



REGIONAL DEVELOPMENT COUNCIL – ILOCOS REGION

NEDA REGIONAL OFFICE I

EXCERPT FROM THE MINUTES OF THE 4th REGULAR REGIONAL DEVELOPMENT COUNCIL (RDC)-1 MEETING FOR CY 2019 HELD ON 28 NOVEMBER 2019 AT LINGAYEN, PANGASINAN

RDC-1 Resolution No. 102, s. 2019

ENJOINING ALL REGION 1 REGIONAL LINE AGENCIES (RLAS) AND LOCAL GOVERNMENT UNITS (LGUS) TO INSTITUTIONALIZE THEIR HEALTHY LIFESTYLE PROGRAM

WHEREAS, the Philippine Plan of Action for Nutrition (PPAN) 2017-2022 along with other existing policies and programs including Pilipinas Go 4 Health program, National Occupational Health and Safety Policy Framework, Civil Service Commission (CSC) Memo Circular No. 4, Series 2003 (Promotion of Good Nutrition in Bureaucracy) targeted government workers to improve their nutritional status to contribute to the efficiency of the bureaucracy;

WHEREAS, the National Nutrition Council (NNC) Governing Board through Resolution No. 5 s. 2018 adopted the NNC Policy Statement on Nutrition Program for Government Workers which aims to contribute to the improvement of nutritional and health status of state workers by preventing increase or reducing the prevalence of obesity and clinical manifestations of non-communicable diseases (NCDs), as a result of healthier diets and increased physical activity;

WHEREAS, the 8th National Nutrition Survey (NNS) conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) showed that adult workers categorized as officials, professionals and clerks were reported to have the poorest nutrition and health status; and with officials having the highest prevalence of overweight and obesity at 49.6% and a way higher than the national prevalence among adults at 31.1%;

WHEREAS, based on the Philippine Nutrition Facts and Figures of 2015, 42.5% of the adult population was insufficiently physically active in which significantly more females at 52.9% were observed to be inactive compared to males at 30.1%;

WHEREAS, individuals who are overweight and obese compared to those who are in normal weight range have increased risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate, and colon cancers;

WHEREAS, addressing the poor health and nutrition status of government workers requires the provision of services including promotion of healthy lifestyle, healthy food environment, weight management intervention, nutrition promotion in the workplace and policy development for food and nutrition which are among the programs and projects of the Regional Plan of Action for Nutrition (RPAN) 2019-2022;

WHEREAS, during the 4th Regular Regional Social Development Committee (RSDC)-1 Meeting on November 26, 2019, the body endorsed the resolution requesting the Regional Development Council-1 (RDC-1) to enjoin all Region 1 Regional Line Agencies (RLAs) and Local Government Units (LGUs) to institutionalize their Healthy Lifestyle Program;

NOW, THEREFORE, FOR AND IN CONSIDERATION OF THE ABOVE PREMISES, BE IT RESOLVED, as it is **HEREBY RESOLVED** to enjoin all Region 1 Regional Line Agencies (RLAs) and Local Government Units (LGUs) to institutionalize their Healthy Lifestyle Program;

RESOLVED FURTHER, that the concerned RLAs and LGUs to implement the following healthy lifestyle activities in their respective offices but not limited to:

1. Formulate policies and develop plans to support consumption of healthy diets and promote good nutrition in the workplace with appropriate logistic and funding support,
2. Organize regular Physical Activities such as exercise and dance sessions before or after work, organize sports clubs including provision of a room with equipment for exercise,
3. Provision of healthier food environment by making available nutritious locally produced foods and beverages in the canteen,
4. Compliance to RDC Resolution No. 7 s. 2019 enjoining RLAs, LGUs, SUCs, the academe and all concerned entities to utilize Pinggang Pinoy as basis in serving meals and snacks during meetings, conferences, trainings and other related activities,
5. Make safe drinking water freely available in the workplace,
6. Establish and sustain office garden,
7. Conduct nutrition literacy among employees and display nutrition IEC materials in strategic areas,
8. Conduct regular assessment of nutritional status (Body Mass Index or BMI) of employees and refer overweight and obese employees to nutrition clinics or partner with the association or organization of nutritionist-dietitians for individualized weight management program,
9. Establish lactation rooms and breastfeeding breaks for nursing mothers or compliance to RA 10028,
10. Intensify implementation of No Smoking Policy;

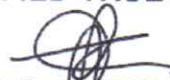
RESOLVED FURTHER, that the Region 1 RLAs and LGUs to submit annual plan and accomplishment report to the NNC Regional Office I being the secretariat of the Regional Nutrition Committee (RNC)-1;

RESOLVED FURTHER, that the NNC Regional Office I to monitor compliance of the RLAs and LGUs, and present quarterly accomplishment reports to the RSDC-1 and annual report to the RDC-1 during their meetings;

RESOLVED FINALLY, to provide copies of this resolution to all members of the RDC-1 and its Sectoral, Support and Sub-committees for their information;

APPROVED, this 28th day of November 2019, Lingayen, Pangasinan.

CERTIFIED TRUE AND CORRECT:



DONALD JAMES D. Gawe
RDC-1 Secretary
(NEDA RO1 Assistant Regional Director)

ATTESTED BY:



NESTOR G. RILLON
RDC-1 Vice-Chairperson
(NEDA RO1 Regional Director)