



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON
DEPARTMENT OF EDUCATION
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DepEd ORDER
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MAR 25 2003

**THE USE OF THE INTERNATIONAL REFERENCE STANDARD (IRS) IN DETERMINING
THE NUTRITIONAL STATUS (NS) OF FILIPINO CHILDREN**

To: Bureau Director (BEE)
School Health and Nutrition Center
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Elementary Schools

1. Starting School Year (SY) 2003-2004, the International Reference Standard (IRS) shall be used to conduct the nutritional assessment of school children. The school nurses shall be fully responsible for the conduct of such assessments at the start (June-July) and end (February-March) of the school year. Teachers are enjoined to assist in the assessment, more specifically on the weight and height measurement of children below 10 years of age.
2. The use of IRS in the assessment of Nutritional Status (NS) reflects the maximum growth potential of children without limiting the competitive potential within the boundaries of their country.
3. Reports on the NS of children shall be submitted to the School Health and Nutrition Center (SHNC) at telefax no. (02) 633-72-45 before the 15th day of October for the baseline data; and on or before the 15th day of April, the following year, for the endline data.
4. The revised Nutritional Status Report Forms (NSRF), Instructions on How to Use the Revised Form and the International Growth Tables shall be used for ready reference and possible replication at the local level. Please see enclosures.
5. Immediate dissemination of this Memorandum is desired.


EDILBERTO C. DE JESUS
Secretary

Encis.:

As stated

Reference:

None

Allotment: 1—(D.O. 50-97)

To be indicated in the Perpetual Index under the following subjects:

HEALTH EDUCATION

REPORTS

Department of Education
CONSOLIDATED NUTRITIONAL STATUS REPORT OF ELEMENTARY SCHOOL CHILDREN
 (Baseline/Endline) SY 20__-20__

REGION: _____
 DIVISION/SCHOOL: _____

Grade Level	Sex	Enrollment	Pupils/Weighted		WEIGHT/BODY MASS INDEX (BMI)				HEIGHT				Total No. of Height Taken				
			No.	%	Below Normal No.	%	Normal No.	%	Above Normal No.	%	Short No.	%	Normal No.	%	Tall No.	%	No.
Pre-elem	F																
	M																
	Total																
I	F																
	M																
	Total																
II	F																
	M																
	Total																
III	F																
	M																
	Total																
IV	F																
	M																
	Total																
V	F																
	M																
	Total																
VI	F																
	M																
	Total																
Multi-Grade	F																
	M																
	Total																
SPED	F																
	M																
	Total																
GRAND TOTAL	F																
	M																
	Total																

NOTE: Nutritional Status (Baseline) must be submitted at the Central Office on or before the 15th day of October. Nutritional Status (Endline) must be submitted at the Central Office on or before the 15th day of April.

HNC NS Form 2

Department of Education
CONSOLIDATED NUTRITIONAL STATUS REPORT OF SECONDARY STUDENTS
 (Baseline/Endline) SY 20__-20__

REGION: _____
 DIVISION/SCHOOL: _____

Year Level	Sex	Enrolment	Pupils Weighed		Below Normal		Normal		Above Normal	
			No.	%	No.	%	No.	%	No.	%
I	F									
	M									
	Total									
II	F									
	M									
	Total									
III	F									
	M									
	Total									
IV	F									
	M									
	Total									
GRAND TOTAL	F									
	M									
	Total									

NOTE : Nutritional Status (Baseline) must be submitted at the Central Office on or before the 15th day of October
 Nutritional Status (Endline) must be submitted at the Central Office on or before the 15th day of April.

HOW TO USE THE REVISED NS FORM

1. Indicate the following needed information:

- a. School Year
- b. Underline if Baseline or Endline Report
- c. Region if it is the report of the region; name of division if it is the report of the division; and name of school if it is report of the school

2. Formula for computation:

$$\text{a. \% coverage} = \frac{\text{No. of pupils weighed}}{\text{Total Enrolment}} \times 100\%$$

$$\text{b. \% Below Normal} = \frac{\text{No. of Below Normal}}{\text{No. of Pupils Weighed}} \times 100\%$$

- Same formula for % Normal & % Above Normal

$$\text{c. \% Height Taken} = \frac{\text{No. of Height Taken}}{\text{Total Enrolment}} \times 100\%$$

$$\text{d. \% Short} = \frac{\text{No. of Short}}{\text{No. of Height Taken}} \times 100\%$$

- Same formula for % Normal & % Tall

3. Definition of Terms:

- a. Pre-Elem - Refers to pre-elementary pupils under DepEd supervision only
- b. SPED - Refers to special children with mental/physical disability; gifted special children are included in this category

4. Pupils weighed must be equal to the sum of normal, below normal and above normal students/pupils.
5. The sum of % normal, % below normal, % above normal must be equal to 100%.
6. Total number of pupils taken height must be equal to the sum of short, normal and tall.
7. The sum of % short, % normal and % tall must be equal to 100%.

Table 1
WEIGHT (KG) FOR AGE OF BOYS AND GIRLS²
6-9 YEARS

AGE ¹		BOYS				GIRLS			
		Below Normal <-2SD	NORMAL FROM	TO	Above Normal >+2SD	Below Normal <-2SD	NORMAL FROM	TO	Above Normal >+2SD
(years)	(months)								
6	0	15.9	16.0	26.6	26.7	14.9	15.0	26.2	26.3
	6	16.7	16.8	28.3	28.4	15.6	15.7	28.0	28.1
7	0	17.5	17.6	30.2	30.3	16.2	16.3	30.2	30.3
	6	18.3	18.4	32.3	32.4	17.0	17.1	32.7	32.8
8	0	19.0	19.1	34.6	34.7	17.8	17.9	35.6	35.7
	6	19.7	19.8	37.2	37.3	18.7	18.8	38.7	38.8
9	0	20.4	20.5	39.9	40.0	19.6	19.7	42.1	42.2
	6	21.2	21.3	42.9	43.0	20.7	20.8	45.6	45.7

¹ Age as of last birthday

² Recommended for children 6-9 years; for children 10 years & over may use BMI (Table 5)

Table 2
HEIGHT (CM) FOR AGE OF BOYS AND GIRLS²
6-9 YEARS

AGE ¹ (years)	(months)	BOYS				GIRLS			
		Short <-2SD	NORMAL FROM TO		Tall >+2SD	Short <-2SD	NORMAL FROM TO		Tall >+2SD
6	0	106.3	106.4	125.8	125.9	104.7	104.8	124.5	124.6
	6	108.9	109.0	128.9	129.0	107.1	107.2	128.0	128.1
7	0	111.4	111.5	131.9	132.0	109.5	109.6	131.5	131.6
	6	113.8	113.9	134.8	134.9	111.9	112.0	135.0	135.1
8	0	116.2	116.3	137.7	137.8	114.2	114.3	138.4	138.5
	6	118.5	118.6	140.6	140.7	116.6	116.7	141.9	142.0
9	0	120.7	120.8	143.5	143.6	119.1	119.2	145.3	145.4
	6	123.0	123.1	146.6	146.7	121.7	121.8	148.6	148.7

¹ Age as of last birthday

² Recommended for children 6-9 years; for children 10 years & over may use BMI(Tables 5)

Table 3
WEIGHT (KG) FOR AGE OF BOYS AND GIRLS
36-71 MONTHS (3-5 YRS.)

AGE ¹ (months)	BOYS				GIRLS			
	Below Normal <2SD	FROM	TO	Above Normal >+2SD	Below Normal <2SD	FROM	TO	Above Normal >+2SD
36	11.3	11.4	18.3	18.4	11.1	11.2	18	18.1
37	11.4	11.5	18.5	18.6	11.2	11.3	18.3	18.4
38	11.6	11.7	18.7	18.8	11.3	11.4	18.5	18.6
39	11.7	11.8	18.9	19.0	11.4	11.5	18.7	18.8
40	11.8	11.9	19.1	19.2	11.5	11.6	19.0	19.1
41	11.9	12.0	19.3	19.4	11.7	11.8	19.2	19.3
42	12.0	12.1	19.5	19.6	11.8	11.9	19.4	19.5
43	12.2	12.3	19.7	19.8	11.9	12.0	19.6	19.7
44	12.3	12.4	19.9	20.0	12.0	12.1	19.8	19.9
45	12.4	12.5	20.1	20.2	12.1	12.2	20.1	20.2
46	12.5	12.6	20.4	20.5	12.2	12.3	20.3	20.4
47	12.7	12.8	20.6	20.7	12.3	12.4	20.5	20.6
48	12.8	12.9	20.8	20.9	12.5	12.6	20.7	20.8
49	12.9	13.0	21.0	21.1	12.6	12.7	20.9	21.0
50	13.0	13.1	21.2	21.3	12.7	12.8	21.1	21.2
51	13.2	13.3	21.4	21.5	12.8	12.9	21.3	21.4
52	13.3	13.4	21.7	21.8	12.9	13.0	21.5	21.6
53	13.4	13.5	21.9	22.0	13.0	13.1	21.7	21.8
54	13.6	13.7	22.1	22.2	13.1	13.2	21.9	22.0
55	13.7	13.8	22.3	22.4	13.2	13.3	22.2	22.3
56	13.8	13.9	22.6	22.7	13.3	13.4	22.4	22.5
57	13.9	14.0	22.8	22.9	13.4	13.5	22.6	22.7
58	14.1	14.2	23.0	23.1	13.5	13.6	22.8	22.9
59	14.2	14.3	23.3	23.4	13.6	13.7	23.0	23.1
60	14.3	14.4	23.5	23.6	13.7	13.8	23.2	23.3
61	14.5	14.6	23.7	23.8	13.8	13.9	23.5	23.6
62	14.6	14.7	24.0	24.1	13.9	14.0	23.7	23.8
63	14.7	14.8	24.2	24.3	14.0	14.1	23.9	24.0
64	14.9	15.0	24.5	24.6	14.1	14.2	24.1	24.2
65	15.0	15.1	24.7	24.8	14.2	14.3	24.4	24.5
66	15.1	15.2	25.0	25.1	14.3	14.4	24.6	24.7
67	15.3	15.4	25.2	25.3	14.4	14.5	24.9	25.0
68	15.4	15.5	25.5	25.6	14.5	14.6	25.1	25.2
69	15.5	15.6	25.7	25.8	14.6	14.7	25.4	25.5
70	15.7	15.8	26.0	26.1	14.7	14.8	25.7	25.8
71	15.8	15.9	26.3	26.4	14.8	14.9	25.9	26.0

Table 4
LENGTH*/HEIGHT (CM) FOR AGE OF BOYS AND GIRLS**
36-71 MONTHS (3-5 YRS.)

AGE ¹ (months)	BOYS				GIRLS			
	Short <-2SD	FROM	NORMAL TO	Tall >+2SD	Short <-2SD	FROM	NORMAL TO	Tall >+2SD
36	87.2	87.3	102.5	102.6	86.4	86.5	101.4	101.5
37	87.8	87.9	103.3	103.4	87.0	87.1	102.1	102.2
38	88.5	88.6	104.1	104.2	87.6	87.7	102.9	103.0
39	89.1	89.2	104.9	105.0	88.3	88.4	103.6	103.7
40	89.7	89.8	105.7	105.8	88.9	89.0	104.3	104.4
41	90.3	90.4	106.4	106.5	89.5	89.6	105.0	105.1
42	90.9	91.0	107.2	107.3	90.1	90.2	105.7	105.8
43	91.5	91.6	107.9	108.0	90.6	90.7	106.4	106.5
44	92.0	92.1	108.7	108.8	91.2	91.3	107.1	107.2
45	92.6	92.7	109.4	109.5	91.8	91.9	107.8	107.9
46	93.2	93.3	110.1	110.2	92.3	92.4	108.4	108.5
47	93.8	93.9	110.8	110.9	92.9	93.0	109.1	109.2
48	94.3	94.4	111.5	111.6	93.4	93.5	109.7	109.8
49	94.9	95.0	112.2	112.3	94.0	94.1	110.4	110.5
50	95.4	95.5	112.8	112.9	94.5	94.6	111.0	111.1
51	96.0	96.1	113.5	113.6	95.0	95.1	111.6	111.7
52	96.5	96.6	114.2	114.3	95.5	95.6	112.3	112.4
53	97.0	97.1	114.8	114.9	96.0	96.1	112.9	113.0
54	97.6	97.7	115.4	115.5	96.6	96.7	113.5	113.6
55	98.1	98.2	116.1	116.2	97.0	97.1	114.1	114.2
56	98.6	98.7	116.7	116.8	97.5	97.6	114.8	114.9
57	99.1	99.2	117.3	117.4	98.0	98.1	115.4	115.5
58	99.6	99.7	117.9	118.0	98.5	98.6	116.0	116.1
59	100.1	100.2	118.5	118.6	99.0	99.1	116.6	116.7
60	100.6	100.7	119.1	119.2	99.4	99.5	117.2	117.3
61	101.1	101.2	119.7	119.8	99.9	100.0	117.8	117.9
62	101.6	101.7	120.3	120.4	100.4	100.5	118.4	118.5
63	102.1	102.2	120.9	121.0	100.8	100.9	119.1	119.2
64	102.6	102.7	121.4	121.5	101.3	101.4	119.7	119.8
65	103.1	103.2	122.0	122.1	101.7	101.8	120.3	120.4
66	103.5	103.6	122.6	122.7	102.1	102.2	120.9	121.0
67	104.0	104.1	123.1	123.2	102.6	102.7	121.5	121.6
68	104.5	104.6	123.7	123.8	103.0	103.1	122.1	122.2
69	104.9	105.0	124.2	124.3	103.4	103.5	122.7	122.8
70	105.4	105.5	124.7	124.8	103.9	104.0	123.3	123.4
71	105.8	105.9	125.3	125.4	104.3	104.4	123.9	124.0

Table 5
BODY MASS INDEX FOR MALE AND FEMALE ADOLESCENTS (10-19 YEARS)*
Body Mass Index (BMI) = Weight (kg)/Height (m)²

AGE (years)	BOYS			GIRLS				
	Below Normal	Normal	Above Normal	Below Normal	Normal	Above Normal		
10	14.41	14.42	22.60	22.61	14.22	14.23	23.20	23.21
11	14.82	14.83	23.73	23.74	14.59	14.60	24.59	24.60
12	15.23	15.24	24.89	24.90	14.97	14.98	25.95	25.96
13	15.72	15.73	25.93	25.94	15.35	15.36	27.07	27.08
14	16.17	16.18	26.93	26.94	15.66	15.67	27.97	27.98
15	16.58	16.59	27.76	27.77	16.00	16.01	28.51	28.52
16	17.00	17.01	28.53	28.54	16.36	16.37	29.10	29.11
17	17.30	17.31	29.32	29.33	16.58	16.59	29.72	29.73
18	17.53	17.54	30.02	30.03	16.70	16.71	30.22	30.23
19	17.79	17.80	30.66	30.67	16.86	16.87	30.72	30.73

*Reference data are based on the first National Health and Nutrition Examination Survey (NHANES I) in the United States of America using Must et al cut-off points

INTERPRETATION: <P5 - Below Normal
 P5-P95 - Normal
 .P95 - Above Normal

Note: If using pound (lb) and inch (in), use the ff. formula:
 BMI= weight(lb)/[height(in)]² x 703