

DEATHS AND RATE BY REGION:  
1968 TO 1977  
(population)

Region 6		Region 7		Region 8		Region 9		Region 10		Region 11		Region 12	
Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
28,589	10.4	27,790	12.1	21,383	11.3	4,921	5.1	11,678	11.1	5,328	8.0	3,505	3.2
23,750	7.9	26,506	10.7	18,556	9.3	5,365	4.3	12,060	9.8	5,584	5.9	4,670	3.1
20,529	6.3	25,271	9.4	17,261	8.0	5,509	3.7	10,878	7.3	7,249	4.6	5,022	3.2
28,163	8.0	29,382	10.0	18,008	7.8	6,644	3.8	12,260	6.8	10,460	5.2	5,035	2.8
24,961	7.0	26,389	8.8	17,137	7.3	6,590	3.6	11,620	6.2	10,707	5.1	4,710	2.5
23,084	6.4	23,327	7.7	15,751	6.6	6,755	6.0	11,726	6.0	11,087	5.0	4,751	2.4
25,222	6.9	23,583	7.6	17,978	7.4	6,435	3.3	11,707	5.7	10,852	4.7	4,459	2.2
28,973	7.8	28,113	8.9	19,020	7.8	7,412	3.7	13,952	6.6	13,371	5.5	4,430	2.1
28,461	7.5	29,418	9.1	19,726	8.0	7,996	3.9	14,041	6.3	12,231	4.8	6,727	3.1
29,283	7.7	28,055	8.5	19,511	7.9	8,036	3.8	13,773	6.0	14,918	5.6	5,781	2.6
27,587	6.7	26,153	7.7	18,844	7.2	9,544	4.7	13,163	5.7	12,924	4.8	5,482	2.6
31,412	7.4	27,646	7.9	20,280	7.3	10,524	5.0	15,504	6.5	14,868	5.3	6,712	3.2
31,209	7.9	29,309	8.5	20,681	8.1	8,892	3.8	14,376	5.6	15,062	5.0	6,212	2.5

MORTALITY: ALL CAUSES BY AGE

Age group	Philippines			National Capital Region		
	Both sexes	Male	Female	Both sexes	Male	Female
All ages	308,904	171,917	136,987	49,770	28,643	21,127
Under 1 year	76,330	42,473	33,857	14,427	8,077	6,350
1-4 years	38,736	20,336	18,400	5,190	2,724	2,466
5-9 years	11,690	6,424	5,266	1,267	676	591
10-14 years	5,561	3,181	2,380	640	382	258
15-19 years	7,031	4,077	2,954	1,028	607	421
20-24 years	8,679	5,478	3,201	1,629	1,115	514
25-29 years	8,677	5,350	3,327	1,683	1,091	592
30-34 years	7,743	4,674	3,069	1,332	837	495
35-39 years	9,223	5,594	3,629	1,446	895	551
40-44 years	9,803	6,050	3,753	1,603	1,012	591
45-49 years	10,296	6,429	3,867	1,875	1,184	691
50-54 years	10,949	6,595	4,354	2,016	1,294	722
55-59 years	12,211	7,398	4,813	2,314	1,456	858
60-64 years	16,872	9,645	7,227	2,670	1,643	1,027
65-69 years	15,573	8,852	6,721	2,779	1,634	1,145
70-74 years	14,802	7,831	6,971	2,412	1,310	1,102
75-79 years	14,394	7,889	6,505	1,970	1,075	895
80-84 years	9,215	4,215	5,000	1,185	605	580
85 years and over	19,464	8,456	11,008	1,990	825	1,165
Not stated	1,655	970	685	314	201	113

AND SEX AND BY REGION: 1977

Both sexes	Region 1		Both sexes	Region 2	
	Male	Female		Male	Female
25,876	13,744	12,132	14,181	7,821	6,360
5,854	3,208	2,646	3,940	2,120	1,820
2,569	1,309	1,260	1,667	877	790
743	417	326	527	285	242
408	219	189	258	166	92
554	307	247	383	218	165
566	324	242	454	258	196
590	339	251	423	258	165
593	363	230	348	210	138
730	420	310	439	263	176
724	432	292	490	307	183
810	496	314	479	320	159
979	563	416	520	299	221
1,083	653	430	520	299	221
1,477	760	717	900	481	419
1,362	719	643	528	307	221
1,450	738	712	568	291	277
1,541	794	747	530	301	229
1,262	568	694	340	154	186
2,370	1,010	1,360	754	340	414
211	105	106	113	67	46

MORTALITY: ALL CAUSES BY AGE

Age group	Region 3			Region 4	
	Both sexes	Male	Female	Both sexes	Male
All ages	28,190	15,612	12,578	38,408	21,487
Under 1 year	7,027	3,998	3,029	10,201	5,732
1-4 years	3,355	1,766	1,589	4,770	2,536
5-9 years	934	532	402	1,291	656
10-14 years	476	256	220	682	363
15-19 years	602	341	261	856	510
20-24 years	662	423	239	968	589
25-29 years	754	448	306	978	619
30-34 years	660	410	250	897	526
35-39 years	742	461	281	1,104	679
40-44 years	826	496	330	1,184	736
45-49 years	892	539	353	1,244	794
50-54 years	962	565	397	1,232	746
55-59 years	1,063	632	431	1,449	921
60-64 years	1,455	866	589	2,033	1,186
65-69 years	1,517	863	654	1,942	1,128
70-74 years	1,437	771	666	1,831	997
75-79 years	1,472	807	665	1,769	987
80-84 years	933	432	501	1,210	551
85 years and over	2,294	935	1,359	2,628	1,164
Not stated	127	71	56	139	67

AND SEX AND BY REGION: 1977 (continued)

Female	Region 5			Region 6		
	Both sexes	Male	Female	Both sexes	Male	Female
<u>16,921</u>	<u>26,738</u>	<u>14,166</u>	<u>12,572</u>	<u>31,209</u>	<u>17,432</u>	<u>13,777</u>
4,469	6,206	3,335	2,871	7,172	4,036	3,136
2,234	4,586	2,214	2,372	3,786	2,020	1,766
635	1,137	619	518	1,227	695	532
319	528	307	221	541	311	230
346	600	322	278	697	425	272
379	633	333	300	792	489	303
359	604	315	289	745	458	287
371	588	335	253	799	489	310
425	726	403	323	1,022	613	409
448	733	416	317	1,049	673	376
450	740	452	288	1,058	649	409
486	790	457	333	1,107	655	452
528	864	517	347	1,286	768	518
847	1,382	805	577	1,789	1,023	766
814	1,205	692	513	1,686	990	696
834	1,244	665	579	1,423	766	657
782	1,508	805	703	1,430	790	640
659	762	337	425	952	440	512
1,464	1,820	801	1,019	2,503	1,055	1,448
72	82	36	46	145	87	58

MORTALITY: ALL CAUSES BY AGE

Age group	Region 7			Region 8	
	Both sexes	Male	Female	Both sexes	Male
All ages	29,309	15,741	13,568	20,681	11,175
Under 1 year	6,169	3,481	2,688	4,516	2,390
1-4 years	3,860	2,101	1,759	3,268	1,720
5-9 years	1,267	730	537	1,181	624
10-14 years	522	286	236	486	296
15-19 years	479	284	195	542	314
20-24 years	593	325	268	498	301
25-29 years	618	357	261	547	331
30-34 years	621	348	273	524	279
35-39 years	790	435	355	618	376
40-44 years	864	503	361	636	401
45-49 years	899	520	379	652	401
50-54 years	992	571	421	745	426
55-59 years	1,140	641	499	764	444
60-64 years	1,767	956	811	1,013	534
65-69 years	1,669	871	798	995	512
70-74 years	1,811	870	941	974	513
75-79 years	1,628	888	740	926	488
80-84 years	1,191	488	703	564	236
85 years and over	2,288	1,012	1,276	1,108	513
Not stated	141	74	67	124	76

AND SEX AND BY REGION: 1977 (continued)

Female	Region 9			Region 10		
	Both sexes	Male	Female	Both sexes	Male	Female
<u>9,506</u>	<u>8,892</u>	<u>5,259</u>	<u>3,633</u>	<u>14,376</u>	<u>8,157</u>	<u>6,219</u>
2,126	2,120	1,156	964	3,540	1,994	1,546
1,548	1,186	608	578	1,867	1,019	848
557	416	223	193	766	423	343
190	174	106	68	337	190	147
228	263	165	98	374	199	175
197	507	393	114	485	302	183
216	425	297	128	432	266	166
245	277	196	81	381	228	153
242	336	218	118	466	290	176
235	301	192	109	567	344	223
251	331	226	105	504	312	192
319	268	183	85	550	339	211
320	320	196	124	547	335	212
479	434	250	184	829	468	361
483	353	206	147	630	365	265
461	308	177	131	594	317	277
438	318	179	139	564	330	234
328	182	102	80	301	138	163
595	310	131	179	558	249	309
48	63	55	8	84	49	35

**MORTALITY: ALL CAUSES BY AGE AND SEX AND BY REGION:  
1977 (continued)**

Age group	Region 11			Region 12		
	Both sexes	Male	Female	Both sexes	Male	Female
All ages	<u>15,062</u>	<u>8,875</u>	<u>6,187</u>	<u>6,212</u>	<u>3,805</u>	<u>2,407</u>
Under 1 year	3,728	2,109	1,619	1,430	837	593
1-4 year	1,915	1,044	871	717	398	319
5-9 year	666	386	280	268	158	110
10-14 years	355	216	139	154	83	71
15-19 years	466	266	200	187	119	68
20-24 years	561	368	193	331	258	73
25-29 years	581	376	205	297	195	102
30-34 years	497	313	184	226	140	86
35-39 years	555	362	193	249	179	70
40-44 years	580	382	198	246	156	90
45-49 years	551	364	187	261	172	89
50-54 years	535	338	197	253	159	94
55-59 years	609	376	233	252	160	92
60-64 years	794	478	316	329	195	134
65-69 years	678	422	256	229	143	88
70-74 years	547	303	244	203	113	90
75-79 years	547	333	214	191	112	79
80-84 years	246	119	127	87	45	42
85 years and above	594	284	310	247	137	110
Not stated	57	36	21	55	46	9

Source: National Census and Statistics Office.



**NUMBER AND PERCENT DISTRIBUTION OF REGISTERED  
DEATHS BY AGE AND SEX: 1977**

Age group	Number			Percent Distribution		
	Both sexes	Male	Female	Both sexes	Male	Female
All ages	308,904	171,917	136,987	100.00	100.00	100.00
Under 1 year	76,330	42,473	33,857	24.7	24.7	24.7
1-4 years	38,736	20,336	18,400	12.5	11.8	13.4
5-9 years	11,690	6,424	5,266	3.8	3.7	3.9
10-14 years	5,561	3,181	2,380	1.8	1.9	1.8
15-19 years	7,031	4,077	2,954	2.3	2.4	2.2
20-24 years	8,679	5,478	3,201	2.8	3.2	2.3
25-29 years	8,677	5,350	3,327	2.8	3.1	2.4
30-34 years	7,743	4,674	3,069	2.5	2.7	2.2
35-39 years	9,223	5,594	3,629	3.0	3.3	2.6
40-44 years	9,803	6,050	3,753	3.2	3.5	2.7
45-49 years	10,296	6,429	3,867	3.3	3.7	2.8
50-54 years	10,949	6,595	4,354	3.5	3.8	3.2
55-59 years	12,211	7,398	4,813	4.0	4.3	3.5
60-64 years	16,872	9,645	7,227	5.5	5.6	5.3
65-69 years	15,573	8,852	6,721	5.0	5.1	4.9
70-74 years	14,802	7,831	6,971	4.8	4.6	5.1
75-79 years	14,394	7,889	6,505	4.7	4.6	4.8
80-84 years	9,215	4,215	5,000	3.0	2.5	3.7
85 years and over	19,464	8,456	11,008	6.3	4.9	8.0
Not stated	1,655	970	685	.5	.6	.5

Source: National Census and Statistics Office.

**NUMBER AND PERCENT DISTRIBUTION OF TEN LEADING  
CAUSES OF DEATH: 1977**

Cause	Number			Percent Distribution		
	Both sexes	Male	Female	Both sexes	Male	Female
Total	308,904	171,917	136,987	100.00	100.00	100.00
1. Pneumonia	47,302	24,963	22,339	15.3	14.5	16.3
2. Tuberculosis, all forms	31,805	18,083	13,722	10.3	10.5	10.0
3. Diseases of the heart	28,006	15,364	12,642	9.1	9.0	9.2
4. Gastro enteritis and other diarrheal diseases	18,041	10,114	7,927	5.8	5.9	5.8
5. Diseases of the vascular system	15,754	8,723	7,031	5.2	5.1	5.1
6. Malignant neoplasms	13,977	7,391	6,586	4.5	4.3	4.8
7. Accidents	10,940	7,723	3,217	3.5	4.5	2.3
8. Avitaminosis and other nutritional/deficiencies	10,027	5,223	4,804	3.2	3.0	3.5
9. Bronchitis, emphysema and asthma	6,347	3,459	2,888	2.1	2.0	2.1
10. Measles	5,293	2,655	2,638	1.7	1.5	2.0
Other causes	121,412	68,219	53,193	39.3	39.7	38.9

Source: National Census and Statistics Office.

**INFANT MORTALITY: TEN LEADING CAUSES, NUMBER AND  
RATE PER 1,000 LIVE BIRTHS AND PERCENTAGE DISTRIBUTION  
CY 1971 - 1975 AND 1976**

Cause	Five-year average (1971 - 1975)			1 9 7 6		
	Number	Rate	Percent of infant deaths	Number	Rate	Percent of infant deaths
Pneumonia	16,851	15.9	26.2	18,021	13.7	24.1
Avitaminosis and other nutritional deficiency	4,692	4.4	7.3	8,281	6.3	11.1
Gastro-enteritis and ecclitis	5,389	5.1	8.4	6,345	4.8	8.5
Anoxic and hypoxic conditions not elsewhere classified	3,908	3.7	6.1	4,862	3.7	6.5
Tetanus	2,749	2.6	4.3	3,140	2.4	4.2
Congenital anomalies	2,044	1.9	3.2	2,592	2.0	3.5
Bronchitis, emphysema and asthma	2,954	2.8	4.6	2,339	1.8	3.1
Acute respiratory infection	1,003	0.9	1.6	1,893	1.4	2.5
Measles	797	0.8	1.2	1,286	1.0	1.7
Meningitis	655	0.6	1.0	829	0.6	1.1

Source: Disease Intelligence Center, Ministry of Health.

NUMBER OF REGISTERED INFANT  
(Rate per

Year	Philippines		National Capital Region		Region 1		Region 2		Region 3		Region 4		Region 5	
	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
1953	69,729	105.34	a		8,034	102.20	4,595	132.86	8,092	115.34	15,866 <sup>b</sup>	100.98	3,857	65.08
1958	61,335	80.01	a		6,245	72.18	3,745	96.89	6,774	81.75	14,339 <sup>b</sup>	73.72	4,616	67.65
1963	54,308	72.85	a		5,105	58.25	3,769	101.87	5,651	64.00	11,862 <sup>b</sup>	60.88	4,813	79.31
1968	63,786	70.99	a		5,415	61.70	3,495	76.65	6,563	60.71	17,941 <sup>b</sup>	65.20	4,699	70.72
1969	63,719	67.30	a		5,357	57.37	3,472	71.54	6,408	54.93	18,845 <sup>b</sup>	66.88	4,646	63.26
1970	57,970	59.96	a		5,108	53.92	3,099	63.78	5,964	52.37	16,904 <sup>b</sup>	58.49	4,306	58.15
1971	59,730	61.98	a		5,398	55.52	3,779	73.96	5,972	52.85	17,877 <sup>b</sup>	61.44	4,841	67.31
1972	65,719	67.86	a		5,998	62.46	4,029	78.84	6,807	59.03	19,479 <sup>b</sup>	67.15	4,961	64.60
1973	67,881	64.69	a		5,875	60.12	4,253	76.38	6,593	54.91	18,545 <sup>b</sup>	61.13	6,336	72.66
1974	63,491	58.73	a		5,204	54.23	4,022	72.62	6,248	51.57	17,940 <sup>b</sup>	59.59	5,216	58.68
1975	65,263	53.33	a		5,372	53.40	4,070	63.47	6,534	47.09	17,668 <sup>b</sup>	55.44	5,447	52.53
1976	74,792	56.88	12,445	6.9	5,569	51.69	4,280	63.32	6,894	45.89	9,849	56.43	5,906	54.84
1977	76,330	56.76	14,427	7.3	5,854	53.99	3,940	57.88	7,027	49.59	10,201	58.01	6,206	35.29

<sup>a</sup>Included in Region 4.

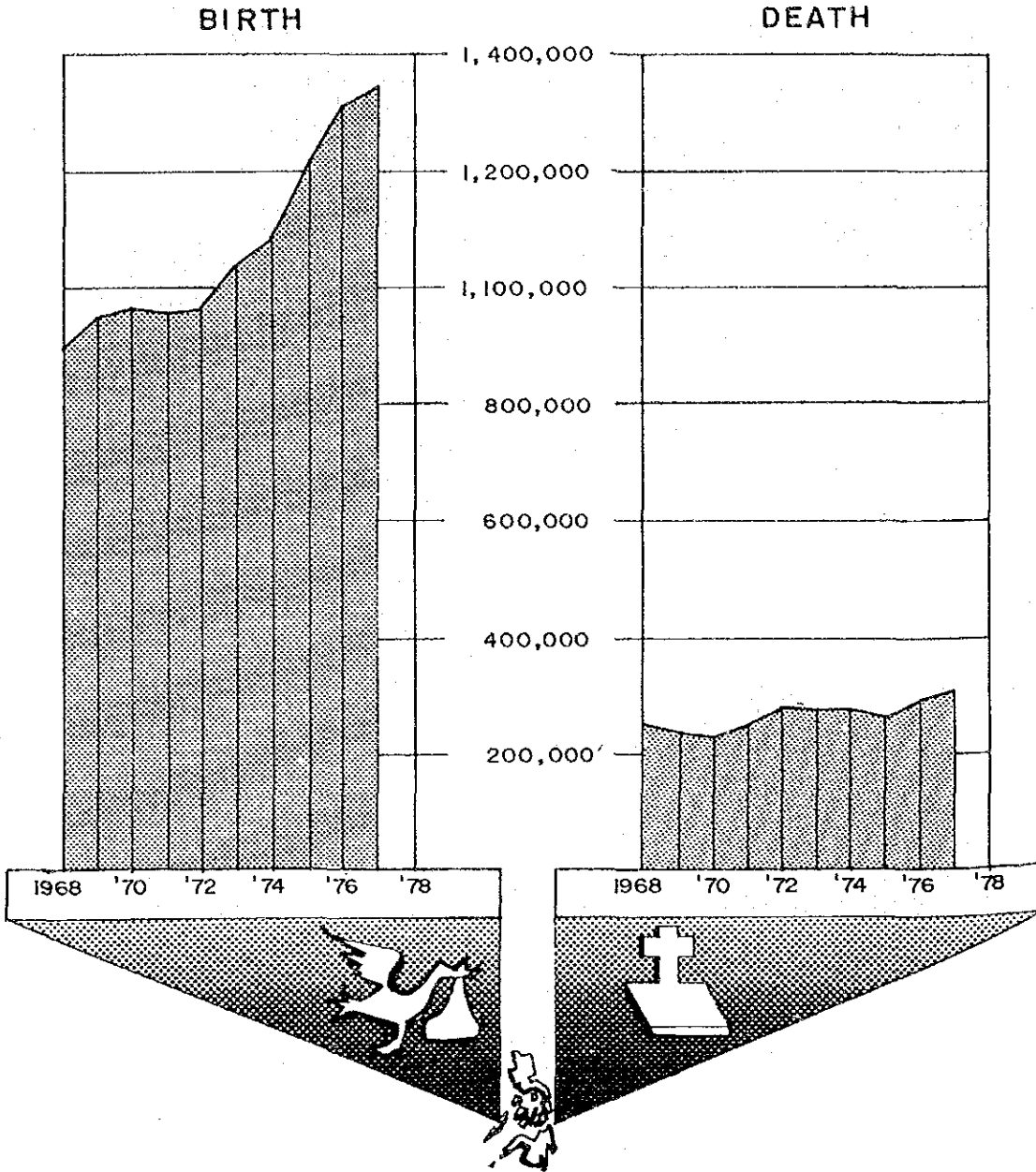
<sup>b</sup>Including National Capital Region.

Source. National Census and Statistics Office.

MORTALITY UNDER AGE ONE YEAR BY REGION: 1953-1977  
 1,000 livebirths)

Region 6		Region 7		Region 8		Region 9		Region 10		Region 11		Region 12	
Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
7,524	126.27	8,355	109.81	4,893	102.17	1,582	117.67	4,054	131.64	1,776	81.00	1,101	88.26
5,775	91.35	7,188	93.90	4,198	76.74	1,582	95.30	3,831	95.73	1,695	61.38	1,347	78.92
4,893	109.75	6,418	79.77	3,658	129.13	1,559	83.64	3,096	85.27	2,081	54.83	1,403	61.88
5,927	107.76	6,599	76.61	3,364	96.30	1,959	92.62	3,731	88.72	2,768	50.16	1,325	63.04
5,693	103.45	6,176	68.12	3,342	88.21	1,837	81.74	3,513	79.45	3,018	49.33	1,412	65.67
5,008	95.72	5,334	58.58	2,991	76.49	1,840	76.01	3,234	67.91	2,979	43.63	1,208	50.31
5,474	98.92	5,040	54.65	3,201	86.45	1,573	65.59	3,028	62.78	2,528	40.87	1,019	48.80
6,144	109.21	5,637	63.63	3,201	92.87	1,828	85.60	3,446	69.62	3,255	47.91	934	44.78
6,357	96.33	6,315	67.01	3,550	86.15	1,970	82.56	3,618	64.04	2,964	37.79	1,505	60.17
6,092	79.70	5,565	59.61	3,523	75.34	1,777	59.67	3,300	52.07	3,404	41.24	1,200	44.52
6,320	63.34	5,833	55.71	4,039	77.08	2,202	58.90	3,301	44.31	3,149	32.97	1,328	39.45
7,796	72.34	6,003	56.09	4,153	75.46	2,499	62.76	4,062	52.86	3,735	37.00	1,601	42.83
7,172	66.55	6,169	57.24	4,516	80.80	2,120	44.47	3,540	42.97	3,728	35.24	1,430	35.94

LIVE BIRTHS AND TOTAL DEATHS: 1968-1978



**MORBIDITY: TEN LEADING CAUSES, NUMBER AND CRUDE  
DEATH RATES: CY 1971-1975 AND 1976**  
(Rate per 100,000 population)

Cause	Five-year average (1971-1975)		1976	
	Number	Rate	Number	Rate
Influenza	290,516	722.0	263,118	601.4
Gastro enteritis and colitis	223,760	556.1	229,579	524.7
Bronchitis, emphysema & asthma	314,127	781.0	199,034	454.9
Tuberculosis (all forms)	137,694	342.2	148,057	338.4
Pneumonia	93,450	232.2	111,767	255.5
Malaria	27,785	69.1	35,553	81.3
Measles	24,342	60.5	29,901	68.3
Whooping cough	24,213	60.2	27,442	62.7
Dysentery (all forms)	22,025	54.7	22,099	50.5
Malignant neoplasms	11,388	28.3	13,439	30.7

Source: Disease Intelligence Center, Ministry of Health.

**EXPECTATION OF LIFE AT BIRTH IN  
THE PHILIPPINES: 1902 - 1980**

Year	Life expectancy at birth (in years)	
	Male	Female
1902 <sup>a</sup>	11.54	13.92
1918 <sup>a</sup>	25.17	26.07
1938 <sup>a</sup>	44.80	47.72
1948 <sup>a</sup>	48.81	53.36
1960 <sup>a</sup>	51.17	55.00
1970	55.24	60.89
1971 <sup>b</sup>	55.90	59.52
1972 <sup>b</sup>	56.48	60.17
1973 <sup>b</sup>	57.04	61.79
1974 <sup>b</sup>	57.90	61.73
1975 <sup>b</sup>	58.06	61.90
1976 <sup>b</sup>	58.53	62.39
1977 <sup>b</sup>	58.98	62.84
1978 <sup>b</sup>	59.39	63.25
1979 <sup>b</sup>	59.77	63.61
1980 <sup>b</sup>	60.12	63.94

<sup>a</sup>Reproduced from the article "Phil. Population Growth and Health Development" by Wilfredo L. Reyes published in the First Conference on Population, 1965. University of the Philippine Press, Quezon City 1966, page 246.

<sup>b</sup>Projections only.

Source: National Census and Statistics Office.



**GOVERNMENT AND PRIVATE HOSPITALS, NUMBER AND  
BED CAPACITY: FY 1963 - 64, 1968 - 69 TO CY 1980**

Year	Number of hospitals			Bed capacity			Bed capacity Per 10,000 pop.
	Total	Government <sup>1</sup>	Private	Total	Government	Private	
1963 - 64	374	136	238 <sup>3</sup>	26,600	15,400	11,200	8.7
1968 - 69	799	318 <sup>2</sup>	418	53,793	34,342	19,451	15.1
1969 - 70	650	220	430	40,289	19,725	20,564	11.0
1970 - 71	640	209	431	41,153	20,400	20,753	10.9
1971 - 72	693	244	449	43,124	21,700	21,424	11.1
1972 - 73	768	254	514	45,986	22,325	23,661	11.5
1973 - 74	845	275	570	65,045	39,451	25,594	15.8
1975	969	363	606	69,774	41,692	28,082	16.5
1976	1,036	366	670	76,600	44,525	31,075	17.6
1977	1,150	371	779	79,621	45,161	34,460	17.8
1978	1,160	323	837	66,154	29,975	36,179	14.4
1979 <sup>4</sup>	1,483	395	1,088	72,035	31,774	40,261	15.5
1980 <sup>P</sup>	1,414	353	1,061	70,534	32,255	38,279	14.7

<sup>1</sup>Excludes the Philippine Government Hospital, Veterans' Memorial Hospital & V. Luna Medical Center for years 1960 - 64.

<sup>2</sup>Includes hospitals and medical centers under the administration of the Office of the President, Ministry of National Defense and Bureau of Disease Control.

<sup>3</sup>Data are for reporting hospitals only. Only 185 of 238 Private hospitals reported in the 1964 Survey of Hospitals.

<sup>4</sup>As of November 1979

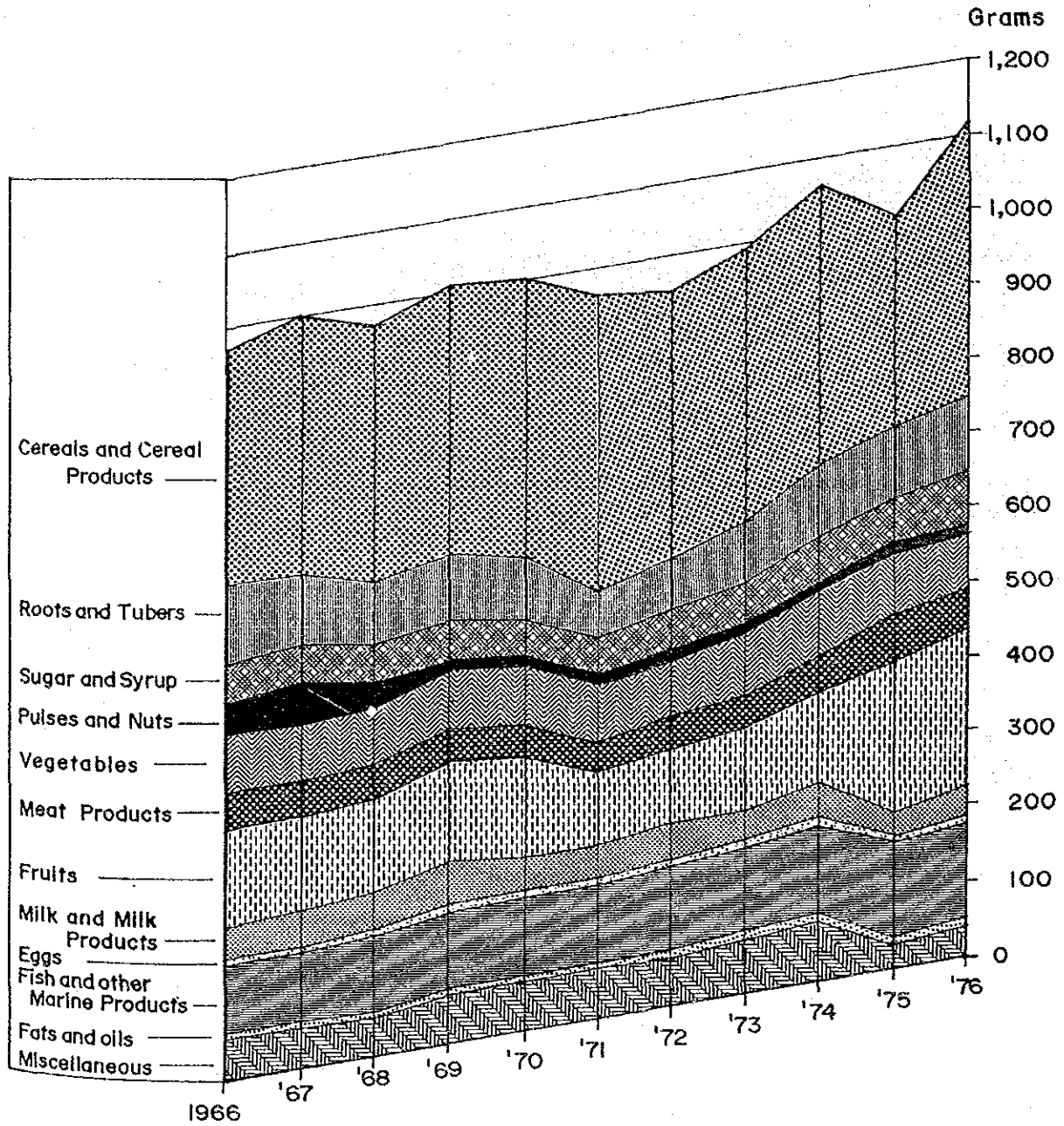
Source: Bureau of Medical Services, Ministry of Health.

**DAILY PER CAPITA AVAILABLE FOOD SUPPLY, PHILIPPINES:**  
**1956, 1961, 1966 TO 1976**  
**(Grams per day)**

Year	All types	Cereals & cereal products	Roots and tubers	Sugar and syrup	Pulses and nuts	Vegetables	Fruits	Meat products	Milk and milk products	Eggs	Fish & other marine products	Fats and oils	Miscellaneous
1956	795.3	307.1	120.5	32.6	16.0	85.8	87.8	44.4	31.3	9.7	53.4	4.4	2.3
1961	843.1	331.0	109.5	33.2	43.2	78.1	95.7	40.4	35.0	10.9	54.5	7.2	4.4
1966	973.1	324.1	103.4	50.4	41.6	75.9	130.4	49.0	41.5	6.8	87.1	8.3	54.6
1967	1,001.1	354.8	93.6	49.8	55.9	75.3	126.9	47.1	39.6	6.3	89.6	8.3	53.9
1968	973.3	337.9	87.4	49.8	36.7	74.8	123.8	45.1	47.8	8.2	102.2	8.5	51.1
1969	1,010.7	362.0	88.2	50.4	14.8	78.6	131.2	44.0	53.8	9.8	102.5	8.5	66.9
1970	1,001.7	376.2	81.2	45.2	15.9	79.2	133.8	42.6	43.2	8.2	103.3	8.2	64.7
1971	965.7	391.9	58.2	49.3	14.8	78.1	99.6	41.9	43.0	8.7	103.3	8.4	68.5
1972	950.9	363.2	65.9	51.4	15.0	76.8	98.9	43.2	47.1	8.7	107.3	9.8	63.6
1973	992.3	368.2	83.7	50.3	11.6	82.9	109.8	46.6	38.2	10.1	109.6	12.0	72.0
1974	1,068.7	390.0	97.4	60.1	11.2	86.4	118.1	47.4	45.6	10.6	111.6	11.6	78.7
1975	1,094.3	371.8	96.8	56.2	15.2	79.2	201.4	64.0	31.8	9.4	125.7	11.6	31.2
1976	1,115.8	360.4	102.4	71.8	12.8	76.4	210.4	54.6	40.2	9.1	124.9	13.9	38.9

Source: Food Balance Sheets of the Philippines, Statistical Coordination Office, NEDA.

DAILY PER CAPITA AVAILABLE FOOD SUPPLY, PHILIPPINES: 1966-1976  
(Grams per day)



**CALORIE AND NUTRIENT VALUES OF DAILY PER CAPITA  
AVAILABLE FOOD SUPPLY, PHILIPPINES, 1956, 1961, 1966 TO 1976**

Year	Per capita (grams) per day		Per capita (calories) per day		Protein (grams) per day		Fats (grams) per day	
	Value	Percent of sufficiency	Value	Percent of sufficiency	Value	Percent of sufficiency	Value	Percent of sufficiency
1956	795.3	79.1	1,709	85.4	44.2	90.4	22.5	75.0
1961	843.1	83.8	1,862	93.1	45.2	92.4	28.1	93.7
1966	973.1	96.7	1,992	99.6	50.7	103.7	30.3	101.1
1967	1,001.1	99.5	2,094	104.7	52.0	106.3	32.5	108.3
1968	973.3	96.7	2,006	100.3	52.5	107.4	28.8	129.0
1969	1,010.7	100.5	2,084	104.2	53.9	110.2	27.8	107.7
1970	1,001.7	99.6	2,097	104.8	54.2	110.8	26.4	104.3
1971	965.7	96.0	2,123	106.2	54.9	112.3	26.4	106.7
1972	950.9	94.5	2,047	102.4	52.8	108.0	27.8	122.3
1973	992.3	98.6	2,109	105.4	54.4	112.1	31.0	103.3
1974	1,068.7	106.2	2,258	112.9	56.6	115.7	31.6	105.3
1975	1,094.3	105.4	2,290	112.6	69.5	136.3	33.5	119.6
1976	1,115.8	107.5	2,328	114.5	66.8	131.0	35.0	125.0

Source: Food Balance Sheets of the Philippines, Statistical Coordination Office, NEDA.

**FOOD CONSUMPTION, NATIONAL AND BY AREA: 1978**

Nutrient and particulars	Philippines	Urban	Rural	Luzon	Visayas	Mindanao
<b>Energy</b>						
Intake (Kcal)	1,804	1,872	1,769	1,861	1,712	1,733
Recommended allowance	2,036	2,052	2,029	2,041	2,024	2,040
Percent adequacy	88.6	91.2	87.2	91.2	84.6	85.0
<b>Protein</b>						
Intake (g)	53.0	58.2	50.3	54.2	51.4	50.7
Recommended allowance	51.5	52.3	51.0	51.6	51.1	51.5
Percent adequacy	102.9	111.3	98.6	105.0	100.6	98.4
<b>Iron</b>						
Intake (mg)	11.0	11.4	10.8	11.6	10.2	10.3
Recommended allowance	12.0	12.4	11.8	12.1	11.9	11.9
Percent adequacy	91.7	91.9	91.5	95.9	85.7	86.6
<b>Vitamin A</b>						
Intake (I.U.)	2,481	2,922	2,253	2,597	2,507	1,905
Recommended allowance	3,618	3,663	3,595	3,628	3,597	3,616
Percent adequacy	68.6	79.8	62.7	71.6	69.7	52.7

Source: *First Nationwide Nutrition Survey, Philippines*, Food and Nutrition Research Institute.

**NUTRITIONAL STATUS OF CHILDREN  
SIX YEARS OLD AND BELOW: 1978**

Age (years)	Total number of subjects	Number of subjects					
		Normal	Overweight	Total underweight	Underweight		
					Mild	Moderate	Severe
Grand total	<u>3,423</u>	<u>1,117</u>	<u>645</u>	<u>1,661</u>	<u>1,361</u>	<u>281</u>	<u>19</u>
Under one year	<u>663</u>	<u>5</u>	<u>497</u>	<u>161</u>	<u>161</u>	<u>0</u>	<u>0</u>
Total (1 - 6)	<u>2,760</u>	<u>1,112</u>	<u>148</u>	<u>1,500</u>	<u>1,200</u>	<u>281</u>	<u>19</u>
1	435	183	27	225	157	59	9
2	484	186	31	267	196	68	3
3	452	182	21	249	205	42	2
4	440	190	18	232	194	36	2
5	496	173	26	297	251	45	1
6	453	198	25	230	197	31	2

Source: *First Nationwide Nutrition Survey, Philippines*, Food and Nutrition Research Institute.

**NUMBER OF ACCEPTORS BY METHOD OF  
FAMILY PLANNING: 1977-1980**

Methods	1971 <sup>1</sup>	1978	1979	1980
Total	<u>316,450</u>	<u>495,586</u>	<u>472,537</u>	<u>375,248</u>
Sterilization	<u>34,531</u>	<u>52,769</u>	<u>48,143</u>	<u>42,576</u>
Female	31,037	47,950	45,986	41,214
Male	3,494	4,819	2,157	1,362
I U D	<u>27,038</u>	<u>35,402</u>	<u>40,128</u>	<u>40,569</u>
Pills	<u>124,142</u>	<u>194,299</u>	<u>203,395</u>	<u>170,408</u>
Condom	<u>103,302</u>	<u>170,075</u>	<u>147,427</u>	<u>100,167</u>
Rhythm	<u>20,261</u>	<u>33,157</u>	<u>25,464</u>	<u>15,608</u>
Injectable	<u>2,817</u>	<u>4,599</u>	<u>4,488</u>	<u>3,859</u>
Others	<u>4,359</u>	<u>5,285</u>	<u>3,492</u>	<u>2,061</u>

<sup>1</sup>Includes July to December only.  
Source: Commission on Population.







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