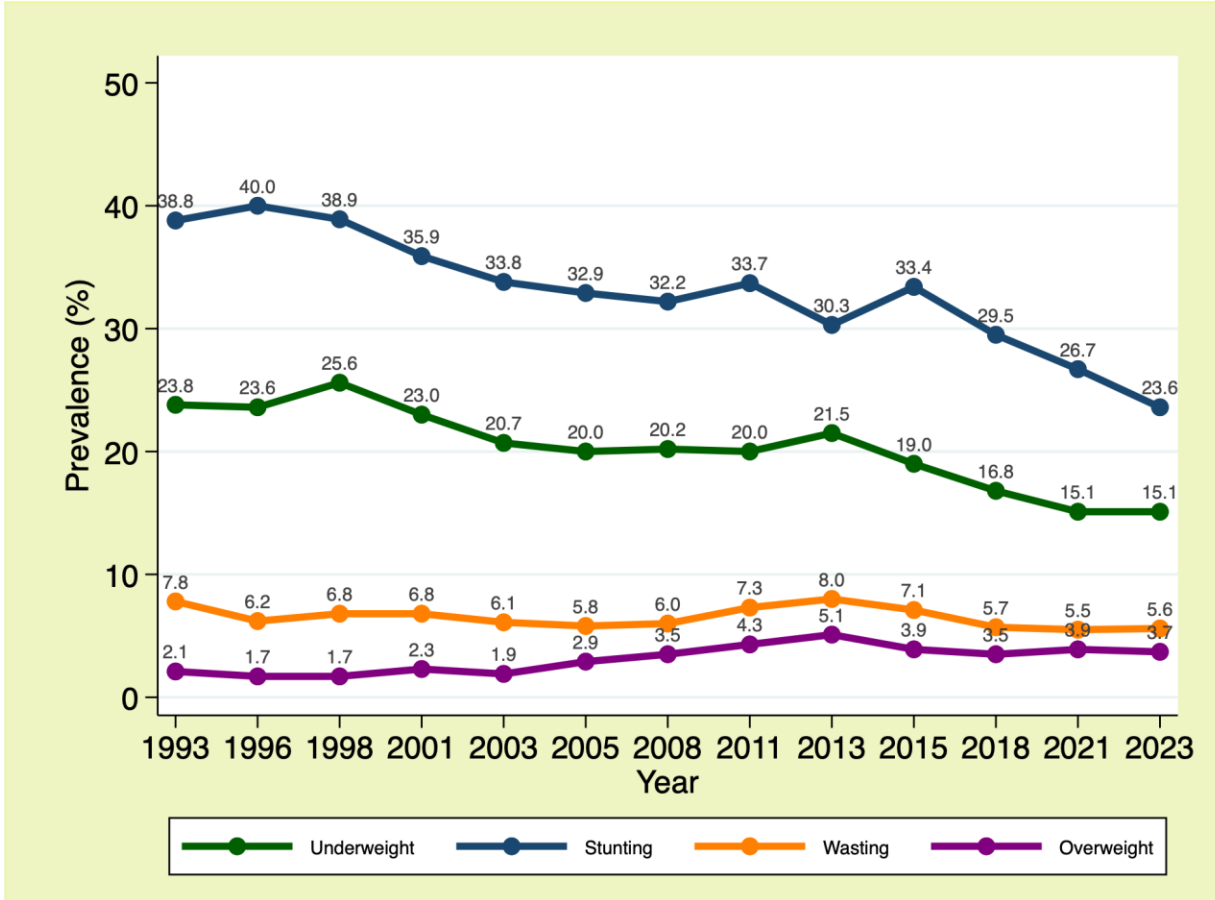
Early childhood nutrition status, especially in the Next 1000 days, is a critical determinant of and individual's health status as the child ages.

| Indicators | Operational definition | Data Source, Year |
|--|--|--------------------------|
| Prevalence of stunting for children under-five | Child has height-for-age Z score of ≥ -2 | NNS, 1993-2023 |
| Prevalence of wasting for children under-five | Child has weight-for-height Z score of ≥ -2 | NNS, 1993-2023 |



The Philippines is on-track for achieving targets for undernutrition (stunting and wasting).

Trends in malnutrition for children under-five, Philippines, 1993-2023



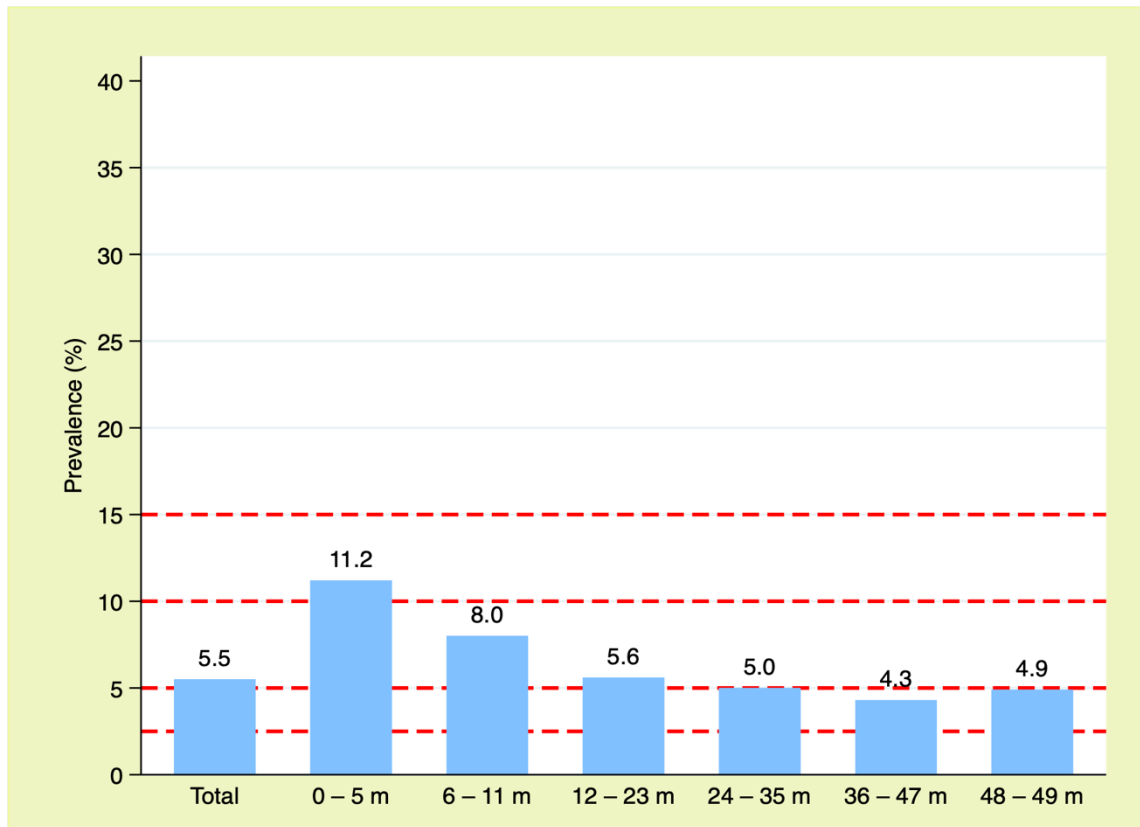
Among children under-five, 24% are stunted and 6% are wasted.

Source: Authors' visualization of data from the 2023 National Nutrition Survey

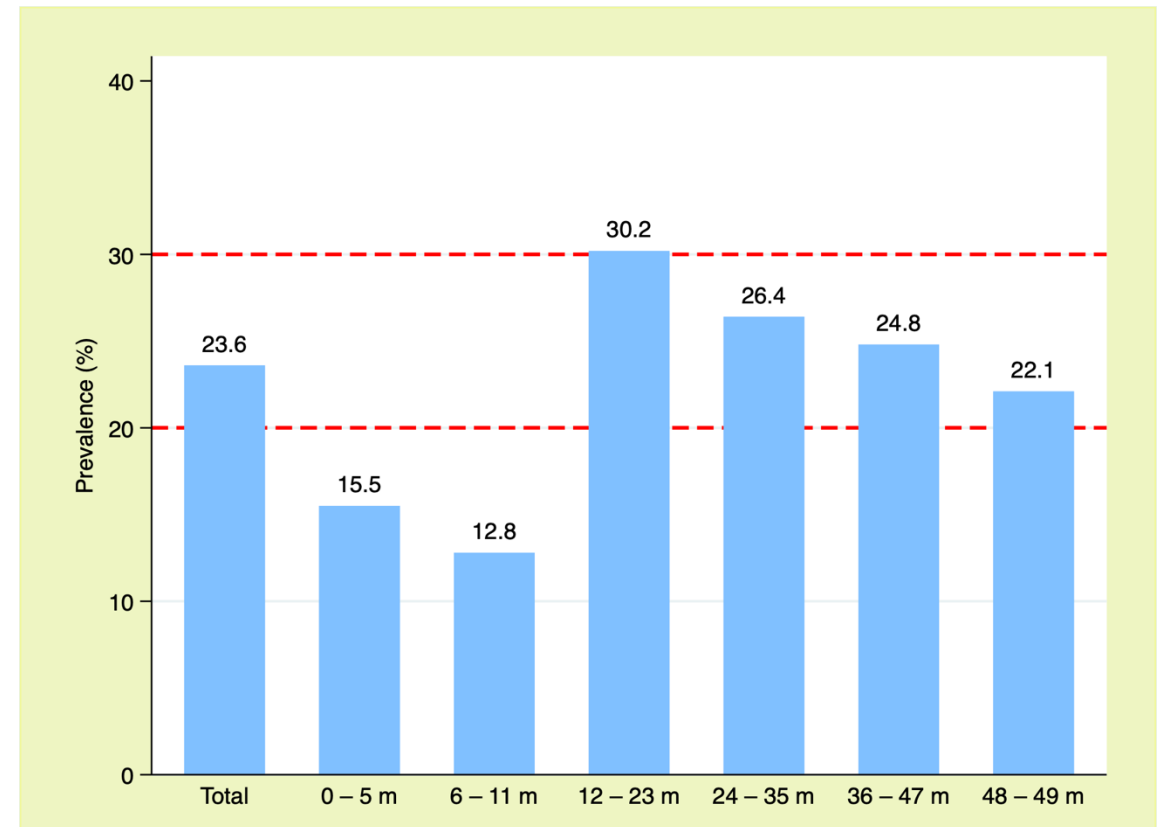


Wasting is more prevalent among children in the first 1000 days, while stunting is more prevalent among children in the next 1000 days.

Trends in wasting, by age group, Philippines, 2023



Trends in stunting, by age group, Philippines, 2023

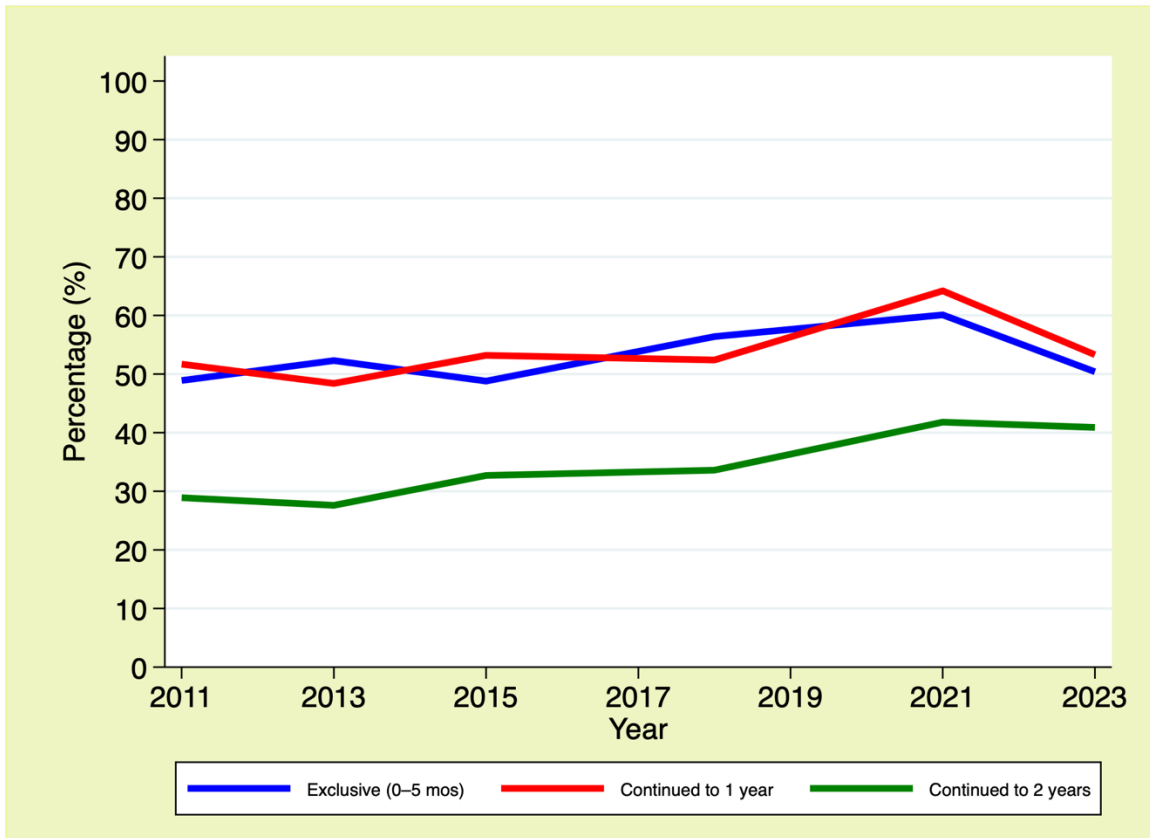


Source: Authors' visualization of data from the 2023 National Nutrition Survey



The current state of food environments and dietary behaviors pose a major hindrance in sustaining nutrition progress

Trends in IYCF, Philippines, 2011-2023



Source: Authors' visualization of data from the 2023 National Nutrition Survey

The practice of appropriate IYCF is experiencing a decline in recent years.



Responsive Caregiving *refers to the ability of parent/caregiver to notice, understand, and respond to their child's signals in a timely, and appropriate manner*

Responsive caregiving in the Next 1000 Days is essential to catalyze positive developmental trajectories.

| Indicators | Operational definition | Data Source, Year |
|--|--|---|
| Percentage of households with children aged 0-4 that engage in specific parenting practices daily with their child | Parents/caregivers engaged in specific parenting practices with their child daily | APIS, 2024 <i>(Preliminary Tables)</i> |
| Percentage (%) of households with caregivers who perceived optimal parenting practice | Parent/caregiver was able to name ALL the ideal parenting practices for each age group | APIS, 2024 <i>(Preliminary Tables)</i> |



Disparities across regions are apparent when parents and caregivers were asked about early stimulation activities.

Percentage (%) of households with children aged 0-4 that engage in specific parenting practices daily with their child, by Philippine regions, 2024

| By Geographical Region | | | | | | | | | |
|--------------------------|------|------|------|------|------|------|------|------|--|
| Philippines | 83.3 | 59.8 | 42.8 | 46.4 | 40.5 | 28.9 | 29.6 | 24.1 | |
| NCR | 91.2 | 74.1 | 57.0 | 57.4 | 48.5 | 38.2 | 26.7 | 29.6 | |
| CAR | 72.5 | 51.3 | 38.2 | 33.7 | 46.8 | 28.8 | 30.3 | 23.4 | |
| I - Ilocos | 72.5 | 48.5 | 39.1 | 41.1 | 38.6 | 28.6 | 27.4 | 29.8 | |
| II - Cagayan Valley | 87.8 | 53.3 | 35.8 | 45.9 | 40.6 | 20.2 | 21.2 | 17.3 | |
| III - Central Luzon | 78.3 | 53.4 | 27.4 | 34.2 | 26.2 | 16.2 | 20.7 | 16.2 | |
| IVA - CALABARZON | 91.5 | 76.8 | 60.6 | 62.0 | 55.4 | 43.4 | 43.0 | 34.4 | |
| IVB - MIMAROPA | 88.2 | 68.6 | 57.5 | 57.4 | 57.3 | 40.7 | 38.7 | 31.4 | |
| V - Bicol | 89.5 | 67.7 | 47.9 | 47.1 | 49.7 | 33.2 | 33.1 | 29.5 | |
| VI - Western Visayas | 82.3 | 56.2 | 37.7 | 39.3 | 38.4 | 26.0 | 30.1 | 22.0 | |
| VII - Central Visayas | 84.4 | 60.8 | 37.5 | 51.9 | 36.3 | 23.1 | 25.9 | 16.8 | |
| VIII - Eastern Visayas | 63.2 | 42.9 | 34.0 | 37.7 | 31.0 | 24.9 | 30.0 | 22.8 | |
| IX - Zamboanga Peninsula | 78.9 | 48.7 | 31.9 | 33.7 | 27.4 | 25.8 | 27.7 | 24.1 | |
| X - Northern Mindanao | 80.4 | 54.0 | 38.6 | 44.4 | 34.0 | 25.4 | 24.7 | 20.1 | |
| XI - Davao | 86.3 | 53.9 | 38.1 | 43.4 | 35.5 | 30.4 | 32.0 | 26.2 | |
| XII - SOCKSKARGEN | 73.9 | 40.5 | 32.9 | 32.1 | 29.8 | 20.3 | 22.0 | 16.0 | |
| XIII - Caraga | 86.3 | 60.0 | 44.2 | 49.9 | 28.2 | 21.4 | 25.8 | 16.3 | |
| BARMM | 74.7 | 41.1 | 24.8 | 25.1 | 37.1 | 11.8 | 24.1 | 10.6 | |

Daily Parenting Practice

Regions such as Davao, SOCKSKARGEN, and Central Luzon frequently score above the national average in most stimulation types.

In contrast, CALABARZON, Eastern Visayas, and MIMAROPA were among the cumulative lowest.

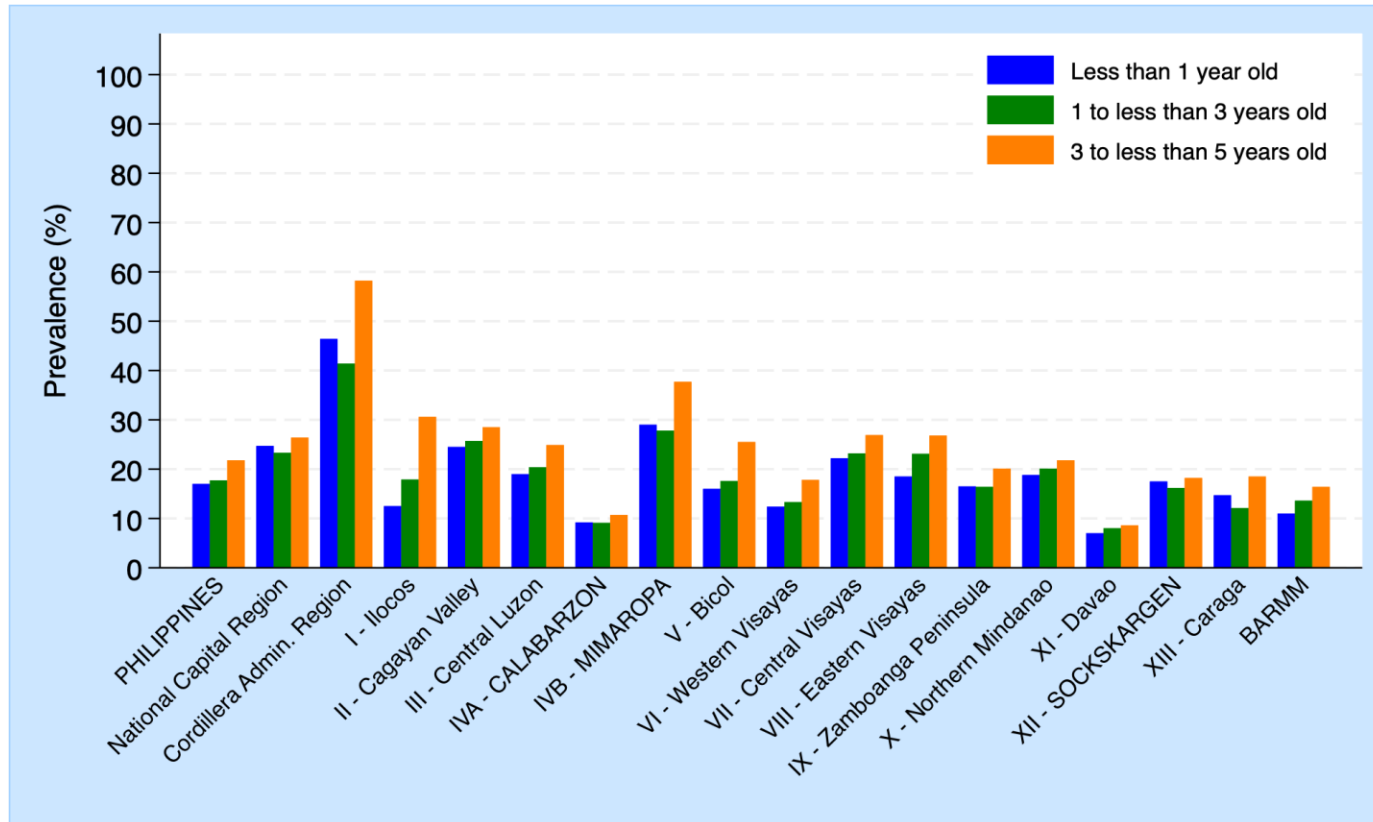
Source: Authors' visualization of preliminary results of the 2024 Annual Poverty Indicators Survey

Note: This refers to the percentage of households with children aged 0-4 years participating in any ECCD program in the past year (July 2023 to June 2024)



Only 2 in 10 households with caregivers of children under five are aware of the recommended positive parenting practices for each age group.

Percentage of households with children aged 0-4 that engage in specific parenting practices daily with their child, by Philippine regions, 2024



Across all regions, caregivers are more aware of optimal parenting practices for the 3 to 5 age group.

Source: Authors' visualization of preliminary results of the 2024 Annual Poverty Indicators Survey
Note: Households were asked to enumerate parenting practices that should be done for each age group



Opportunities for Early Learning refers to any opportunity for the baby, toddler, or child to interact with a person, place, or object in their environment

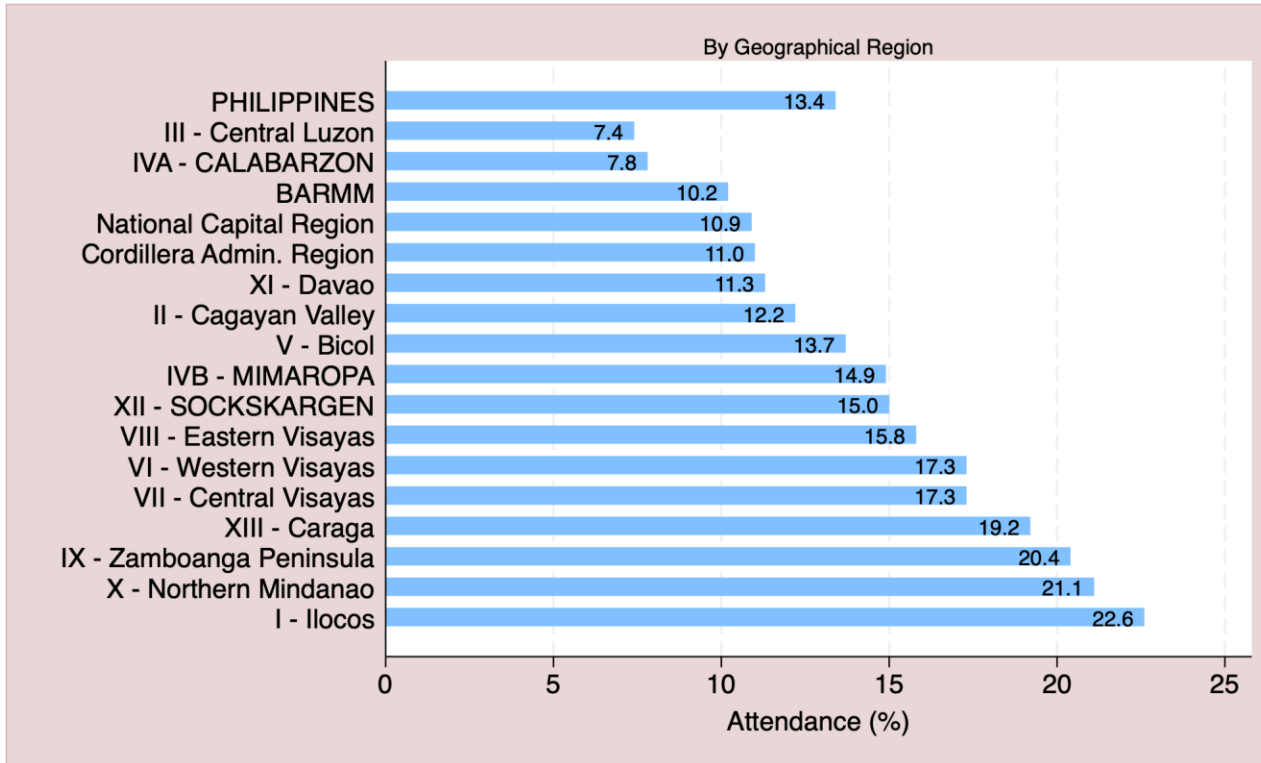
Learning in the Next 1000 Days provides essential foundations that project educational outcomes later in a child's life

| Indicators | Operational definition | Data Source, Year |
|--|--|------------------------------------|
| Prevalence of ECE Attendance and Non-Attendance | Households with children aged 0-4 who responded that their child attends an ECCD program | APIS, 2024 (Preliminary Tables) |
| Percentage (%) of households with children aged 0-4 with access to ECCD facility (within 30 minutes) | Households with children aged 0-4 with an accessible ECCD facility (can be accessed within 30 minutes, by any means) | APIS, 2024 (Preliminary Tables) |
| Percentage (%) of households with caregivers reported availability of ECCD facilities | Households with children aged 0-4's reported availability of a specific equipment/item in the center | APIS, 2024 (Preliminary Tables) |
| Percentage (%) of households with caregivers having a positive perception of ECCD facilities | Households with children aged 0-4's reported perception of a specific ECCD characteristic | APIS, 2024 (Preliminary Tables) |
| Percentage (%) of households with children aged 0-4 with available learning materials at home | Households with children aged 0-4 reporting that they have learning materials at home | APIS, 2024 (Preliminary Tables) |



Only 1 in 10 households with children under five attend ECCD programs.

Percentage (%) of households with children attending ECCD program, by Philippine regions, 2024



Source: Authors' visualization of preliminary results of the 2024 Annual Poverty Indicators Survey
 Note: This refers to the percentage of households with children aged 0-4 years participating in any ECCD program in the past year (July 2023 to June 2024)

Despite high reported accessibility of ECCD centers, with the national average being 87.1%, completeness of available ECCD facilities, and a generally positive perception of ECCD facilities, **low attendance in ECCD programs is attributed to parents'/caregivers' perception of their children being too young to be enrolled in such programs.**

| Primary Reason | Percentage (%) |
|--|----------------|
| Too Young | 94.6 |
| Facility is too far | 0.9 |
| Lack of Interest | 1.3 |
| No one is available to supervise | 0.8 |
| Not familiar with any other ECCD program | 1.5 |

Source: Authors' tabulation of preliminary results of the 2024 Annual Poverty Indicators Survey



Safety and security refers to safe and secure environments for children and their families.

The Next 1000 Days offer a crucial period when the benefits of early intervention are amplified and the negative effects of risk can be reduced.

| Indicators | Operational definition | Data Source, Year |
|--|---|--------------------------|
| Percentage (%) if children under-five exposed to any physical punishment in the past month | Children under five exposed to ANY or SEVERE physical punishment, in the past month | NDHS, 2022 |



Higher rates of physical punishment were observed among older children in the next 1000 days compared to children aged 2 and under.

Percentage (%) of children under-five exposed to any physical punishment in the past month, by age group, Philippines, 2022

| Type of punishment | Ages 1-2 | Ages 3-4 |
|----------------------------|----------|----------|
| Any physical punishment | 33.1% | 50.8% |
| Severe physical punishment | 1.5% | 3.3% |

Source: 2022 National Demographic Health Survey (PSA 2022).

50%
of children in the Next 1000 Days experience violence through physical punishment.

Findings



The Philippines remains to be off-track in achieving WASH targets, especially among low-income households.



Only 1 in 10 households attend ECCD programs, majorly attributed to parents' perception of their children being too young for ECCD programs.



Despite being on-track in achieving nutrition targets, current trends in food environments pose a major hindrance.



1 in 2 children in the next 1000 days experience violence through physical punishment.



Only 2 in 10 households are aware of positive parenting practices for each age group.

Regional disparities are evident for early stimulation activities.



4

Conclusion and ways forward

Recommendations



Strengthen WASH governance to address disparities

- Formulate and institutionalize a governance framework for WASH
- Establish dedicated WASH local development office at the DILG
- Support developing technologies for remote and underserved areas



Expand primary healthcare services and adopt critical food system policies

- Expand PhilHealth's primary care benefits for vulnerable households and children
- Foster healthy food environments through food policy action such as a review of the Milk Code and development of consumer protection tools



Promote optimal parenting and caregiving practices

- Targeted Behavioral Change Communication Campaigns, especially across regions
- Implement a family-based approach in the development of ECCD programs
- Prioritize the early identification and care of children with special needs



Create a comprehensive child anti-violence campaign

- Launch an ECCD anti-violence community campaign
- Involve more men, fathers, and community members in the practice of caregiving
- PHC facilities as entry points for early identification and response for violence prevention



Thank you!

For further questions and clarifications, please contact:

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