



**NATIONAL  
NUTRITION  
AWARDING  
CEREMONY  
2021**

**23 MARCH 2022  
HILTON MANILA**





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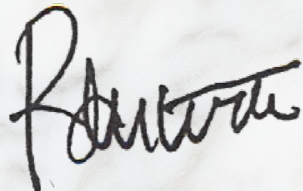
## Message from The President of the Republic of the Philippines

My warmest greetings to the National Nutrition Council as it holds its 2021 National Nutrition Awarding Ceremony.

I am one with you in honoring the Local Government Units (LGUs), and Local Nutrition Focal Points (LNFPs) who have contributed much to the effective and efficient implementation of our health and nutrition programs. Congratulations to both the National Nutrition Council, and all the awardees for the successful partnership that resulted in the improved well-being of our people, especially of infants and young children.

May this event highlight the role of LGUs and LNFPs in providing a comfortable and productive life for every Filipino, and inspire our people to improve their capacity and work for the same aspirations. It is only through unity and cooperation that we can achieve a stronger future for our beloved nation.

Congratulations and *mabuhay kayong lahat!*



President Rodrigo Roa Duterte





## Message from The Vice President of the Republic of the Philippines

*Congratulations sa lahat ng awardees ng 2021 National Nutrition Council at sa lahat ng bumubuo ng National Nutrition Council! Maraming salamat sa lahat ng ginagawa ninyo para isulong ang kalusugan ng inyong mga komunidad.*

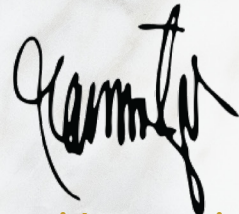
*Mahalaga itong adbokasiyang isinusulong ninyo, lalo na sa konteksto ng mga hamong hinaharap natin. Basic human need ang nourishment, at konektado ito sa iba't ibang bahagi ng buhay natin: Kung mayroong tama at masustansyang pagkain, maiwasan ang pagkabansot o pagiging kulang sa timbang, na nakakaimpluwensiya naman sa ating pag-eeskwela o pagtatrabaho. Kung hinde tayo makakapag-aral o makakapagtrabaho nang maayos, apektado ang lahat—hinde lang ang sariling mga buhay natin, pero pati ng pamilya at komunidad na kinabibilangan natin.*

*Kaya nga lalong malaki ang hamon, dahil mas lalong pinagigting ng pandemya ang mga social gaps sa ating bansa: Lalong naghihirap ang mga mahihirap, lalong nagugutom ang mga kumakalam ang sikmura. Dagdag pa dito ang climate emergency na binabantaan ang ecosystems natin, at kasama nito, ang kapasidad ng ating agrikultura na tugunan ang pangangailangan natin sa pagkain. Pero sa kabila nito, malinaw rin: Magkakarugtong hindi lang ang mga hamong kinakaharap natin, pero pati na ang hinihiling na tugon ng mga ito. Nasa bawat isa sa atin ang susi para makaalpas sa krisis na ito: Sa gawaing ito, walang maliit na ambag; lahat mahalaga.*

*Kaya masaya ako na aktibong aktibo kayo sa pagsulong ng adbokasiyang ito. Ang hiling ko: Tuloy lang sa paghakbang, sa paghanap ng paraan para abutin ang mas marami pang mga komunidad, at sa pagsiguro na walang pamilyang Pilipinong magugutom.*

*Dahil kasama namin kayong nag tatrabaho, wala akong duda: Kayang-kaya natin matupad ang mga pangarap natin para sa bansa.*

*Muli, congratulations, at mabuhay kayong lahat!*



Vice President Leni Robredo



## Message from The Senate President of the Republic of the Philippines

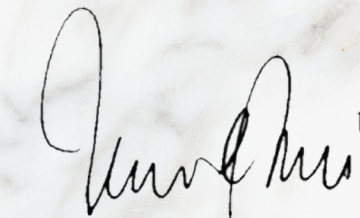
For this year's National Nutrition Awarding Ceremony, I would like to commend all the local governments and other nutrition focal points which have significantly contributed to the advancement and improvement of nutrition policies and programs in our country.

As we continue to face the worst health crisis of this generation, it is imperative to educate everyone on the importance of maintaining a healthy lifestyle and the many ways by which we can improve our physical health through adopting a balanced and nutritious diet. The best armor against the COVID-19 virus is having a robust immune system and a healthy body. Many people underestimate and neglect the importance of maintaining a healthy lifestyle for a better quality of life.

With this, I would like to congratulate all our awardees for reminding us that adopting a more conscious and healthier lifestyle is an essential aspect of living a fruitful life. I applaud all of them for helping our countrymen by addressing their health and lifestyle concerns through the various projects and programs they could initiate.

Once again, congratulations to all of you!

*Maraming Salamat at Mabuhay Kayong Lahat!*



Vicente C. Sotto III  
Senate President





## Message from The Speaker of the House of Representatives

Warmest greetings to the National Nutrition Council headed by Assistant Secretary and Executive Director Azucena Dayanghirang, and especially to the awardees and honorees of the 2021 National Nutrition Awarding Ceremony.

According to the 2018 Expanded National Nutrition Survey by the Department of Science and Technology – Food and Nutrition Research Institute, 2 out of 10 (19.1%) preschool children were underweight or had experienced acute form of malnutrition. Although the prevalence decreased by 2.4 percentage points from 2015 (21.5%), it still falls short of our 2030 Agenda for Sustainable Development. There is a pressing need for our government and other stakeholders to ensure sufficient nutrition to our most vulnerable *kababayans*---a reality made starker by the restrictions and economic downturn brought by the pandemic.

I am glad that the National Nutrition Council has continued its venerable tradition of recognizing and paying tribute to people, local nutrition focal points, and local government units who have shown extraordinary resolve and creativity in successfully implementing and sustaining effective and efficient nutrition programs in their communities.

There is truly a need to recognize inspirational people, organizations, and LGUs who showed exemplary performance in implementing successful nutrition programs in their localities. Congratulations to all our awardees for continuing to believe that a well-nourished Filipino will be a productive citizen of the country, and productive citizens will be our key towards attaining full economic recovery.

May this gathering further empower the honorees and inspire others to rise and heed the call of the times. I wish you a meaningful awarding event. *Mabuhay po kayong lahat!*



**Lord Allan Jay Q. Velasco**  
Speaker of the House of Representatives



## Message from The Department of Health

My warmest greetings to the National Nutrition Council (NNC) on the occasion of your 2021 National Nutrition Awarding Ceremony (NNAC)!

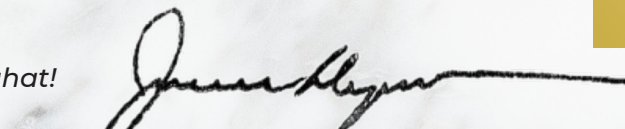
Undeniably, the COVID-19 pandemic proved a gruelling endeavour for the entire country, and at least doubly so for the entire health sector. This alarming reality includes every single aspect of health, including nutrition. Even as we continue responding to the towering challenges of the current health crisis, it is essential that we do not let the continuous research necessary to maintain high standards in the delivery of other health aspects fall to the wayside. Chief among the lessons taught by the COVID-19 pandemic is the reality that a successful healthcare system must effectively cover all aspects of health. If our public healthcare is to be truly effective and deliver maximum benefit for all, we cannot let other health concerns run neglected, no matter what health crisis we may be mired in. Excellence must suffuse the entirety of the health sector, from health promotion, to diagnosis, all the way to treatment and rehabilitation.

With Universal Health Care (UHC) promoting a people-centered approach in health service delivery, the Department of Health (DOH) continues to develop systems that ensure the delivery of accessible, equitable, and quality health services. In a similar vein, the DOH also provides national policy directions, develops health programs and services, and sets standards on the delivery of safe and quality health services. It is in this light that we laud all your efforts in making nutrition a priority in these trying times. We believe in the DOH that there is no health when there is no proper nutrition and with that, we would like to extend our deepest and sincerest gratitude to the NNC for ensuring that the health of the community is flourishing and thriving.

Furthermore, the Department is continuously indebted to the NNC for their insurmountable efforts in recognizing our local government units and other local nutrition focal points that are ensured to be equipped with effectiveness and coherence. To a greater extent, NNC's dynamism significantly provides motivation and inspiration to millions of Filipinos all over the country.

We believe that the NNC will carry on its dedication in serving the Filipino people with the promise of good health by continuing to provide the nutrition the community needs. As you continue fulfilling your incumbent mandates, know that the DOH is in unison with you in all your endeavors.

*Maraming salamat at mabuhay tayong lahat!*



**Francisco T. Duque III, MD, MSc**  
Secretary of Health





## Message from The DOST - Food and Nutrition Research Institute

It is with sincere thoughts that I congratulate the National Nutrition Council (NNC) for this significant event and the winners of the 2021 National Awarding Ceremony (NNAC) to be held in a blended platform. The 2021 NNAC covers the Nutrition Honor Award, CROWN Maintenance Award, and the Outstanding Nutrition Focal Points at the national, city/municipal levels, as well as the program coordinators and the Barangay Nutrition Scholar Award.

The Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI) salutes and recognizes the NNC, for this long history of conferring awards from its start in 1978 until 1986 and its resumption in 1992 until the present. With the challenges of the 20th century's worldwide pandemic, the DOST-FNRI commends the NNC for continuing this awarding ceremony.

The 2021 NNAC is a noble form of giving recognition and awards to our outstanding Local Government Units (LGUs) and Local Nutrition Focal Points in their unending efforts in implementing maternal and child health nutrition programs on the ground. The current challenge of the pandemic did not stop these LGUs to push forward relevant nutrition programs to our vulnerable population, particularly our Filipino infants and young children.

In support to these efforts, the DOST-FNRI has been part in the evaluations activities and has seen how our LGU and the LNFP have prospered through the years in their nutrition programs and services. Moreover, the DOST – FNRI will continue to deliver its best efforts in research and development (R&D) and Science and Technology (S&T) activities on food, nutrition and health to contribute in achieving the PPAN and SDG goals on ending malnutrition and achieve zero hunger.

To the LGU and LNFP winners of the 2021 NNAC, my heartfelt congratulations. May these awards and recognitions be your inspiration and guide in keeping and trying even harder your efforts in contributing to the improvement of the nutritional status of our young children to achieve a healthy, well-nourished and productive Filipino citizenry.

Once again, my warm congratulations to all. *Mabuhay!*



**Imelda Angeles - Agdeppa, Ph.D.**  
Director IV and Scientist II



## Message from The National Nutrition Council

My warmest greetings to all our nutrition champions, and fellow nutrition advocates!

Today, we confer fitting recognition to nine (9) local government units and five (5) local nutrition focal point awardees for their successful and consistent implementation of PPAN nutrition initiatives, many of which have motivated others to persevere and sustain their drive for excellence in nutrition program implementation during these challenging times. I send to all of you my warmest congratulations on your remarkable achievement.

It is my great hope that these recognitions will instill a sense of honor, pride, and fulfillment to the local government units, and further motivate local nutrition focal points who have dedicated themselves to sustaining and developing even better and more innovative ways to implement nutrition programs for your constituents.

I would also like to commend the members of the municipal, city, provincial, regional, and national inter-agency Nutrition Evaluation Teams for their hard work and critical role in identifying local government units and nutrition focal points who have excelled in their duties as nutrition workers and managers.

They were also able to successfully conduct the evaluation using a combination of virtual and face-to-face approaches due to the pandemic restrictions. Monitoring and evaluation of local nutrition programs remains to be a challenging task, but efforts are rewarded when it produces LGUs and individuals deserving of our admiration and of recognition.

To our winners, when you go back to your respective areas, proudly bearing your awards, I invite you to share your good practices with your neighboring LGUs. Let us create a ripple that will exponentially increase the number of local governments that put a premium on good nutrition. A ripple that will help us meet our national targets of reducing the prevalence of all forms of malnutrition as while also contributing to our global commitments. May this occasion serve as motivation for you to continue striving for excellence, not for selfish gain but for the improvement of the lives of our constituents. The work does not end with the award. In fact, the work starts anew.

While we recognize that more work must be done, I am certain that we will be able to implement better policies and programs that will eventually steer our country away from hunger and malnutrition. I fervently hope that our future generations will be able to fully enjoy their right to adequate food and nutrition as we continue to improve the delivery of quality nutrition services for the years to come.

Congratulations at *mabuhay kayong lahat!*

**Azucena M. Dayanghirang MD, MCH, CESO III**  
Assistant Secretary and Executive Director





# Program of Activities

The Ballroom, Hilton Manila, Pasay City

23 March 2022 | 1:00 - 5:00 PM | via Zoom and FB Live

10:00 AM **Registration**  
**COVID-19 Antigen Testing**

11:30 AM **Lunch**

1:00 PM **Entrance of Dignitaries**  
onwards

**Ecumenical Prayer**

**National Anthem**

**Welcome Remarks**

**Tagum City Chamber Chorale**

**Assistant Secretary Azucena M. Dayanghirang, MD, MCH, CESO III**  
*Executive Director,  
National Nutrition Council*

Conferment of Awards:

**1st Year CROWN  
Maintenance Award**

**Secretary William D. Dar, PhD**  
*Vice-Chair, NNC Governing Board  
Department of Agriculture (DA)*

*As represented by:*  
**Undersecretary Evelyn G. Laviña**  
*High-Value Crops and Rural Credit, DA*

**Imelda Angeles-Agdeppa, PhD**  
*Food and Nutrition Research Institute  
Department of Science and Technology  
Chair, NNC Technical Committee*

**Arlene R. Reario, MPS, MNSA**  
*Nutrition Program Coordinator  
and OIC-Nutrition Policy and Planning  
Division, NNC*

**2nd Year  
CROWN  
Maintenance  
Award**

**Secretary Eduardo M. Año**  
*Vice-Chair, NNC Governing Board  
Department of the Interior and Local Government (DILG)*

*As represented by:*  
**Assistant Secretary Francisco R. Cruz, CESO III**  
*Plans and Programs, DILG*

**Assistant Secretary Nestor F. Santiago Jr., MD, MPH, MHSA, CESO II**  
*Public Health Service Team  
Department of Health*

**Rita D. Papey, MSW**  
*Deputy Executive Director, NNC*

**Nutrition  
Honor  
Award**

**Senator Francis N. Tolentino**  
*Chair, Committee on Local Government  
and Urban Planning, Housing, and Resettlement  
Senate of the Philippines*

**A/Sec. and ED Azucena M. Dayanghirang**  
Response:

**Mayor Clive D. Quiño**  
*Manolo Fortich, Bukidnon*

**Mayor Allan L. Rellon, DPA**  
*Tagum City, Davao del Norte*

**Intermission** **Tagum City Chamber Chorale**

Conferment of Awards:

**2019 National  
Outstanding Provincial  
Nutrition Action Officer**

**A/Sec. and ED Azucena M. Dayanghirang**

**Dr. Imelda Angeles-Agdeppa**

**Atty. Faydah M. Dumarpa, MBA**  
*Deputy Executive Director, NNC*

Response:  
**Marichu G. Tijig, MPA**  
*Misamis Occidental*

**2019 National  
Outstanding City  
Nutrition Action Officer**

**A/Sec. and ED Azucena M. Dayanghirang**

**Dr. Imelda Angeles-Agdeppa**

**Atty. Faydah M. Dumarpa**

Response:  
**Nenita F. Rabe, RND, MPA**  
*Cagayan de Oro City*

**2019 National  
Outstanding District  
Nutrition Program  
Coordinator**

**A/Sec. and ED Azucena M. Dayanghirang**

**Rossana S. Quillope**  
*Chief, Financial and Management  
Division, NNC*

Response:  
**Grace C. Jardin, RND**  
*Sorsogon*

**2019 National  
Outstanding Municipal  
Nutrition Program  
Coordinator**

**A/Sec. and ED Azucena M. Dayanghirang**

**Chona M. Fernandez**  
*Chief, Administrative Division, NNC*

Response:  
**Bhen Zar M. Sam, RM**  
*Maco, Davao de Oro*

**2019 National  
Outstanding Barangay  
Nutrition Scholar**

**Senator Francis N. Tolentino**  
**A/Sec. and ED Azucena M. Dayanghirang**

**Jomarie L. Tongol**  
*Nutrition Officer III  
Nutrition Information and Education  
Division, NNC*

Response:  
**Aurelia O. Aguilar**  
*Barangay Oaqui No. 3, Luna, La Union*

**Intermission**

**Tagum City Chamber Chorale**

**Introduction of  
Keynote Speaker**

**A/Sec. and ED Azucena M. Dayanghirang**

**Keynote Address**

**Senator Francis N. Tolentino**

**Message**

**President Rodrigo R. Duterte**  
*Republic of the Philippines*

**Photo Opportunity**

**Intermission**

**Tagum City Chamber Chorale**

**Jovita B. Raval**  
**Nutrition Officer V, Nutrition Information and Education Division, NNC**  
*Emcee*



# The National Nutrition Evaluation

The monitoring and evaluation of local level plan implementation (MELLPI) has long been the system by which an interagency evaluation team assess the performance of local government units on: a) efficiency and effectiveness of nutrition program implementation based on program outreach, budget allocation, and expenditure; b) changes in nutritional status of preschool and school children; c) the extent to which nutrition is integrated into local development plans and programs; and d) advocacy for the continuing support for local nutrition programs.

The MELLPI tool was started to be updated in 2015 based on various developments on its indicators over the years. In 2019, the updated tool was used alongside the old tool in evaluating selected LGU contenders of the national awards. However, due to the COVID-19 pandemic, the full implementation of the MELLPI Pro was deferred.



2021 is the first year of the full implementation of the MELLPI Protocol or MELLPI Pro, summarized into four P's:

1. Protocol. It uses a standard set of procedures and tools for monitoring of performance.
2. Promotive. It promotes awareness and observance of existing laws, rules, and guidelines on nutrition.
3. Progressive. Its scores are determined based on the progress of nutrition program implementation.
4. More Professional. It promotes a more objective review of evidence based on the parameters set in each rating.

The new monitoring and evaluation system have integrated the following improvements: a) shift from program outreach to quality; b) inclusion of the nutritional status of pregnant women; c) measure the contribution of the LGUs to the PPAN targets and outcomes; and d) assess the performance of not only Barangay Nutrition Scholars but also of the Nutrition Action Officers and Local Nutrition Program Coordinators. The results of the MELLPI Pro aim to guide local chief executives and policy and decision makers in the local level in enhancing delivery of nutrition products, services, and systems for better effectiveness, efficiency, and sustainability of programs.

A municipality, city, or province ranked outstanding in the region is conferred the Green Banner Award in the initial year of the evaluation. If adjudged as the outstanding implementer of nutrition program in the region for three (3) consecutive years, the municipality, city, or province is nominated by the Regional Nutrition Evaluation Team (RNET) to receive the Consistent Regional Outstanding Winner in Nutrition (CROWN) award. The outstanding municipality in the region should come from among the first ranking municipalities in the provinces of that corresponding region.

The CROWN municipality, city or province will then be evaluated by the inter-agency National Nutrition Evaluation Team (NET) for a period of three (3) years. Should the local government unit meet the standards set by the National Nutrition Council for the first- and second-year CROWN maintenance award, this LGU will be conferred with the "Nutrition Honor Award" (NHA) —, the highest recognition award of NNC on the third consecutive year. An LGU which fails to qualify for the maintenance award will again vie for outstanding province, city, or municipality in the region.





## Description of Award

# Consistent Regional Outstanding Winner In Nutrition (CROWN) Award

The CROWN award is presented to a municipality, city, or province that has been adjudged by the interagency regional nutrition evaluation team as outstanding in the region in the implementation of its nutrition action plan for three consecutive years.

To date, 197 local government units have been conferred the CROWN award. The CROWN awardees receive a cash prize of P500,000 and this CROWN trophy.

The trophy's design symbolizes the local nutrition committee's burning desire for excellence in its quest for nutrition improvement. The flames represent the three consecutive years the municipality, city, or province became the regional outstanding winner in nutrition. The gradual increase in color shade and height of the flame indicates the continuous and intensified efforts to improve the nutrition situation through effective management of local nutrition programs.

Local government units who were able to maintain a score of at least 90 and 92 in the monitoring and evaluation of local level plan implementation (MELLPI) are conferred the 1st and 2nd Year CROWN Maintenance Award, respectively.

For this year, the CROWN Maintenance Awardees will receive P100,000 for 1st year maintenance, and P200,000 for 2nd year maintenance, and this certificate of recognition.



## Description of Award

# The Nutrition Honor Award

The Nutrition Honor Award (NHA) is presented to Consistent Regional Outstanding Winner in Nutrition (CROWN) awardees that have consistently shown outstanding performance in nutrition program management. These awardees were monitored by an interagency regional nutrition evaluation team from 2014-2016 and by an interagency national nutrition evaluation team from 2017-2019. To date, 66\* local government units (LGUs) have been conferred the Nutrition Honor Award. This year's awardees will receive a cash prize of P1,000,000 and this NHA trophy.

The design of the trophy for the Nutrition Honor Award is inspired by the symbolic flame pattern of the CROWN trophy. The three pieces of colored flames, embedded at the back of a clear beveled glass, symbolize the burning desire and unending commitment of the local government unit toward nutrition improvement. The base represents the strong foundation that the Nutrition Honor Awardee has developed during the last six (6) consecutive years of maintaining the Green Banner and CROWN Awards, while the body that contains the text and the flames, presented in beveled cuts, symbolizes the pruning and refinement which the LGU underwent and experienced to reach the height of excellence.





## 2019 LGU MERITS

### Nutrition Honor Award

CALABARZON  
MIMAROPA

Kalayaan, Laguna  
Roxas, Oriental Mindoro

### Second Year CROWN Maintenance Award

Region I  
Region II  
Region IX  
Region XI

Santa, Ilocos Sur  
Sta. Fe, Nueva Vizcaya  
Alicia, Zamboanga Sibugay  
Polomolok, South Cotabato

### First Year CROWN Maintenance Award

MIMAROPA  
Region VI  
Region VII  
Region IX  
Region XI

Calapan City  
Ibajay, Aklan  
Carmen, Bohol  
Dipolog City  
Maco, Davao de Oro

## 2019 LGU AWARDEES

### Nutrition Honor Award

Region X  
Region XI

Manolo Fortich, Bukidnon  
Tagum City, Davao Del Norte

### Second Year CROWN Maintenance Award

Region I  
CAR  
Region III  
Region III  
CALABARZON  
Region X

Vigan City  
Tublay, Benguet  
Talavera, Nueva Ecija  
Mabalacat City  
Biñan City  
Misamis Occidental

### First Year CROWN Maintenance Award

Region X

Cagayan De Oro City



# 1<sup>st</sup> Year CROWN Maintenance Award Cagayan De Oro City

Aligning vision with action to good nutrition



Dubbed as the country's "whitewater rafting capital," Cagayan De Oro City is the gateway to northern Mindanao and is known as the City of Golden Friendship because of the warm welcoming smiles and utmost hospitality of the locals. With a rich history that dates to the Spanish regime in the country, Cagayan de Oro is now a flourishing 1st class highly urbanized city and the capital of Misamis Oriental. It is geographically nestled between the central coastline of Macajalar Bay and the naturally rich plateaus and mountains of Bukidnon and Lanao del Norte.

The City Nutrition Committee (CNC) led by Mayor Oscar Moreno is committed to sustaining effective and efficient nutrition program management through active collaboration among stakeholders leading towards nutritionally productive citizenry and envisioning a well-nourished and healthy *Kagay-anons*. True to the City Government's vision of strategic and prime development hub of the south, a city managed through good governance, with empowered citizens that thrive in a highly competitive economy, and a sustainable environment that nurtures its diversity and multi-cultural heritage towards a resilient, progressive, and inclusive future, the CNC also ensures the delivery of health and nutrition services that respond to the needs of all stakeholders in its 80 barangays. Cagayan De Oro City continues to adhere to its PRIMEHAT

development framework (Peace & Order and Poverty Alleviation; Revenue Generation; Infrastructure and Investments; Metropolization; Education and Environment Protection; Housing, Health and Hospital Services; Agricultural Productivity; and Teamwork, Traffic, and Tourism) to achieve the shared vision of development, aspired by the people and its government.

## Maternal, Infant, and Young Child Nutrition

Recognizing the rights of the children to survival, protection, participation, and development, to promote children's welfare and to enhance their opportunities to enjoy useful and meaningful life, the City government, through a participatory multi-stakeholder approach, continues to manage and deliver essential health and nutrition services for women of reproductive age, pregnant and lactating women, and infant and young children.

The City guarantees sufficient access to health services including prenatal services in all government-run hospitals, and functional 54 barangay health centers throughout the city. Most of the health and nutrition staff are trained and equipped with appropriate competencies to address and treat all forms of malnutrition. Quality healthcare services

are available, including free laboratory tests being offered to pregnant women, and equitable distribution of *buntis* kits to IP pregnant women. From thirty five (35) organized breastfeeding support groups in 2016 to forty seven (47) in 2019, with the conduct of IYCF training among peer counselors and barangay nutrition scholars (BNSs), and with a high attendance of pregnant and lactating women to IYCF and *Pabasa sa Nutrisyon* classes, the first 1000 days of life are undoubtedly being prioritized in the city.

## Healthy Lifestyle and Nutrition Promotion

The nutrition committee also recognizes the relevance of integrating comprehensive nutrition education in the CNC's plan to manage overweight and obesity, promote a healthy lifestyle, and prevent chronic communicable diseases to the wider public. The CNC has employed several strategies for the massive healthy lifestyle and nutrition promotion including the posting of Ten *Kumainments* and *Pinggang Pinoy* in strategic places in all barangays, distribution of IEC materials and leaflets at rural health units (RHUs), and the conduct of Ten *Kumainments* and *Pinggang Pinoy* Forums among parents and caregivers of preschool and school-age children, and adolescents. To ensure higher coverage and more effective campaign, the committee initiated reaching out to the general public by conducting Healthy Lifestyle Lecture among elementary and high school students, BNSs, non-government organizations (NGOs) and government agencies, and other workplaces, among persons with deprived with liberty, senior citizens and patients with diabetes. In selected barangays, a forum about a healthy diet for non-communicable diseases were also conducted.

To further increase awareness and to educate the *Kagay-anons* about a healthy lifestyle, the CNC also takes advantage of the local radio station with radio guesting, especially during nutrition month celebration. The barangay nutrition committees (BNCs) were also tapped for the program *Talakayan sa PIA* on Healthy Lifestyle. Cognizant of the effect of good nutrition to enhance productivity, the CNC also encourages its city hall employees to practice healthy lifestyle and let them engage in several competitions like the "Green Gainer Biggest Loser Contest" or participate in organized activities like Zumba.

## Other nutrition-sensitive programs for *Kagay-anons*

Nutrition-sensitive programs were designed and implemented in Cagayan de Oro City which aimed to increase income, improve economic and physical access to food, access to safe drinking water and toilet facilities, prevent teen-age pregnancy, and practice family planning. These programs include the provision of financial assistance to provide capital for sustainable livelihood programs; provision of material support for BUB Bigasan; conduct of skills training among women for food processing; livelihood training like massage and hilot among informal sectors; organizing bazaars during significant events; distribution of vegetable seeds and establishment of

home gardens, BNC and school gardens; distribution of fingerling, poultry or livestock among households with underweight and severely underweight preschool children.

To ensure safe access to safe drinking water and toilet facilities, the nutrition committee also conducts monitoring of water sanitation facilities and sanitary toilet facilities among households across the city. Other initiatives to ensure proper sanitation is the implementation of the Zero Open Defecation Program in five barangays of the city, regular monitoring of proper waste disposal at the household level across the 80 barangays, the conduct of Food/Water Sanitation Campaign among food handlers, and regular conduct of food establishment inspection.

Teenage Pregnancy Lecture and Fora among high school students were also part of the CNC's initiatives to prevent teenage pregnancy. To prevent malnutrition, encourage participation, and protect the rights of pregnant teenage mothers, the CNC also established teenage clinics in 54 Barangay Health Centers across the city.

The nutritional status of preschool children showed continuous improvement, specifically in the prevalence of stunting from 3.7% in 2017 to 1.7% in 2019 and wasting from 1.0% in 2017 to 0.5% in 2019. Prevalence of wasting and overweight of school children also improved from 9.34% in 2017 to 7.12% in 2019, and 1.15% in 2017 to 0.71% in 2019, respectively. These are indications of significant achievement of translating nutrition and health plans into action, raising the bar of service delivery, good leadership, organization, and stakeholder engagement in Cagayan de Oro City.

(Ms. Divine Grace C. Domingo, IHNF-CHE, UPLB)





## 2<sup>nd</sup> Year CROWN Maintenance Award Vigan City

A Historical City making “Good Nutrition” part of its Heritage



Vigan City is the capital of the province of Ilocos Sur in the north of the Philippines. It is a historical city with preserved Spanish and Asian architecture. One of its famous streets, *Calle Crisologo*, is lined with cobblestones, occupied by travelling *kalesas* or horse-drawn carriages, rustic mansions, and local fare and products such as the *empanada*, *longganisa* or sausages, burnay or local earthen jars, and the *abel* cloth. The local government as well as the *Bigueños* preservation work has allowed its visitors to travel back in time making this city, established in the 16th century, live up to its UNESCO World Heritage Site status. More than the excellent work in preserving the past, the city is also moving towards securing a better future with parallel investments and programs on another important asset, its people.

The city's investment on its people is apparent with the implementation of various health and nutrition programs. It sustained and innovated its programs and focused on “building health and nutrition resilience among its *Bigueño* people.” The City Nutrition Committee, chaired by the City Mayor Juan Carlo Medina, leads in achieving this vision and strives to provide effective health and nutrition programs.

Good governance is a main factor for the exemplary health and nutrition outcomes in the city. Mayor Medina enrolled in the Department of

Health (DOH) and the Zuellig Family Foundation Program on Municipal Leadership and Governance to help him establish and sustain a responsive health system. This led to many innovations in the management of the city's health and nutrition programs. For instance, local officials conducted several dialogues and deep dive activities to understand the specific health and nutrition issues of the constituency. There were also conversations with pregnant teenagers, barangay local health program implementers, barangay health boards, fisher folks, and student leaders which led to the development of client-focused programs. The city also adopted people-centered planning inviting various stakeholders in strategic planning activities. The group of Barangay Nutrition Scholars (BNSs), Barangay Health Workers (BHWs), Red Cross, MetroVigan Zumba Club, parent leaders, Person with Disability and Senior Citizen groups became the city's partners in implementing and monitoring health and nutrition policies, programs and activities.

This inclusive planning led to the expansion and innovation in the delivery of health and nutrition programs for the people. For example, the city provided eggs for nutritionally-at-risk mothers in its 90-day dietary supplementation program called the “*Itlog Para sa Nanay at Sanggol na Malusog*” launched in 2019. The project was able to ensure that 96% of monitored mothers will deliver babies with normal birth weights. In the



same year, a Mrs. Health Buntis pageant was held as an advocacy campaign for safe pregnancy, breastfeeding, and parenthood. These activities are nothing new as maternal health programs are prioritized in the city. It established and maintained breastfeeding rooms in the Vigan City Hall and Public Market. Moreover, breastfeeding in all government and commercial establishments is continuously advocated, supported by City Ordinance No. 17 or “An Ordinance on Promoting Breastfeeding in all Government and Commercial establishments in Vigan and Providing penalties for violation thereof” passed in 2016. These initiatives improved exclusive breastfeeding among infants from 76% in 2018 to 143% in 2019 (exceeded target for the age group). Simultaneous breastfeeding activities were also conducted annually since 2008. This is mandated by City Nutrition Committee Resolution No. 41 Series of 2008 “Promoting Advocacy to Breastfeeding to protect and Defend the Health of Infants and Children thus declaring August 7, Every year a Mass Breastfeeding Activity in the City of Vigan”.

Programs promoting child health were also sustained and strengthened. These include immunization, vitamin A supplementation, de-worming, and micronutrient and dietary supplementation. This is coupled with intensified information, education and communication (IEC) campaigns as well as monitoring through Operation Timbang (OPT) Plus. The OPT coverage increased from 65.2% in 2017 to 72.5% in 2019. This has allowed the city to quickly attend to malnourished pre- and school- children that contributed to the decrease in the prevalence of stunting and wasting among the age-group. The prevalence of stunting and wasting among pre-school children decreased from 8% to 4% and 0.59% to 0.35% from 2017 to 2019, respectively. The 2019 prevalence for both indicators are lower than the prevalence in whole province of Ilocos Sur, which is at 5.33% and 1.37%, respectively. Wasting among school children also decreased from 6% in 2017 to 4% in 2019.

Adolescent health programs were also expanded. The *Bigueño* Adolescent Hub established in 2016 was upgraded into a Level III Adolescent Friendly Facility by the DOH in 2019. The hub serves as a safe haven for the city's

adolescents providing appropriate information and services. The recent accreditation means the presence of a functional referral system, complementary human resource, and budget. Similar hubs were also established in the 39 barangays. Moreover, several trainings on facilitation and information dissemination were also conducted among the adolescents. Topics covered were teenage pregnancy, bullying, HIV/AIDS, body changes and image, as well as *Pinggang Pinoy*, 10 *Kumainments*, and urban farming.

Promoting an active and lifestyle is also among the top priorities of the city. There are several initiatives implemented the past few years, which include the Overweight and Obesity Management and Prevention Program, and the *Takbo Palayo sa Bisyo*, a fun-run activity to promote vices cessation among men/father and foster stronger familial ties with their children. There were also Zumba dance sessions and obstacle courses organized to help alleviate adult obesity in the city. Aside from this., activities were also in place for the special populations such as the Wheel racing for Persons with Disabilities and Walk for Life for older persons.

Programs implemented will not be successful without the public's support. The city disseminated news and information on programs through the Ciudad Vigan News Patrol, a daily news program aired over their local channel TV Vigan Channel 9 and on Facebook.

The sustained implementation of these initiatives proves Vigan's commitment to build health and nutrition resilience among its people. The Local Chief Executive along with the other city officials, program implementers and the public, work together in creating appropriate and responsive programs. Sustaining gains in nutrition and health outcomes through implementation of such programs are also part of the city's heritage, a heritage for the future *Bigueños*.

(Ms. Maurene Ann D. Papa, NEDA)





## 2<sup>nd</sup> Year CROWN Maintenance Award Tublay, Benguet

*Rise and SHINES: Multi-sectoral collaborative effort and community participation can lead to better nutrition and health outcomes*



The Municipality of Tublay belongs to a fifth-class municipality in the Cordillera Administrative Region that relies solely on the internal revenue allotment for its health and nutrition services, programs, and projects. But this did not stop the Municipal Nutrition Committee to advocate for the optimal nutritional and health status of its population. Through the municipal's framework dubbed as "Tublay SHINES Plus" *Safe environment and disaster preparedness, Health and social services, Income generation and livelihood, Nutritious food intake and breastfeeding, nutrition Education and promotion of healthy lifestyle, Stable food supply and hunger mitigation*, they were able to deliver health and nutrition services for the whole community.

Continuing the framework's multi-sectoral approach led by the Municipal Nutrition Action Officer Dr. Marcela Tinoyan under the governance of the Mayor Engineer Armando Lauro, the Municipal Nutrition Committee collaborates with various stakeholders (government, civil society, and private organizations) and sectors (health, agriculture, environment, etc.) in producing better nutrition and health outcomes of the population,

especially mothers and children.

Reducing undernutrition requires commitment from multiple sectors along with scaling-up nutrition-specific and nutrition-sensitive interventions. "Oplan BIAS (Basic Integrated Action & Services)" is one of the interventions that shows the holistic and multi sectoral collaboration needed in successful nutrition program implementation. As the term implies, the program is biased in applying equity in nutrition where children with poor nutritional status are privileged to receive more focused attention from service providers. Multiple stakeholders across sectors coordinate and collaborate to design, implement, and monitor joint solutions to address malnutrition. With 0-59 months old and school children as target beneficiaries, the Municipal Health Office provides micronutrient supplementation, the Municipal Social Welfare and Development Office conducts supplementary feeding, the Municipal Disaster Risk Reduction and Management Office gives trainings on nutrition services during emergencies, the Municipal Environment and Natural Resources Office promotes a friendly environment through



cleanliness and sanitation, the Municipal Engineering Office builds or allocates infrastructures in support to nutrition activities, the Municipal Agriculture Office gives livelihood trainings and agriculture inputs assistance, while other civic and cooperative groups help in the promotion of Infant and Young Child Feeding activities and conduct of regular medical missions.

Also, better nutrition and health outcomes cannot be done without the participation and support of the community. One of this year's nutrition interventions is the "Oplan Saktong Nutrisyon Plus", a program to help prevent obesity and -manage lifestyle diseases it causes. What started as a project for the municipal and barangay employees (e.g., attending meetings and seminars where healthy meals and snacks were served) expanded to other beneficiaries. The group felt the need to practice healthy lifestyle activities to prevent non-communicable diseases, thus took initiative to partake in various elements of the said program. They started computing their own Recommended Energy/Nutrient Intake (REI/RNI) as a guide in their food choices, as well as monitoring their body mass index (BMI) and waist circumference to track their own progress. They also have religiously joined exercise activities such as Zumba conducted every Friday to inculcate the importance of physical activity in one's daily routine. This truly shows that the active participation of the community is significant in achieving the objectives of a program. They were able to maintain the normal nutritional status of the community and have strengthened advocacy for a healthier lifestyle and better food choices.

After more than 10 years, the municipality now rise and SHINES as one of

the best nutrition implementers in the country, as a recipient of the 2nd Year CROWN Maintenance Award. This is evident by the continuous decrease in the prevalence of undernutrition and overnutrition among preschool and school children in the municipality, noting the less than 1% prevalence of underweight and overweight children and zero cases of wasting for preschool children and less than 1% for school children since 2017

This year, Tublay continues to SHINE as a nutrition champion not only in the region but also in the national level. Being a fifth-class municipality is not a hindrance in its efforts in achieving optimal nutrition and health outcomes. Tublay continues to show that alone we can do so little but together we can do so much.

(Ms. Joyce P. Parco, IHNH-CHE, UPLB)





## 2<sup>nd</sup> Year CROWN Maintenance Award Talavera, Nueva Ecija

*Taking the competition to the next level - amplifying nutrition actions!*



Talavera takes on the challenge of defending their CROWN Title, highlighting efforts on strengthening good nutrition practices among the First 1000 Days.

### The Heart of Sustainable Development

Surrounded by vast agricultural lands, Talavera is one of the 32 local government units (LGUs) that sits at the heart of the Nueva Ecija province in Central Luzon region. Exponentially developing throughout the years an agricultural municipality, 80% of Talavera's population is engaged in farming. Surplus production of agricultural products like rice and various vegetables, clean and green under the Gulayan program is achieved by planting vegetables, fruit trees in all idle lands and backyards. Agri-tourism opened a lot of opportunities in agro-processing such as production of condiments, organic fertilizers, and milk and dairy products. The annual festival Gatas ng Kalabaw (Carabao Milk Festival) gives spotlight to this strength.

The Municipal Nutrition Committee (MNC) chaired by Mayor Nerivi Santos-Martinez envisions normal nutritional status of children in the long run through early stages of intervention for their mental, emotional, and physical well-being. Considering the municipality's strong agricultural

industry, emerging economy, and continuing efforts in sustaining nutrition-specific and nutrition-sensitive programs, Talavera is stronger than ever, armed with passion to serve, and perseverance in carrying-on the crown.

### Advancing to the next level

One of the commendable interventions of the municipality of Talavera is the implementation of the First 1000 Days program. This is in accordance with their mission to improve the holistic development of their children through the continuous provision of age-appropriate interventions. Aside from maintaining all its 53 breastfeeding corners in each barangay, breastfeeding advocacy activities are also done on the ground, with documented peer counselors conducting breastfeeding sessions. Similarly, a training on complementary feeding and capacity building activities were conducted targeting the pregnant and lactating women. Additionally, a 120-day supplementary feeding program was done for thirty-two 6-23 months old underweight children in 19 barangays with 100% accomplishment resulted in a significant improvement in their weight.

The presence of DepEd in MNC meetings and the Search for School



Based Feeding Program (SBFP) Best Implementer Awarding shows mutual relationship and cooperation between the Municipal Nutrition Committee and DepEd. Moreover, in support of the DO 8, S. 2007 or the "Revised Implementing Guidelines on the Operation and Management of school Canteens in Public Elementary and Secondary Schools," DepEd of Talavera promotes the use of iodized salt to all parents and students through house-to-house visits. To maximize these visits, promotion of Vitamin A was also done by the school nutrition coordinators, school canteen managers, and Barangay Health Workers.

As mentioned, Talavera, as an agricultural municipality, continues to implement nutrition-sensitive programs that address food security through supplemental household income. This includes their flagship program "Gulayan sa Barangay, Paaralan at Bakuran", which aims to address hunger and malnutrition and the problem of solid waste and pollution in the environment. Aside from the long-running gulayan program, the municipality also 1) distributes poultry livestock/fingerlings; 2) establishes fishponds and processing centers; and 3) provides materials/financial assistance linked with market outlet to vulnerable and indigent families. Six public markets were also funded with P100,000 for the "Palengke sa Barangay" Skills training on baking for Livelihood, Nutribun and Veggie Pandesal.

### Equipped and Empowered

With the support of their local chief executive Mayor Martinez, the MNC, the 19 barangay nutrition committees, and the cooperation of the residents in the municipality, there is a continuous decrease in the prevalence of stunting from 3.90% in 2017 to 2.9% in 2019 for 0-59 months old children. The implementation of their programs and interventions were strengthened by enabling policies such as 1) Resolution to approve the municipal nutrition

action plan (MNAP) and its budget; 2) an Ordinance in Creating a Food Bank in the Municipality of Talavera and Providing Guidelines for the Donation, Operation, Storage and Distribution of Healthy and Nutritious Cooked Meals to the Less Fortunate Community Members of the Municipality of Talavera, and 3) a memorandum of agreement (MOA) with the Ang Sustansya at Kalusugan Itinataguyod (ASKI) Foundation, Inc. for the Vitamin Angels Nutrition Program, which seeks to ensure that children under-five and infants to be born will not suffer from malnutrition through the annual provision of multivitamins and Albendazole. There is also EO No. 77-A, s. 2019, "An Order Organizing the Milk Code Monitoring Team" accompanied with the roles of each member in ensuring the efficient implementation of EO 51.

The municipality of Talavera together with their Municipal Nutrition Action Officer (MNAO) Mr. Arjhay Bernardo, values human resources as an essential part of carrying out nutrition programs down to the barangay level. Thus, the approval of EO 38 s. 2019 "An Order Providing A Separate Nutrition Office With Full Time Municipal Nutrition Action Officer with Technical Support Staff" established the duties and responsibilities of nutrition staff as follows: (1) Designated MNAO in charge of the operation and management of the nutrition office; (2) Nutrition Officer III assigned to monitor the programs; (3) Assistant Nutritionist-Dietitian assigned to spearhead implementation; and (4) Nutrition Coordinator assigned to the coordination and implementation of programs. Furthermore, local nutrition workers from MNAO to BNS are well trained with mandated training and refresher courses and additional training and seminars from other organizations.

With the process of becoming a city already in place, the Municipality of Talavera is ready to prove its readiness and consistency as a food-secure, robust, and nutrition-strong municipality, ready to maintain its CROWN Award next year. Keep your CROWN shining, Talavera!

(Ms. Julia Marie S. Los Baños, NNC)





## 2<sup>nd</sup> Year CROWN Maintenance Award Mabalacat City

*In Mabalacat, there is perseverance and consistency in addressing malnutrition*



Pampanga is in the heart of Central Luzon, bounded on the north by Tarlac and Nueva Ecija, on the east by Bulacan, southwest by Bataan and west by Zambales. Its terrain is relatively flat with only one distinct, but legendary mountain, Mount Arayat. Mabalacat became a first-class municipality in 1996 and rose to cityhood in 2012. It has a land area of more than 2,000 square kilometers, divided into four congressional districts, with 19 municipalities, 3 cities, and 538 barangays. Its people are peace-loving and God-fearing as well as hardworking and industrious. They speak the Kapampangan dialect, which is very rich in vocabulary and culture.

Mabalacat City houses the Clark International Airport, Dau Transport Terminal, and major road networks such as North Luzon Expressway, Subic-Clark-Tarlac Expressway, and MacArthur Highway that traverses the city. These infrastructures put the city at the helm of rapid and inevitable economic development and is hoped to give its people a leverage to improve on their lives and livelihood.

The actual challenge lies in making sure that the benefits in the economy will trickle down to each and every resident of the city. This is the goal of the Mabalacat City Nutrition Committee led by Mayor



Crisostomo C. Garbo: making certain that the people of Mabalacat, especially the poorest and most vulnerable, will get the advantages from the forthcoming development by ensuring that malnutrition will be diminished significantly, if not eradicated.

In 2019, the City Nutrition and Health Offices conducted Infant and Young Child Feeding (IYCF) Training and training on Breastfeeding Peer Counselling and Lactation Massage among Barangay Health Workers (BHWs), and Barangay Nutrition Scholars (BNSs). This consecutively followed a series of IYCF counselling, breastmilk donation drives, and one-on-one lactation massages, by trained Breastfeeding Counselor in every barangay to effectively support breastfeeding mothers in their breastfeeding journey. In celebration of the nutrition month in July, a new Breastfeeding Station was established and certified, catering to all breastfeeding employees, clients, and guests of Mabalacat City. In addition, Milk Code posters were displayed in all barangays, and no violations have been recorded since.

Philippine Integrated Management of Severe Acute Malnutrition (PIMAM) trainings are also conducted by the City Nutrition Office and the City Health Office to capacitate health and nutrition workers to actively



identify, refer, manage, and treat children who have Moderate and Severe Acute Malnutrition in the City. Specifically, 120 BNSs, and 50 rural health physicians, public health nurses, rural health midwives, were trained for this program. Severe and moderate acute malnourished children were then provided with dietary and micronutrient supplementation and were regularly monitored through daily visits by BNSs.

For the Dietary Supplementation Program, an orientation was conducted among City Nutrition Office Staff before its implementation in selected barangays. A total of 280 nutritionally-at-risk pregnant and lactating women in seven barangays, and 106 children, aged 24-59 months, from four barangays benefitted in this program. The city believes that children should be able to reach their maximum potential in school. Thus, dietary supplementation was also extended among the children in 60 Child Development Centers, and Kinder to Grade VI wasted children in 40 public elementary schools.

For the Micronutrient Supplementation Program: (1) 6-59-months old children were provided with micronutrient powder and vitamin A (2) Adolescents and women of reproductive age in schools and communities were given iron folic acid weekly. (3) Pregnant women were regularly provided with folic acid, and iodized oil capsules as needed, along with the promotion of the importance of the First 1000 days and breastfeeding practices, and provision of breastfeeding covers and hygiene kits.

Among the other local initiatives, nutrition advocacy was done in all public elementary schools. Quarterly hematocrit and hemoglobin testing was also conducted to monitor possible incidence of anemia, benefitting 1,780 children, parents and CHO/CNO staff who are underweight and severely underweight. Lectures on anemia prevention and supplementation of

ferrous sulfate and vitamin C were done accordingly.

The CNO also adopted the Department of Education's *Oplan Kalusugan* "OK" in Madapdap Resettlement High School. A Healthy Young Ones Training was given to all high school students, as well as the out-of-school youth. There is also a Teenbayan-Teen Center established in Sapang Biabas Resettlement Highschool to promote good and proper nutrition.

With all the nutrition and health programs supported and conducted in the City of Mabalacat, nutritional status of preschool children improved from 2017 to 2019. Prevalence of underweight, stunting, wasting, and overweight among under 5 children reduced from 2.43%, 2.73%, 8.4% and 2.89% in 2017 to 1.26%, 1.82%, 3.32%, and 1.51% in 2019, respectively. Improvement was also seen among school age children. Prevalence of wasting decreased from 5.49% to 2.04%, and overweight from 5.73% to 0%, from 2017 to 2019, respectively.

Through the support of the City Nutrition Committee, various strategies of the City Nutrition Action Office, and a workable City Nutrition Action Plan, the envisioned progress and development is underway, making Mabalacat City a recipient of the 2nd Year Consistent Regional Outstanding Winner in Nutrition (CROWN) Maintenance Award. For the coming years, Mabalacat city hopes to realize their vision down to the last family or individual in the City of Mabalacat, with priorities on the vulnerable sectors of the city.

(Ms. Natalie V. Pulvinar, PSND)





# 2<sup>nd</sup> Year CROWN Maintenance Award Biñan City

*Bringing Resources for Inclusive Growth, Heading Towards Empowerment and Resiliency*



The City of Biñan, a component city in the Province of Laguna, is situated a few kilometers south of Metro Manila. Its strategic location opened vast opportunities for the city, including the emergence of commercial establishments, shopping centers, and the existence of Laguna Technopark, making it the “Trading and Commerce Center of the South”. Aside from this, Biñan is also a home to rich history, even once resided by the country’s national hero, Dr. Jose P. Rizal. To date, it is still well known for its shoes and slippers, hats, and the famous pancake made from rice flour or *Puto Biñan*.

Unknown to some, the city has garnered numerous awards under the leadership of City Mayor Honorable Atty. Walfredo R. Dimaguila, Jr, including its 3rd Seal of Good Local Governance Award last November 2019. And as chair of the City Nutrition Committee (CNC), together with City Nutrition Action Officer Ms. Isidora C. Alias, they are now conferred with the 2nd Year Consistent Regional Outstanding Winner in Nutrition (CROWN) Maintenance Award for 2019. With their mission to “achieve and ensure optimum nutrition for all *Biñanenses*”, they are one step closer to their vision of “an empowered, productive, and resilient city by healthy and well-nourished *Biñanenses*”.

One of the notable programs of the City of Biñan is the establishment



of breastfeeding station or corner not only in all 24 barangays, city hall, birthing homes in 18 selected barangays, and city hospital but also to non-health establishments such as three private companies, and eight malls and supermarkets, some have even been accredited by the Department of Health. Aside from this, they also continue to strengthen community-based health and nutrition support through the conduct of training and refresher courses for both health and nutrition workers, and other barangay implementers and peer counselors. These activities put infant and young child feeding at the forefront of the city’s priorities.

Moreover, their nutrition promotion activities for behavior change are not limited to nutrition classes, *buntis* fair or congress, and distribution of IEC materials, but also to the radio and social media. *Usapang Nutrisyon* on Air (UNO) is a regular segment in the city’s own radio station, 87.9 FM, which can be accessed through the stick-to-one radio device provided to indigent families, pregnant women, and those with children less than 5 years old. The segment is also available via Facebook Live every Friday in which the city nutrition office and its staff discuss proper nutrition through the topics on 10 *Kumainments*, *Pinggang Pinoy*, Breastfeeding, and First 1000 Days. CNC members are also invited to give updates about their nutrition-related programs. To encourage more listeners, some Barangay Nutrition Scholars (BNSs) through the assistance of their



respective Barangay Nutrition Committees (BNCs), gather parents in the barangay to listen all together to cultivate better knowledge, attitude, and practices in nutrition.

Other nutrition-specific interventions that are being implemented in the city are the conduct of: 1) training on Philippine Integrated Management of Acute Malnutrition (PIMAM) for city and barangay health and nutrition workers; 2) dietary supplementation program for pregnant and lactating women, wasted and severely wasted preschool children, and indigent 6-23 months old children; 3) micronutrient supplementation for infants, preschool children, postpartum women, and women of reproductive age; 4) promotion of fortified foods, including monitoring of its sales in sari-sari stores and supermarkets; 5) re-organization of the city nutrition cluster and formulation of Nutrition in Emergencies (NiEm) Plan integrated in the Disaster Risk Reduction and Management in Health (DRRMH) Plan and City Disaster Risk Reduction and Management Council (CDRRM) Plan.

Additionally, to prevent rising cases of overweight and obesity among preschool and school children, City Resolution 140 s. 2019 “*Paraiso ng Batang Biñan*” was unanimously approved, which calls for the construction of public children’s playgrounds in various barangays to promote the right of every child to full opportunities for wholesome recreation and activities. This was first implemented in the city’s “Organik Farm” to provide a space where children can exercise their right in safety. The farm is also open to the public as a place for leisure, planting vegetables, raising animals, and even attending seminar or orientation on backyard gardening for households, schools, and barangays.

Other nutrition-sensitive interventions of the city are 1) livelihood assistance for parents of wasted and severely wasted preschool children, lactating

mothers, and solo parents; 2) promotion of safe drinking water to households; 3) conduct of water testing in the community; 4) campaign on zero open defecation; and 5) implementation and monitoring of Water, Sanitation, and Hygiene (WASH) in schools (WinS) Program.

Aside from these, the CNC continually ensures that nutrition is integrated in other programs of the city such as the teenage pregnancy symposium, pre-marriage counseling, and health and wellness workplace policy for the city government employees. Health Assistance Program (HAPI) card and *PhilHealth ng Masa* were also provided to pregnant women, under five years old children, Persons with Disabilities (PWDs), and senior citizens to aid in their hospitalization.

With all these interventions combined, they were able to meet their objective of sustained reduction in malnutrition. Specifically, wasting prevalence of preschool children decreased from 1.64% to 0.98%, while stunting prevalence reduced from 3.05% to 1.87%, and overweight and obesity decreased from 1.06% to 0.65%, from 2017 to 2019, respectively. On the other hand, prevalence of wasting in school children decreased from 19.2% to 12.6%, and prevalence of overweight and obesity from 4.5% to 3.3%, also from 2017 to 2019, respectively.

Ultimately, the City of Biñan would not reach the 2nd Year CROWN Maintenance Award if not for its multi-sectoral and inclusive collaboration for the implementation of efficient, effective, and sustainable nutrition programs. The combined efforts and support of the local nutrition committees, city nutrition office, health and nutrition workers, and constituents makes them one step closer in achieving the Nutrition Honor Award, the highest award in nutrition. The City of Binan is now BRIGHTER! **Bringing Resources for Inclusive Growth, Heading Towards Empowerment and Resiliency.**

(Ms. Maria Camille Andrea L. Hari, NNC)





## 2<sup>nd</sup> Year CROWN Maintenance Award Misamis Occidental

*“MISOCC” (Misamis Occidental In Support Of the Communities’ Continuous Progress)*



From 2019, the journey of Misamis Occidental or MISOCC towards a well-nourished community continues. MISOCC, an acronym which could also mean **“Misamis Occidental In Support Of the Communities’ Continuous Progress,”** is an appropriate phrase to name the province as one of the 2<sup>nd</sup> Year Consistent Regional Outstanding Winner in Nutrition (CROWN) Maintenance Awardee. Again, to emphasize, the province supporting the communities’ continuous progress.

Misamis Occidental is one of the five provinces in Region X (Northern Mindanao). It is a second income class province divided into two Congressional Districts, with three cities (Oroquieta as its capital, Ozamis and Tangub) and 14 municipalities (Aloran, Balingao, Bonifacio, Calamba, Clarin, Concepcion, Don Victoriano Chiongbian, Jimenez, Lopez Jaena, Panaon, Plaridel, Sapang Dalaga, Sinacapan, and Tudela), and comprised of 490 barangays with a population of 602,126 from the 2015 Census. The economy of the province depends highly on fishing, coconuts, and rice; thus, the name of the province was derived from Subanen (one of the languages/dialects spoken in the province aside from Cebuano, English, Tagalog, and Maranao) word *“kuyamis,”* meaning a variety of coconut.

In terms of nutrition, the province stands firm in its vision: “With God’s overflowing blessings, Misamis Occidental will ensure a nutritional well-being of all Misamisnons by empowering the people to be self-reliant, living on a peaceful, healthy, highly productive, sustainable ecosystem, and service-oriented leadership.” This vision is complemented with its mission: “The Provincial Government will conquer malnutrition through the collaborative efforts between the government, civil society and other stakeholders in achieving a healthy quality of life for a better service to God and for Misamis Occidental.” Further with the province’s goal in nutrition: “To produce healthy, intelligent and productive citizens of Misamis Occidental by increasing awareness among families and individuals by coping and having resiliency strategies to prevent malnutrition and to improve quality of life through mobilizing the Local Nutrition Committee and other stakeholders to address gaps in nutrition and eradicating hunger.” The attainment of the vision, mission, and goal are collaboratively being worked on through the Provincial Nutrition Committee (PNC) headed by Honorable Governor Philip T. Tan and Honorable Vice Governor Aurora Virginia M. Almonte, together with Provincial Nutrition Action Officer (PNAO) Ms.



Marichu G. Tijang, and its 529 active Barangay Nutrition Scholars (BNSs).

Among the best practices in the achievement of nutritional well-being of the province’s constituents are the support of its committed Local Chief Executives (LCEs), *Sangguniang Panlalawigan* as well as the inter-sectoral members comprising the PNC. Noteworthy also is the presence of Nutrition Office and staff complement as well as the permanent designation of PNAO and provision of support staff responsible in all the programs, projects and activities (PPAs) pertaining to nutrition in the province. In addition, a number of policies (ordinances, resolutions and executive orders) were passed in 2017 and 2018, to mention a few, on the approval of the Provincial Nutrition Action Plan (PNAP) 2019 and Local Nutrition Action Plans (LNAP); creation of the Provincial Nutrition Committee Monitoring Team; strict implementation of the provisions of PPAN 2017-2022, Executive Order (EO) 51 (Milk Code), Republic Act (RA) 8976 (Philippine Food Fortification Program); and RA 11148 or the First 1000 Days Law (*Kalusugan at Nutrisyon ng Mag-Nanay Act*); re-orientation on e-OPT tool; and promotion on TV and radio of the nutrition month celebration, among others. Although, the functionality of these policies needs to be strengthened through monitoring and analysis and not merely adoption of such. There were also established Breastfeeding Committee, *Bantay Asin* Task Force, Breastfeeding/Lactation stations, and presence of Teenage Centers. The inventory of weighing scales and length/height boards is also being updated to ensure that there is adequate equipment for the delivery of nutrition services.

With these, the nutrition banner or flagship program in 2019 identified include the establishment of breastfeeding and teen pregnancy support groups through the station and center, respectively. To mention also is the policy of the Philippine National Police (PNP), as one of their partners

in implementing the programs, having with them a pocket-size Nutritional Guidelines for Filipinos (NGF) for easy access and reminders of the messages in the guidelines. Another partnership is with the University of Science and Technology of Southern Philippines’ (USTP) through their food product development (eg. *Alugbati* roll) and promotion of vegetable gardening. In implementing PPAs in nutrition, the innovation of combined nutrition intervention proved an effective way of disseminating nutrition information (e.g., IEC materials as *10 Kumainments* and *Pinggang Pinoy*).

For the nutritional status among preschoolers in 2017 to 2019, the consistent decline of the prevalence in all forms of malnutrition was commendable. For underweight, 4.5% to 3.8% for 2017 to 2019 respectively; 11.1% to 9.36% for stunting; 3.0% to 2.65% for wasting; and 3.60% to 1.45% for overweight and obesity. On the other hand, among school children for the school years (SY) 2017-2018, 2018-2019, and 2019-2020, there were also declining trends from 10.62% to 9.92% for wasting and 2.06% to 1.89% for overweight and obesity.

Although there are always limitations in the process of planning to implement and further monitor and evaluate nutrition-specific and nutrition-sensitive programs, still very evident factor in the success of the province is the support of its local officials and the human resource behind these programs, striving to work hard in achieving its goals for the Misamisnons’ well-being and the communities’ progress as a whole. The key then for its success is simply **“MISOCC,” “Misamis Occidental In Support Of the Communities’ Continuous Progress”**

(Dr. Marie T. Bugas, DOST-FNRI)





# Nutrition Honor Award

## Manolo Fortich, Bukidnon

*Leading the way to a progressive, inclusive, and well-nourished citizenry*



Blessed with a climate suitable for crop production, river systems with potable water and irrigation to agricultural lands, forest areas with various floras and faunas in the Mt. Kitanglad Range and mineral deposits, Manolo Fortich set its sights on becoming one of the most competitive municipalities in the country.

Guided by its vision-mission of becoming a progressive community with happy, peace-loving and responsible citizenry through promotion of general welfare of the people and poverty alleviation, the local government of Manolo Fortich embarked on a journey to advance the nutritional well-being of its constituents. In the last twelve years, the municipality implemented fifteen (15) special projects that support good governance, environment, health, nutrition, education, and culture. Several of which are considered nutrition-sensitive and nutrition-enabling projects:

**Serbisyo Tunghaan.** Provision of support to learners in the formal and alternative education system in the form of school supplies, hygiene kits as well as hygiene, dental and supplementary feeding to promote and contribute to better school performance.



**Real Quality Public Service.** Conduct of weekly service caravan to deliver social welfare, agriculture, health, nutrition and other services at the barangay. A joint barangay and municipal session is also conducted to discuss and address the concerns of the barangay.

**Revitalized Quest Toward Total Community Development.** With the objective of empowering the citizens to participate in community development, local government employees including volunteers such as Barangay Nutrition Scholars were provided trainings on leadership, governance, and volunteerism. These trained personnel are then tasked to organize the various sectors and encourage them to participate in community development.

**Utanan sa tugkaran, livestock dispersal and organic farming.** Three of the fifteen special projects are related to food production targeting households and farmers to augment household food supply and incomes.



**Hataw Manolo.** This was created in support of the various sports and fitness activities in the municipality. The local government provides sports equipment and opportunities such as local government events to promote participation in sports and healthy lifestyle activities.

Apart from the special projects implemented in the last twelve years, the 2019 local nutrition program of Manolo Fortich is highlighted by strong performance interventions addressing the triple burden of malnutrition such as dietary supplementation, micronutrient supplementation and management of overweight and obesity.

The municipality reported 100% accomplishment in the dietary supplementation of nutritionally at-risk mothers and severely stunted children 6-23 months, and 100% accomplishment in the provision of micronutrient supplementation for pregnant women, children 6-59 months and female adolescent learners. Various sports and healthy lifestyle activities in schools and in the entire municipality were also conducted. These include Hataw, Zumba, Basketball and Volleyball Tournament, Enduro Bike Challenge, Amateur Boxing Tournament, Weight Loss Challenge and Municipal Fun Run.

The use of LED screens in public gymnasiums in information dissemination is also a noteworthy strategy in nutrition information dissemination, in addition to the posting of traditional information, education and communication (IEC) materials and airing nutrition information through radio stations.

The journey of Manolo Fortich towards a well-nourished citizenry was worth all the efforts and resources in the last twelve years, resulting in a decreasing trend in all forms of malnutrition among preschool and school children, and keeping it below public health significance. Stunting prevalence among preschool children in 2019 was at 8.08%, wasting was at 2.58%, and overweight and obesity was 0.65%. Prevalence of wasting and overweight among school children in 2019 were at 2.42% and 0.49%, respectively.

Consistency, sustainability, and innovation in the nutrition program of Manolo Fortich in the last twelve years definitely led the way to a well-nourished and progressive citizenry and thus, nothing less than worthy of the 2019 Nutrition Honor Award!

(Ms. Jasmine Anne DF. Tandingan, NNC)





# Nutrition Honor Award Tagum City

*TAGUMpay sa Nutrisyon at Kalusugan, TAGUMpay ng Kinabukasan*



Tagum City as the seat of Davao del Norte's provincial government. Since the 1980s, the city has gained traction in urbanization and industrialization whilst continually nurturing its agricultural sector – as an inland city with a coastal area. *Tagumeños* were able to ride the waves of modernization; but despite this economic development, the city government acknowledges that its human resource is the most important sector to be developed. Tagum has proven that being the most populous component city in Mindanao is not a hurdle even if it holds an equally heavy responsibility in taking care of huge number of residents. Rather, it has become the city's course of action to provide more opportunities and accessible services for its people to thrive.

True to the city's Vision-Mission of providing a better quality of life to its empowered citizens through sustainable and inclusive growth and development made possible by good governance, Tagum City remained unwavering to its pride of being #TeamTAGUMpay as they emerge victorious in bringing home the highest national award for their consistent and exemplary performance in nutrition program management. None of these would have been possible if not for the effective and functional team that drives this success: the City Nutrition Committee (CNC) chaired by Mayor Allan Rellon, with utmost assistance from City Nutrition



Action Officer (CNAO) Mr. Jan Dmitri Sator. Tagum is definitely on the right track for investing in the health and nutrition of its constituents. As defined by the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Thus, Tagum City not only cater to the ill citizens but has also high regard in promotive and preventive approach in health. Wellness, sports, and health are given priority as stipulated in Tagum's 10-point agenda – EAGLE WINGS<sup>1</sup>. This is strongly vouched for by the goals set by the City Health Office (CHO) and the City Sports and Development Office (CSDO): "Physically Fit. Emotionally Stable. Mentally Healthy." Programs for physical fitness are also offered to athletes and any interested *Tagumeño*.

Tagum has certainly lived up to the adage that there is always room for improvement. As if the city's previous nutrition efforts were not enough, the CNC yet again found innovative ways of refining its armory against malnutrition while concurrently championing nutrition awareness. One of the prodigious nutrition interventions of the city is its plight in completely eradicating acute malnutrition, both moderate (MAM) and severe (SAM), in children under five years of age. The LGU of Tagum capacitated each of the 23 barangays with a health facility and trained human health resource



to provide appropriate management for both MAM and SAM cases. By the end of 2019, there was a 94% reduction in total end cases of MAM and SAM: undeniably a remarkable feat of the city.

Another nutrition banner program of Tagum in 2019 is its Infant and Young Child Feeding (IYCF) initiatives. In partnership with non-government organizations, the city focused on promotion and capacity building for IYCF by fully utilizing multi-media platforms and conducting IYCF trainings to health and nutrition workers. A City Breastfeeding Committee was also created to formulate and implement guidelines in the monitoring of EO 51 (The Milk Code) and other breastfeeding-related laws. Furthermore, Breastfeeding Support Groups in barangays were reactivated to strengthen promotion of breastfeeding practices in the community.

The CNC also conducted activities to promote positive nutrition behaviors and perspective among *Tagumeños*. During the 2019 Nutrition Month celebration, all 23 barangays actively organized their own culminating activities. The CNC itself kicked-off the celebration through a nutri-walk dubbed as "Piso Walk Campaign for Nutrition" that aimed to generate funds to supplement feeding programs in their respective daycare centers. Tagum also carry out dietary supplementation programs to address the nutritional gaps and improve the nutrition status of beneficiaries from various age groups, which are the nutritionally-at-risk pregnant women, infants, and young and school children. Aside from the nutrition-specific programs, there are also various nutrition-sensitive programs implemented including 1) strengthening of food production, 2) increasing market accessibility and availability of nutritious foods, 3) expanding

and full maximizing fully utilizing the City Nutrition Committee, 4) and establishing a referral system for multi-sectoral collaboration.

The 2019 figures in nutrition progress align in favor of Tagum City. The 2017-2019 prevalence of underweight in children 0-59 months old has consistently decreased from 1.8% to 1.7% to 1.6%; while severe underweight diminished from 0.38% to 0.32% and down to 0.2%, respectively. These improvements were complemented by the 2017-2019 decline in the prevalence of overweight and obesity from 1.2% to 1.1% to 0.7%. The downward trend in stunting from 2017-2019 is also promising, with prevalence of 5.5%, 1.2%, and 0.6%. Meanwhile, notable nutrition breakthroughs were also seen in school children, with a consistent drop in severely wasted children from 705 cases in 2017, to 561 cases in 2019. The same goes for wasting which were recorded from 2098 cases in 2017 to 1639 cases in 2019. Again, overweight and obesity also subsided from 1455 and 594 recorded cases, respectively, in 2017 down to 1176 and 458 cases in 2019.

Indisputably, the city is to be applauded for its outstanding nutrition performance. Time and again, Mayor Rellon is firm with his stand that the thrusts towards modernization, industrialization, and development of the city government are all useless and worthless if the people are ill and unhealthy. It seems like there really is no other way for Tagum City but up as it rises to be one of the 2019 Nutrition Honor Awardees. The rest of the LGUs can surely pick-up a lesson or two from the city's nutrition prowess. *Tama nga ang balita, nasa Tagum ang tagumpay!*

<sup>1</sup>Education, Employment & Culture; Agriculture, Fisheries & Environmental Development; Genuine Peace, Safety & Security; Livelihood & Tourism Development; Economy & Affordability of Taxes; Wellness, Sports and Health; Infrastructure, Transportation & Communication Development; NGO, GOs, Pos and Cooperative Development; God-Centered and Good Governance; Social Services

(Ms. Karla O. David, DOST-PCHRD)





## Description of Award

### Local Nutrition Focal Points (LNFP) Award

The provincial, city, and municipal nutrition action officers and district, city, and municipal nutrition program coordinators are the main focal points of nutrition in the local government units. Their tasks revolve around coordination, planning, implementation, monitoring and evaluation, advocacy and promotion, capacity development, documentation, report-writing, and record keeping, among others. With the full implementation of the MELLPI Pro this 2021, this is the first time that the local nutrition focal points will be recognized and awarded for their hard work and dedication in managing nutrition programs and improving the nutrition situation in their respective areas of assignment.

NNC through its interagency NET will be evaluating the top 50+% of the regional outstanding local nutrition focal point, evaluated by the RNET. After undergoing rigorous process of desk review and interview, the highest-ranking LNFP with an overall score of at least 92% will be conferred with the National Outstanding Provincial Nutrition Action Officer, City/Municipal Nutrition Action Officer, District Nutrition Program Coordinator, and City/Municipal Nutrition Program Coordinator. They will each receive their corresponding medals and cash prizes of P70,000, P60,000, P50,000, and P40,000 respectively.



## Description of Award

### National Outstanding Barangay Nutrition Scholar (NOBNS) Award

The Barangay Nutrition Scholar (BNS) Program is a strategy of the Philippine Plan of Action for Nutrition that involves recruitment, deployment, training, and supervision of community volunteer workers on nutrition called Barangay Nutrition Scholars. By virtue of Presidential Decree No. 1569, every barangay in the country is mandated to deploy one Barangay Nutrition Scholar to be responsible for monitoring the nutritional status of children and assist in the delivery of nutrition services and other related activities in the barangay.

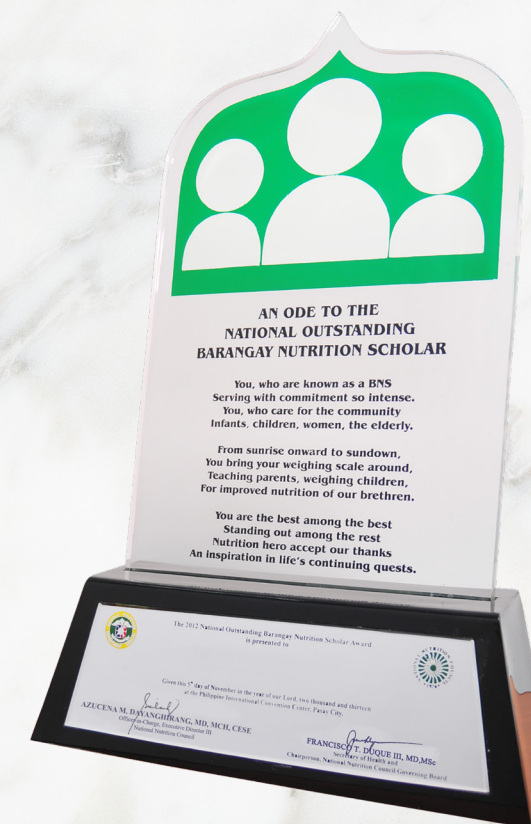
NNC gives due recognition to the BNS with the most outstanding performance in the country selected among the best performing BNS in each region out of the 44,628 BNSs in the country. They are evaluated by the NET and RNET, respectively based on these 7 dimensions: planning, organizing, advocacy, coordination, resource generation, documentation and record keeping, and monitoring and evaluation. The highest-ranking BNS with an overall score of at least 90% based on the combined scores of the MELLPI Pro tool, practical exam, and interview will be conferred the 2019 National Outstanding Barangay Nutrition Scholar, will receive a cash prize of P 150,000 and this BNS trophy.

#### An Ode to the National Outstanding BNS

You, who are known as a BNS,  
Serving with a commitment so intense.  
You, who care for the community,  
Infants, children, women, and the elderly.

From sunrise to sundown  
You bring a weighing scale around.  
Teaching parents, weighing children,  
For improved nutrition of our brethren.

You are the best among the best,  
Standing out among the rest.  
Nutrition hero accept our thanks,  
An inspiration in life's continuing quest.





## 2019 LNFP MERITS

### NOPNAO

Dr. Edwin B. Galapon - Nueva Vizcaya (Region II)  
Dr. Maria Socorro C. Quiñon - Iloilo City (Region VI)

### NODNPC

Ms. Corazon P. Dawong - Ifugao (CAR)

### NOC/MNAO

Mr. Jeno Josef M. Figuracion - Vigan City (Region I)  
Dr. Marcela M. Tinoyan - Tublay, Benguet (CAR)  
Dr. Leonor N. Daite - Roxas, Oriental Mindoro (MIMAROPA)  
Ms. Maricel M. Mapusao - Pilar, Sorsogon (Region V)

### NOC/MNPC

Ms. Tina N. Ramilloza - Diffun, Quirino (Region II)  
Ms. Marissa C. Almario - Pasig City (NCR)  
Mr. Russel A. Reis - Guinobatan, Albay (Region V)  
Ms. Sherill Faith P. Española - Cagayan De Oro City (Region X)

### NOBNS

Ms. Lenie O. Bulan - Ilagan City (Region II)  
Ms. Noemi M. Garcia - Baguio City (CAR)  
Ms. Ma. Rowena V. Conde - Biñan City (CALABARZON)  
Ms. Maricel B. Mañibo - Calapan City (MIMAROPA)  
Ms. Glory Gee C. Galupo - Maco, Davao De Oro (Region XI)

## 2019 LNFP AWARDEES



**National Outstanding Provincial Nutrition Action Officer**

Ms. Marichu G. Tijing - Misamis Occidental (Region X)



**National Outstanding District Nutrition Program Coordinator**

Ms. Grace C. Jardin - Sorsogon (Region V)



**National Outstanding City Nutrition Action Officer**

Ms. Nenita F. Rabe - Cagayan de Oro City (Region X)



**National Outstanding Municipal Nutrition Program Coordinator**

Mr. Bhen Zar M. Sam - Maco, Davao de Oro (Region XI)



**National Outstanding Barangay Nutrition Scholar**

Ms. Aurelia O. Aguilar - Luna, La Union (Region I)



# National Outstanding Provincial Nutrition Action Officer

## Marichu G. Tijing *Misamis Occidental*



The province of Misamis Occidental located in Northern Mindanao is surrounded by vast bodies of water. Its natural resources along the coastal areas and rice lands producing rice, corn, abaca, and cacao provide livelihood to its people. The provincial government aims to create better opportunities for agri-fishery industry, tourism, and other sustainable development initiatives, envisioning economically sustainable communities by ensuring its people a healthy quality of life through the Provincial Nutrition Office.

Emerging from the health profession as Physical Therapist, Ms. Marichu G. Tijing became a public health nutrition worker and served as Provincial Nutrition Action Officer (PNAO) of Misamis Occidental for about 8 years now. She holds a master's degree in Public Administration but wanted to acquire knowledge and competence related to her position. Thus, she's currently in her second year for her master's degree in Public Health. Knowing that addressing nutritional problems will be realized through multisectoral, intersectoral actions, she was determined to influence agency partners at the provincial, city, and municipal levels to invest in nutrition programs. As fruits of her persistence, the provincial subsidy for the Barangay Nutrition Scholars (BNSs) honoraria was increased from 300 pesos to 500 pesos per month, benefitting a total of 536 BNSs from 12 municipalities and 3 component cities in the province.

PNAO Tijing was able to hit one of the criteria for good governance in nutrition – integrating nutrition programs in the Provincial Investment Plan. Even if the environment sometimes has been unfavorable to her mission, she became instrumental in sustaining the functionality of the city and municipal nutrition committees. Through her efforts, PNAO Tijing was able to bring nutrition to the local agenda by advocating the basics of nutrition with the members of the league of municipalities in the province. From then on, the key people in the local government units have become more results driven as they were empowered with the knowledge on the vital role of nutrition in improving the quality of life and preserving life itself, a contributory to overall economic development of Misamis Occidental.

Since PNAO Tijing has a strong background on health and public administration, the nutrition projects reflect her innovations and her

actions become bolder. An uptake of nutrition knowledge and experience among the members of the Provincial Nutrition Committee (PNC) is broad and increasing. To support change, she was able to increase her efforts towards documenting, understanding, and drawing lessons from new and old practices and initiatives. She was able to encourage the Philippine National Police (PNP) at the province to issue a directive down to PNP and its line offices to provide commitments in the Provincial Nutrition Action Plan (PNAP). Vegetable gardens in these offices were established and maintained, providing an accessible food source to nearby offices and communities. Another fruitful advocacy effort of PNAO Tijing was when she partnered with the Provincial Veterinary Office to implement nutrition-sensitive programs such as chicken raising, goat and pig dispersal, targeting families of malnourished children. Furthermore, PNAO Tijing was able to bring in the nutrition bandwagon to the Gender and Development Office of the Province to scale up its commitment to nutrition, thereby supporting more nutrition projects for women. They were able to pursue dietary supplementation for pregnant women for 120-days in targeted areas, ensuring proper nutrition in the early stages of the First 1000 Days of life. It is obvious that this admirable woman is following the principle of inclusiveness as she was also able to reach the Indigenous people in the Geographically Isolated and Disadvantaged Areas (GIDA) to make them part of the nutrition program.

Governor Philip T. Tan himself recognizes her passion and vision in building the cohesive support of the different offices in the province. Hence, PNAO Tijing was given additional funds to buy a vehicle to be used for the nutrition programs. In addition, her innovative ideas led to collaborations with local academic institutions. The project aims to maximize the Manna food packs provided by the private sector for its feeding program by developing recipes for maximum variety of taste and flavors the children will surely enjoy.

With PNAO Tijing's dedication and influence, and support of the PNC, numerous initiatives, and collaborations in the province paved the way to access better health and nutrition services for the people of Misamis Occidental. She truly deserves to be awarded as the 2019 National Outstanding PNAO!

(Dr. Marivic S. Samson, NNC)





## National Outstanding District Nutrition Program Coordinator

**Grace C. Jardin** *Province of Sorsogon*



Located at the tip of the Bicol Peninsula and facing the island of Samar, Sorsogon is the southernmost province in Luzon that is subdivided into 14 municipalities and one city. Known as the 'Land of *Kasanggayahan*' or 'A Life of Prosperity,' Sorsogon has a lot to offer from year-round festivities, amazing tourist destinations to wide variety of gastronomic experiences made possible by good-natured and friendly *Sorsoganons*.

Passion for nutrition and serving the public has been at the roots of Ms. Grace C. Jardin. She graduated with a degree in BS Nutrition at the University of Sto. Tomas in 1986 and has been in service as District Nutrition Program Coordinator (DNPC) at the Provincial Health Office (PHO) of Sorsogon since 1989. Prior to public service she started as a volunteer nutritionist at a non-government organization, and as a nutritionist-dietitian at the PHO.

With over 30 years of experience, one of DNPC Jardin's biggest achievements was to assist 8 Barangay Nutrition Scholars (BNS) in attaining 2nd level Civil Service Eligibility. Some of which became a teacher, a nutrition staff in the municipality, a contender for the National Outstanding Barangay Nutrition Scholar (NOBNS) and eventually became a Municipal Nutrition Action Officer in Castilla, Sorsogon. Also, two other BNSs from Sorsogon were nominated for the NOBNS. Her continued advocacy for 608 BNSs include provision incentives and allowances, and conduct of capacity building through trainings, seminars, and orientation. She has also supported various nutrition programs such as: first, the implementation of a 120-day supplementary feeding for 6-59-month-old severely and moderately wasted children which initially started with egg as the sole food commodity. The program evaluation results reported 60.67% of the beneficiaries improved nutritional status and 36.76% in status quo. To ensure continued proper development of the children whose nutritional status did not improve, a multifactorial enhancement program was implemented consisting of 30 days provision of fresh milk, *monggo* beans, and multivitamins for children; and vegetable seeds and food packs for families. After a month of augmentation, 81.21% of beneficiaries had improved nutritional status. Second, monitoring of children with severe acute malnutrition (SAM) through weight and height validation, and provision of appropriate interventions such as referral to In-Patient Therapeutic Care (ITC) or Out-Patient Therapeutic

Care (OTC). Third, support for the First 1000 days program by conducting regular monitoring of Lactation Stations and Wellness Clinics in food establishments, offices, fast food chains, and other institutions with the mother-baby-friendly assessment team. Lastly, integration of nutrition in emergencies in the disaster risk reduction management in health response plan.

The arduous work of Provincial Nutrition Committee headed by Hon. Governor Robert Lee Rodriguez and its members, and the cooperation of the city and municipalities in the implementation of nutrition programs showed great outcome on the nutritional status of children. From 2017 and 2019, the prevalence of stunting in children 0-59 months old decreased from 20.11% to 17.14%, prevalence of underweight decreased from 9.5% to 8.07%, while prevalence of wasting also decreased from 6.8% to 4.8%, respectively.

DNPC Jardin believes that the changes in the administration following the upcoming elections will not hinder the continuous implementation of nutrition programs. The Province of Sorsogon has an approved 2022 budget of 7 million pesos for nutrition including the Dietary Supplementation Program (DSP) for pregnant women, undernourished preschool and school children; and 6-23 months old children; *Pabasa sa Nutrisyon* for mothers with underweight and wasted children, and pregnant women; and nutrition-specific and -sensitive interventions in the approved Local Nutrition Action Plans of its municipalities and city. On the other hand, displacement of BNSs continues to arise with the change in administration, coupled with the designation of nutrition action officers handling two or more offices. DNPC Jardin hopes to address these challenges with her upcoming term as Provincial Nutrition Action Officer (PNAO) through constant advocacy to local chief executives in strengthening nutrition programs at the local level.

As DNPC Jardin moves on to the next chapter of her career as PNAO of Sorsogon, having the chance to train the succeeding DNPC, her advice is to have patience towards unwanted situations, and to oversee the barangay nutrition scholars in their work, especially during evaluations and training even if they are at the provincial level. And as she learned from the preceding PNAO, she hopes to carry on being people-centered, especially for indigent people to determine the specific needs of their beneficiaries. With all this combined, as DNPC Jardin said, "love your community and the community will love you."

(Ms. Julia Marie S. Los Baños, NNC)





## National Outstanding City Nutrition Action Officer

**Nenita F. Rabe** *Cagayan De Oro City*



Gains are always associated with acquiring something desirable. Cagayan de Oro (CDO) City, also known as the City of Golden Friendship, have a lot of gains in terms of nutrition improvement. The home to *Cagayanons* is located at the northern part of Mindanao with 80 barangays and a population of 728,402 in 2020. The city's earnings are dominantly from industry, commerce, trade, service, and tourism, whereas investments are mainly from malls, high-rise hotels, condominiums, and convention centers. Being a highly urbanized city, the malnutrition rate in CDO has been decreasing through the years – in 2019, only 1.7% of 0-59 months old children were stunted/severely stunted, a decrease from 3.74% and 2.7% in 2017 and 2018, respectively. Meanwhile, only 0.5% were wasted/severely wasted in 2019, also a decrease from the 1% and 1.3% in 2017 and 2018, respectively. Similar with other local government units, nutrition programs are nutrition-specific, nutrition-sensitive, and have other enabling mechanisms.

The City Nutrition Action Officer Nenita “Net” F. Rabe hails from Koronadal City, South Cotabato before transferring to CDO in 1982. She is a mother of three and has three grandchildren. She finished Bachelor of Science in Food and Nutrition from Davao City's University of the Immaculate Conception, which was then a college. In 1985, she became the Nutritionist-Dietitian of CDO City Health Office where she monitored health centers and workers, and DOH programs such as Garantisadong Pambata, Deworming, and many more. Since the City Nutrition Office then was not under the City Health Office, collaboration happens only during the Nutrition Month every July.

It was in 2013 when a change in administration through the leadership of Mayor Oscar Moreno, the incumbent mayor, and current Chairperson of the City Nutrition Committee, wanted to further improve the health and nutrition situation in CDO. This is when the actions of City Health Office (CHO) and City Nutrition Office were better harmonized and cooperation between the two separate offices were maximized. As a start, Ms. Rabe, as part of CHO, first became a member of the Regional Nutrition Evaluation Team where she saw how local nutrition offices operated and the differences between the work of the CHO and City Nutrition Office. From there, she witnessed that the City Nutrition Office works closely with the Barangay Nutrition Committees, unlike in CHO



where she monitored DOH programs. Because of her years of experience, Ms. Rabe was eventually tasked to handle the management of nutrition programs of the city, despite being under the CHO. After more than 30 years of being a Nutritionist-Dietitian of the City Health Office, Ms. Rabe officially took over being the CNAO when she applied for the position upon its vacancy in 2017.

The 61-year-old CNAO, a registered nutritionist-dietitian by profession, holds a full-time plantilla position as Nutrition Officer IV since February 2017. She took up Masters in Public Administration and is also currently the auditor of Region X Nutrition Action Officer's Association of the Philippines (NAOPA). Through the years, she has completed numerous training courses related to nutrition, such as Training of Trainor's Barangay Nutrition Scholar (BNS) Basic Course, Nutrition Program Management, Nutrition in Emergencies and Information Management and many more.

CNAO Rabe focuses on the improvement of barangay-level governance wherein regular monitoring of all the Barangay Nutrition Committees (BNCs) of CDO is conducted quarterly. She further emphasized the importance of training her City Nutrition Program Coordinators (CNPCs) so they are capacitated similar to a CNAO. The awardee believes in the significance of capacitating nutrition workers to better implement nutrition programs in their respective areas of assignment. In fact, her activities that lobby for support of BNCs to the nutrition projects and to the Barangay Nutrition Scholars (BNSs) received high participation rates. In some instances, she encouraged for the involvement of the other BNC members in the conduct of nutrition programs such as distribution of food ration and micronutrient supplements, among others. In addition

to this, she was also able to secure various support for BNSs from the LGU and barangay levels such as increase in honorarium, opportunities for employment in the LGU, incentives for good performance, and many more.

Just like in the national and regional level, CDO conducts the Monitoring and Evaluation of Local Level Implementation (MELLPI) in their city as headed by CNAO Rabe. The conduct of MELLPI serves to ensure that the local nutrition programs of the BNCs of CDO are efficient and effective. With the close involvement of the members of the City Nutrition Committee as the City Nutrition Evaluation Team (CNET), BNCs are evaluated and improved. To cap it off, the CNET also conducts follow-up monitoring for barangays with low performance during the city MELLPI to ensure that the recommendations are followed, and programs are improved. Moreover, under the leadership of CNAO Rabe, the CHO and City Nutrition Office continue to work in a collaborative relationship in the implementation of health and nutrition programs of the city of CDO.

This kind of strategy in the management of nutrition programs helps ensure that the gains and positive outcomes of the city will be upheld. Indeed, the maintenance of low malnutrition rates paired with sustainable nutrition program management strategies of Cagayan de Oro City Nutrition Committee and CNAO Ms. Nenita Rabe deserves to be conferred with the 2019 National Outstanding City Nutrition Action Officer award.

(Ms. Christine Jane B. Almira, NNC)





## National Outstanding Municipal Nutrition Program Coordinator

**Bhen Zar M. Sam** *Maco, Davao De Oro*



Communities thrive when leaders serve the people wholeheartedly. Such is the case of the Municipality of Maco which received the Consistent Regional Outstanding Winner in Nutrition (CROWN) Award in 2019. A first-class economic municipality, Maco is located along the coast of Davao Gulf, found about 12 kilometers from Tagum City. It has a total population of 70,930 in 2019, with 37 barangays and 19,025 households. The municipality acquires its earnings from the agricultural sector, such as crop, livestock, and poultry production.

The success of Maco's nutrition programs can be attributed to its hardworking and reliable workforce. Mr. Bhen Zar M. Sam, or "Bentang" as he is usually called by his colleagues and friends, is the Municipal Nutrition Program Coordinator (MNPC) of Maco. With 13 outstanding years of government service, his humble beginnings as a utility worker enabled him to work his way up and become a midwife. Through the scholarship he received from the National Commission of Indigenous People (NCIP), he was able to pursue and finish Bachelor of Science in Midwifery from 2014 to 2016 and passed the licensure examination in the succeeding year. This enabled him to challenge the norm by becoming the only male midwife in the municipality. Currently, he is taking a Master of Science in Public Health at the University of Visayas. His dedication and commitment at work made him a recipient of various prestigious awards, including the Civil Service Commission Pagasa Award in 2018 for serving the health and nutrition needs of Maco's 37 barangays.

Equipped with a passion and dedication to help people, he was designated as the Municipal Nutrition Program Coordinator in 2016. He was able to implement innovative programs and a mix of nutrition-specific and -sensitive programs in every corner of the municipality through the full support of the Municipal Nutrition Committee under the leadership of Honorable Alvera Rimando-Arancon, MNC Chair and Municipal Mayor. Through quarterly MNC Meetings, MNPC Sam updates and lobbies nutrition programs for support of the committee members.

One of the banner programs implemented by MNPC Sam is the Egg Program that aims to alleviate malnutrition among preschool children, as well as among pregnant and lactating women in Maco. Each beneficiary is provided with an egg meal within 120 days, prepared by the mothers



themselves. This is to educate them in healthy and safe food preparation they can even apply at home. The program also generates additional income for small business owners as ingredients are directly bought from them. The program proved to be a success in the pilot area, hence, was replicated in all barangays in the municipality.

Aside from this, MNPC Sam also serves as the focal person in implementing the Supervised Neighborhood Play of the Department of Social Welfare and Development (DSWD) in all barangays of Maco. The dedicated MNPC not only oversees its implementation but also creates the menu being used for the component feeding activity of the program. Through this program, 95 out of 199 malnourished 1-2 years old children (79%) were rehabilitated, contributing to the decreased in the prevalence of malnutrition among under five children.

The Municipality of Maco puts utmost importance in the clinical approach of assessing the nutrition situation among children. MNPC Sam leads the implementation of Hemoglobin Determination Test to determine children at-risk of having iron deficiency anemia. Those children who failed the test were provided with 3-months' worth of supplies of multi-vitamins fortified with iron, while those children with normal hemoglobin values were given multi-vitamins fortified with iron for a month only. After three months of implementation, 60 out of 72 children (83%) had improved their hemoglobin levels, proving the success and effectiveness of this program.

Another innovative activity of MNPC Sam is the Pasko Fiesta sa Nutrisyon. With the approval of Mayor Rimando-Arancon, MNPC Sam uses excess

funds from nutrition programs to buy food packs, and school and medical supplies for distribution to indigent residents especially in Geographically Isolated and Disadvantaged Areas (GIDA). In addition, he uses a public-private partnership forum as a venue to advocate for the activity and generate additional funding.

MNPC Sam believes that a person equipped with adequate knowledge is a warrior ready for any battle. Thus, he always imparts his learnings from conferences, seminars, and other events to the Barangay Nutrition Scholars through monthly Barangay Nutrition Committee meetings and various capacity-building activities. For three consecutive years, the Local Government Unit was able to produce three Outstanding Barangay Nutrition Scholars; one became the 2017 National Outstanding Barangay Nutrition Scholar and is now a nutrition staff in the municipality.

Truly, the presence of a dedicated and hardworking MNPC Sam, supported by its MNC, is an indispensable ingredient in Maco's good nutrition situation. Throughout the years, improvements in the nutritional status of children were evident; a decreasing trend in underweight, stunting, wasting, and overweight among under-five children was observed from 2017 to 2019. The municipal's persistent and consistent delivery of quality nutrition services bears good nutrition among its constituents. And for this, MNPC Sam is conferred with the 2019 National Outstanding Municipal Nutrition Program Coordinator.

(Ms. Ma. Queenie Rose G. Amosco, NNC)





## National Outstanding Barangay Nutrition Scholar

**Aurelia O. Aguilar** *Barangay Oaqui No. 3, Luna, La Union*



The Province of La Union lies in the northwestern section of Luzon, bounded by the sea and its neighboring provinces of Ilocos Sur, Pangasinan, and Benguet. It is home to 1 component city and 19 municipalities, to which the Municipality of Luna lies within. Barangay Oaqui No. 3 is one of the 40 barangays of Luna, a predominantly plain land where farming of rice, corn, root crops, and vegetables is the most common livelihood. It is a small community with a total population of 738 in 166 households.

Barangay Nutrition Scholar (BNS) Aurelia O. Aguilar, a widow, a mother of an only son, and a loving grandmother to three grandchildren, has been in voluntary service in Barangay Oaqui No. 3 since 2005. She finished her bachelor's degree in Secretarial Administration at Manuel L. Quezon University and initially worked as a costing clerk and purchasing manager in a private company. Prior to her stint as a BNS, she was assigned as Barangay Health Worker (BHW) in 2004 for the same barangay when her sister left the country to work abroad. A year later, the previous BNS also left the country, and was requested once again by the late Barangay Captain Mario N. Aragon to fill in the position. Though hesitant at first, she wholeheartedly took on the challenge.

It was not long enough when BNS Aguilar rose the ranks and was hailed as Provincial Outstanding BNS and 4<sup>th</sup> runner-up Regional Outstanding BNS in 2007. This goes to show how she learned to love her work, dedicating her time and effort regardless of the small amount of honorarium barangay volunteers receive. In 2009, she was elected as Municipal BNS President and is still incumbent to this date. She has been trained on the Basic Course for the BNS in 2014, and most recently on "How to Start Your Own Business" and "Retooling Workshop for Barangay Population Volunteers/Workers on Responsible Parenthood and Family Planning Program" in 2019, among others.

Despite its small population, the Barangay Nutrition Committee (BNC) headed by Hon. Randolph A. Aragon fully supports nutrition through the implementation of nutrition-specific and -sensitive programs. BNS Aguilar also leads the BNC in barangay nutrition action plan (BNAP) formulation with corresponding budget allocation, conduct of OPT Plus and family profile survey, and spot map creation. Regular BNC meetings are also held to assess the barangay's nutrition situation, and plan,



implement, monitor, and evaluate the nutrition programs accordingly. Through the BNC's commitment, support, and assistance, numerous nutrition programs were implemented in their barangay.

To start, *Pabasa sa Nutrisyon* was conducted to mothers of preschoolers who are borderline malnourished. Graduates of the class were even organized as a Breastfeeding Support Group with corresponding areas or *puroks* of assignment for counselling. House to house visits is also done frequently to encourage pregnant women to visit the health center for their pre-natal check-up, promote proper Infant and Young Child Feeding (IYCF) practices and use of *Pinggang Pinoy*, and conduct follow-up weighing for 0-23 months old children. Also, aside from the usual distribution of IEC materials, BNS Aguilar initiated to put up 10 *Kumainments* billboards in strategic locations in the 7 *puroks*, a unique way to promote good nutrition to the public. Moreover, instead of the usual dietary supplementation program for child development learners, pregnant women were already beneficiaries prior its national launch also known as "Tutok Kainan Dietary Supplementation Program".

Further, sustained implementation of nutrition-specific programs have been accomplished, including promotion and monitoring of iodized salt, fortified cooking oil, rice, and flour and other food items with *Sangkap Pinoy* Seal in households and sari-sari stores. BNS Aguilar also assists in the distribution of micronutrient supplements to pregnant and lactating women, and preschool children. Weight management intervention for overweight and obese individuals have also been conducted through Zumba, cycling, and fun run activities. This goes to show that she openly caters to all her *ka-barangay's* health and nutrition needs, no matter the age and wealth status.

In terms of nutrition-sensitive interventions, seeds and seedlings were distributed to families with pregnant women and infants, and small animals were provided to other vulnerable families and *Pantawid Pamilyang Pilipino* Program (4Ps) beneficiaries of the Department of Social Welfare and Development (DSWD). She has also been invited to discuss nutrition to the 4Ps family development sessions. Another project initiated by BNS Aguilar is the establishment of a communal garden with Jet Matic pump to be used in watering the plants. This was integrated with the distribution of seedlings where harvested vegetables were used in feeding programs for pregnant women.

Ultimately, to sustain these programs, financial support is needed. BNS Aguilar did not solely rely on the barangay funds but initiated resource-generating activities such as doormat and potholder, dishwashing liquid, and dustpan making to increase funding for the barangay's health and nutrition projects. Two units of high-speed sewing machines have even been purchased from the generated funds to increase production of the sown products.

Through her effort and dedication, and with the full support of the BNC and its constituents, zero malnutrition was sustained from 2018 to 2019. The programs implemented were effective in preventing malnutrition and achieving the barangay's vision of "an economically stable community with morally upright, healthy and happy families". BNS Aguilar continues to bring pride and joy to her barangay not only as the Regional Outstanding BNS and finalist in the nationals in 2018 but as the 2019 National Outstanding Barangay Nutrition Scholar.

(Ms. Maria Camille Andrea L. Hari, NNC)





## VISION

NNC is the authority in ensuring the nutritional well-being of all Filipinos, recognized locally and globally, and led by a team of competent and committed public servant.

## MISSION

To orchestrate efforts of government, private sector, international organizations and other stakeholders at all levels, in addressing hunger and malnutrition of Filipinos through:

- POLICY AND PROGRAM FORMULATION AND COORDINATION
  - CAPACITY DEVELOPMENT
  - PROMOTION OF GOOD NUTRITION
  - NUTRITION SURVEILLANCE
- RESOURCE GENERATION AND MOBILIZATION
  - ADVOCACY
- PARTNERSHIP AND ALLIANCE BUILDING

## CORE VALUES

### Integrity

We conduct our work and relate with our various stakeholders and partners with deep sense of honesty and openness

### Zeal

We serve with enthusiasm and dedication characterized by versatility and dynamism, discipline and strict adherence to work ethics

### Excellence

We provide high quality and timely service characterized by a unified, innovative and competent performance

### Sensitivity

We respond to the needs of our employees and various publics with love and respect and recognize the valuable contribution of each member of the organization

### Transparency

We conduct our business with openness and truthfulness with strict adherence to existing laws, rules, regulations of government and the principles of good governance

## QUALITY POLICY

The NNC, as the highest policy-making body on nutrition, is committed to ensure improved access to quality nutrition and related interventions through formulation and coordination of policies and programs with excellence, integrity and transparency.

We shall endeavor to continually improve the quality management system to satisfy the needs and expectations of our clients with strict adherence to existing laws, rules and regulations.



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Assistant Secretary and Executive Director,  
National Nutrition Council  
Council Secretary

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Institute  
Chair, NNC Technical Committee



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Bureau of Learner Support Services  
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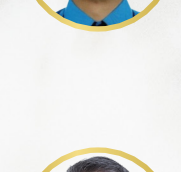
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**MS. MA. QUEENIE ROSE G. AMOSCO**  
Nutrition Officer II, NNC



**MS. RACELLINE FAYE D. CALANGI**  
Nutrition Officer II, NNC



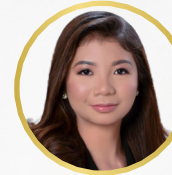
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Vice Chairperson

**Fema H. Abiog**  
Member

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Member



# Nutrition Honor Awardees

1997

Solana, Cagayan (Region II)  
Cabanatuan City (Region III)  
Makati City (NCR)  
Naga City (Region V)

Received 1998

1998

Kapangan, Benguet (CAR)  
Butuan City (Caraga)

Received 1999

1999

Irosin, Sorsogon (Region V)

Received 2000

2000

Echague, Isabela (Region II)  
Los Baños, Laguna (CALABARZON)  
Trece Martinez City (CALABARZON)  
Calape, Bohol (Region VII)

Received 2001

2001

San Gabriel, La Union (Region I)  
Laguna Province (CALABARZON)  
Pateros (NCR)  
Aklan Province (Region VI)  
Danao City (Region VII)  
Don Carlos, Bukidnon (Region X)  
Koronadal City (Region XII)

Received 2002

2002

La Union Province (Region I)  
Isabela Province (Region II)  
Kiangnan, Ifugao (CAR)  
Sta. Maria, Bulacan (Region III)  
Las Piñas City (NCR)

Received 2003

2003

Dupax del Sur, Nueva Vizcaya (Region II)  
Tagaytay City (CALABARZON)  
Kalibo, Aklan (Region VI)  
Talibon, Bohol (Region VII)

Received 2004

2004

Malaybalay City (Region X)  
Quezon, Bukidnon (Region X)  
Bukidnon Province (Region X)

Received 2005

2005

Tuguegarao City (Region II)

Received 2006

2006

Pulilan, Bulacan (Region III)  
Cabuyao, Laguna (CALABARZON)  
Inabanga, Bohol (Region VII)

Received 2007

2007

Aritao, Nueva Vizcaya (Region II)  
Calamba City (CALABARZON)  
Libona, Bukidnon (Region X)

Received 2008

2008

Cagayan Province (Region II)  
Talisay City (Region VII)  
Buug, Zamboanga Sibugay (Region IX)  
Nabunturan, Compostela Valley (Region XI)

Received 2009

2009

Plaridel, Bulacan (Region III)

Received 2010

2010

Limasawa, Southern Leyte (Region VIII)  
Kadingilan, Bukidnon (Region X)

Received 2011

2011

Batanes Province (Region II)  
Santiago City (Region II)  
Kabasalan, Zamboanga Sibugay (Region IX)

Received 2012

2012

Tubigon, Bohol (Region VII)  
Ozamiz City (Region X)

Received 2013

2013

Lal-lo, Cagayan (Region II)  
Ifugao Province (CAR)  
Maasin City (Region VIII)

Received 2014

2014

Quirino Province (Region II)

Received 2015

2015

Cauayan City (Region II)  
Mandaluyong City (NCR)  
Valencia City (Region X)

Received 2016

2016

No Awardees 2017

2017

Ivana, Batanes (Region II)  
Nueva Vizcaya Province (Region II)  
Alfonso Lista, Ifugao (CAR)  
Sta. Rosa City (CALABARZON)

Received 2018

2018

Ilagan City (Region II)  
Baguio City (CAR)  
Taguig City (NCR)

Received 2019



# CROWN Awardees

## 1994

Solana, Cagayan (Region II)  
Cagayan Province (Region II)  
Baguio City (CAR)  
Bulacan Province (Region III)  
Cabanatuan City (Region III)  
Makati City (NCR)  
Naga City (Region V)  
Bukidnon Province (Region X)

*Received 1995*

## 1995

Kapangan, Benguet (CAR)  
Benguet Province (CAR)  
Marinduque Province  
(MIMAROPA)  
Caloocan City (NCR)  
Dumaguete City (Region VII)  
Ormoc City (Region VIII)  
Zamboanga City (Region IX)  
Quezon, Bukidnon (Region X)  
Butuan City (Caraga)

*Received 1996*

## 1996

Irosin, Sorsogon (Region V)  
Katipunan, Zamboanga del Norte  
(Region IX)  
Zamboanga del Norte Province (Region IX)  
San Francisco, Agusan del Sur (Caraga)

*Received 1997*

## 1997

Echague, Isabela (Region II)  
San Jose City (Region III)  
Nueva Ecija Province (Region III)  
Trece Martires City (CALABARZON)  
Los Baños, Laguna (CALABARZON)  
Malinao, Aklan (Region VI)  
Bago City (Region VI)  
Calape, Bohol (Region VII)  
Negros Oriental Province (Region VII)  
Cotabato Province (Region XII)  
South Cotabato Province (Region XII)

*Received 1998*

## 1998

San Gabriel, La Union (Region I)  
Laguna Province (CALABARZON)  
Aklan Province (Region VI)  
Danao City (Region VII)  
Don Carlos, Bukidnon (Region X)  
Koronadal, South Cotabato (Region XII)  
Pateros (NCR)

*Received 1999*

## 1999

La Union Province (Region I)  
Isabela Province (Region II)  
Kiangnan, Ifugao (CAR)  
Sta. Maria, Bulacan (Region III)  
Legazpi City (Region V)  
Las Piñas City (NCR)

*Received 2000*

## 2000

Dupax del Sur, Nueva Vizcaya (Region II)  
Baguio City (CAR)  
Tagaytay City (CALABARZON)  
Kalibo, Aklan (Region VI)  
Talibon, Bohol (Region VII)  
Bohol Province (Region VII)

*Received 2001*

## 2001

Sorsogon Province (Region V)  
Sta. Magdalena, Sorsogon (Region V)  
Negros Occidental Province (Region VI)  
Bukidnon Province (Region X)  
Quezon, Bukidnon (Region X)  
Malaybalay City (Region X)

*Received 2002*

## 2002

Pozzorubio, Pangasinan (Region I)  
Tuguegarao City (Region II)  
Nueva Vizcaya Province (Region II)  
Manila City (NCR)  
Romblon Province (MIMAROPA)  
La Carlota City (Region VI)  
Tagbilaran City (Region VII)  
Leyte Province (Region VIII)  
Hindang, Leyte (Region VIII)  
Tacloban City (Region VIII)  
Davao del Norte Province (Region XI)  
Sto. Tomas, Davao del Norte (Region XI)  
Bunawan, Agusan del Sur (Caraga)

*Received 2003*

## 2003

Bulacan Province (Region III)  
Pulilan, Bulacan (Region III)  
San Juan City (NCR)  
Cabuyao, Laguna (CALABARZON)  
Sorsogon City (Region V)  
Calatrava, Negros Occidental (Region VI)  
Inabanga, Bohol (Region VII)  
Panabo City (Region XI)  
South Cotabato Province (Region XII)  
Banga, South Cotabato (Region XII)  
Kidapawan City (Region XII)

*Received 2004*

## 2004

Aritao, Nueva Vizcaya (Region II)  
Ifugao Province (CAR)  
Calamba City (CALABARZON)  
Uson, Masbate (Region V)  
Catanduanes Province (Region V)  
Negros Oriental Province (Region VII)  
Dipolog City (Region IX)  
Libona, Bukidnon (Region X)  
Ozamiz City (Region X)  
Bislig City (Caraga)

*Received 2005*

## 2005

Sudipen, La Union (Region I)  
Cagayan Province (Region II)  
Quezon Province (CALABARZON)  
Marinduque Province (MIMAROPA)  
Boac, Marinduque (MIMAROPA)  
Talisay City (Region VI)  
Mandaue City (Region VII)  
Maasin City (Region VIII)  
Buug, Zamboanga Sibugay (Region IX)  
Zamboanga Sibugay (Region IX)  
Compostela Valley Province (Region XI)  
Nabunturan, Compostela Valley  
(Region XI)

*Received 2006*

## 2006

Asipulo, Ifugao (CAR)  
Pasig City (NCR)  
Plaridel, Bulacan (Region III)  
Atimonan, Quezon (CALABARZON)  
Nabas, Aklan (Region VI)  
Davao City (Region XI)  
Nasipit, Agusan del Norte (Caraga)

*Received 2007*

## 2007

Mahatao, Batanes (Region II)  
Limasawa, Southern Leyte  
(Region VIII)  
Southern Leyte Province (Region  
VIII)  
Kadingilan, Bukidnon (Region X)  
Misamis Oriental Province  
(Region X)  
Malungon, Sarangani (Region XII)

*Received 2008*



2008

Ilocos Sur Province (Region I)  
Batanes Province (Region II)  
Santiago City (Region II)  
Gapan City (Region III)  
Roxas, Oriental Mindoro (MIMAROPA)  
Gubat, Sorsogon (Region V)  
Guimaras Province (Region VI)  
Bacolod City (Region VI)  
Bohol Province (Region VII)  
Lapu-lapu City (Region VII)  
Pagadian City (Region IX)  
Kabasalan, Zamboanga Sibugay (Region IX)  
Davao del Norte Province (Region XI)  
Pantukan, Compostela Valley (Region XI)

*Received 2009*

2009

Bulacan Province (Region III)  
Sta. Rosa City (CALABARZON)  
Pagsanjan, Laguna (CALABARZON)  
Taguig City (NCR)  
Numancia, Aklan (Region VI)  
Tubigon, Bohol (Region VII)  
Ozamiz City (Region X)  
South Cotabato Province (Region XII)

*Received 2010*

2010

Ifugao Province (CAR)  
Lal-Lo, Cagayan (Region II)  
Maasin City (Region VIII)  
Zamboanga Sibugay (Region IX)  
Opol, Misamis Oriental (Region X)  
Tagum City (Region XI)  
Kidapawan City (Region XII)

*Received 2011*

2011

Vigan City (Region I)  
Quirino Province (Region II)  
Tarlac City (Region III)  
Toledo City (Region VII)  
Polanco, Zamboanga del Norte  
(Region IX)  
Zamboanga City (Region IX)

*Received 2012*

2012

Cauayan City (Region II)  
Paombong, Bulacan (Region III)  
Mogpog, Marinduque (MIMAROPA)  
Gubat, Sorsogon (Region V)  
Mandaluyong City (NCR)  
Jordan, Guimaras (Region VI)  
Jagna, Bohol (Region VII)  
Misamis Oriental (Region X)  
Valencia City (Region XI)  
Davao del Norte (Region XI)

*Received 2013*

2013

Bangui, Ilocos Norte (Region I)  
Iriga City (Region V)  
Maramag, Bukidnon (Region X)  
Island Garden City of Samal  
(Region XI)

*Received 2014*

2014

Ivana, Batanes (Region II)  
Nueva Vizcaya Province (Region II)  
Alfonso Lista, Ifugao (CAR)  
Sta. Rosa City (CALABARZON)  
Piñan, Zamboanga del Norte (Region IX)  
Malungon, Sarangani (Region XII)  
Agusan del Sur Province (Caraga)

*Received 2015*

2015

Ilagan City (Region II)  
Baguio City (CAR)  
Benguet Province (CAR)  
Bulacan Province (Region III)  
Taguig City (NCR)  
Numancia, Aklan (Region VI)  
Pamplona, Negros Oriental (Region VII)  
Zamboanga City (Region IX)  
Zamboanga Sibugay Prov. (Region IX)  
Gingoog City (Region X)  
South Cotabato Province (Region XII)

*Received 2016*

2016

Kalayaan, Laguna (CALABARZON)  
Roxas, Oriental Mindoro (MIMAROPA)  
La Carlota City (Region VI)  
Manolo Fortich, Bukidnon (Region X)  
Tagum City (Region XI)  
San Francisco, Agusan del Sur (Caraga)  
Bayugan City (Caraga)

*Received 2017*

2017

Santa, Ilocos Sur (Region I)  
Vigan City (Region I)  
Santa Fe, Nueva Vizcaya (Region II)  
Talavera, Nueva Ecija (Region III)  
Mabalacat City, Pampanga (Region III)  
Tublay, Benguet (CAR)  
Quezon Province (CALABARZON)  
Biñan City (CALABARZON)  
Caibiran, Biliran (Region VIII)  
Alicia, Zamboanga Sibugay (Region IX)  
Misamis Occidental Province (Region X)  
Polomolok, South Cotabato (Region XII)

*Received 2018*

2018

Calapan City (MIMAROPA)  
Ibajay, Aklan (Region VI)  
Carmen, Bohol (Region VII)  
Dipolog City (Region IX)  
Cagayan De Oro City (Region X)  
Maco, Compostela Valley (Region XI)

*Received 2019*



National Outstanding BNS

Awardee		1st Runner Up	2nd Runner Up
Ms. Jacqueline P. Miras <i>Brgy. Ginatilan, Kidapawan City (Region XII)</i>	1996	Ms. Celsa A. Autentico <i>Brgy. Poblacion, Don Carlos, Bukidnon (Region X)</i>	Ms. Jacqueline P. Miras <i>Brgy. Don Galo, Parañaque City (NCR)</i>
Ms. Eden E. Barbara <i>Brgy. Pacol, Naga City (Region V)</i>	1997	Ms. Amorlita B. Bayot <i>Brgy. Maitim II West, Tagaytay City (Region IV)</i>	Ms. Lolita M. Padilla <i>Brgy. Aguada, Ozamiz City (Region X)</i>
Ms. Federica N. Labrador <i>Brgy. Amas, Kidapawan City (Region XII)</i>	1998	Ms. Lilia S. Enaldo <i>Brgy. Bonuan Boquig, Dagupan City (Region I)</i>	Ms. Josefina Canuto <i>Brgy. Upper Dagsian, Baguio City (CAR)</i>
Ms. Generosa B. Sarigumba <i>Brgy. Junction, Kidapawan City (Region XII)</i>	1999	Ms. Cecilia S. Barbadillo <i>Brgy. Laturan, Libona, Bukidnon (Region X)</i>	Ms. Rosavilla D. Marcial <i>Brgy. Poblacion, Bunawan, Agusan del Sur (Caraga)</i>
Ms. Norma Monforte <i>Brgy. Pinamanculan, Butuan City (Caraga)</i>	2000	Ms. Mercedes DC. Cara <i>Brgy. Sta. Cruz, Benito Soliven, Isabela (Region II)</i>	Ms. Filomena P. Arances <i>Brgy. Macebolig, Kidapawan City (Region XII)</i>
Ms. Irene B. Ordinario <i>Brgy. Quinapon-an, Antequera, Bohol (Region VII)</i>	2001	Ms. Carmelita V. Parantar <i>Brgy. Tacunan, Davao City (Region XI)</i>	Ms. Ma. Fe A. Magdoza <i>Brgy. Abucayan Sur, Calape, Bohol (Region VII)</i>
Ms. Marilou B. Barnuevo <i>Brgy. Zone III, Koronadal City (Region XII)</i>	2002	Ms. Virginia C. Akhtar <i>Brgy. Taliptip, Bulacan, Bulacan (Region III)</i>	Ms. Milagros R. Manansala <i>Brgy. Pulanglupa I, Las Piñas City (NCR)</i>
Ms. Metchel P. Malapad <i>Brgy. Kalasungay, Malaybalay City (Region X)</i>	2003	Ms. Judith C. Mañacap <i>Brgy. Manongol, Kidapawan City (Region XII)</i>	Ms. Teresa T. Tanguilan <i>Brgy. Cagumitan, Tuao, Cagayan (Region II)</i>
			Ms. Ophelia P. Labiano <i>Brgy. 12 Tandang Sora, Butuan City (Caraga)</i>
			Ms. Susan H. Inson <i>Brgy. New Dauis, Nabunturan, Compostela Valley (Region XI)</i>

Awardee		1st Runner Up	2nd Runner Up
Ms. Jo Ann B. Alvez <i>Brgy. Salud Mitra, Baguio City (CAR)</i>	2004	Ms. Medarda A. Isabida <i>Brgy. Kalasuyan, Kidapawan City (Region XII)</i>	Ms. Maria Riza Joy A. Cortez <i>Brgy. Poblacion 2, Malaybalay City (Region X)</i>
Ms. Mary Grace Abad Roblon <i>Brgy. Sangay Diot, Ozamiz City (Region X)</i>	2005	Ms. Ann DM. Mirasol <i>Brgy. San Antonio, Sta. Cruz, Marinduque (MIMAROPA)</i>	Ms. Nery T. Libuna <i>Brgy. San Ignacio, San Pablo City (CALABARZON)</i>
Ms. Adelina C. Indapan <i>Brgy. Casisang, Malaybalay City (Region X)</i>	2006	Ms. Edna R. Agora <i>Brgy. Bagong Silang, Sta. Cruz, Marinduque (MIMAROPA)</i>	Ms. Rebecca U. Aguilar <i>Brgy. Gayola, Kidapawan City (Region XII)</i>
Ms. Edna R. Agora <i>Brgy. Bagong Silang, Sta. Cruz, Marinduque (MIMAROPA)</i>	2007	Ms. Ma. Enone G. dela Cueva <i>Brgy. A.O. Floirendo, Panabo City (Region XI)</i>	Ms. Christy L. Madayag <i>Brgy. 3, Malaybalay City (Region X)</i>
Ms. Aurora G. Gancayco <i>Brgy. Cabezas. Trece Martirez City (CALABARZON)</i>	2008	Mr. Eddie L. Ancheta <i>Brgy. Villa Fuerte, San Mateo, Isabela (Region II)</i>	
Ms. Numerita C. Ducos <i>Brgy. Mibantang, Quezon, Bukidnon (Region X)</i>			
Ms. Ma. Enone G. dela Cueva <i>Brgy. A.O. Floirendo, Panabo City (Region XI)</i>			
Mr. Angelito A. Conde <i>Brgy. Busaon, Tagum City, Davao del Norte (Region XI)</i>	2009	Ms. Karen C. dela Peña <i>Brgy. Asisan, Tagaytay City (CALABARZON)</i>	Ms. Alfonsa P. Hingpit <i>Brgy. St. Peter, Malaybalay City (Region X)</i>
Ms. Marilou P. Cañete <i>Brgy. Concepcion Grande, Naga City (Region V)</i>	2010	Ms. Lina C. Guerrero <i>Brgy. Concepcion, Kabalasan, Zamboanga Sibugay (Region IX)</i>	Ms. Marites G. Padilla <i>Brgy. Buenavista, Maddela, Quirino (Region II)</i>



Awardee

Ms. Lina C. Guerrero  
Brgy. Concepcion, Kabalasan,  
Zamboanga Sibugay  
(Region IX)

Ms. Felisa J. Guilingan  
Brgy. Guinles, Polanco,  
Zamboanga del Norte  
(Region IX)

Ms. Efigenia G. Javier  
Brgy. Maharlika East, Tagaytay City  
(CALABARZON)

Ms. Mary Grace P. Tamayo  
Brgy. Pag-asa, Mandaluyong City  
(NCR)

Mr. Danilo N. Posion  
Brgy. Iruhin Central, Tagaytay City  
(CALABARZON)

Ms. Irene B. Neulid  
Brgy. Maitim 2nd East, Tagaytay City  
(CALABARZON)

Ms. Angelita L. Aquino  
Brgy. Mapaang, Maco, Compostela  
Valley (Region XI)

Ms. Eden A. Cordova  
Brgy. Awitan, Daet, Camarines Norte  
(Region V)

1st Runner Up

Ms. Monica N. Sicat  
Brgy. City Camp Proper, Baguio City  
(CAR)

Ms. Dorothy P. Felipe  
Brgy. North Poblacion, Maramag,  
Bukidnon  
(Region X)

Ms. Ronely S. Marania  
Brgy. Canan, Cabatuan, Isabela  
(Region II)

Ms. Etchelle L. Matiga  
Brgy. Alegria, San Francisco,  
Agusan del Sur  
(Caraga)

Ms. Concepcion Vanessa A.  
Cabugao  
Brgy. Radiwan, Ivana, Batanes  
(Region II)

Ms. Elvira T. Quirona  
Brgy. Pinagkaisahan, Makati City  
(NCR)

Ms. Virginette A. Jickain  
Brgy. Crossing Palkan, Polomolok,  
South Cotabato  
(Region XII)

2nd Runner Up

Ms. Ma. Digna D. Tayong  
Brgy. Mainit, Nabunturan,  
Compostela Valley  
(Region XI)

Mr. Sherwin C. Abellaniza  
Brgy. Magugpo East, Tagum City  
(Region XI)

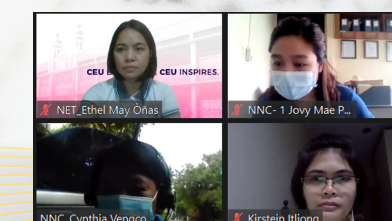
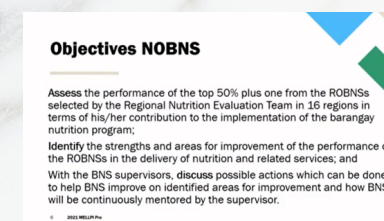
Ms. Josephine R. Balingit  
Brgy. Devilla, Sta. Cruz, Marinduque  
(MIMAROPA)

Ms. Aurora H. Sedorifa  
Brgy. Lawang Bato, Valenzuela City  
(NCR)

Ms. Regina T. Celso  
Brgy. Pansol, Calamba City  
(CALABARZON)

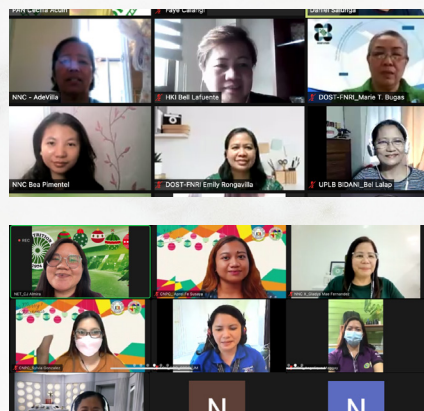
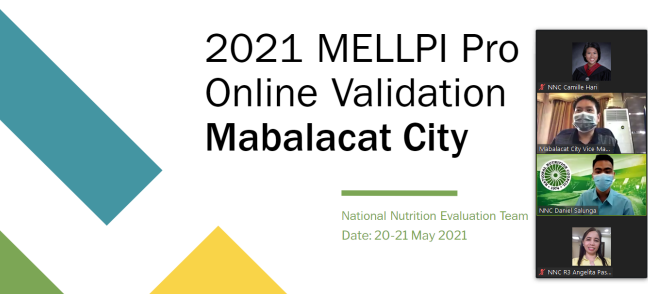
Ms. Medy T. Repollo  
Brgy. Sudapin, Kidapawan City  
(Region XII)

# National Evaluation Team in Action





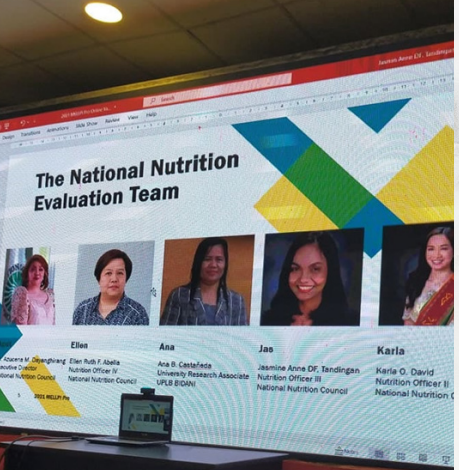
# National Evaluation Team in Action



# National Evaluation Team in Action

## 2021 NET PROTOCOL: ONLINE VISIT

16 APRIL 2021 \* VIA ZOOM



**INTRODUCTION**

### Nutrition in Mabalacat City

Nutrition plays a vital role in a person's life. It serves as a fuel that enables a person to live and do the things he wants to do in life. According to the World Health Organization, nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

*"Optimum Nutrition for today and the future generation"*

Malnutrition represents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries.

In Mabalacat City, the Local Government Unit gives priority to Nutrition, because we believe that providing optimum nutrition to the people can lead

## KEY CONTRIBUTION IN NUTRITION PROGRAMS

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# COVID-19 Response of the National Nutrition Council and Local Government Units



In 2020 when the COVID-19 pandemic broke out in the Philippines and the country was declared under a state of public health emergency, the National Nutrition Council (NNC) was quick to act. Actions of NNC were done both at the national level through the National Nutrition Cluster, and the regional level through NNC regional offices.

## National Level

The National Nutrition Cluster is a coordination arrangement led by NNC with United Nations Children's Fund (UNICEF), to address gaps and ensure quality and coverage of humanitarian actions. Within just a few days since the Proclamation No. 922 "Declaring a State of Public Health Emergency throughout the Philippines", the National Nutrition Cluster has released its first advisory with a subject line "Nutrition Cluster Guidelines on LGU Nutrition Actions Relative to COVID-19". This was addressed to chairpersons of the local nutrition committees at the provincial, city and municipal level, and to all Provincial/City/Municipal Nutrition Action Officers and District/City Nutrition Program Coordinators. The advisory is a guideline for all entities providing nutrition services to all COVID-19 affected populations,

emphasizing the tenets of 10 *Kumainments* in strengthening the body's immune system against COVID-19, the provisions of EO 51 or the Milk Code, importance of prioritizing cities/municipalities and barangays with high rates of undernutrition, age- and culturally-appropriate, clean and nutritious food items in food packs, Community Kitchen guidelines, other coordination-related guidelines, and many more.

Just a month since the first advisory, a second one was issued by the Cluster, addressed to the chairpersons of provincial, city, and municipal nutrition committees. Nutrition Cluster Advisory No. 2 series of 2020 entitled, "Nutrition Cluster Recommendations on Healthful and Nutritious Family Food Packs and Sustainable Food Sources" provided recommendations and encouraged LGUs to use local fresh produce that are diverse, nutrient-rich, and age- and culture-appropriate. Additionally, the World Health Organization (WHO) and Philippine Food and Dietary Guidelines for a healthy diet were emphasized as guide in food donations, recommending that family food packs be sufficient for 3 days or longer for a family of 5 members to limit the number of times distribution is



done. Guidelines in the Distribution of Relief Food Packs for Muslim Filipinos from the Bureau of Muslim Economic Affairs should also be observed as applicable. Lastly, LGUs were also encouraged to promote establishment of home gardens. Annexes were added in the Advisory containing the list of the following (1) selected Sangkap Pinoy Seal food products for family food packs, (2) healthy recipes, (3) complementary food production facilities nationwide, and (4) indigenous vegetables and relevant information on establishment of home gardens.

In terms of the implementation of several nutrition programs, the National Nutrition Council has issued the Memorandum 010 on 15 December 2020 to all Regional Nutrition Program Coordinators and Officers-In-Charge entitled, "Interim guidelines in the conduct of OPT Plus, nutrition screening, growth monitoring and promotion (GMP) activities in the context of COVID-19 pandemic and other related disasters". The guidelines were in line with the DOH Department Memorandum 2020-0237, where MUAC tapes were suggested for use, instead of the weight and height/length measuring equipment to reduce the physical contact between measurer and infant or child. In addition to this, the memorandum emphasized the recommendations of the Global Nutrition Cluster in case of MUAC tape shortage. Guidelines on the measurement schedule, recording and reporting of OPT Plus, nutrition screening, and growth monitoring were also provided, with a Decision Tree and Scenarios for reference of LGUs during implementation.

## Local Level

Being the first responders to the challenges of the COVID-19 pandemic, the local government units (LGUs) faced tremendous responsibilities in containing the spread of the virus, building resiliency, and ensuring the nutritional well-being of their constituents. Despite their limited resources, many LGUs came up with innovative strategies to improve local government response and efficiency in the delivery of their services. LGUs were able to reach even those in far-flung areas and geographically isolated and disadvantaged areas (GIDA) where malnutrition prevalence remains high.

LGUs became proactive in identifying and preventing potential problems by participating in the Nutrition in Emergencies and Information Management Trainings conducted by NNC together with Department of Health - Health Emergency Management Bureau (DOH-HEMB), UNICEF, and World Food Programme (WFP) through online and blended learning schemes. LGUs also participated in the Rapid Nutrition Assessment Survey conducted by the Department of Science and Food Technology - Food and Nutrition Research Institute (DOST-FNRI) that provided a snapshot of the food security situation and nutrition perceptions of their constituents in selected areas with high, medium and low-risk of COVID-19. This aided policymakers and program implementers in strengthening program implementation and service delivery in a more focused and targeted approach.





To promote awareness on good nutrition and encourage their constituents to participate and engage in various activities to improve their nutritional well-being, LGUs disseminated various nutrition messages through print, television, radio, digital media, and even house-to-house visitations due to restrictions in gatherings. Protection, promotion, and support to exclusive breastfeeding were also done via online counselling and Infant and Young Child Feeding (IYCF) hotlines with trained IYCF counsellors.

In following the Nutrition Cluster Recommendations, LGUs stepped up by adding fresh produce, fish, and livestock to their usual relief packs containing rice and canned goods. These fresh commodities were purchased from local farmers and fisherfolks, which not only ensured that every household was provided with health and nutritious foods, but also improved the income of local farmers and fisherfolks during the health crisis. Some LGUs even included planting materials to encourage families to engage in home food production, and recipes to guide in planning,



preparing, and serving healthy, affordable, and easy-to-prepare meals using the relief pack ingredients. Community kitchens managed by nutrition workers were also established to feed the frontliners. To address food availability and access, LGUs deployed market on wheels to provide additional income to farmers and vendors, as well as to decongest the markets. In partnership with the Department of Health (DOH) and non-government organizations, LGUs delivered Ready-to-Use Therapeutic Foods (RUTF) and Ready-to-Use Supplementary Foods (RUSF) to children with severe acute malnutrition (SAM) and moderate acute malnutrition (MAM), respectively.

The COVID-19 pandemic may seem to be a challenging and protracted battle, but the effective and sustained implementation of these programs prove that National Nutrition Council LGUs are dedicated in building health and nutrition resilience and reducing vulnerabilities of Filipino people.

(Ms. Christine Jane B. Almira, NNC and Ms. Jaira Denisse Pedraja, NNC)

### wastong nutrisyon sa panahon ng community quarantine

NNC COVID-19 NUTRITION ADVISORY NO. 1

1. Mag-imbak ng sapat na masustansyang pagkain.

2. Uminom ng 8-10 baso ng tubig kada araw.

3. Piliin ang mga pagkaing mataas sa enerhiya at protina.

4. Iwasan ang mga maaalat, matatamis, at matatabang pagkain.

NNC COVID-19 NUTRITION ADVISORY NO. 1

5. Kumain ng limang (5) servings ng gulay at prutas para sa sapat na bitamina at mineral kada araw. Kung wala, gumamit ng de-latang gulay at prutas.

Magtanim din ng gulay at prutas sa tabi ng bahay.





## NNAC Over the Years



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# NNAC Over the Years







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