



# **Addressing Obesity in the School Setting**

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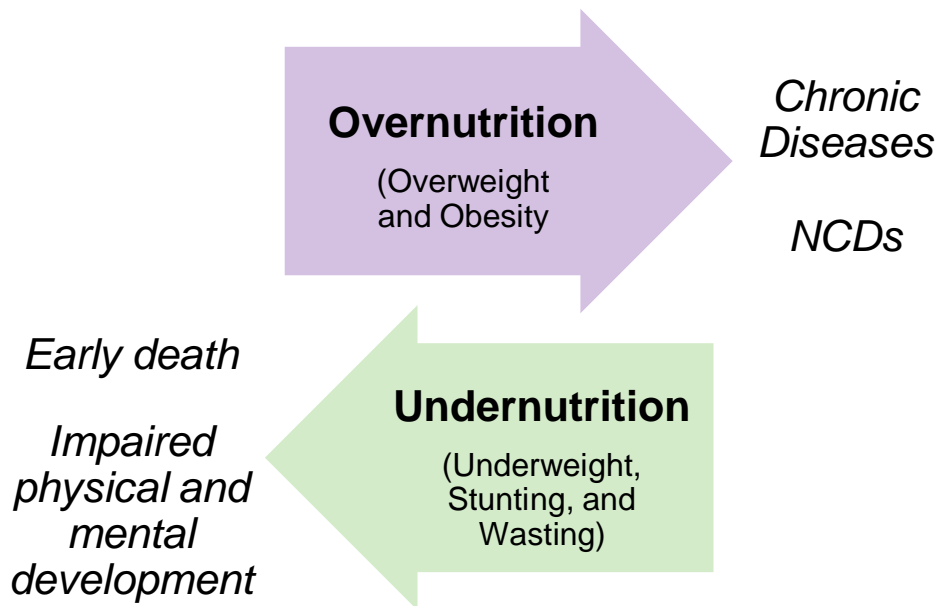


# Background/Situationer

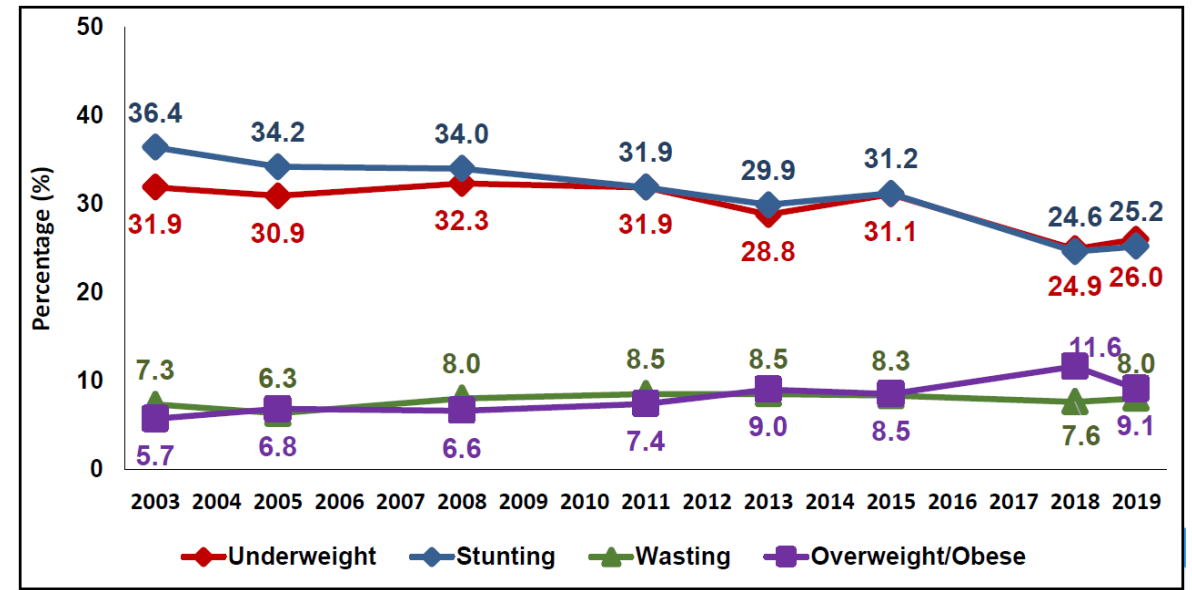


# Double Burden of Malnutrition

**Wasting and stunting continue to be serious nutritional problems alongside the increase in overnutrition**



Trends in prevalence of malnutrition among school age children 5-10 years old: Philippines, 2013-2019\*



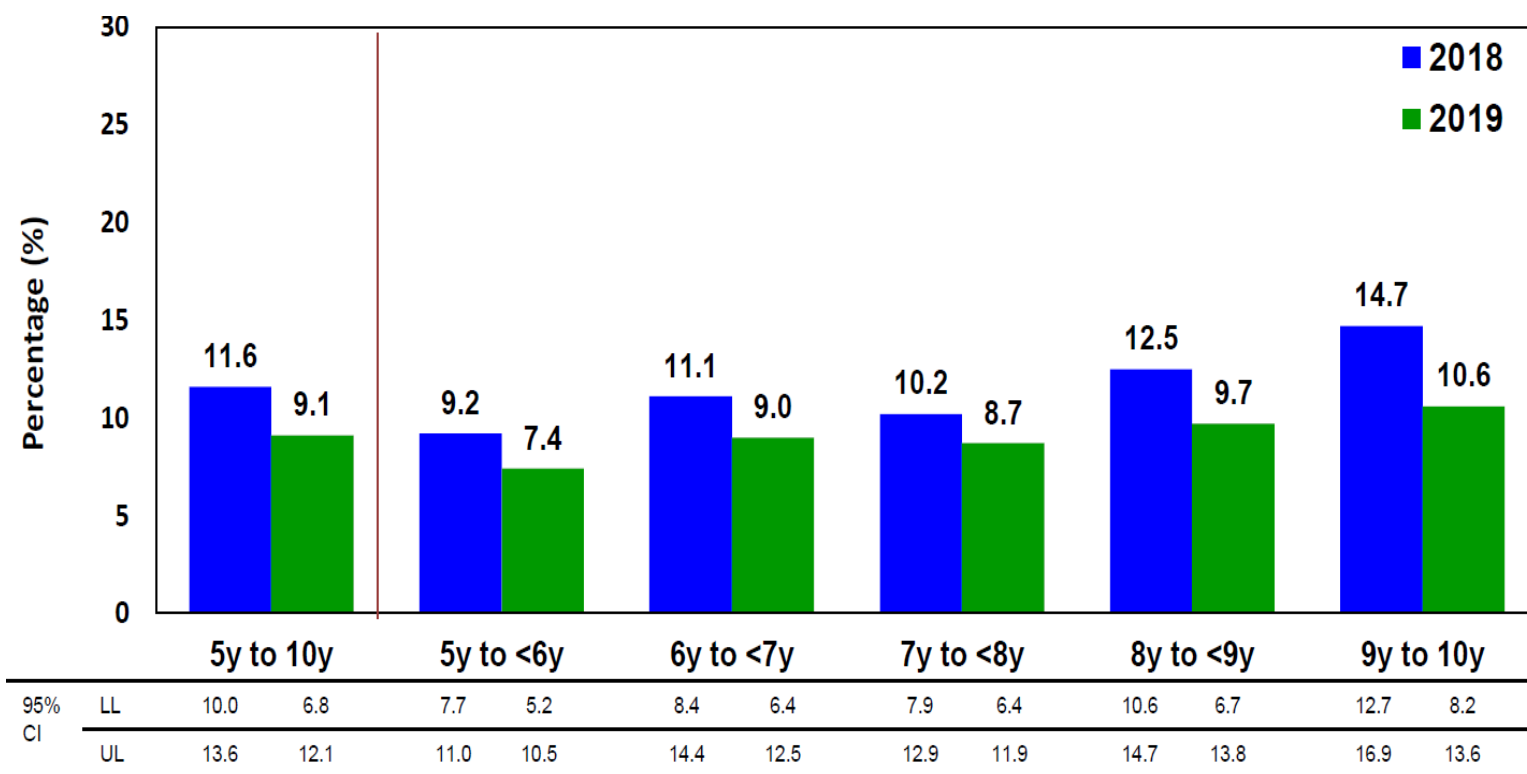
\*Source: DOST-FNRI 2019 ENNS



# Prevalence of Overweight and Obesity

- Medium prevalence of overweight 9.1% among children aged 5 to 10 years old
- Prevalence of overweight and obesity are slightly decreased among school age children from 2018 to 2019

Prevalence of overweight/obese among school age children  
5-10 years old by age groups: Philippines, 2018-2019\*



Source: DOST-FNRI 2019 ENNS

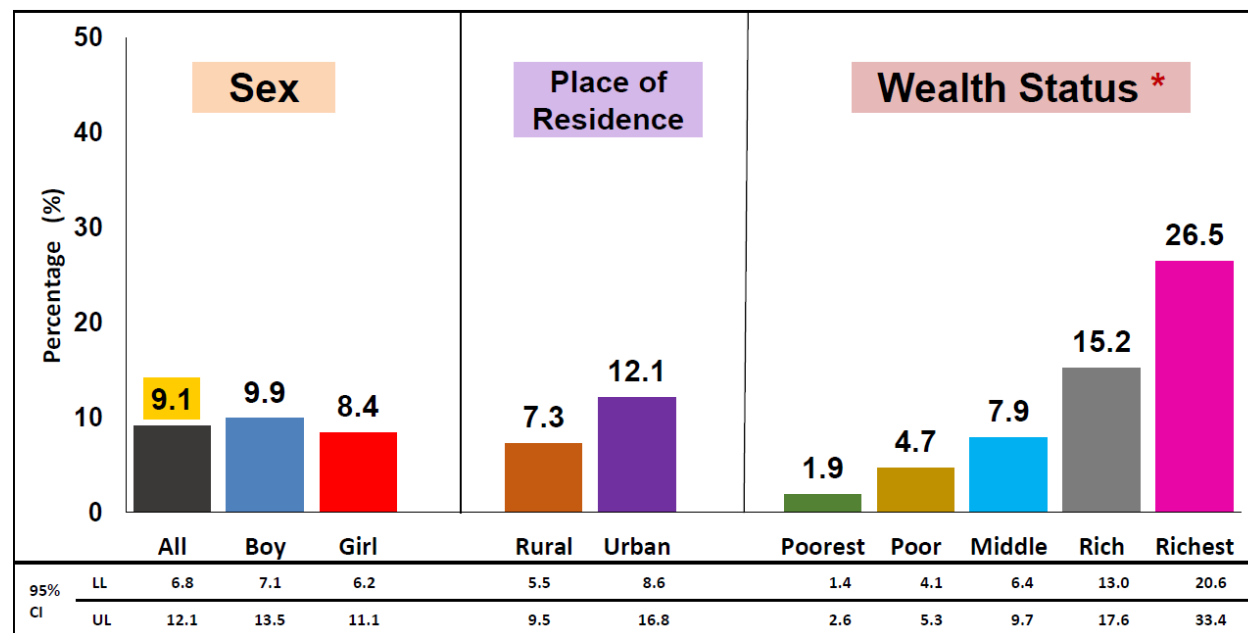


# Prevalence of Overweight and Obesity

## Overweight/ obesity as a public health concern is driven by a multitude of factors that can be addressed using a multi-sectoral approach (DOST-PJS)

- Higher educational status, higher socioeconomic status, and residence in urban areas pose an increased likelihood of being overweight/obese
- Other factors found to be associated with overweight/obesity: age, energy adequacy, civil status, and smoking status

Prevalence of overweight/obese among school age children  
5-10 years old: Philippines, 2019

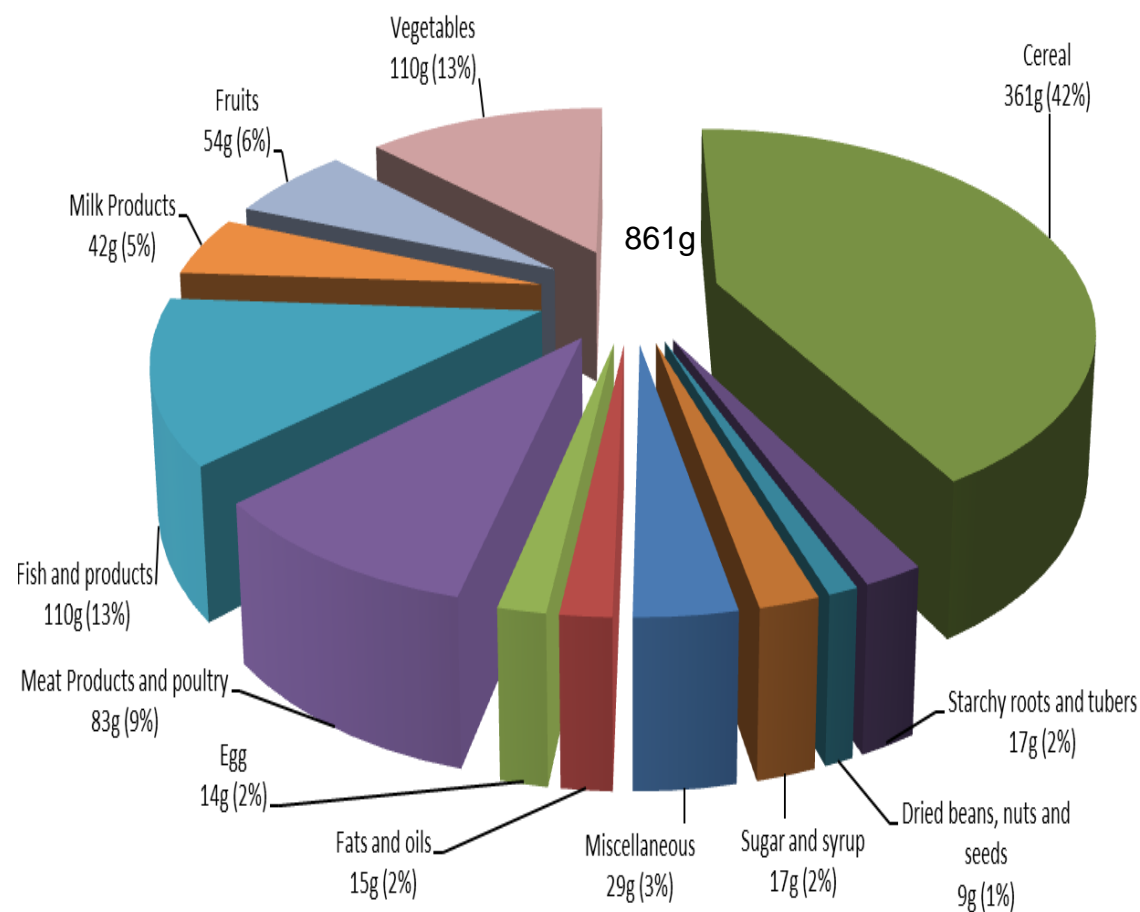


Source: DOST-FNRI 2019 ENNS



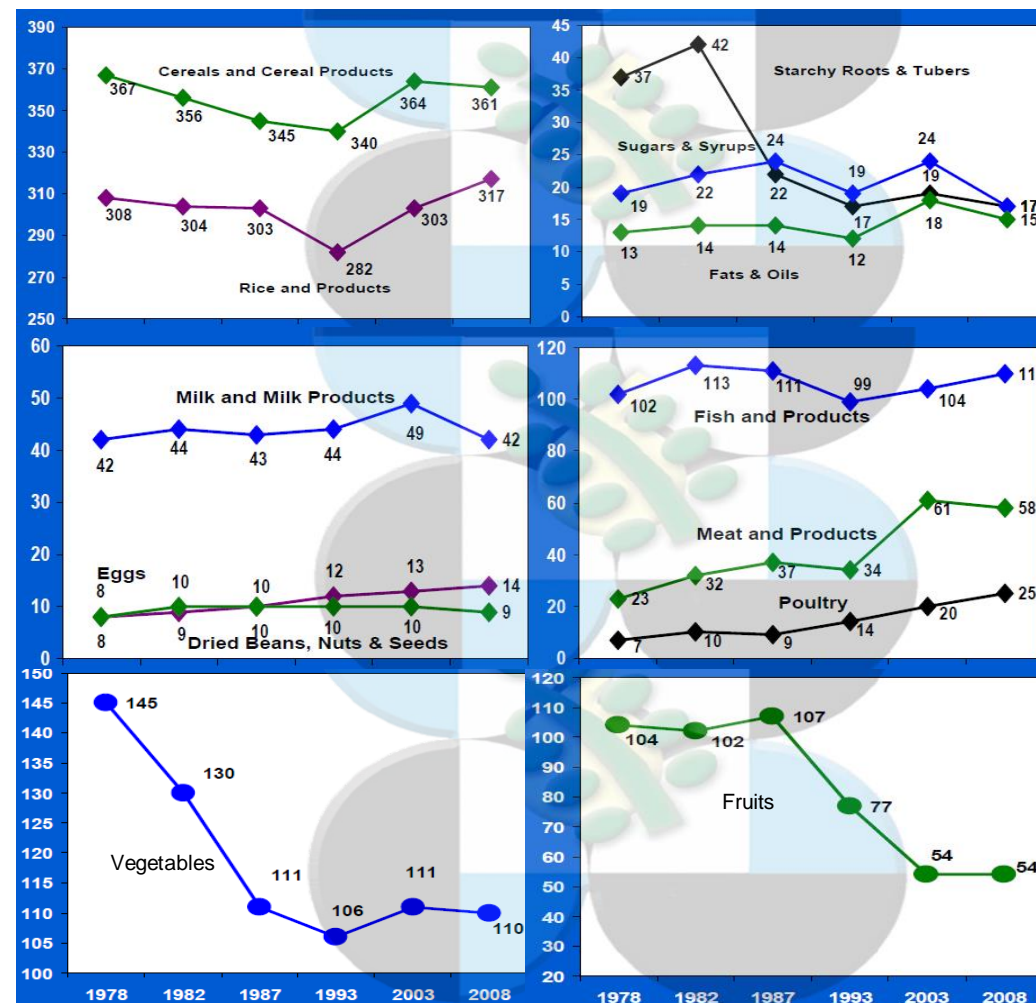
# Mean One-day Per Capita Food Intake

Mean one-day per capita food intake by food group, 2008\*



\*Source: FNRI 7th NNS

Trends (1978-2008)





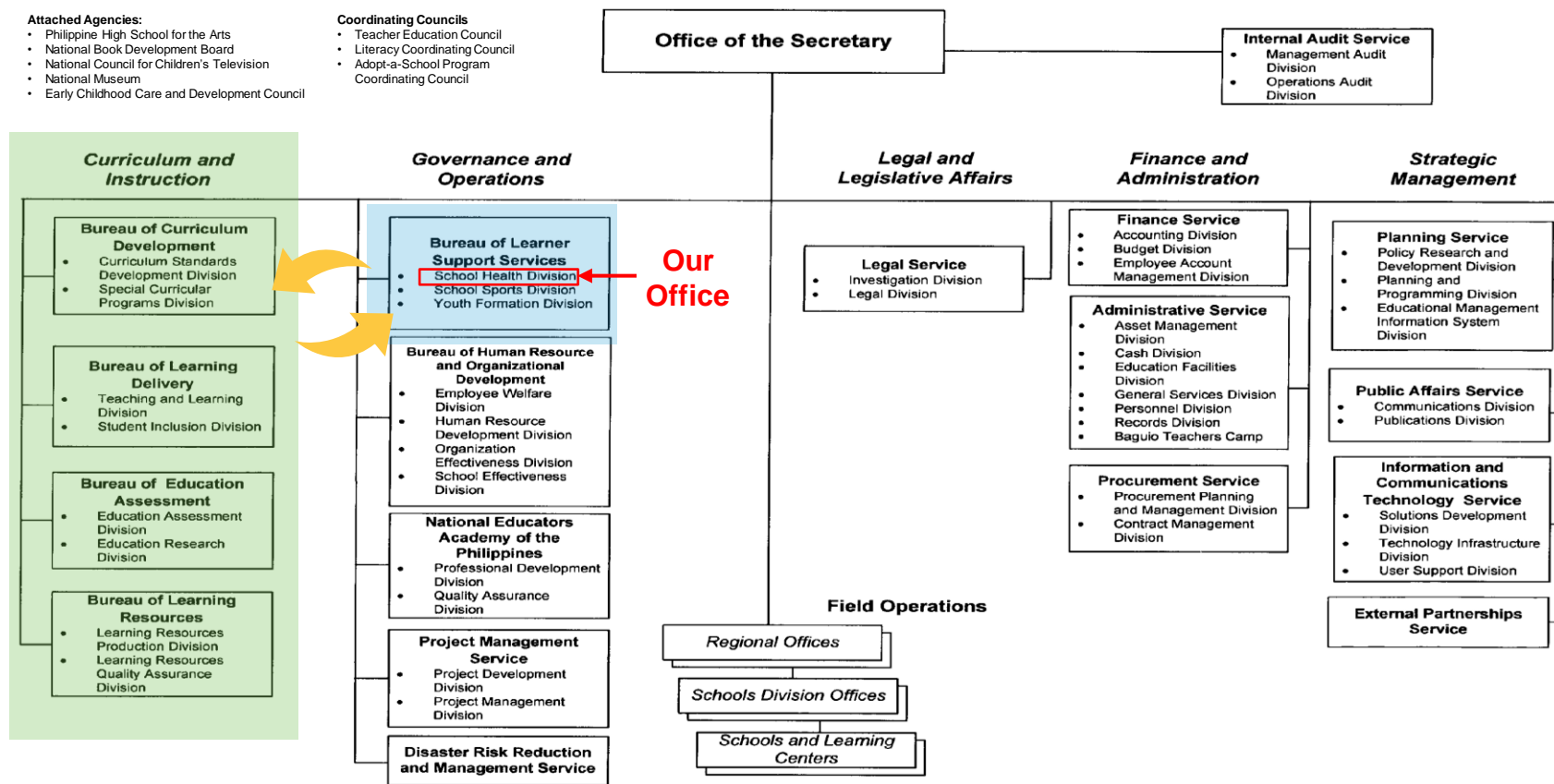
# Context of this Presentation





# DepEd Organizational Structure


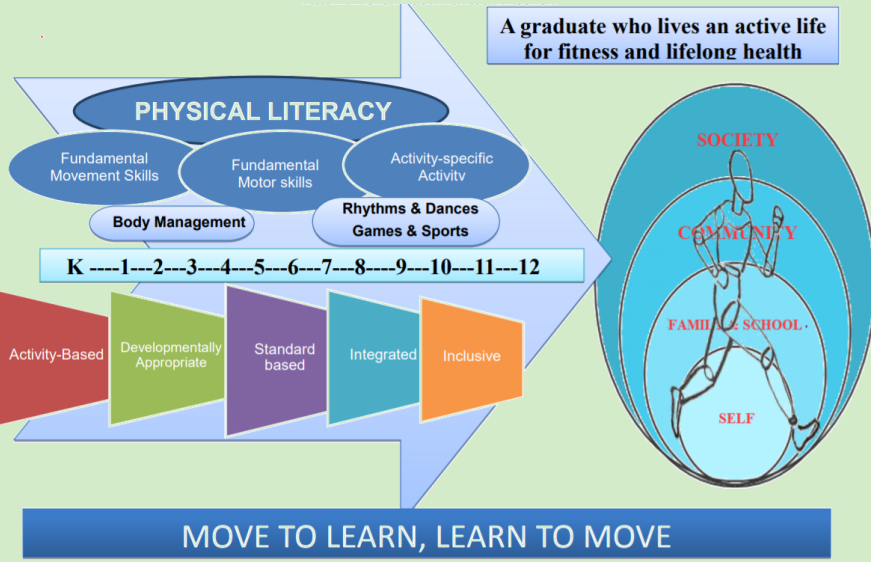
There are various complementary efforts from different bureaus and divisions that address obesity in the context of their respective office mandates.







# DepEd's Efforts to Address Obesity

Curriculum and Instruction		Learner Support
<p><b>Kindergarten:</b> The learning area <b>Physical Education and Health</b> aims to develop the learners' physical health and motor development</p> <p><b>Elementary and Junior High School</b> Fitness and movement education content is the core of the <b>Physical Education Curriculum</b>. While the content areas of the <b>Health Curriculum</b> includes <b>Nutrition</b> (addresses the importance of eating healthy and establishing good eating habits especially for children and adolescents as a way to enhance health and prevent diseases) and <b>Personal Health</b> (Comprises personal health habits and practices that promote physical, mental, social, emotional, and moral-spiritual health and prevent or manage personal health issues and concerns.)</p> <div></div>		<p>School Sports Activities</p> <p>School Health and Nutrition Policies and Services; e.g. DO 13, s. 2017</p> <p>Focus of the Presentation</p>
<p><b>Senior High School</b> <b>Physical Education and Health</b> is a core subject in Grade 11 where learners are expected to learn, among others, to “self-assesses health-related fitness status, barriers to physical activity assessment participation and one’s diet.”</p>		



# **DepEd Order 13, s. 2017 or the Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices**



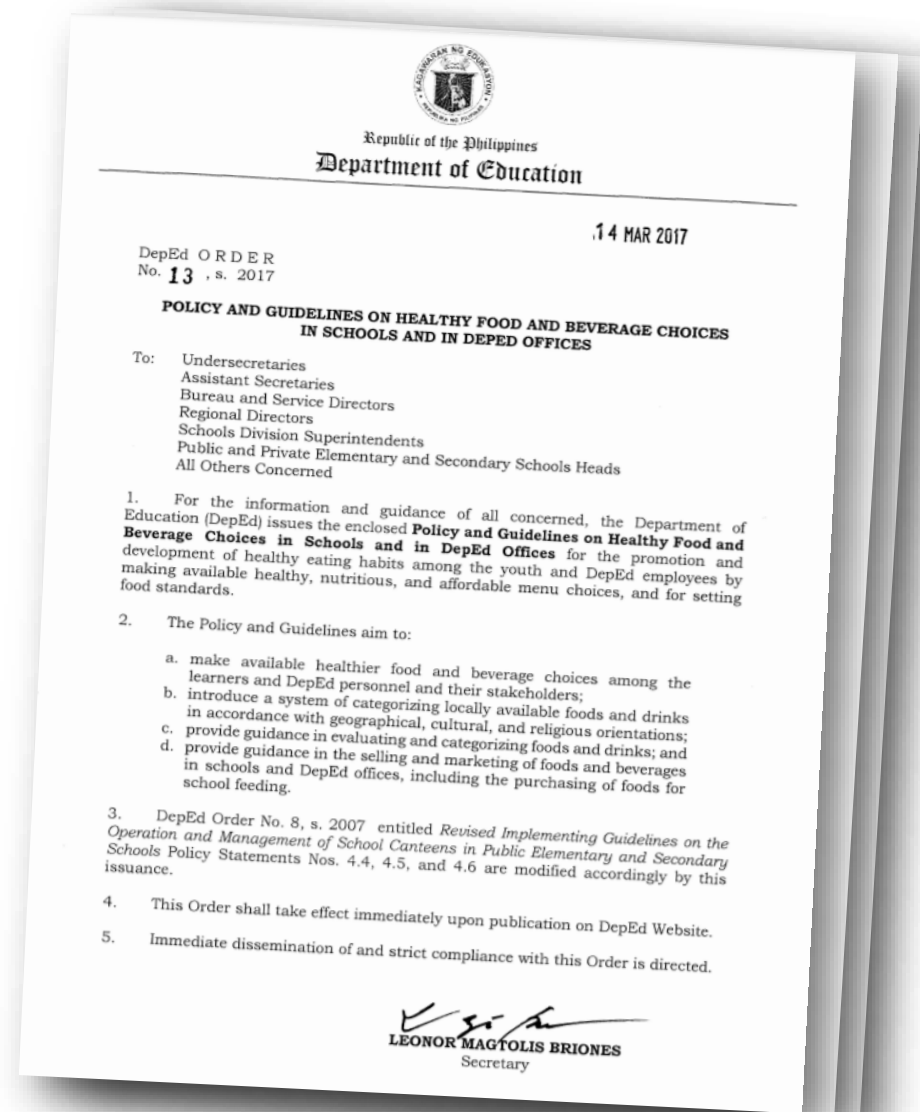
# DepEd Order 13, s. 2017

**Title:** Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices

**Issued:** March 14, 2017

**Purpose:** Promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, and affordable menu choices, and for setting food standards

**Scope:** All public elementary and secondary schools and learning centers and DepEd Offices across all governance levels (Private schools are encouraged to adopt the guidelines)





# Policy Objectives

- Promote healthy diets and positive eating behaviours and provide healthy eating environment to learners, teaching, and non-teaching personnel
- Make available healthier food and beverage choices among learners and DepEd personnel and their stakeholders;
- Introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
- Provide guidance in evaluating and categorizing foods and drinks
- Provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding



# Three Reinforcing Strategies



Set food standards



Increase availability and accessibility of healthy and safe foods




Regulate the sale and marketing of unhealthy foods



# Strategy # 1: Food Standards



## Set food standards

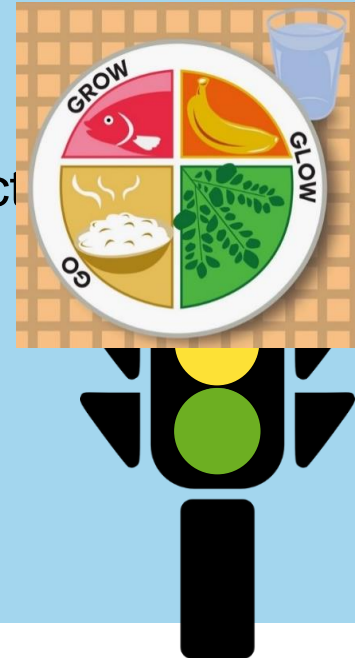


Increase availability and accessibility of healthy and safe foods



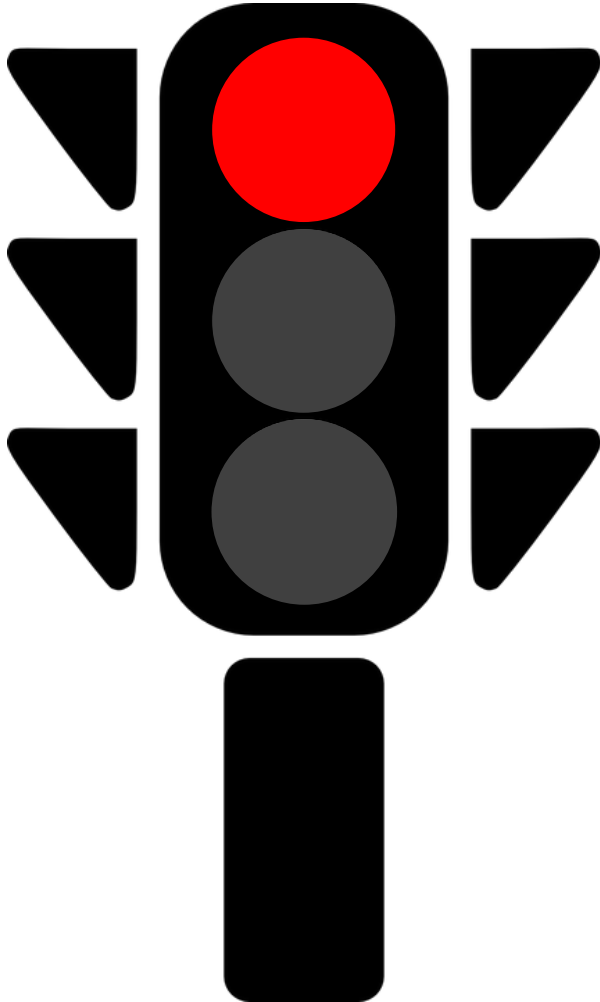
Regulate the sale and marketing of unhealthy foods

- Healthy menu per school
- Food and beverage choices adherent to the requirements of a “healthy diet”
- Follow *Pinggang Pinoy*
- Evaluation of food products
  1. Red Category
  2. Yellow Category
  3. Green Category





# Food Categories



## RED CATEGORY

- Item must not be in the healthy menu
- Should not be sold in the canteen

## YELLOW CATEGORY

- May be served once or twice a week only
- should be less prominent in the canteen menu

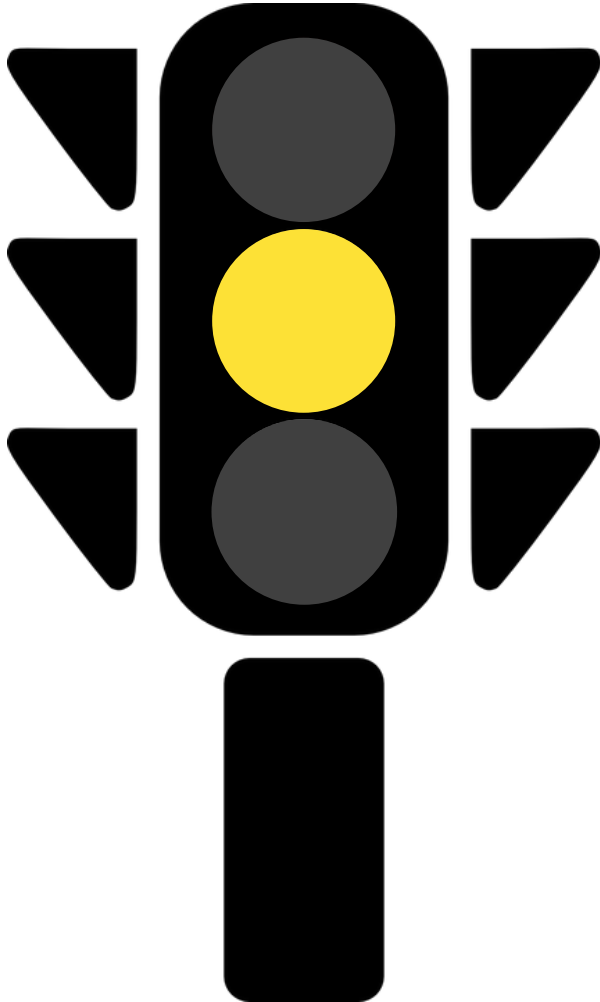
## GREEN CATEGORY

- Food should be included in the healthy menu
- For selling everyday





# Food Categories



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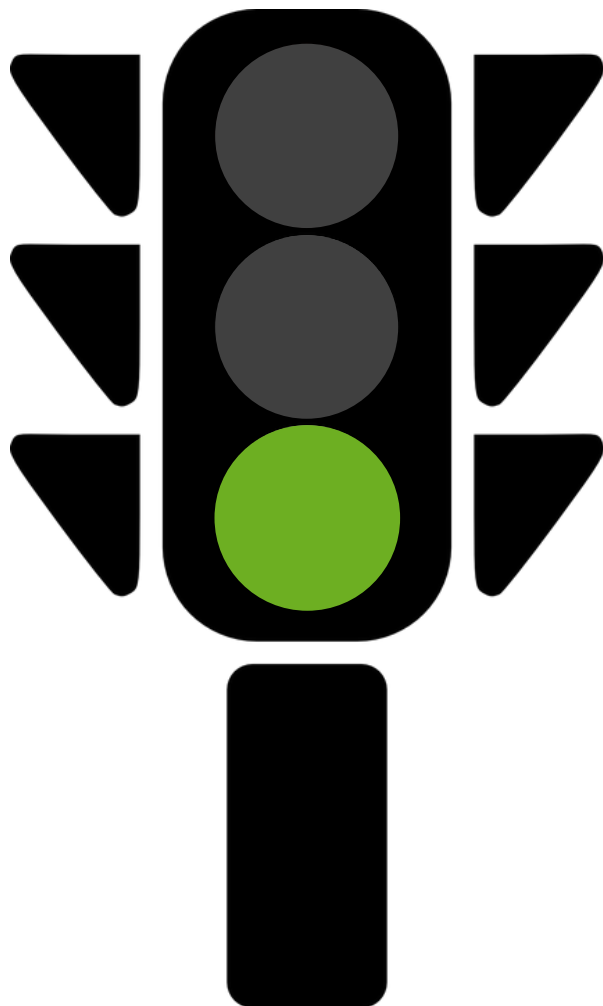
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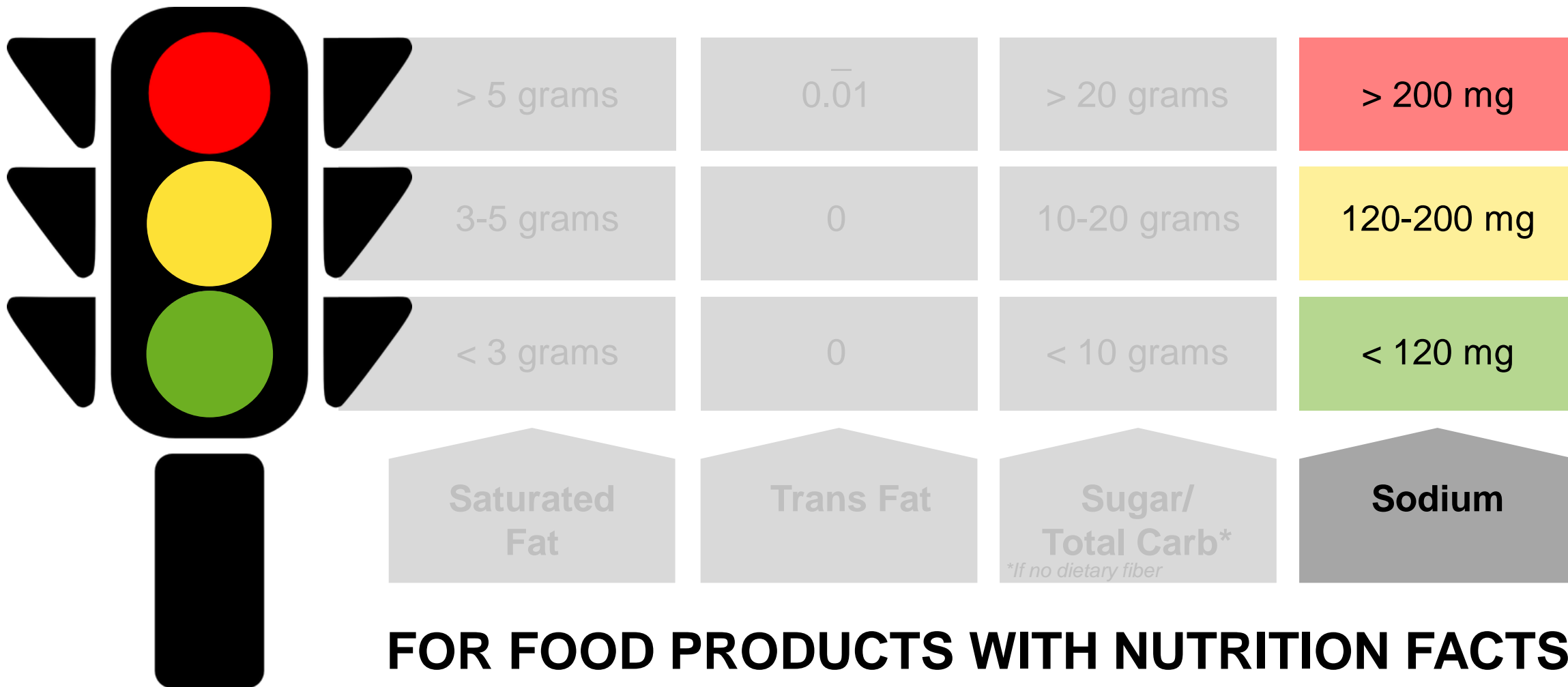


# Food Categories





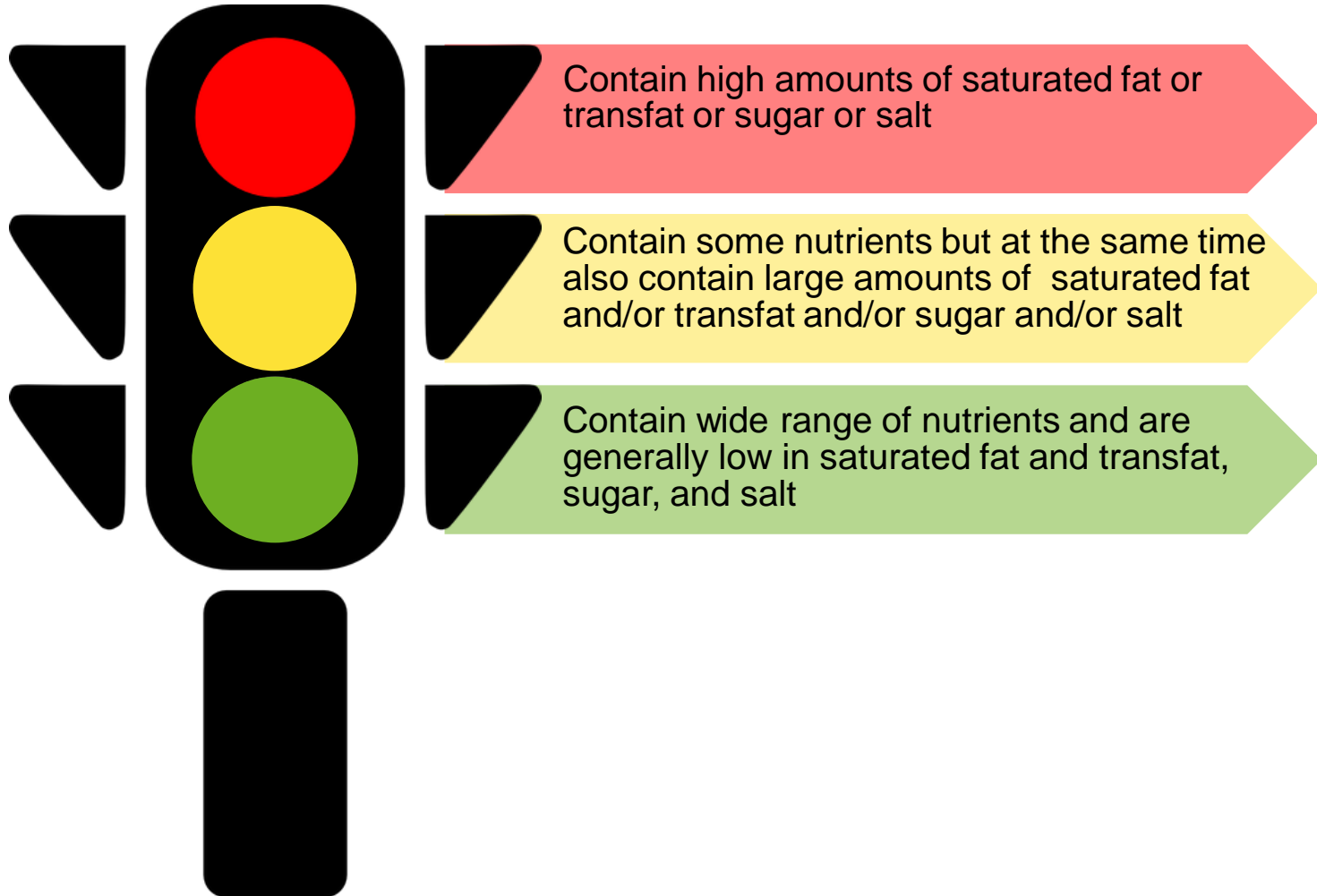
# Food Categories





# Food Categories

## For Food Products Without Nutrition Facts

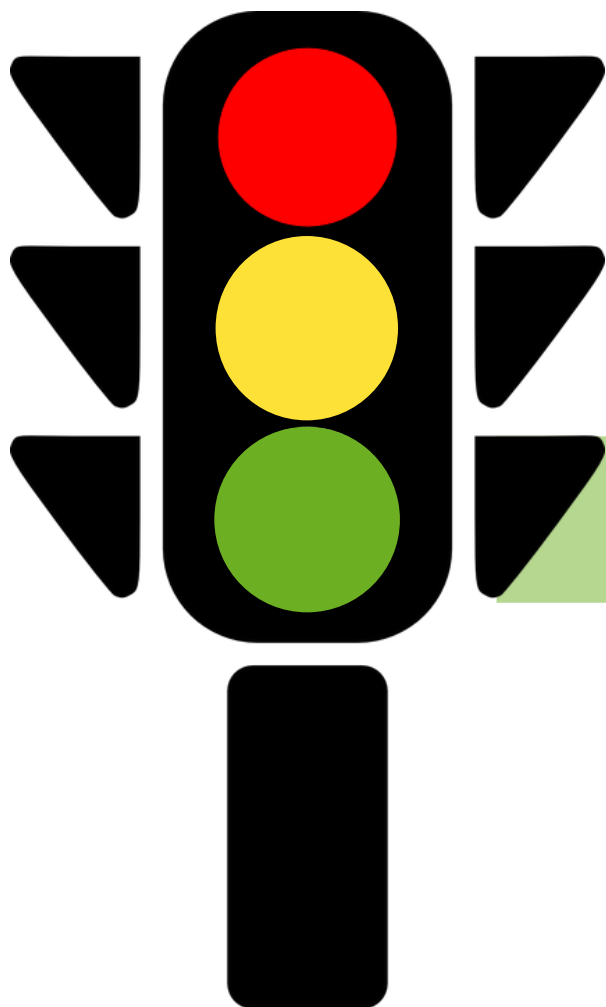






# Food Categories

## For Food Products Without Nutrition Facts



Contain wide range of nutrients and are generally low in saturated fat and transfat, sugar, and salt

**Drinks:** Milk, safe and clean water, fresh buko water (unsweetened)

**Go:** Milled rice, brown rice, corn, oatmeal, whole wheat bread, cassava, boiled kamote, boiled saging na saba, corn, binatog, boiled peanuts, puto, suman

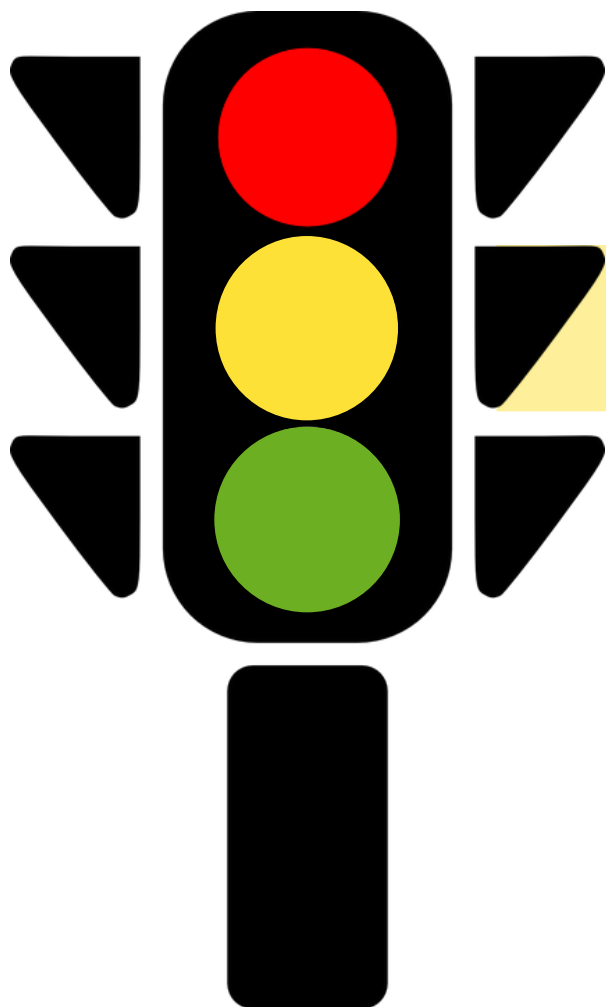
**Grow:** Fishes, shellfish, small shrimps, lean meats, chicken w/ skin, egg, nuts

**Glow:** Fresh fruits (preferably those in season), green, leafy and yellow vegetables



# Food Categories

## For Food Products Without Nutrition Facts



Contain some nutrients but at the same time also contain large amounts of saturated fat and/or transfat and/or sugar and/or salt

**Drinks:** 100% fruit juices

**Go:** Fried rice, bread (white refined flour), biscuits, banana cue, camote cue, turon, maruya, pancakes, waffles, champorado, pancit, arroz caldo, sandwiches, butter, margarine, mayonnaise

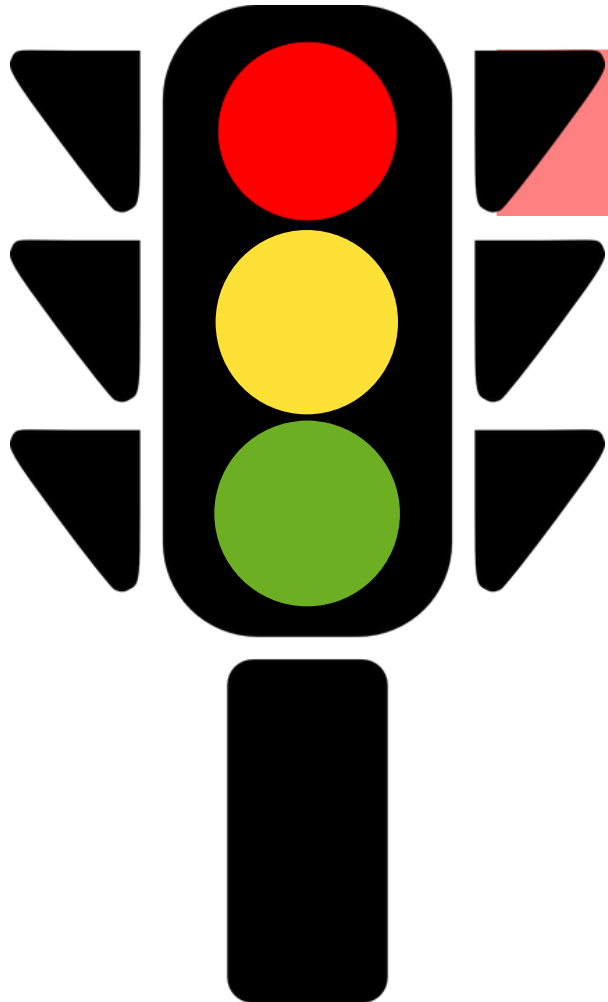
**Grow:** Processed foods such as meats/ fish, hotdogs, sausage, burger (subject to evaluation of saturated or transfat and sodium)

**Glow :** Stir-fried vegetables



# Food Categories

## For Food Products Without Nutrition Facts



Contain high amounts of saturated fat or transfat or sugar or salt

**Drinks:** Soft drinks, alcoholic drinks, sports waters/ drinks, powdered juice drinks, energy drinks, any product containing caffeine (for school canteens), any processed fruit/ vegetable juice with added sugar of more than 20 grams, etc.

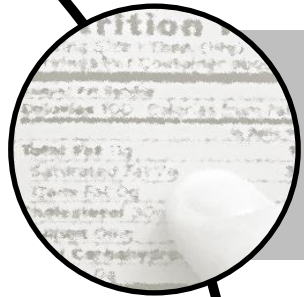
**Go:** Jelly, ice crushes, ice cream, chocolates, candies, lollipops, instant noodles, heavily-salted snacks, etc.

**Grow:** Chiharon, chicken skin, bacon, etc.

**Glow:** Sweetened/ deep-fried fruits and vegetables



# Strategy #2: Increase Healthy



Set food standards



Increase availability and accessibility of healthy and safe foods



Regulate the sale and marketing of unhealthy foods

- Readily available safe drinking water
- Condiments and sauces not displayed, but served only upon request
- Advising parents and guardians to provide healthy *baons* (no bringing of Red Category foods and drinks in school)
- Local initiatives to promote healthy foods (e.g. Veggie Tuesday, Meatless Monday)
- WinS-compliant canteens and food service facilities
- Signages that promote the policy and other nutrition messages



# Strategy #3: Regulate Unhealthy



Set food standards



Increase availability and accessibility of healthy and safe foods



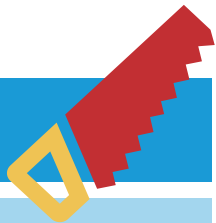
Regulate the sale and marketing of unhealthy foods

- Any form of marketing unhealthy foods prohibited in schools and DepEd offices (includes advertising, sponsorships, and promotion)
- CSR activities of manufacturers that meet criteria of the policy may be allowed but no marketing activities such as logo or brand name display
- School officials encouraged to work with LGUs for local legislation (i.e., limit the marketing of unhealthy foods and beverages within at least 100 meter radius of the school)



# Support to Policy Implementation

## CAPACITY BUILDING



- Concerned offices at all levels shall be responsible in capacitating the Regional and Division personnel, who shall in turn be responsible in capacitating HE and TLE teachers in all schools
- Schools shall conduct activities to orient students and their parents and guardians on these healthy food and beverage choices.

## PARTNERSHIPS



- DepEd and school authorities and personnel shall strictly observe the prohibition on accepting donations or sponsorships from or having financial or material involvement with tobacco companies
- Prohibitions stipulated in Executive Order No. 51 or the Milk Code of the Philippines shall be strictly observed.

## M&E



- The DepEd Central, Regional, and Division Offices shall continue to gather feedback on the implementation of this policy and guidelines from all concerned internal and external stakeholders.
- The regional and division monitors are expected to monitor compliance of DepEd Order 13, s. 2017



# Other Activities

1. The Regional Offices (ROs) and Schools Division Offices (SDOs) are encouraged to launch programs that will support healthy diets and physical activities for its employees and school children.
2. The schools are encouraged to promote and provide opportunities for school children to be active in a safe environment. The WHO recommends that children aged 5-17 should accumulate **at least 60 minutes of moderate to vigorous intensity physical activity daily**.
3. Incorporation of healthy diets, wellness, and physical activity in other school events and activities.
4. Management of overweight and obesity cases in schools through health talks to be conducted by the school nurses and engaging these students in more physical activities.



# Thank you.



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