



REPUBLIC OF THE PHILIPPINES
REGIONAL DEVELOPMENT COUNCIL
CORDILLERA ADMINISTRATIVE REGION

Botanical Garden, Leonard Wood Road, 2600 Baguio City
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RSDC - CAR Resolution No. 4, series of 2019

APPROVING THE PROPOSED PINGGANG PINOY-BASED MENU AND ENJOINING THE DEPARTMENT OF HEALTH (DOH) HOSPITALS, REGIONAL LINE AGENCIES (RLAs), STATE UNIVERSITIES AND COLLEGES (SUCs), AND LOCAL GOVERNMENT UNITS (LGUs) TO ADOPT THE MENU FOR THEIR TRAININGS, WORKSHOPS, MEETINGS, AND OTHER ACTIVITIES

WHEREAS, the Resolution No. 1, series of 2018 of the Regional Social Development Committee (RSDC) entitled, "Resolution Encouraging Regional Line Agencies, DOH Hospitals and LGUs to Provide Healthier Food Options During Meetings, Trainings Workshops and Other Activities," was approved in response to the high prevalence of overweight and obesity among regional government employees at 54%, based on the nutritional assessment survey conducted among regional offices in 2017;

WHEREAS, the high prevalence of overnutrition increases the risk of employees to non-communicable diseases, thereby potentially adversely affecting their productivity and quality of life;

WHEREAS, the National Nutrition Council (NNC) – Cordillera Administrative Region in coordination with the Nutritionist Dietitian Association of the Philippines (NDAP)-Baguio-Benguet Chapter convened a technical working group (TWG) to design and undertake the food preference survey among regional line agencies (RLAs), with the results inputted to the proposed menu;

WHEREAS, the food and beverage managers of hotels and restaurants and caterers were consulted to enable the TWG to finalize the menu and integrated it to the *Pinggang Pinoy*, a food plate model for Filipinos developed by the Food and Nutrition Research Institute indicating right food group proportions on a per meal basis, the 2018 food preference survey among the regional line agencies (RLAs), DepEd Order No. 13, s. 2017, and RICT resolution No. 1, s. 2018, and the established guidelines for meal planning;

WHEREAS, the members of the Regional Implementation and Coordination Team affirmed the adoption of the final menu during its meeting on July 2, 2019 as one step in ensuring healthier diets as well as in addressing the high overnutrition among government employees.

NOW THEREFORE, ON MOTION DULY SECONDED, BE IT RESOLVED, AS IT IS HEREBY RESOLVED, that the Regional Social Development Committee (RSDC) approves the proposed Pinggang Pinoy –based Menu and enjoins the Department of Health (DOH) hospitals, the regional line agencies (RLAs), state universities and colleges (SUCs) and local government units (LGUs) to adopt the menu for their trainings, workshops, meetings, and other activities;



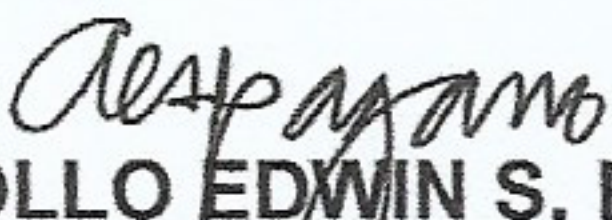
The round metal gong of the Cordillera known locally as "gangsa" is a symbol of the upland people's culture that has been passed on from generations to another.
The profile of a person blowing a "tangguyob" represents a community being called for an important matter or action. The lines that shape the mountains, the rice terraces, clouds and rivers symbolize the connectivity and flow of human interaction in a geographic area such as the Cordillera.
All the symbols combined represent unity and harmony of the people with culture and environment in beating the gong.



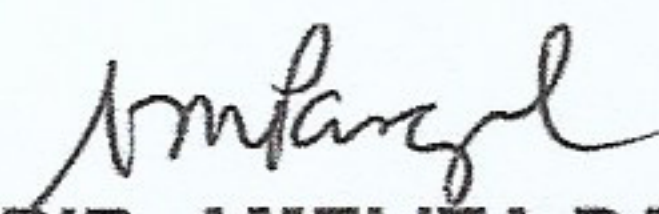
RESOLVED FURTHER, that copies of this resolution be furnished to the Regional Implementation and Coordination Team (RICT) for information and appropriate action.

UNANIMOUSLY approved this 7th day of June, 2019 at the DSWD Training Center, Baguio City.

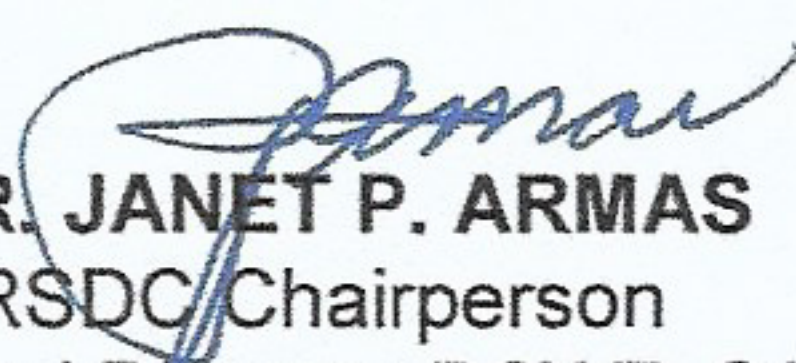
Certified True and Correct:


APOLLO EDWIN S. PAGANO
RSDC Secretariat
Chief, Development Research Division, NEDA-CAR

Attested:


DIR. AMELITA PANGILINAN, MD, MPH, CESO IV
RSDC Vice Chairperson
OIC-Regional Director, DOH-CHD-CAR

Approved by:


DIR. JANET P. ARMAS
RSDC Chairperson
Regional Director, DSWD-CAR