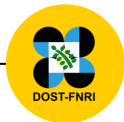


Workplace Wellness Guideline

(The #GoforHealthierDOST Experience)



Jacus S. Nacis
Science Research Specialist II
DOST-FNRI



Disclosure

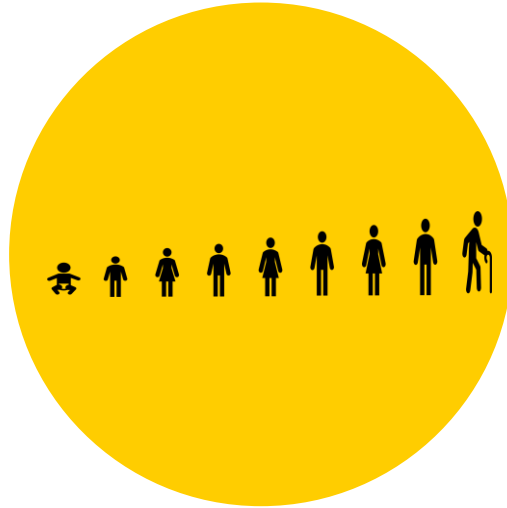
The presenter declares no known financial competing interests or personal relationships that could have influenced the initiatives presented in this lecture



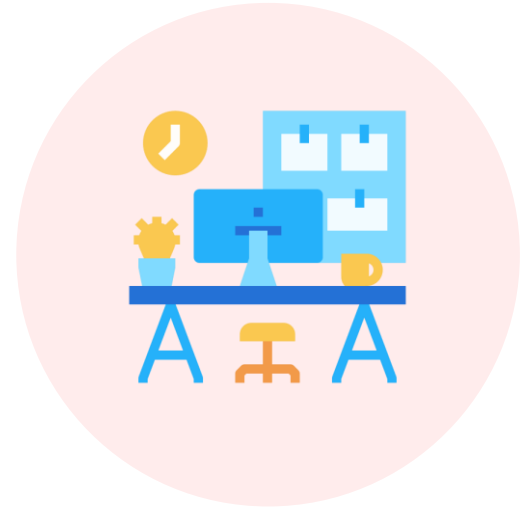
Overweight and obesity



Global,

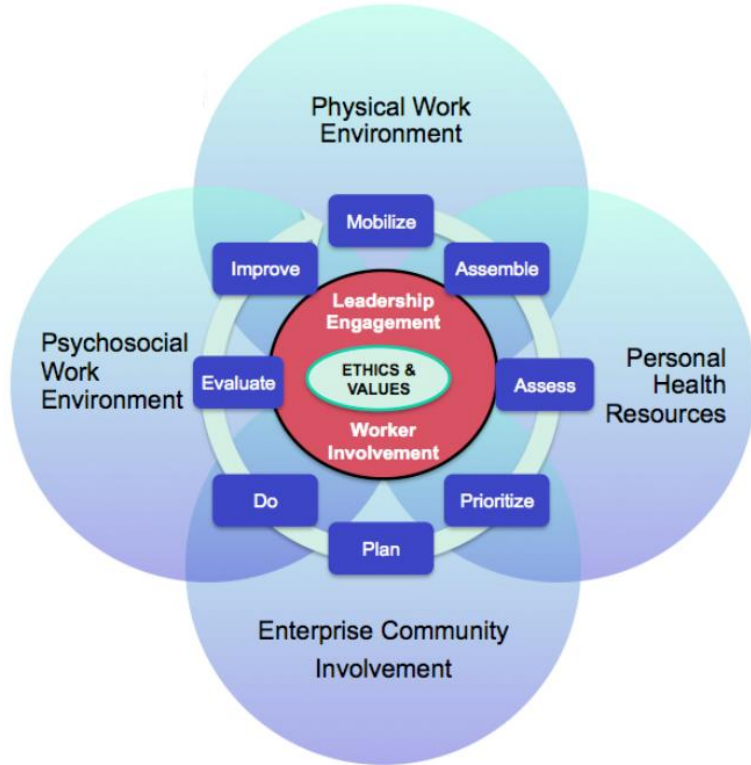


young and old alike...



even at the workplace.

The WHO Model



- Fitness-oriented
- Comprehensive wellness programs
- Education-only wellness programs

Source:

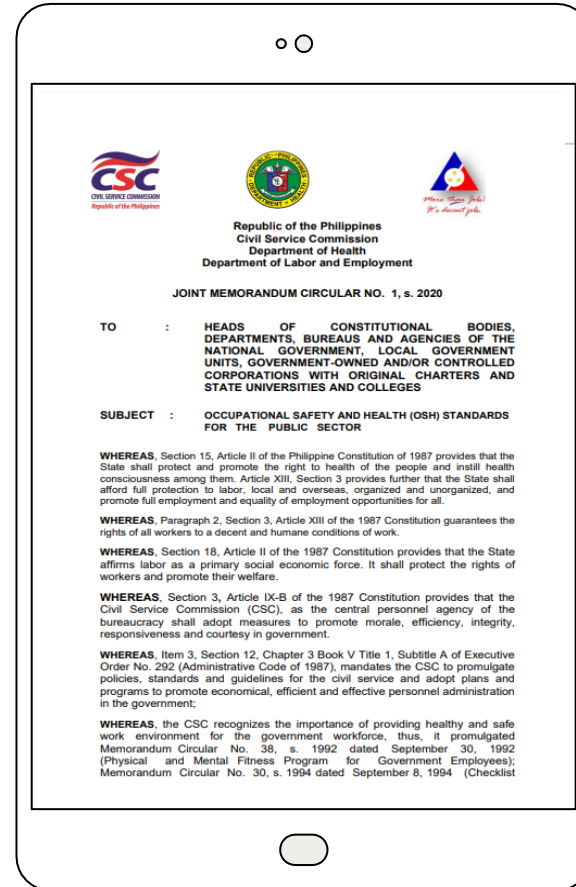
Healthy workplaces: a WHO global model for action

https://www.who.int/occupational_health/healthy_workplace_framework.pdf



Legislations

- Senate Bill 3489 (Healthy Workforce Act)
- Philippine Plan of Action for Nutrition 2017-2022





Government agencies on the move!



Metropolitan Waterworks and Sewerage System (MWSS)

Employee Health, Wellness, and Safety Program

- Physical and medical examinations
- Physical fitness and sports activities
- Seminars on nutrition and financial wellness
- Free exercise of religious activities



Government agencies on the move!



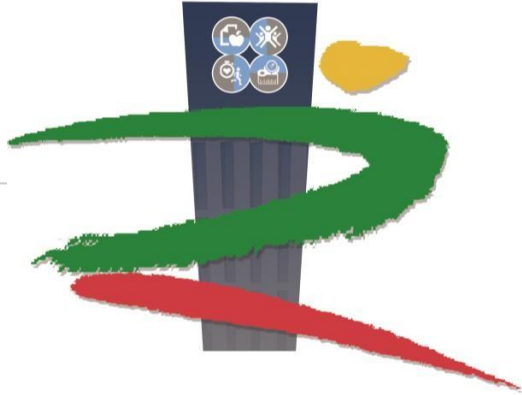
- To encourage private and public institutions to commit to establishing environments promoting healthy lifestyle choices for employees



Government agencies on the move!

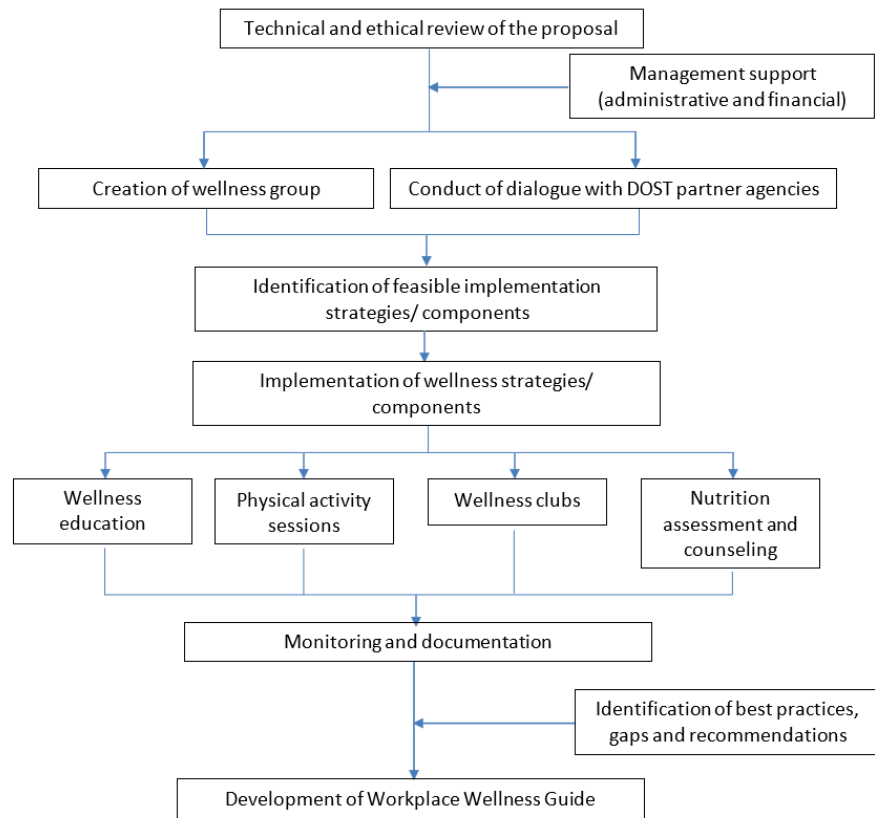


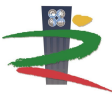
- Participation in various physical activity offerings



#GoforHealthierDOST

- An opportunity to engage in regular physical and fitness activities
- Information dissemination on proper nutrition and healthy lifestyle
- Develop and establish a workable workplace wellness guide



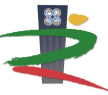


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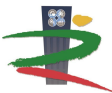
Series of lectures on health, nutrition, food and wellness

- ☉ Zumba and yoga sessions from 2:30 to 3:30 in the afternoon



#GoforHealthierDOST

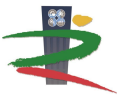




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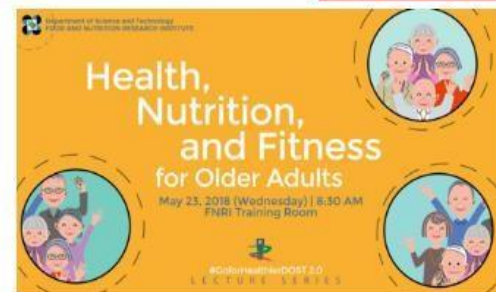
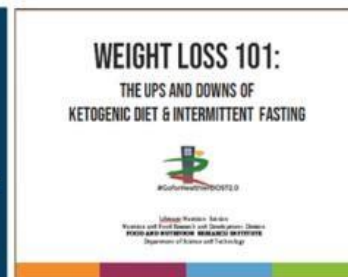
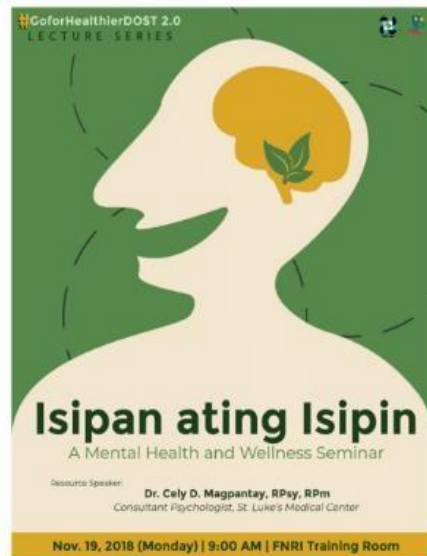
Use of the fitness room, with fitness equipment



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Periodic nutrition counselling and monitoring of weight





Don't ignore thirst!

Start your day with a glass of water

Keep a glass of water on your desk

Have a refillable water bottle with you throughout the day

Make your drinking water fun! You may add a slice of lemon to perk up your drink

Check your urine! Urine color is a useful indicator of your hydration status

How much water should you drink everyday?

at least 2 liters = 8 glasses

Drink when you feel thirsty

BEAT THE HEAT
Keep your cool during these hot days

#CoforHealthierDOST 2.0

Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE

the FAT facts: Which to eat? Which to ditch?

UNSATURATED FAT	SATURATED FAT	TRANS FAT
<ul style="list-style-type: none"> Improves blood cholesterol levels Provides essential fatty acids for good health Lowers the risk of cardiovascular diseases 	<ul style="list-style-type: none"> Raises bad cholesterol levels Increases risk of cardiovascular diseases and stroke 	<ul style="list-style-type: none"> Raises bad cholesterol levels Lowers good cholesterol Increases risk of cardiovascular diseases, stroke and type 2 diabetes
FOODS WITH UNSATURATED FAT Vegetable oils (Olive, canola, soy, corn, sunflower, safflower) Avocado Fatty Fish Nuts and Seeds	FOODS WITH SATURATED FAT Pork, beef and chicken fat Tropical oils (Coconut, Palm) Cheese Butter	FOODS WITH TRANS FAT Deep fried foods Margarine Some baked products Hydrogenated oils

Overall, consume fat in moderation to prevent cardiovascular diseases and other complications. Eat a diet that includes unsaturated fat. Limit intake of saturated fats and avoid foods high in trans fat.

What should be on your plate?

#CoforHealthierDOST 2.0

This **PINGPANG PINOY®** meal contains:

Energy, kcal	513
Carbohydrates, g	69
Proteins, g	21
Fat, g	17

Kaymto Fried Tilapia Sautéed Vegetables Steamed Rice

PINGPANG PINOY® helps us to eat the right type of food in the **right proportion** per meal to meet the body's energy and nutrient needs

GROW FOOD Body Building
Fish and alternatives
Fish, shellfish, lean meat, poultry, eggs, dried beans or nuts
Milk and other milk products

GO FOOD Energy giving
Brown rice, corn, wheat bread and oatmeal
Cabi, kamote, kamoteing bahoy and ubi

WATER AND BEVERAGES
Drink at least 8 glasses of water daily. Lessen intake of sugar-rich drinks.

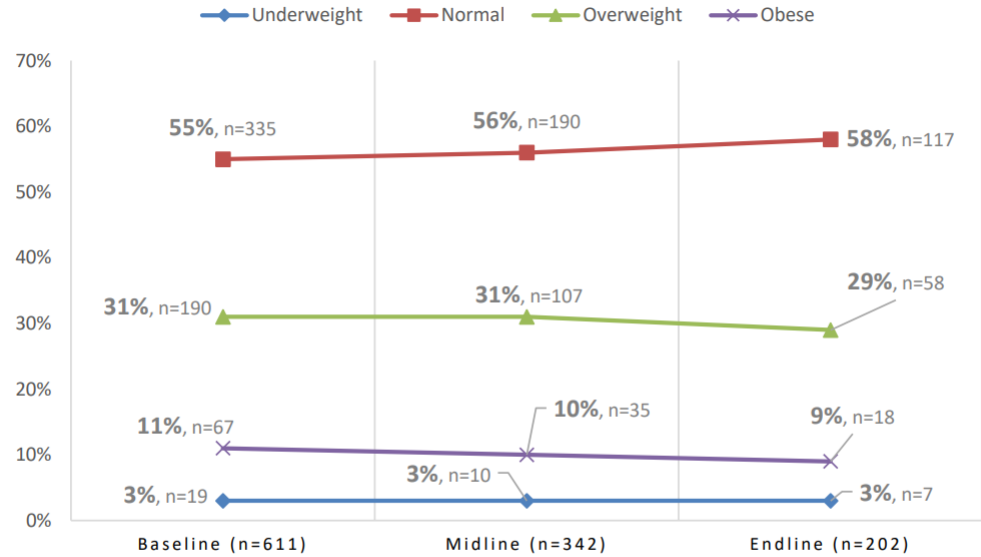
GLOW FOOD Body Regulating
Fruits
Banana, mango, dalanghisa, papaya and other fresh fruits

GLOW FOOD Body Regulating
Vegetables
Malunggay, kalabasa, sitaw, ampalaya and other vegetables

Read nutrition labels. Eat less salty, fried, fatty and sugar-rich food. Stay physically active!







Prevalence of underweight, normal, overweight and obese employees from baseline to endline

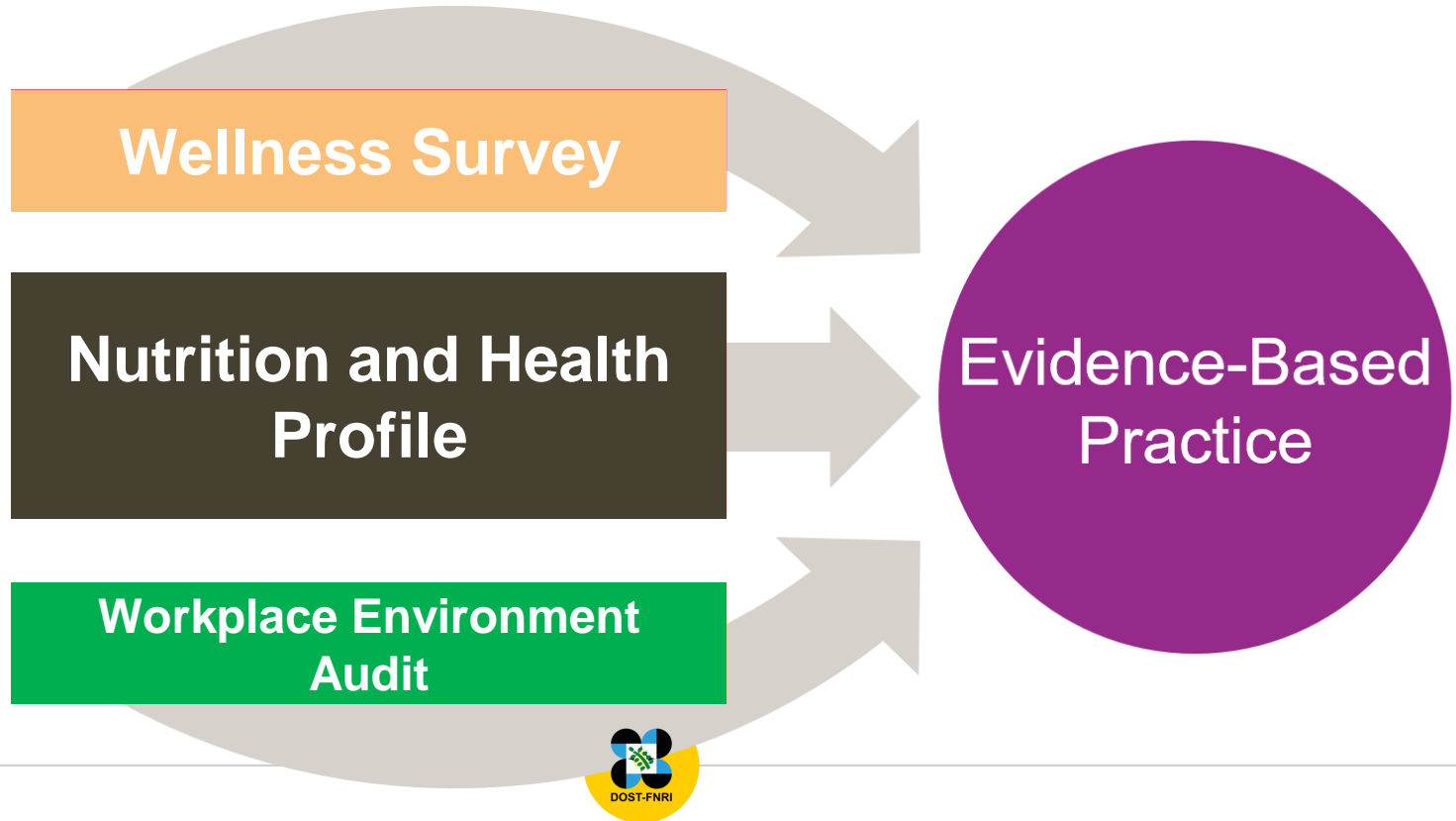
Learnings and recommendations



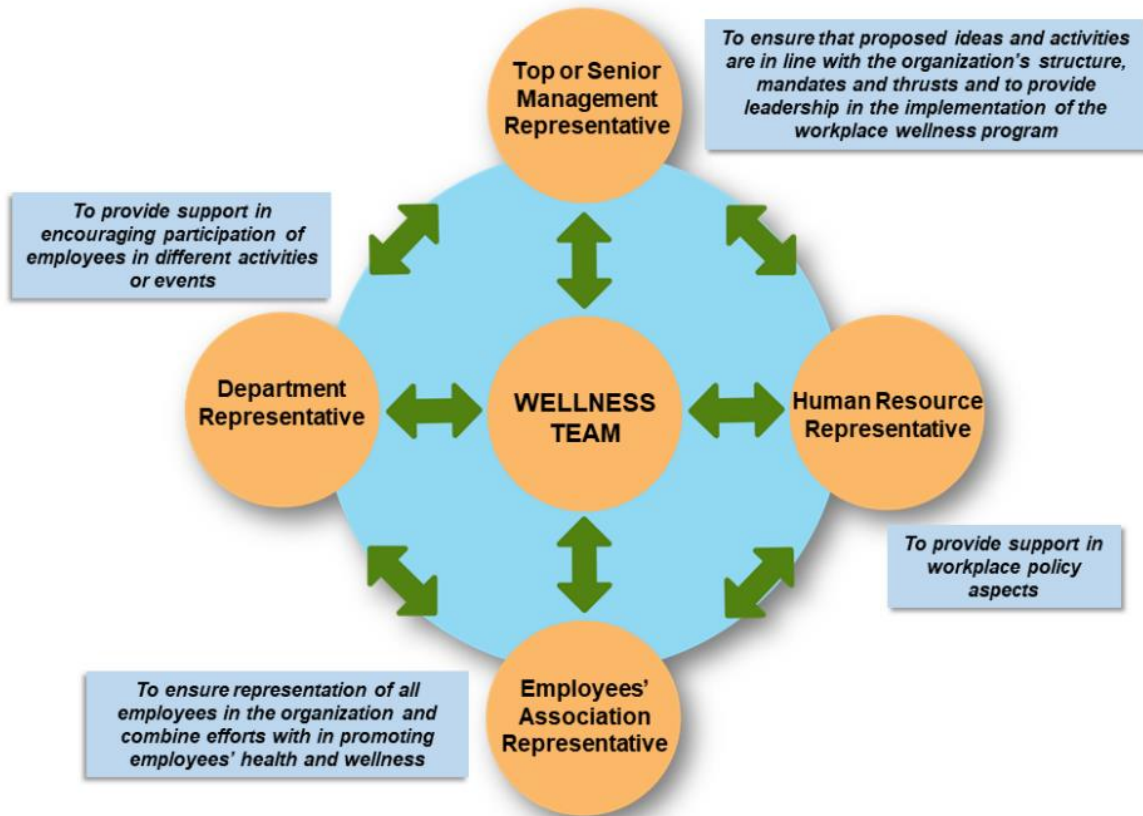
“

A vertical grey line extends downwards from the bottom of the yellow circle.

**The framework for workplace wellness
must be evidence-based**

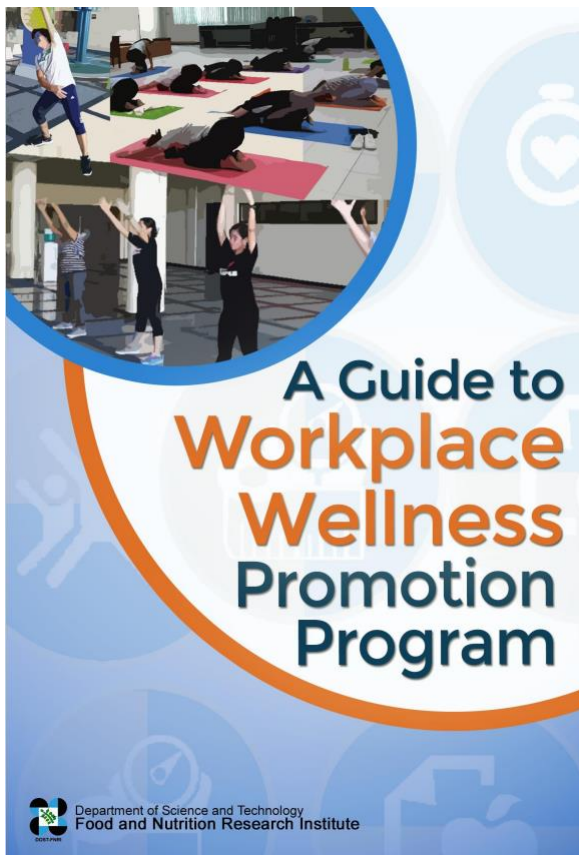


The support of the organization's management is an integral component of any workplace wellness program



Education, risk assessment, and personalization are important components





http://helponline.fnri.dost.gov.ph/helponline/help/user_index



"Uy! Parang tumaba ka?" A Webinar on Fat Shaming and Weight Stigma

April 20, 2021 (Tue) | 9:00 AM | Via Zoom
Registration Link: bit.ly/FatShameWebinar

Resource Speakers:



Chona F. Patalen, RND, MPH
Senior Science Research Specialist
Trends, Prevalence, and Associated Factors of Overweight and Obesity among Filipino Adults



Jan Paolo Dipasupil, MD, MBAH, DIBLM, DPCLM
Obesity and Lifestyle Medicine Specialist
Handling Weight Stigma and Fat Shaming

Mapapalakas
ata ang kain ah

Quarantine look
mo 'yan?

Parang pumayat ka
sa suot mo ngayon

Na-try mo na ba
ang diet na 'to?



Are you a government employee working near or within DOST Bicutan?

We still have this seat for you

Be among the first
recipients of the DNA-
based weight-loss
recommendation developed
by the DOST-FNRI

A guided weight-loss
journey for a year (with
registered nutritionist-
dietitians and genetic
counselors)

The MyGeneMyDiet trial is still
looking for participants.

Visit this link <http://122.53.86.115/mygenemydiet/>
or e-mail us at mygenemydiet@gmail.com for
more info.



Free monitoring of
weight, lipid profile, and
blood sugar while
enrolled in the study





Thank you!

Jacus S. Nacis, RMT, MBAH

Nutritional Genomics Unit, Nutrition and Food R&D Division

DOST-Food and Nutrition Research Institute (FNRI)

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jacusrnacis@gmail.com