

"Tutok Kainan" Supplementation Program launched

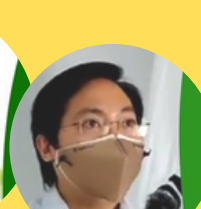


**TASK FORCE
ZERO HUNGER**

Soft Launch
23 November 2020
National Nutrition Council
Taguig City



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Executive Director, NNC



ATTY. KARLO ALEXEI B. NOGRALES
Cabinet Secretary



MAYOR EVELIO LEONARDIA
Bacolod City



CNAO CRISTINA WONG
Cadiz City

The "Tutok Kainan" Supplementation Program was launched recently as an answer to the call on the First 1,000 Days Law.

Cabinet Secretary Carlo Nograles said that Tutok Kanin is a response to the gaps in the implementation of the National Food Policy, especially on supplementation program.

"It is very important that we launch this program because this is the program that will start it all," Nograles said, adding that the program will show to the people of the Philippines and the world that the government is serious in implementing the National Food Policy.

"It is really making sure that we implement correctly the goals and objectives enshrined in the First 1,000 Days Law," Nograles further said.

LCEs RESPOND

Meanwhile, the local chief executives of two target areas of Tutok Kainan, Cebu City and Bacolod City expressed their support to the program.

Mayor Evelio Leonardia, of Bacolod City said the Tutok Kainan Supplementation Program is a great way to ensure the health of nutritionally at-risk pregnant women, not only for their sake, but for the sake of the future and development of the child they carry.

"This program will benefit the future of our society as a whole. We will do our share and we hope to learn from the best practices of other LGUs," Mayor Leonardia said.

On the other hand, the City Government of Cebu said it will always be supportive in any activity, in any project, that involves nutrition for children, for pregnant women, and all Filipinos.

"It is because nutrition is the thing." - Mayor Edgardo Labella said.

Twenty-nine LGUs are covered by the program namely Bacolod City, Bago City, Cadiz City, Calatrava, Candoni, Cauayan, Enrique B. Magalona, Escalante City, Himamaylan City, Hinigaran, Hinoba-an, Ilog, Isabela, Kabankalan City, La Castellana, Manapla, Moises Padilla, Murcia, Pontevedra, Pulupandan, , Sagay City, Salvador Benedicto, San Enrique, Silay City, Sipalay City, Talisay City, Toboso, Valladolid, and Victorias City.

ADDRESSING STUNTING



The program will initially target some 34,000 nutritionally at-risk pregnant women in provinces that have high rates of child stunting and areas affected by recent typhoons.

NNC Executive Director Dr. Azucena Dayanghirang said that by next year, the program hopes to expand to include malnourished children 6-23 months old.

Director Dayanghirang said that malnourished pregnant women and 6-23 months old children are specifically targeted to prevent child stunting in the first two years of life or the period referred to as the First 1000 Days.

"If we lose this opportunity to intervene in this critical period, we expect children to be stunted for the rest of their life as stunting becomes

irreversible beyond 2 years," Director Dayanghirang said, adding that stunting not only affects physical development but also mental development.

IATF ON ZERO HUNGER

"Tutok Kainan" is implemented in collaboration with the Interagency Task Force (IATF) on Zero Hunger chaired by Cabinet Secretary Karlo Nograles.

"Tutok Kainan" program will provide the Enhanced Nutribun, ready-to-eat lipid-based nutritional supplement and hot meals for three months starting December this year.

The program is also in line with the recommendation of the IATF on Emerging Infectious Diseases last October to provide feeding to malnourished pregnant women and 6-23 months old stunted children to minimize the impact of the pandemic on the nutrition of vulnerable groups.

National Children's Month marks 28th year

This November 2020 marks the 28th anniversary of the celebration of National Children's Month.

In compliance with the new normal condition and strict compliance with the minimum health standards, the NCM observance utilized multi media (i.e. print media, broadcast media, outdoor media, and the social media) as a tool in discussing and educating Filipinos on children's rights, parenting, and the concerns surrounding them.

This year's celebration also anchored on the 3rd National Plan of Action for Children (NPAC) Goals to progressively realize the rights of children, for a better quality and improved way of life; are well nourished, have healthy lives and are active learners with good quality education; are safe and free from violence, abuse, neglect and exploitation; and, are actively participating in decision-making processes affecting their lives according to their evolving capacities.

In addition, the observance was also aligned to the key result areas of the Philippine Plan of Action to End Violence Against Children (PPAEVAC).

The 2020 focused on Upholding Children's Rights During the Pandemic Like COVID-19, with the theme: *Sama-samang Itaguyod Ang Karapatan ng Bawat Bata sa Panahon ng Pandemya!*

According to the United Nation's Policy Brief on COVID-19 and Children, "there are three main ways children are affected by the crisis and this includes infection with the virus itself, immediate socioeconomic impacts of measures to stop virus transmission and end the pandemic, and the potential longer-term effects of delayed implementation of the Sustainable Development Goals."



The enhanced community quarantine (ECQ) situation restricted people's movement with overcrowding in the homes, increased the number of people who experienced absence or loss of income to buy basic essentials for the family, and induced higher level of stress and anxiety brought by COVID 19. By this, children may encounter forms of violence right within the family, especially in already violent or dysfunctional families.

Particularly, COVID-19 has disrupted the environments where children thrive and these disruptions affect the rights of the children to survive, develop, to be protected and participate safely and fully. The distress within the families coupled with restricted movement exacerbated the risks of children to neglect, exploitative labor, social exclusion, physical, sexual, psychological, offline and online sexual abuse, which existed long before COVID-19.

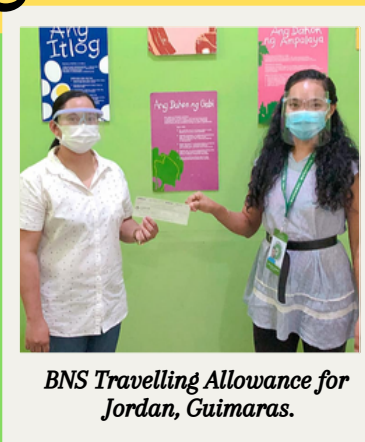
BNS Travelling Allowance & Assistance



BNS Travelling Allowance for Tigbauan, Iloilo.



Medical Assistance for BNS Monie T. Cabaya of Leon, Iloilo.

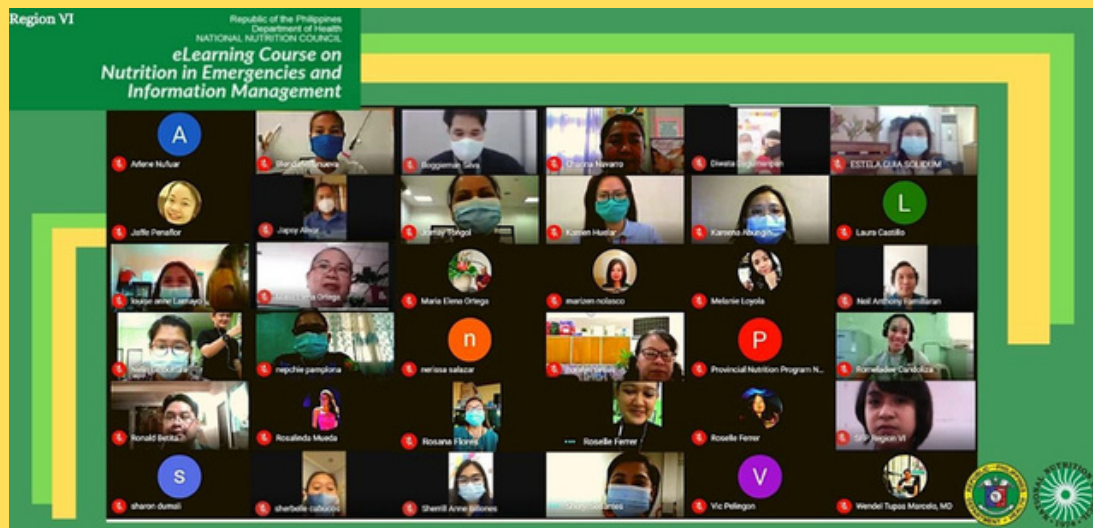


BNS Travelling Allowance for Jordan, Guimaras.



BNS Travelling Allowance for San Remigio, Antique.

NiE-IM eLearning Course held



The first Live Open forum for e-learning Course on Nutrition in Emergencies and Information Management (NiE-IM) which started October 29 and will run until December 9.

There are 37 participants composed of Provincial Health Officers, DRRM Officers, CSWD Officers, and Agriculturists from provinces of Aklan, Antique, Capiz, Guimaras, Iloilo, Negros Occidental. Also participating were representatives from La Carlota City, Passi City, Carles and Miag-ao.

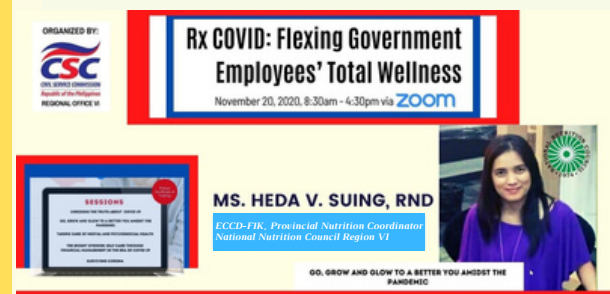
The course aims to provide proper nutrition management and strategies in times of disaster and public health emergencies. Further, it seeks to enhance the knowledge and skills of the participants on nutrition in emergencies and information management.

The training is being conducted through blended learning which uses a synchronous and asynchronous mode of learning. During the offline sessions, participants have the option to choose their most convenient time within the allotted time frame to log-in and study at the Google Classroom.

Questions posted by the participants at the Google Classroom were answered by National and Regional Nutrition Experts among whom were Ms. Jomarie Tongol, Nutrition Officer III, Ms. Kareena Abungin, Nutrition Officer II of NIED and Ms. Jesel Bagos, Nutrition Officer II of NPPD, NNC Central Office.

The Regional team is composed of Ms. Sheryl Sedantes, NOIII, and OIC of NNC Region VI joined by Ms. Ma. Azucena Arroyo, ND IV of DOHRVI, and Ms. Girl Ley Arroyo of DSWD RVI.

NNC VI talks on wellness in CSC Webinar



NNC VI ECCD-F1K PNC Heda V. Suing served as resource person in a webinar initiated by the Civil Service Commission, entitled Rx COVID: Flexing Government Employees Total Wellness last November 20.

Ms. Suing talked on the topic Go, Grow, Glow to a Better You Amidst the Pandemic where she discussed Healthy Eating, Proper Nutrition During Isolation and Physical Fitness and Lifestyle.

The webinar aimed at giving the government workforce credible information on COVID-19, how to prepare in this time of crisis and how to become proactive to achieve a better work-life balance.

Nutrisyon para sa Older Persons

1

Kapag hirap sa pagnguya, hiwain sa maliit na piraso ang pagkain. Pumili ng malalambot na pagkain. Mas mainam at pinasingawan at nilagang pagkain para sa ating mga lola at lola.



2

Kapag nawawalan ng gana, kumain ng pakonti-konting pagkain pero madalas o small frequent feeding.



3

Kapag nakaramdam ng pagtitibi or constipation, kumain ng mas maraming prutas at gulay dahil marami itong hibla o fiber. Uminom ng maraming tubig araw-araw para iwas din sa urinary tract infection.



4

Kung may altapresyon, limitahan ang maaalat at matatabang pagkain sa diyeta. Gumamit ng mga natural na pampalasa tulad ng luya, kalamansi at iba't ibang herbs.



5

Magkaroon ng physical activity tulad ng pagsasayaw, paglalakad, pagwawalas, at pagtatanim. Magpakonsulta din sa doktor bago magsagawa ng mga mabibigat na ehersisyo.





THE MORE YOU KNOW, THE MORE YOU GROW! Alamin ang mga sanhi ng stunting.



Maagang pagbubuntis (teen pregnancy).
Mas malaki ang tsansang bansot si baby
dahil hindi sapat ang nutrisyon ng batang ina.

Kulang sa tamang nutrisyon sa pagbubuntis.
Dapat may sapat na nutrisyon si nanay bago magbuntis
at habang buntis. Tiyakin ang sapat na weight gain
at regular na pre-natal visit.



Maling paraan ng pagpapakain.
Hindi sapat ang dalas, dami, at uri ng pagkain kay baby.



Bitin sa breastfeeding.
Pasusuhin si baby sa unang anim na buwan
at ipagpatuloy ito hanggang dalawang taon o higit pa.



Madalas na pagkakasakit.
Kapag hindi malinis ang pagkain, inumin,
at kapaligiran ni baby, mas madali siyang magkasakit.

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NUTRI MESSAGE

It is my pleasure to greet you and welcome you to this issue of e-Nutri News. I consider this a great privilege to be given the chance to hold the reins of NNC VI, after the incomparable competence, capability and passionate service that Ma'am Nona B. Tad-y, our Regional Nutrition Program Coordinator. She has retired after years of unfailing dedication and commitment to the goals and mandates of the NNC.

It is upon my responsibility now to carry on the tasks that are yet to be done, getting much guide the end of there we move on.

We are a month away from 2021 and these remaining days we spend in meetings and updating, reviewing the status of our projects and activities. I encourage everyone, our primary stakeholders and partners to give a closer look at how far we have gone, and what things have to be done yet.

In everything, our cooperation and support of each other remain vital. Learn from the information tackled by this issue of e-Nutri News. This is also a way of bringing nutrition information and education to our communities.

SHERYL SEDANTES
NO III, Officer-in-charge



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