



National
Nutrition
Council



National Nutrition Council - National Capital Region

Nutrition Laws and Policies

Local Nutrition Program Management



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President Decree 491 of 1974

Nutrition Act of the Philippines

- Created the National Nutrition Council (NNC) to supervise, coordinate and evaluate the implementation of the national nutrition program which shall be implemented by all agencies and instrumentalities of both the government and the private sector concerned with improving the nutrition of our people.

Letter of instruction 441 of 1976

- Instructs various departments of government to address malnutrition.
- Authorizes the Department of the Interior and Local Government (DILG) to establish functioning nutrition committees at different administrative levels (barangay, municipality, city, province, and region)

President Decree 1569 (1978)

Strengthening the Barangay Nutrition Program

- Strengthens the Barangay Nutrition Program by providing for a Barangay Nutrition Scholar (BNS) in every barangay to assist in the coordination and implementation of nutrition programs, projects and activities at the barangay level.

Republic Act 7160

Local Government Code of 1991

- Devolved to the LGUs the delivery of basic services including nutrition.

Executive Order No. 138 (2 June 2021)

“Full Devolution of the Certain Functions of the Executive Committee Branch to Local Government Units, Creation of a Committee on Devolution and for Other Purposes”

- States that the substantial increase in the shares of the LGUs from the national taxes will empower LGUs in providing basic services to their constituents and aid them in the effective discharge of their devolved duties and functions
- Present opportunities to strengthen the nutrition program

Nutrition Policies and Laws



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Republic Act 11148

Kalusugan at Nutrisyon ng Mag-Nanay Act of 2018

- ***Objectives.*** Aims to institutionalize and scale up nutrition in the first one thousand (1,000) days in the national plan on nutrition, the early childhood care and development intervention packages developed by the NNC, the Philippine Development Plan, the National Plan of Action for Children, the regional development plans, and LGUs' investment plans for health and nutrition.
- ***Coverage.*** Pregnant and lactating women, teenage mothers, women of reproductive age, adolescent girls, and all children 0-24 months.

Republic Act 11148

Kalusugan at Nutrisyon ng Mag-Nanay Act of 2018

- ***Program Implementation.*** It shall be implemented at the barangay level through health centers, in coordination with the Sangguniang Barangay. The BNSs and BHWs shall be mobilized and provided with resources and benefits to carry out their tasks.

LGUs are encouraged to integrate maternal, neonatal, child, and adolescent health and nutrition programs in the local nutrition action plans (LNAPs), and investment plans for health.

Republic Act 11148

Kalusugan at Nutrisyon ng Mag-Nanay Act of 2018

- ***Program Components.*** The program shall include health and nutrition services and interventions provided at the different stages. The LGUs, NGAs, concerned CSOs, and other stakeholders shall work together to ensure the delivery of these services and interventions.
 - First 1000 Days
 - Adolescent females
 - Nutrition during emergencies

Specific roles of the City/Municipal Nutrition Office in the implementation of RA 11148:

1. Advise the local nutrition committee on nutrition program matters.
2. Coordinate the conduct of the F1KD+ situational analysis.
3. Coordinate the formulation of the LNAP and integration of nutrition concerns in the CDP and AIP.
4. Coordinate the formulation of the local nutrition in emergencies and plan its integration in the local DRRM-health plan.
5. Monitor and evaluate the LNAP.

Specific roles of the City/Municipal Nutrition Office in the implementation of RA 11148:


6. Provide technical assistance to local agencies on integrating nutrition and related concerns in their programs, projects, and activities.
7. Provide technical assistance to barangays on nutrition program management.
8. Provide technical, logistical, and other forms of support to BNSs.
9. In coordination with the city/municipal health office and other LNC member agencies, implement specific projects and activities of the LNAP.

Specific roles of the City/Municipal Nutrition Office in the implementation of RA 11148:

10. In coordination with the city/municipal health office, undertake activities to ensure implementation of nutrition and related laws, e.g. EO 51, RA 10028, RA 8172, RA 8976, among others.
11. Coordinate nutrition-related concerns in DRRM as a component of DRRM-H.
12. In coordination with C/MHO, implement PPAs to continually capacitate the BNS to provide quality services in the F1KD+.
13. Establish mechanisms for improved coordination with other offices or organizations of the city/municipality, including the local council for the protection of children.

TABLE 6

Sectoral Involvement in F1KD+ Concerns at the City/Municipal Level

LGU OFFICE	SAMPLE ACTIONS FOR INVOLVEMENTS/COMMITMENTS
SANGGUNIANG BAYAN	<ul style="list-style-type: none"> • Enact ordinances related to F1KD+, e.g., localization of RA 11148, comprehensive nutrition action in the city/municipality • Ensure that approved local budgets have provisions for F1KD+ services
AGRICULTURE, FISHERIES 	<ul style="list-style-type: none"> • Support farmers and fisherfolk with wives who are pregnant or lactating and children 0-35 months old to improve productivity and incomes, e.g., financing, agriculture inputs, technology transfer, improved irrigation, fishnets, fishing boats, etc. • Integrate parenting skills related to F1KD+ in classes of farmers and fisherfolk • Provide inputs for home and community food gardening with priority to households with members in the F1KD+ • Submit reports of accomplishments to the city/municipal nutrition committee
RELATED TO EMPLOYMENT	<ul style="list-style-type: none"> • Identify employment opportunities for members of households with members in the F1KD+
ENGINEERING	<ul style="list-style-type: none"> • Assist in calibrating weighing scales and verifying height boards • Assist local offices to ensure safety of facilities especially for women and children
PLANNING & DEVELOPMENT	<ul style="list-style-type: none"> • Ensure that F1KD+ concerns are integrated in the CDP, ELA, LIDP, and capacity building agenda
DRRMO	<ul style="list-style-type: none"> • Ensure that F1KD+ concerns are integrated in the City/Municipal DRRM Plan and in response, recovery, and rehabilitation phases





- Outlines steps that LGUs and other stakeholders can take to identify their integrated first 1000 days strategy
- Provides guidance for program planning, implementation, monitoring and evaluation

Republic Act 11037

Masustansyang Pagkain para sa Batang Pilipino Act

- "... the State shall establish a comprehensive national feeding program that will address the problem of undernutrition among Filipino children."
- ***National Feeding Program.*** The program shall have the following components and coverage:
 - a. Supplemental Feeding Program for Day Care Children – for undernourished children 3-5 years old.
 - b. School-Based Feeding Program - for undernourished public school children from kindergarten to grade 6
 - c. Milk Feeding Program

Republic Act 11037

Masustansyang Pagkain para sa Batang Pilipino Act

- ***National Feeding Program.*** The program shall have the following components and coverage (cont.):
 - d. Micronutrient supplementation
 - e. Health Examinations, Vaccinations, and Deworming
 - f. Gulayan sa Paaralan
 - g. Water, Sanitation and Hygiene (WASH)
 - h. Integrated Nutrition Education, Behavioral Transformation, and Social Mobilization



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Roles of LGUs in the implementation of RA 11037

- Assist in the implementation of supplemental feeding program for children 3-5 years old in CDCs and supervised neighborhood play groups.
- Together with DepEd and partner stakeholders, to implement “Central Kitchen Model” as one of the possible modalities for efficient transport arrangement system.
- Provide micronutrient supplements to program beneficiaries.
- Conduct health examinations, deworming, and vaccination.

Roles of LGUs in the implementation of RA 11037

- Conduct WASH campaign focusing on proper use and maintenance of toilets, danger of open defecation and importance of handwashing with soap and water.
- Assist NGAs in the establishment of water and sanitation facilities in schools and CDCs; conduct regular water supply testing.
- Provide training to food handlers involved in the food preparation; finance issuance of health permit; conduct regular inspection of food preparation areas in schools and CDCs.

EO 51 (1988) National Code of Marketing of Breast Milk Substitutes, Breast Milk Supplement and other Related Products

- Regulates marketing of infant milk formula, other milk products, foods and beverages, as well as feeding bottles and teats.
- Covered entities of the code include milk companies that own and operate the product, including the manufacturers, distributors, marketing firms as well as their representatives.
- Promote, protect and support breastfeeding
- Ensure that facilities for health care system is not used for promoting infant formula

Roles of LGUs in the implementation of EO 51

- Conduct activities to promote compliance to EO 51;
- Organize monitoring team supported by a resolution or executive order with an established reporting mechanism; monitor compliance

Republic Act 10028

Expanded Breastfeeding Promotion Act

- Requires private enterprises as well as government agencies, including government-owned and controlled corporations, to put up lactation stations.
- Requires “lactation periods” for breastfeeding employees, in addition to time-off for meals, to allow them time to express their breast milk

Roles of LGUs in the implementation of RA 10028

- Conduct activities to promote compliance to RA 10028.
- Monitor compliance of establishments.
- Disseminate information on maternal nutrition and proper nourishment in preparation of successful and sustainable breastfeeding to women of reproductive age in all health centers.
- Concerned health workers to participate in continuing information, education, training programs and refresher course on lactation management.

Republic Act 8172 "An Act Promoting Salt Iodization Nationwide and for related purposes" (ASIN Law)

- Contribute to the elimination of micronutrient deficiency, particularly iodine deficiency disorders, through cost-effective preventive measure of salt iodization.
- Check and monitor that the food-grade salt being sold in the market is properly iodized
- Cooperate in informing and educating the public on the benefits of using iodized salt

Roles of LGUs in the implementation of RA 8172

- Support the development and sustainability of the salt industry:
 - a. Formulation of ordinances and information campaigns promoting the availability and use of iodized salt.
 - b. Provision of budget for health and nutrition programs.
 - c. Assistance to other government agencies in the implementation of the salt iodization program.
 - d. Sanitary inspectors and nutritionist-dietitians to check and monitor the quality of food-grade salt being sold in the market to ensure that salt is properly iodized.

Roles of LGUs in the implementation of RA 8172

- Support the development and sustainability of the salt industry (cont.):
 - d. Establishment and maintenance of a list of salt producers in their respective territorial jurisdiction. A list of registered salt producers in every province shall be submitted to the FDA within 6 months from the effectivity of these IRR and shall be updated annually.

Republic Act 8976 “An Act Establishing the Philippine Food Fortification Program and for other purposes”

- Covers all imported or locally processed foods or food products for sale or distribution
- Mandatory Food Fortification
 - Rice – with iron
 - Wheat flour – with vitamin A and iron
 - Refined sugar – with vitamin A
 - Cooking oil – with vitamin A

Roles of LGUs in the implementation of RA 8976

- Health officers or agricultural officers or nutritionist-dietitians or sanitary inspectors shall assist in monitoring/checking that foods mandated to be fortified are properly fortified and labeled with “nutrition facts” indicating the specific micronutrient it was fortified with.
- Conduct activities to promote compliance with the law.

NNC Governing Board Resolution No. 3, Series of 2014

Approving and Adopting the Guidelines on Local Nutrition Planning

- Guide to local nutrition committees in formulating a nutrition action plan that would address nutritional problems in their locality and thus, contribute to a better quality of life of Filipinos
- C/MNPCs to provide technical assistance in formulating LNAPs in accordance with the guidelines.

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL

GUIDELINES ON LOCAL NUTRITION PLANNING

Background

Malnutrition is a condition due to lack, or excess, or imbalance in one or more of the nutrients. Based on national nutrition surveys, the nutrition situation of the Philippines can be described to be experiencing the double burden of malnutrition. Thus, while undernutrition is largely prevalent among young children and women, overnutrition is also prevalent especially among adults.

Undernutrition has far-reaching consequences on child growth and development and the capacity to learn and maximize investments in education as well as the capacity to become economically productive and socially active adults. On the other hand, overnutrition has been established to be one of the risk factors for developing non-communicable diseases. Both undernutrition and overnutrition can result to preventable mortality. Both undernutrition and overnutrition can therefore hold back development.

Thus, there is a need for strategic and purposive action to address this twin nutritional problem. With devolution, local government units play a pivotal role in reversing the trend in both under and overnutrition and in ensuring good nutrition among the population.

Based on the aforementioned premises, the following guidelines for local nutrition planning are being adopted to help ensure that nutrition action at the local level is strategic and purposive. The guidelines update those adopted in the 1980s.

Guidelines objectives



Guidelines on Local Nutrition Planning

2022
EDITION

NNC Governing Board Resolution No. 3, Series of 2012

Approving the Guidelines on the Fabrication, Verification, and Maintenance of Wooden Height Boards

- Ensures integrity of measurements using the wooden height board through clear guidelines on fabrication, calibration, verification, and maintenance.
- To be used by the LGUs with interest in fabrication, marketing, verification and maintenance of wooden length/height boards.

Actions requested from LGUs: Conduct verification of wooden height boards once a year. Follow the maintenance and handling guideposts to maximize service life of the height board (within 3-5 years depending on usage).

NNC Governing Board Resolution No. 3, Series of 2018

Approving the Guidelines on the Selection of Non-Wood Height and Length Measuring Tool

- Provides guidelines on the selection of acceptable non-wood height and length measuring tool and use of height boards made of aluminum-acrylic, fiberglass, and plastic as acceptable measuring equipment in addition to the recommended wooden height board for assessing growth of children

Actions requested from LGUs: Ensures that the city/municipality uses height and length measuring tools of wooden/non-wood material as prescribed in the guidelines in all barangays.

NNC Governing Board Resolution No. 2, Series of 2012

Approving the Revised Implementing Guidelines on Operation Timbang Plus (OPT Plus)

- Provides guideposts on what, why, when, who and how the OPT Plus shall be conducted, processed, analyzed and share by the Nutrition Committees to help generate timely, accurate and important nutrition information about children 0-59 months old in aid of local planning and policy formulation of and in support of the LNAP.

Actions requested from LGUs: Conduct OPT Plus activities in accordance with the guidelines. Nutritionists shall supervise and monitor the conduct of OPT Plus in the barangays e.g. availability and use of calibrated measuring equipment, WHO-CGS tables, OPT Plus forms and use of correct anthropometric measurement procedure.

NNC Governing Board Resolution No. 6, Series of 2012

Adoption of the 2012 Nutritional Guidelines for Filipinos (NGF)

- The 2012 NGF consists of 10 key messages, includes both food-based and behavior-driven guidelines and addresses current nutritional and dietary problems.

Actions requested from LGUs: Conduct nutrition promotion/advocacy activities with multi-stakeholder participation to promote the NGF.

THE NUTRITIONAL GUIDELINES FOR FILIPINOS

The Nutritional Guidelines are primary recommendations to promote good health through proper nutrition among Filipinos. They are simple statements that give advice on the consumption of foods and food components for which there are public health concerns. (FNRI-DOST, 2012)

1 Eat a variety of foods everyday to get the nutrients needed by the body.

The human body needs more than 40 different nutrients for good health. No single food can provide all the nutrients the body needs. Eating a variety of foods from all the different food groups will supply the needed nutrients in the proper amount and balance.

2 Breastfeed infants exclusively from birth up to 6 months then give appropriate complementary foods while continuing breastfeeding for 2 years and beyond for optimum growth and development.

Infants and children up to 2 years of age are most vulnerable to malnutrition. Breastfeeding is one of the most effective strategies to improve child survival. Nutritional requirements of an infant can be obtained solely from breastmilk for the first 6 months of life. After that time, breastmilk must be complemented with appropriate foods, but breastfeeding should be continued for up to 2 years of age or longer. *Gawing TSEK ang breastfeeding: Tama, Sapat at Eksklusibo!*

3 Eat more vegetables and fruits everyday to get the essential vitamins, minerals, and fiber for regulation of body processes.

In general, most Filipinos do not eat enough green leafy and yellow vegetables and Vitamin C-rich fruits. Vegetables and fruits are rich sources of micronutrients such as Vitamins A and C, iron, and phytochemicals. The consumption of more vegetables and fruits is encouraged to help prevent micronutrient deficiencies which are constantly noted among Filipinos in national nutrition surveys.

4 Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.

Results of the national nutrition surveys among Filipino households showed that consumption of protein was inadequate based on the Estimated Average Requirement (EAR) of 80% of the Recommended Energy and Nutrient Intakes (RENI). Protein is a nutrient needed by the human body for growth and maintenance. Aside from lean meat and poultry, some plant-based foods are also good sources of protein.

5 Consume milk, milk products, and other calcium-rich foods, such as small fish and shellfish, everyday for healthy bones and teeth.

National nutrition surveys indicate consistent failure of Filipinos to meet dietary recommendations for calcium. Calcium, together with protein and other nutrients particularly Vitamin D, is essential for the formation of strong bones and teeth. Milk, milk products, small fishes and shellfishes are excellent sources of bioavailable calcium and should form part of the daily diet starting in childhood to help prevent osteoporosis later in life. For infants and young children, breastmilk is still best.



THE NUTRITIONAL GUIDELINES FOR FILIPINOS

6 Consume safe foods and water to prevent diarrhea and other food- and water-borne diseases.

In the Philippines, diarrhea is the 3rd leading cause of child illnesses and the 4th leading cause of deaths among children 0-5 years old. Only 82% of households have access to safe water supply while only 77% have sanitary toilet facilities. Contaminated food and water are the usual source of infection such as cholera and other diarrheal diseases. Make sure to prepare, serve, and eat foods that are safe.

7 Use iodized salt to prevent Iodine Deficiency Disorders.

Iodine Deficiency Disorders (IDD) is the world's most common cause of preventable brain damage, and one of the main causes of physical and mental retardation and impaired cognitive development in children. Republic Act 8172 or the Act for Salt Iodization Nationwide (ASIN Law) mandates that all salt for human and animal consumption be iodized. Use iodized salt daily.

8 Limit intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.

An excessive intake of sodium has been linked to high blood pressure particularly in susceptible individuals. Fried foods are high in fats and calories which could lead to weight gain. Fatty foods can increase cholesterol level and increase one's risk of heart disease and stroke. Sugar-rich foods are also high in calories which can contribute to weight gain and obesity.

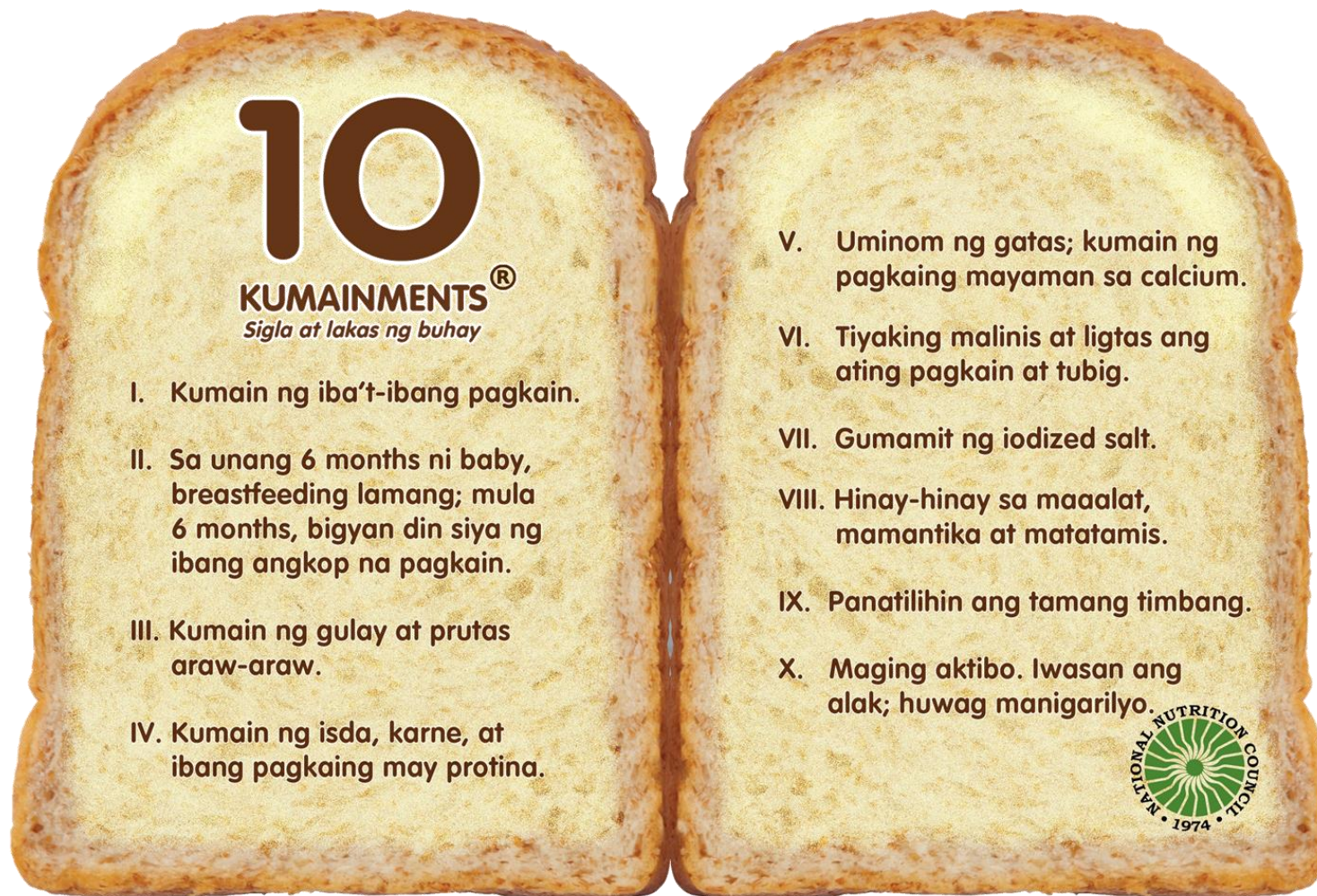
9 Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity.

Overweight prevalence has been climbing at the average rate of 0.67 percentage points per year from 1993 to 2008. Obesity is a major risk factor of non-communicable diseases while underweight increases the risk to infection. These problems are results of prolonged imbalanced energy intake and energy expenditure which later on may impose diseases and risks to one's well-being.

10 Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages, and do not smoke to help prevent lifestyle-related non-communicable diseases.

About 93% of Filipinos failed to engage in regular leisure and physical activity, 1/3 of Filipino adults are smokers, and 27% are alcohol drinkers which all contribute to the onset of lifestyle-related non-communicable diseases (NCDs). Lifestyle-related diseases like cardiovascular diseases, chronic obstructive pulmonary disease (COPD), diabetes, cancer, and kidney disorders are among the top leading causes of death in 2012 according to the Department of Health (DOH). Maintaining a healthy diet, engaging in physical activity such as regular exercise, practicing healthy food choices, abstaining from smoking, avoiding alcoholic beverages, and managing stress are key components to a healthy lifestyle thus, decreasing the risk that NCDs pose to one's health.





- Popular version of the 2012 NGF
- Consists of shorter and simpler messages for better recall and understanding.

NNC Governing Board Resolution No. 1, Series of 2022 Adopting the National Policy on Nutrition in Emergencies, Tasking NNC GB Member Agencies to Ensure the Efficient and Effective Implementation of the Policy, and Tasking the Nutrition Cluster to Formulate the Appropriate Advisories, Guidelines, and other Materials to Disseminate and Implement the Policy

- Repealing the 2009 National Policy on Nutrition Management in Emergencies and Disaster and adopts the updated National Policy on Nutrition in Emergencies.



National Policy on Nutrition in Emergencies

January 2022

This National Policy on Nutrition in Emergencies replaces the National Policy on Nutrition Management in Emergencies and Disaster, which was adopted by the NNC Governing Board in December 2009. This updated policy was developed based on the results of the review and updating spearheaded by the Integrative Competitive Intelligence (ICI) Asia, Inc. in 2019-2020. The ICI Asia conducted desk review, focus group discussions, key informant interviews, and consultation workshop with members of the National Nutrition Cluster and selected Regional Nutrition Program Coordinators, DRRM-H Managers, Nutritionist-Dietitians, and Provincial/City Nutrition Action Officers from Luzon, Visayas, and Mindanao. This policy was further refined after its presentation to the National Nutrition Cluster in August 2020, NNC Technical Committee in August 2021, and NNC Governing Board in January 2022.

- Guides LGUs in preparing and managing the food and nutrition situation in times of emergencies and disasters at various phases: prevention and mitigation, preparedness, response (pre-impact, impact, and post-impact), as well as recovery and rehabilitation.



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Actions requested from LGUs

- Nutrition Clusters to formulate appropriate advisories, guidelines, and other user-friendly materials to disseminate and implement the policy.
- Implement activities to disseminate provisions of the policy to the barangay nutrition scholars and nutrition committees.
- Pass resolution/ordinance related to the policy

Ensure adoption and implementation of nutrition laws and policies and issuance of localized nutrition laws and policies as necessary in the locality.

Thank you!



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