

Republic of the Philippines
REGIONAL NUTRITION COMMITTEE

Resolution No. 1, Series of 2019



***Strengthening the Promotion of Healthy Lifestyle at the Regional Government Offices
and Local Government Units***

Whereas, the 7th and 8th National Nutrition Surveys of the Department of Science and Technology- Food and Nutrition Research Institute (DOST-FNRI) showed that working adults with occupations categorized as officials, professionals and clerks, had high prevalence of overweight and obesity, hypertension, high fasting blood glucose and high cholesterol; and with low physical activity when compared to other occupational groups;

Whereas, research has shown that promoting good health in the workplace provides benefits both to the employees and to the organization which include increased productivity and improved well-being;

Whereas, promoting healthy lifestyle in Regional Offices is consistent with the objectives and strategies of the Philippine Plan of Action for Nutrition 2017-2022 and Regional Plan of Action for Nutrition 2019-2022 particularly the nutrition specific programs Nutrition Promotion for Behavior Change Program and Overweight and Obesity Prevention and Management Programs; 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 the Bureaucracy), and NNC Governing Board Resolution No. 05 Series of 2018, among others;

Whereas, the promotion of Healthy lifestyle for government workers as part of the healthy workplaces program contributes to the reduction of overweight and obesity and non-communicable diseases prevalence rate;

NOW, THEREFORE, RESOLVED AS IT IS HEREBY RESOLVED, in consideration of the foregoing, we the members of the Regional Nutrition Committee promote healthy lifestyle at the Regional Government Offices;

RESOLVED FURTHER, that we commit our departments or agencies or organizations to:


1. Implement in our respective offices Healthy Lifestyle activities/ programs such as:
 - Launching of physical activity program (like radio taiso/calisthenics, and zumba)
 - Provision of healthier food environment by making available healthy and nutritious locally produced foods and beverages in the canteen and during meetings
 - Establishment of office backyard vegetable garden
 - Conduct of Nutrition information and education activities for behavior change
 - Conduct of regular monitoring of Body Mass Index (BMI) of employees with logbook
 - Intensify implementation of no smoking policy

2. Ensure the availability of needed resources including related budgetary requirements in the agency budget;
3. Participation in the Regional Nutrition Committee Inter-agency physical fitness activities spearheaded by the NNC ROII.

RESOLVED FURTHER, that the National Nutrition Council Region II ensures the wide dissemination of this resolution to enable stakeholders align their efforts along the priority concerns.

RESOLVED FURTHER, that the National Nutrition Council, Region II monitors the full implementation of this resolution.

Approved this 15th of March 2019.


RIO L. MAGPANTAY, M.D., PHSAE, CESO III

Regional Director, Department of Health Region II &
Chairperson, Regional Nutrition Committee

Attested:


MARIA GISELA M. LONZAGA

Secretary, Regional Nutrition Committee &
OIC, Nutrition Program Coordinator
National Nutrition Council, Region II