

Republic of the Philippines
REGIONAL NUTRITION COMMITTEE
Region II

Resolution No. 2, Series of 2019

**ADOPTING AND IMPLEMENTING THE NNC POLICY STATEMENT
ON FAD DIETS**

WHEREAS, the National Nutrition Council, is the highest policy-making body on nutrition issues and concerns;

WHEREAS, good nutrition is founded on the three basic principles – Balance, Moderation and Variety, and anything taken in excess may result to being overweight and obese;

WHEREAS, several studies gave proof that fad diets exclude or severely restrict food groups, cutting out on key nutrients needed by the body resulting in an imbalanced eating pattern and lack of variety, thus causing stress, weakness, fatigue, and psychological effects in the long run;

WHEREAS, due to the widespread dissemination of information through print, advertisements through broadcast, print and the new media and testimonials brought about by social media, different forms of fad diets claiming speedy results on weight loss without any attempt of physical activity, poses a serious problem on the overall nutritional state of an individual;

WHEREAS, it is the National Nutrition Council's objective to protect the public against the detrimental effects of fad diets and ensure the nutritional well-being of Filipinos by providing guidance to health and nutrition practitioners in promoting and encouraging healthy lifestyle;

WHEREAS, the promotion of healthy lifestyle and the discouragement of fad diets, among government agencies is consistent with the objectives of the PPAN 2017-2022 and RPAN 2019-2022 particularly on programs on Nutrition Promotion for Behavior Change and Overweight and Obesity Prevention and Management, along with other existing policies and programs including *Pilipinas Go 4 Health* Program and the NNC Governing Board Resolution No. 4 Series of 2018, among others.

NOW THEREFORE, RESOLVED AS IT IS HEREBY RESOLVED, in consideration of the foregoing, we the members of the Regional Nutrition Committee, do hereby adopt the policy statement on fad diets, as follows:

"Fad diets are not recommended for weight loss as it may pose potential health risk and dangers. Instead, the NNC recommends the adherence to a holistic, sustainable, adequate, and nutritionally-balanced diet, complemented by an active lifestyle and lifelong behavioral modifications. It is also

the position of the NNC that individual efforts to address overweight and obesity must be complemented with population-based interventions, particularly on the promotion of healthier food environments and food systems and public awareness through behavior-change communications, to prevent further increase in overweight and obesity prevalence in the country."


RESOLVED FURTHER, for the local government units and regional line agencies to adopt and support the implementation of the resolution.

RESOLVED FURTHER, that the National Nutrition Council Region II disseminate the Policy Statement to the following:


1. Registered Nutritionist-Dietitians;
2. Local health and nutrition workers;
3. Associations, organizations, and other stakeholders related to nutrition, health, and fitness;
4. Academe in Nutrition and Dietetics, medical and allied fields;
5. General public through the radio, publication in major dailies, websites and social media.

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

Approved this 15th of March 2019.


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Regional Director, Department of Health
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Attested:


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