



National
Capital
Region

35th Annual C/DNPC Regional Conference **Embracing the New Normal: Building Food and Nutrition Resilience**

December 2-3, 2021 | 8:30 am – 12:00 nn | via Zoom



DOCUMENTATION REPORT



I. Introduction

Addressing the country's malnutrition problem entails a multi-level and multi-disciplinary approach that calls for intensive and sustained support from the national government agencies, local government units, non-governmental organizations, and the private sectors.

Based on The World Bank Brief on Food Security and COVID (13 December 2021), COVID-19 is estimated to have dramatically increased the number of people facing acute food insecurity in 2020-2021. Effects of food insecurity include decreasing quantity and quality of food consumption that may lead to hunger and malnutrition.

Malnutrition is a threat-multiplier. If no action is taken, the effects of the current COVID-19 pandemic will only make it harder for vulnerable populations to protect themselves against malnutrition (2020 Global Nutrition Report). Stakeholders must act now in building our food and nutrition resiliency.

The City/District Nutrition Program Coordinators (C/DNPC) of Metro Manila Association, Inc., focused its 35th Annual C/DNPC Regional Conference this year on the importance of building food and nutrition resilience to mitigate the effects of the pandemic on nutrition with the theme, theme **“Embracing the New Normal: Building Food and Nutrition Resilience”**. It was held virtually on December 2-3, 2021 via Zoom platform.

The C/DNPC of Metro Manila Association, Inc., in cooperation with the National Nutrition Council – NCR annually conducts its regional conference which aims to provide the members of the Association and other participants technical updates on relevant issues on nutrition.

II. Objectives

The conference aims to provide updates on different nutrition related topics and information focusing on building food and nutrition resilience in the new normal. Specifically, at the end of the conference, participants will be able to:

1. Discuss food and nutrition resilience and the current global and local situation on food and nutrition security in the context of COVID-19 pandemic.
2. Identify functional foods that can boost the immune system to prevent and manage diseases, specifically Covid-19.
3. Explain the relationship among overweight and obesity, non-communicable diseases (NCDs), and Covid-19 and importance of being physically active during this pandemic.
4. Enumerate the coping strategies to deal and overcome mental health challenges amidst Covid-19
5. Discuss the impact of Covid-19 on food security and nutrition.
6. Recognize the importance of breastfeeding and its benefits to the health and nutrition of mother and child.
7. Discuss local government initiatives to achieve food and nutrition resiliency.



III. Expected Output

1. Conduct of the conference
2. Documentation report

IV. Highlight

A. Basic Information on the webinar

Activity Title	35 th Annual C/DNPC Conference <i>“Embracing the New Normal: Building Food and Nutrition Resilience”</i>
Region	National Capital Region
via	Zoom
Original Schedule	December 2-3, 2021; 8:30 am – 12:00 nn
Actual Date of webinar	December 2-3, 2021; 8:30 am – 12:00 nn
Participants	<p>A total of 146 participants attended the conference:</p> <ul style="list-style-type: none"> • 2 Nutrition Action Officers (NAO) (Mandaluyong CNAO and BNAO of Brgy. 183 (Villamor), Pasay City) • 128 Public Health Nutritionist-Dietitians (NDs) • 11 NDs from hospital, academe, government and non-government organization • 5 BSND students from Philippine Christian University <p>Gender: Female – 121 Male – 25</p>

B. Guests and Resource Speakers

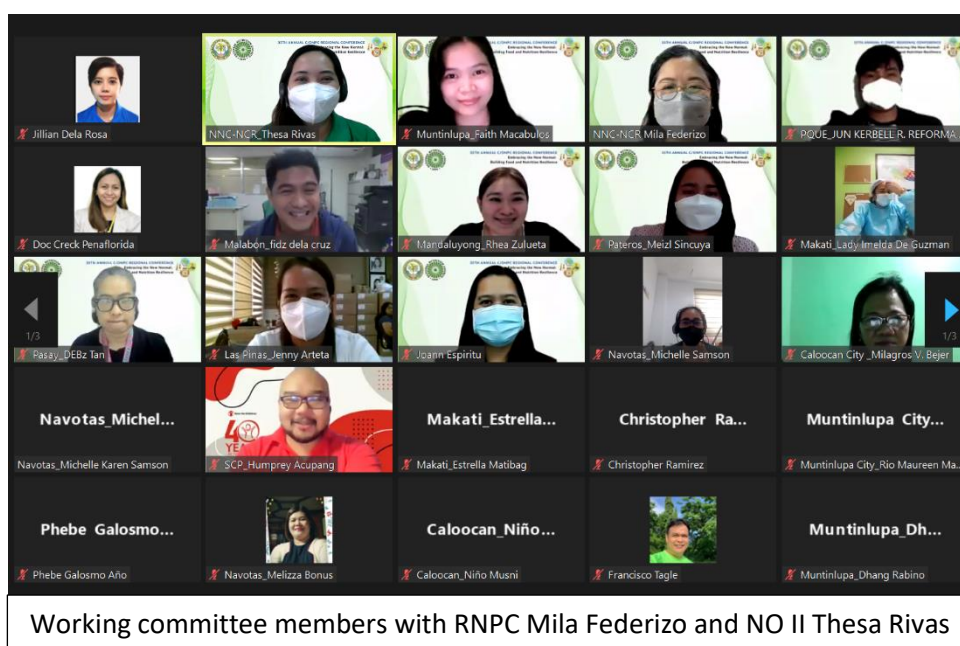
Name	Position
Hon. Karlo Alexei B. Nograles	Cabinet Secretary and Chair, Inter-Agency Task Force on Zero Hunger
Ms. Milagros Elisa V. Federizo	Regional Nutrition Program Coordinator, NNC-NCR
Mr. Jefferson C. Gregorio	Nutrition Specialist, UNICEF Philippines
Dr. Marc Dexter M. Macalintal	Lifestyle Medicine Specialist
Ms. Sharafiyah Amina M. Batua	President & Co-Founder, Sports Nutrition Association of the Philippines, Inc.
Dr. Julie-Ann Marie Bernice P. Pacis	Holistic Health Advocate and Mentor, Health Geek MD
Dr. Imelda Angeles-Agdeppa	Director IV and Scientist II, DOST-Food and Nutrition Research Institute
Dr. Maria Asuncion A. Silvestre	Executive Director, Kalusugan ng Mag-Ina, Inc.



Name	Position
Mr. Kim Robert C. De Leon	Undersecretary, Department of Budget and Management and Project Coordinator, BSP-Navotas-GGC Vertical Farm
Mr. Francis Ian L. Agatep	Consultant, Sustainable Development Affairs Unit Office of the Mayor, Quezon City
Dr. Maria Cristina F. Peñaflorida	Assistant City Nutrition Action Officer, Parañaque City
Hon. Antolin A. Oreta III	Mayor and Chair, Malabon City Nutrition Committee

C. Officers and Board Members CY 2020-2022

Position	Name
President	Ms. Joann O. Espiritu
Vice President	Mr. Fidel Baltazar P. dela Cruz
Secretary	Ms. Sheila Mica R. Bautista
Assistant Secretary	Ms. Meizl Joy E. Sincuya
Treasurer	Ms. Jenny Q. Arteta
Assistant Treasurer	Ms. Maria Teresa G. Abando
Auditor	Mr. Jun Kerbell R. Reforma
Ex-Officio	Ms. Femilina R. Tuazon
Board Members	Ms. Michelle Karen E. Samson Ms. Elizabeth F. Provido Ms. Phebe G. Año Ms. Jane A. Medenilla Ms. Marizz Anne T. Macavinta Ms. Rhea G. Zulueta Ms. Maria Christy M. Cawas Ms. Deborah B. Tan Ms. Lea Faith M. Macabulos





D. Sessions conducted and issues/comments raised

Opening Program

The program started with an invocation led by Caloocan CNPC Maria Teresa G. Abando followed by the singing of the Philippine National Anthem.



Acknowledgement of participants was done by Las Piñas CNPC Trizia B. Gallevo as the moderator. Mr. Fidel Baltazar P. dela Cruz, CNPC of Malabon City and Chair of the 35th Annual C/DNPC Regional Conference gave the welcome remarks.





In her opening message, C/DNPC of Metro Manila Association, Inc. President and Taguig CNPC Joann O. Espiritu encouraged the participants to listen to the resource speakers, enjoy the topics and program prepared and use the learnings gained from the conference to build food and nutrition resilience in the new normal to mitigate the effects of the pandemic on nutrition.



NNC-NCR Regional Nutrition Program Coordinator Milagros Elisa V. Federizo introduced the keynote speaker.



Delivered through a recorded message, Cabinet Secretary Atty. Karlo Alexei B. Nograles, in his keynote message, encouraged the nutritionist-dietitians to ramp up efforts to improve and sustain actions on food security and nutrition.



“The national food policy spells out the programs, activities and projects aimed to do all these, and mechanisms are already in place. What is needed now is the genuine commitment to work together and maximize available resources to finally attain the healthy, food secure and hunger free Philippines,” CabSec. Nograles said.

He added, *“Be the models to your counterparts across the country as we transition to the new normal. It is my hope that we solve this health crisis soonest for the future generation. Walang maiiwan sa laban kontra gutom. Lahat kasali, lahat kasalo.”*



Ms. Eileen Mercedita S. Guevera and Ms. Femilina R. Tuazon were presented with the Past President Award in recognition and appreciation of their invaluable contribution to the Association, dedication and outstanding leadership while serving as President from 2012-2016 and 2017-2019, respectively.

Active and retired members who served as local nutrition program coordinators for 30 years and above as of 2020 were also recognized for their commitment and dedicated service.

Name	LGU	Years in service
Adela A. Villanueva	Caloocan	34 years (1986)
Maria Teresa G. Abando	Caloocan	30 years (1990)
Soledad DG. Martinez	Malabon	31 years (1989)
Elizabeth F. Provido	Valenzuela	30 years (1990)
Nancy G. Marin	Valenzuela	31 years (1989)
Glorinda A. Virata	Valenzuela	30 years (1990)
Eileen Mercedita S. Guevara	Marikina	30 years (1990)
Maria Cecilia L. Manga	Marikina	31 years (1989)
Melinda C. Angeles	Pasig	31 years (1989)
Jane A. Medenilla	Pasig	32 years (1988)
Eileen L. Cruz	Pasig	30 years (1990)
Estrella E. Matibag	Makati	32 years (1988)
Femilina R. Tuazon	Makati	30 years (1990)
Zenaida G. Cayabyab	Makati	33 years (1987)
Lormer V. Serafica	Manila	31 years (1989)



Name	LGU	Years in service
Josephine P. Galang	Pasay	30 years (1990)
Zorhaida M. Ramos	Las Piñas	31 years (1989)
Bernadette O. Mendez	Las Piñas	30 years (1990)
Abelyn F. Chua	Parañaque	33 years (1987)
Rhonda E. Rabino	Muntinlupa	31 years (1989)
Maria Ana C. Ordenes	Muntinlupa	31 years (1989)
Francisco M. Tagle	Muntinlupa	31 years (1989)

In addition, NNC-NCR presented the Service Award to retired members in recognition for their dedicated service as local nutrition program coordinators. Their commitment, hard work and perseverance in implementing quality nutrition programs and service were greatly valued and appreciated.

Name	LGU	Years in service
Grace G. De Luna	Nutritionist-Dietitian I	2000-2020 (20 years)
Concesa G. Luzano	Nutritionist-Dietitian III	1984-2020 (36 years)
Soledad DG. Martinez	Nutrition Officer III	1989-2020 (31 years)
Adela A. Villanueva	Nutritionist-Dietitian II	1986-2021 (35 years)
Lormer V. Serafica	Nutritionist-Dietitian III	1989-2021 (32 years)
Ma. Cecilia L. Manga	Nutritionist-Dietitian III	1989-2021 (32 years)

Technical Sessions

1. Nutrition Specialist of UNICEF Philippines, Mr. Jefferson C. Gregorio, started the discussion with the topic, “Building Food and Nutrition Resilience during the New Normal”. In his lecture, he presented a global overview of food security and nutrition, children’s nutritional status in the Philippines and strategies on building food and nutrition resilience in the new normal.

Maternal and child diets are important to stop the intergenerational cycle of poverty and malnutrition. Mothers and children are often neglected in intra-household allocation of food, despite having specific nutritional needs. However, an overview of food security and nutrition situation of the Asia and the Pacific Region shows that progress towards alleviating malnutrition in the region had slowed, even before COVID-19, the pandemic will make healthy diets less affordable for many and the region is not on pace to meet SDG #2.

To address these challenges, Mr. Gregorio explained the six (6) possible pathways towards transformation of food systems for food security, improved nutrition, and access to affordable healthy diets for all. He also shared that UNICEF’s systems approach to nutrition aims to make these five key systems: food, health, water and sanitation, education and social protection better equipped and more accountable to deliver nutritious diets, essential nutrition services and positive nutrition practices for children, adolescents and women.



A Systems Approach to Deliver Maternal and Child Nutrition

UNICEF's **systems approach to nutrition** aims to make five key systems

- Food
- Health
- Water and sanitation
- Education
- Social protection

better equipped and more accountable to deliver nutritious **diets**, essential nutrition **services** and positive nutrition **practices** for children, adolescents and women.

unicef for every child

2. Lifestyle Medicine Specialist, Dr. Marc Dexter M. Macalintal, discussed the topic, “Functional Foods: Boosting the immunity against COVID-19”. He enlightened the participants on what functional foods are and their role in preventing diseases. Food is medicine. It has physiologic benefits that help reduce risk for chronic disease and optimize health. Functional foods are foods that by virtue of the presence of physiological active compounds, provide a health benefit beyond basic nutrition.

Functional foods are usually whole foods that are plant based. They are anti-inflammatory, protective of the gut, antioxidant rich and promote healthy microenvironment. Examples of these functional foods are:

- Fish – low in mercury, high in omega-3 fatty acids, lower risk of heart disease (2 meals with fish per week)
- Unsalted nuts – promote heart health and good sources of magnesium
- Whole grains – high in fiber, lowers cholesterol and blood sugar
- Beans – high in fiber, protein, potassium and folate
- Berries – antioxidant rich

To end his presentation, Dr. Macalintal reminded the participants that the body works as a system. When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Lastly, nurture relationships.

POWER OF FOOD: HOW FUNCTIONAL FOOD WORKS IN PREVENTING COVID-19 AND OTHER ILLNESSES

Marc Dexter M. Macalintal, RND, MD
International Board - Certified Lifestyle Medicine Physician

FUNCTIONAL FOODS
ANO BA ANG DAPAT NA KINAKAIN?

MARC DEXTER M. MACALINTAL, RND, MD, DIPBLM



3. Ms. Fia Batua-Mambuay, Medical Culinary & Sports Nutritionist-Dietitian discussed the topic, “Staying in shape in the new normal for NCD prevention”. She explained the importance of staying in shape, the health benefits of regular exercise and the non-communicable diseases (NCD) and mental health issues. Staying in shape can help protect us from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity, and arthritis. To lessen strain and prevent injuries, it is better to start with low impact exercise. Choose and easy and good muscle workout which uses all the major muscle groups. Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, can be cheap and good for the environment.

To prevent NCDs, reduce the major modifiable risk factors such as tobacco use, harmful use of alcohol, unhealthy diets and physical inactivity.

Ms. Batua-Mambuay also reminded the group that self-care is not being selfish.



4. The motivational talk was delivered by Dr. Julie-Ann Marie Bernice P. Pacis entitled “Mental health at a time of pandemic”. Through her presentation, she enlightened the participants on the impact of COVID-19 pandemic on mental health and discussed coping strategies for people with mental health challenges especially those infected with COVID-19. She also provided tips on how to support people with mental health challenges.

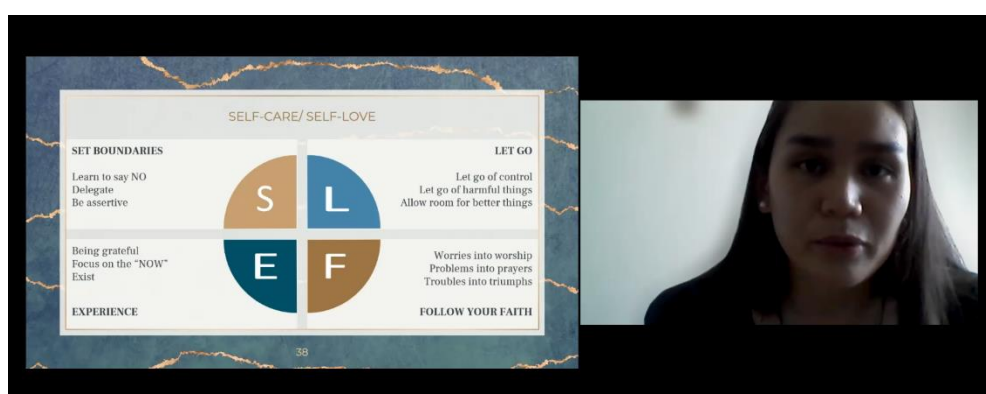
COVID-19 not only plays tricks on our lungs, but it also plays tricks on our minds. We are now in an abnormal situation due to the pandemic. There was isolation, lockdowns, social distancing, quarantine restrictions and closure of education institutions, workplaces, and entertainment. The major stressor of COVID-19 is loss: loss of control, freedom, relationships, and fear of the unknown. However, due to the pandemic, we realized the value of health, time, preparedness and relationships.



The 3 A's of coping strategies:

- Acknowledge and accept
- Allow yourself to feel your emotions
- Act and do something about it

It is normal to not be okay if there are recent stressor, undergoing changes, burnout and needing alone/me time and rest. However, the following are the signs when it is not okay to be not okay: element of abuse, suicidal ideation and/or attempts and unable to do activities of daily living (ADL). If shown with these signs, we should report, refer and reassure. Remove the stigma of mental health challenges. Start with proper education and information, correct misconceptions, accept that it is an illness, respect and empathize with the person and communicate about it. Again, practice self-care/self-love.



5. Dr. Imelda Angeles-Agdeppa, Director IV of DOST-FNRI and Scientist II discussed the topic on “Hunger and Food Insecurity: Consequences of Pandemic”. In her presentation, Dr. Agdeppa discussed the impact of COVID-19 on food security, the factors that caused food and nutrition insecurity and recommended strategies to address these problems in the community.

Globally, malnutrition in all its form remains a challenge even before the COVID-19 pandemic. The Philippines was already off-track, or the progress is too slow in achieving the Sustainable Development Goals. Due to the pandemic, poverty rate, unemployment and underemployment rates all increased. Incidence of food insecurity also increased based on the results of the Rapid Nutrition Assessment Survey conducted in 2020. Food insecurity was mostly observed in households with pregnant women and children less than 5 years old.

Ways to move forward in the new normal is to ensure food availability, accessibility and utilization. On stability, continue monitoring and evaluation of food and nutrition security programs and implement corrective actions or updating as needed. Improve food security and diversity through investments in agriculture food system, modernization and product consolidation.



Stakeholders must find ways to improve food safety and supply of drinking water. Urban planning and development must take into consideration social, physical structures and environmental issues. Lastly, continue using Science for the People (#SFTP) to craft more impactful, socially, and culturally mindful programs and policies.

Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE

**Hunger and Food Insecurity:
Consequences of Pandemic**

IMELDA ANGELES-AGDEPPA, Ph.D.
Director IV and Scientist II

6. Executive Director of Kalusugan ng Mag-Ina, Inc. Dr. Maria Asuncion A. Silvestre discussed the topic, “BEST Feeding for infants during pandemic: Breastfeeding”. She reiterated that breastfeeding is still the best feeding even in normal circumstances and even more during the pandemic situation. Proper infant and young child feeding (IYCF) practices can reduce child mortality. Even during the pandemic, there are evidence that Unang Yakap or newborn care practices will save lives. It is important not to separate the mothers from their babies after birth. Mothers infected with COVID-19 can still breastfeeding following the infection prevention and control protocols.

Vaccination of breastfeeding mothers is important. Mothers do not have to choose. Breastfeeding mothers can be vaccinated. Families and relatives should give support to pregnant and lactating mothers.

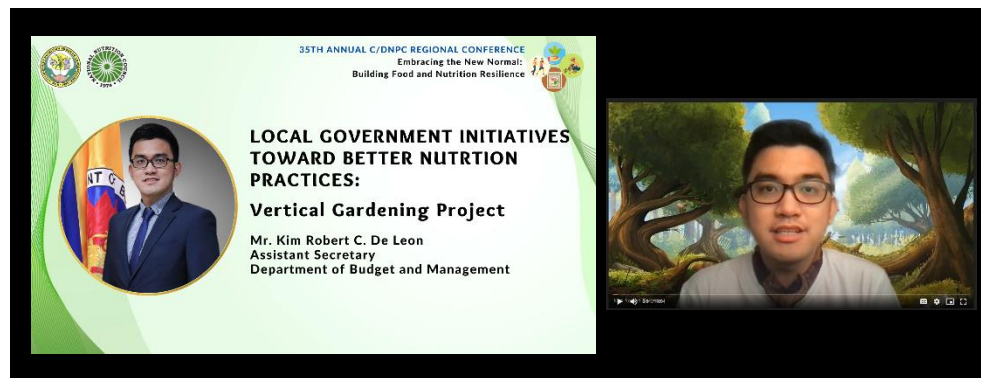
KALUSUGAN
ng MAG-INA

**BEST Feeding for infants during
the pandemic: Breastfeeding**

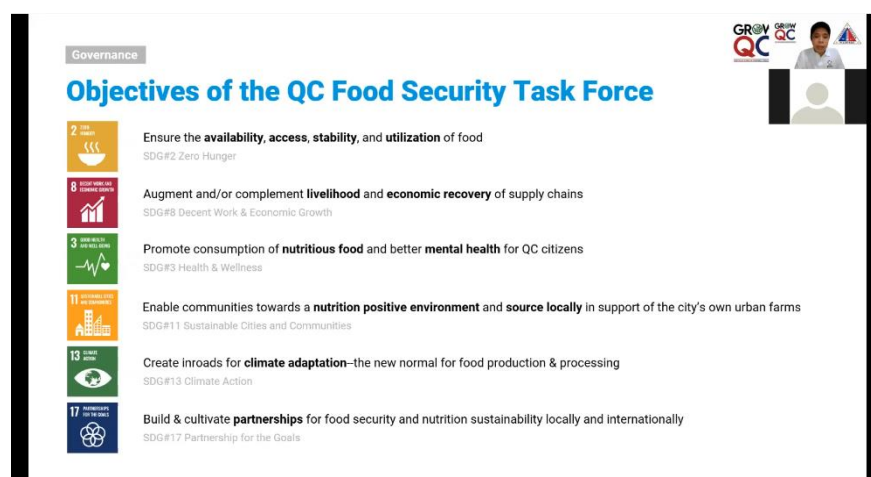
For the C/DNPC 35th Annual Convention
Maria Asuncion A. Silvestre, MD
Kalusugan ng Mag-Ina (KMI)
Member Organizations of PHILCAN & HPAAC
3 December 2021



7. Local government initiatives toward better nutrition practices were also highlighted:
 - a. Department of Budget and Management Undersecretary and Project Coordinator of BSP-Navotas-GGC Vertical Farm, Mr. Kim Robert C. De Leon shared the importance of urban vertical farm as a food source in the community and how the Vertical Farm in Navotas City was established and maintained.

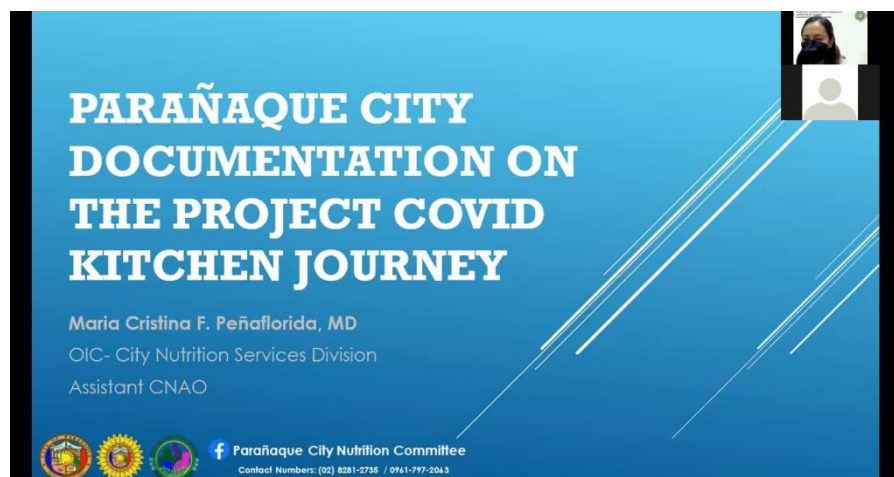


- b. Mr. Francis Ian L. Agatep, Consultant of Quezon City's Sustainable Development Affairs Unit presented the city's project, **Grow QC: Pag-Unlad sa Pagkain, Kabuhayan at Kalusugan** and its role in ensuring food security in the city to mitigate the impact of COVID-19.





- c. Assistant City Nutrition Action Officer of Parañaque City, Dr. Maria Cristina F. Peñaflorida shared how the city's Project COVID Kitchen came to be and discussed the importance of providing good nutrition to patients and health and nutrition workers especially this time of pandemic.



- d. Malabon City Mayor Antolin “Lenlen” A. Oreta presented the city's Karindaria para sa Kalusugan ni Chikiting (KKC) Project, an innovative strategy in providing dietary supplementation to nutritionally-at-risk pregnant women and undernourished children in the community.



Interactive sessions were held after the technical discussions during Day 1 and 2 and all resource speakers were presented with Certificates of Appreciation. CNPC dela Cruz and NNC-NCR's Nutrition Officer II Theresa A. Rivas acted as moderators for Day 2.



Association Matters

Parañaque CNPC Jun Kerbell R. Reforma and Manila CNPC Maria Christy M. Cawas were inducted as Auditor and Board Member of the Association, respectively. RNPC Federizo acted as the inducting officer.



President Espiritu, with the assistance of Vice President dela Cruz presented the President's Report on the Association's accomplishments in 2020-2021. She also presented the Association's vision and mission, objectives, and core values.

Activities conducted in 2020 included the establishment of the Online IYCF Counseling Project, organization of NCR Breastfeeding Friends (BFFs) and creation of official Facebook Page. The Association also had two (2) regular meetings, four (4) meetings and one (1) case management discussion of NCR BFFs conducted in 2 parts. She also shared that as an outreach activity, the Association in partnership with NNC-NCR was able to provide P10,000.00 for the Taal Eruption victims through ***Project Tala para sa mga Naantala ng Taal*** of Bolunturismo PH. C/DNPCs also participated in the Webinar for PPAN Movers conducted by NNC-NCR on August 19 and 24, 2020.

Other activities in 2020 include:

1. Core Group meetings for the management of C/DNPC FB Page
2. Development of Guidelines on NCR BFF Online IYCF Counseling Project
3. Assistance given to C/DNPC Association members
 - a. Medical (P3,000) – 5 C/DNPCs
 - b. Retirement (P3,000) – 3 C/DNPCs
4. Calamity assistance given to members heavily affected by Typhoon Ulysses
5. Procurement of BOD polo shirt
6. Finalization of the Amended Constitution and By-Laws
7. Renewal of SEC and BIR Registration



In 2021, nine (9) meeting were conducted including special meetings conducted specifically for the regional conference. The Association also conducted the 35th Annual Regional Conference with the theme “*Embracing the New Normal: Building Food and Nutrition Resilience*”, their first online conference. Capacity building activities for NCR BFFs were also conducted on March 30-31, 2021 and October 25, 2021.

Other activities in 2021 include:

1. Continuous conduct of online IYCF counseling
2. Assistance given to C/DNPC Association members
 - a. Medical (P3,000) – 29 C/DNPCs
 - b. Retirement (P3,000) – 2 C/DNPCs
3. Renewal of SEC and BIR Registration
4. Passage of four (4) resolutions:
 - a. Change of Bank Signatories
 - b. Authorization for BIR Transaction
 - c. Authorization for SEC Transaction
 - d. Amendment to the provision of medical and survivorship assistance and retirement benefits for the members of the association

President Espiritu also reported the plans and programs of the Association for 2022. These plans include:

1. 36th Annual C/DNPC Conference
2. Printing of C/DNPC ID
3. HMO Enrollment
4. Income Generating Project



**CITY/DISTRICT NUTRITION PROGRAM COORDINATOR
OF METRO MANILA ASSOCIATION, INC.**



President's Report

CY 2020-2021

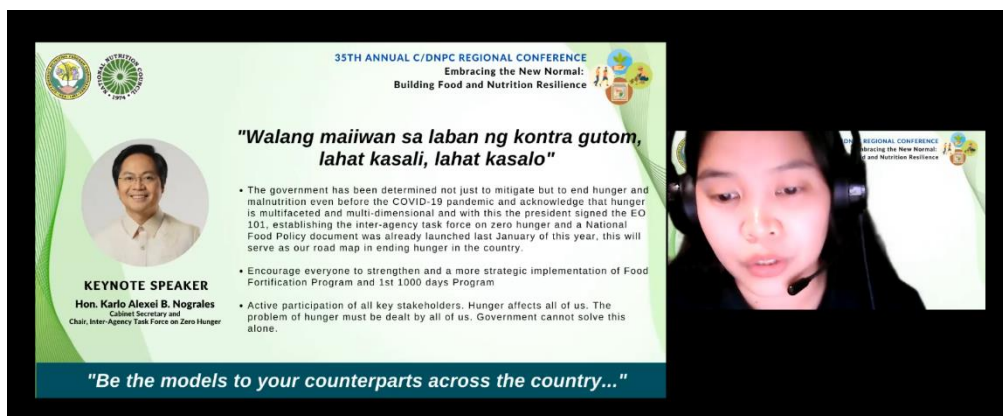
Ms. Joann O. Espiritu, RND, MPH



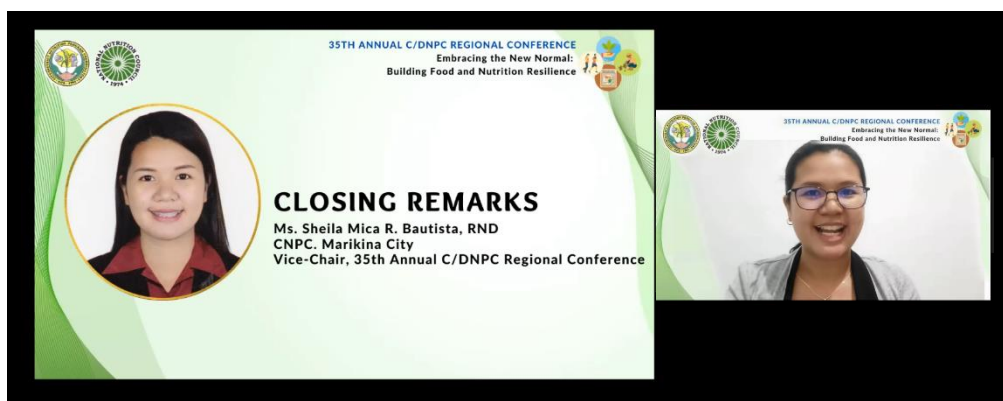


Closing Program

Muntinlupa CNPC Ms. Lea Faith M. Macabulos delivered the synthesis of the program.



Marikina CNPC and Vice Chair of the 35th Annual C/DNPC Regional Conference Ms. Sheila Mica R. Bautista gave the closing remarks.



V. Evaluation

Based on the participants' evaluation, the conference was rated as Best over-all. The conference had a good turn-out of participant. All LGUs were well represented with colleagues from outside the organization attending the conference. Invitation was provided on time and enough information on administrative matters were given. Registration and attendance via google form were also rated as Best.

The conference objectives were clearly defined and met, relevant and useful topics were covered, methodologies used were appropriate and conference materials were adequate and appropriate. Opportunity for interactive participation and time to cover all conference activities were also deemed sufficient.



All invited speakers were able to discuss their topics well as they are all knowledgeable in their respective fields. The participants were able to gain benefits from their presentations. All of them were rated as Best.

Other aspects of the conference such as audio, use of Zoom platform and helpfulness of the chatbox in asking questions were rated as Best. The secretariat was also responsive to the needs of the clients.

Among the evaluation results, there were categories with poor rating:

- Registration and attendance via Google Form (1)
- Content and delivery of the conference
 - Objectives of the conference were clearly defined and met (1)
 - The topics covered were relevant and useful (2)
 - There was sufficient opportunity for interactive participation (1)
 - The schedule for the conference provided sufficient time to cover all of the proposed activities (2)
 - The resource materials were available, adequate and appropriate (1)
- Resource persons (2)
- Others
 - Audio was loud and clear (2)
 - Use of chatbox to ask questions was helpful (2)
 - The staff provided quality service (responsiveness to the needs of the clients) (2)
 - Zoom platform (1)

The following were the major benefits derived from the conference:

- New/Additional knowledge, updates (22)
- Being resilient amidst COVID-19 pandemic
- Additional and helpful information; innovations presented by speakers
- Topic about mental health challenge; mental health is an important factor when it comes to health and nutrition; mental health matters (4)
- Additional knowledge/Current trends on nutrition and COVID-19 pandemic. Topics are relevant and very timely. (7)
- Topics are relevant to my work.
- New learnings and knowledge to further improve the nutrition situation of our respective areas.
- Importance of food security and health
- Updates on the different innovative program and good practices from other LGUs (4)
- New learnings from speakers and their respective field.
- Strategies in implementing nutrition activities in this time of pandemic; innovations (3)
- Role of nutrition during pandemic to achieve goals to prevent malnutrition and improve nutritional status of children. (2)
- CPD units and prizes (2)
- Updates on current nutrition situation of NCR.
- The use *karindaria* for supplementary feeding program can be replicated in our LGU.
- Embracing the new normal in this time of pandemic.
- Appreciation of our profession as RND.



- Importance of functional foods
- New information on why sometimes children has no appetite.
- There are lots of things that we can do for our health and nutrition even during this pandemic.
- I was able to know more about nutrition and the current state of community nutrition.
- Building food and nutrition resilience this pandemic. I was also encouraged by the programs that were implemented by other LGUs.

Suggestion/Recommendations to improve future conference:

- Face-to-face for future conference (10)
- Better time management; please follow the time in the program. (6)
- Give more ice breaker during the program.
- Consider less time for other agenda so that we will achieve the target schedule for the conference.
- Faster internet service/good internet connection for the speakers and organizers (3)
- One-day conference.
- Additional learning on the Nutrition Care Process and medical culinary nutrition; consider including various topics per field.
- More interactive sessions with the zoom audience such as games and discussions.
- More discussion on lifestyle medicine.
- Additional time allocation for interactive session.
- Lively moderator.
- Continue to have online webinar; continue the conference next year (2)
- Snacks please.
- Reminders for the speakers to stay within the time allocation.
- More sharing of good practices of LGUs.
- Improve audio. (2)
- Unfreezing activities at least between session.
- More games.
- Provide participants with the copy of all lectures.
- Provide a poster for the invitation featuring speakers and the topics to be discussed.
- Audio copy of zoom like One Nutrition One Nation


Suggested topics for future conferences:

- Livelihood and agricultural topics
- Nutrition on new normal
- Nutrition in emergencies
- Post-pandemic mental health forum
- Fad diets; ketogenic diet and its promotion of social media by licensed health experts
- Food trends
- Updates on non-communicable diseases
- Food security and food systems
- Pandemic foods
- Nutrition in the fourth industrial revolution
- More on functional food



- International nutrition program that can be replicated in the Philippines
- Overweight and Obesity
- Nutrition programs in better normal
- More topics on first 1000 days
- Addressing pandemic problems on health and nutrition
- Nutrition devolution and review of PPAN 2017-2022
- Lifestyle medicine; lecture from Dr. Dex Macalintal
- Different cardio exercises for overweight and obese adolescents
- New trends on nutrition
- Updates on food fortification
- EO51 especially during emergencies
- Developing health habits in the office
- Sports nutrition
- Stress management
- Food of patients in the hospital
- Mobile application for OPT Plus Tool
- Innovative nutrition programs that will cater to the Generation Z population
- Work-life balance in times of pandemic
- COVID vaccines boosting the immunity within the community to attain maximum herd immunity
- Nutrition management of chronic diseases
- Breastfeeding in emergencies and COVID-19
- Breastfeeding in the new normal
- Food safety
- Nutrition for senior citizen
- Dietary supplementation especially during pandemic
- Gestational diabetes
- First 1000 Days and other topics concerning pregnant women
- Medical culinary
- LGU initiatives to promote good nutrition
- Nutrition for school children amidst the pandemic

Prepared by:


Theresa A. Rivas
Nutrition Officer II

Reviewed and Submitted by:


Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator



Attachments

- I. Program of Activities
- II. Instructional Design
- III. Activity Evaluation

35th Annual C/DNPC Regional Conference
Theme: “Embracing the New Normal: Building Food and Nutrition Resilience”

December 2-3, 2021 * 8:30 a.m. – 12:00 n.n. * via Zoom

P r o g r a m m e

Day 1 (December 2, 2021)

8:00 am Registration

8:30 Opening Program

- Invocation
- Philippine National Anthem

Ms. Maria Teresa G. Abando

CNPC, Caloocan City and
Assistant Treasurer, C/DNPC of Metro Manila
Association

- Acknowledgement of Guests
and Participants

- Welcome Remarks

Mr. Fidel Baltazar P. Dela Cruz, RND

CNPC, Malabon City and
Chair, 35th Annual C/DNPC Regional Conference

- Opening Message

Ms. Joann O. Espiritu, RND, MPH

CNPC, Taguig City and
President, C/DNPC of Metro Manila Association

- Introduction of Keynote
Speaker

Ms. Milagros Elisa V. Federizo, RND, MPH

Regional Nutrition Program Coordinator
National Nutrition Council – NCR

9:00 Keynote Message

Hon. Karlo Alexei B. Nograles

Cabinet Secretary and
Chair, Inter-Agency Task Force on Zero Hunger

9:30 Presentation of Service Awards

**To be presented by President Espiritu and
RNPC Federizo**

TECHNICAL SESSION

9:35 Building Food and Nutrition Resilience
during the New Normal

Mr. Jefferson C. Gregorio

Nutrition Specialist, UNICEF Philippines

10:00 Power of Food: How functional food
works in preventing COVID-19 and
other illnesses

Marc Dexter M. Macalintal, RND, MD

Head of Nutrition and Medical Operations
Macalintal Doctors' Clinic

10:25 Staying in shape in the new normal for
NCD prevention

Ms. Fia M. Batua – Mambuay, RND

President & Co-Founder
Sports Nutrition Association of the Philippines, Inc.

10:45 Interactive Session

11:00 Motivational Talk:
Overcoming Mental Health Challenges
amidst COVID-19

Dr. Julie-Ann Marie Bernice Pacis

Holistic Health Advocate and Mentor
Health Geek MD

11:45 Interactive Session

12:00 nn End of Day 1

Ms. Trizia B. Gallevo, RND

CNPC, Las Piñas City
Moderator

Day 2 (December 3, 2021)

8:00 am	Registration	
8:30	Recap/Reminders	
8:40	Hunger and Food Insecurity: Consequences of the pandemic	Ms. Imelda Angeles-Agdeppa, Ph.D. Director IV and Scientist II Food and Nutrition Research Institute
9:05	Breastfeeding: BEST Feeding for infants during Pandemic	Dr. Maria Asuncion A. Silvestre Executive Director Kalusugan ng Mag-Ina, Inc.
9:30	Interactive Session	
9:45	Mobility Break	
	Local Government Initiatives toward Better Nutrition Practices	
9:50	<ul style="list-style-type: none">Vertical Gardening Project	Mr. Kim Robert C. De Leon Undersecretary Department of Budget and Management
10:05	<ul style="list-style-type: none">Grow QC: Kasama ka sa Pag-unlad sa Pagkain, Kabuhayan, at Kalusugan Program	Mr. Francis Ian L. Agatep Consultant Sustainable Development Affairs Unit, Quezon City
10:20	<ul style="list-style-type: none">Project COVID Kitchen of Parañaque City	Dr. Maria Cristina F. Penaflorida Assistant City Nutrition Action Officer Paranaque City
10:35	<ul style="list-style-type: none">Karinderia para sa Kalusugan ni Chikiting Project of Malabon City	Hon. Antolin “Lenlen” A. Oreta Mayor, Malabon City
10:50	Interactive Session	
11:05	Association Matters	Ms. Joann O. Espiritu, RND, MPH President, C/DNPC of Metro Manila Association
11:15	Closing Program <ul style="list-style-type: none">Synthesis	Ms. Lea Faith M. Macabulos, RND CNPC, Muntinlupa City
	<ul style="list-style-type: none">Closing Remarks	Ms. Sheila Mica R. Bautista, RND CNPC, Marikina City and Vice Chair, 35 th Annual C/DNPC Regional Conference
11:30	Raffle and games	
11:50	End of Day 2	

Mr. Alvin P. Limbauan, RND
CNPC, Pasig City
Moderator



Professional Regulation Commission

TEMPLATE FOR INSTRUCTIONAL DESIGN OF PROPOSED CONTINUING PROFESSIONAL DEVELOPMENT (CPD) PROGRAM

CPD Council for NUTRITIONIST-DIETITIANS

- I. Program Title: **35thAnnual C/DNPC Regional Conference “*Embracing the New Normal: Building Food and Nutrition Resilience*”**
- II. Course/Program Brief Description:
The City/District Nutrition Program Coordinators (C/DNPC) of Metro Manila Association, Inc., in cooperation with the National Nutrition Council – NCR annually conducts its regional conference which aims to provide the members of the Association and other participants technical updates on relevant issues on nutrition.
- III. Entry Competencies of Participants: None
- IV. Course Objectives/Learning Outcomes:

The conference aims to provide updates on different nutrition related topics and information focusing on building food and nutrition resilience in the new normal. Specifically, at the end of the conference, participants will be able to:
 - 1. Discuss food and nutrition resilience and the current global and local situation on food and nutrition security in the context of COVID-19 pandemic.
 - 2. Identify functional foods that can boost the immune system to prevent and manage diseases, specifically COVID-19.
 - 3. Explain the relationship among overweight and obesity, non-communicable diseases (NCDs), and Covid-19 and importance of being physically active during this pandemic.
 - 4. Enumerate the coping strategies to deal and overcome mental health challenges amidst COVID-19
 - 5. Discuss the impact of COVID-19 on food security and nutrition.
 - 6. Discuss the importance of breastfeeding and its benefits to the health and nutrition of mother and child.
 - 7. Discuss local government initiatives to achieve food and nutrition resiliency.

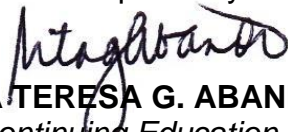
LEARNING OUTCOMES	TOPICS TO BE DISCUSSED	Time Allotment for each topic	Specific OBJECTIVES OF THE TOPICS OR SUBTOPICS	TEACHING METHODS TO BE USED FOR EACH MODULE	EVALUATION METHOD/TOOLS TO BE USED
Discuss food and nutrition resilience and the current global and local situation on food and nutrition security in the context of COVID-19 pandemic.	Building Food and Nutrition Resilience during the New Normal	25 minutes	<p>Explain what food and nutrition resilience is.</p> <p>Report the global and local situation on food and nutrition security in the context of COVID-19 pandemic.</p> <p>Discuss the importance of building food and nutrition resilience in the new normal.</p> <p>Identify strategies on building food and nutrition resilience in the new normal.</p>	Lecture-Discussion	Post-Activity Evaluation
Identify functional foods that can boost the immune system to prevent and manage diseases, specifically COVID-19.	Functional Foods: Boosting the immunity against Covid-19	25 minutes	<p>Discuss what are functional foods and their role in preventing diseases particularly COVID-19.</p> <p>Enumerate examples of locally available functional foods and how they can boost the immune system to prevent and manage COVID-19 and other diseases.</p>	Lecture-discussion	Post-Activity Evaluation

Explain the relationship among overweight and obesity, non-communicable diseases (NCDs), and COVID-19 and importance of being physically active during this pandemic.	Staying in shape in the new normal for NCD prevention	25 minutes	<p>Discuss the effect of COVID-19 in the overweight and obesity landscape in the country.</p> <p>Explain the relationship among overweight and obesity, NCDs and COVID-19.</p> <p>Discuss the importance of physical activity especially in the time of pandemic</p> <p>Enumerate ways on how to be fit and healthy during the COVID-19 pandemic.</p>	Lecture-discussion	Post-Activity Evaluation
Enumerate the coping strategies to deal and overcome mental health challenges amidst COVID-19	Motivational Talk: Overcoming Mental Health Challenges amidst COVID-19	45 minutes	<p>Discuss the impact of COVID-19 pandemic on mental health.</p> <p>Enumerate the mental health challenges during COVID-19.</p> <p>Discuss coping strategies for people with mental health challenges especially those infected with COVID-19.</p> <p>Enumerate strategies on how to support people with mental health challenges.</p>	Lecture-Discussion	Post-Activity Evaluation


Discuss the impact of COVID-19 on food security and nutrition.	Consequences of COVID-19 on Food and Nutrition Security	25 minutes	<p>Discuss the consequences of COVID-19 pandemic on food and nutrition security.</p> <p>Enumerate factors that caused food and nutrition insecurity.</p> <p>Recommend strategies to prevent food and nutrition insecurity in the community.</p>	Lecture-discussion	Post-Activity Evaluation
Recognize the importance of breastfeeding and its benefits to the health and nutrition of mother and child.	Breastfeeding: BEST Feeding for infants during Pandemic	25 minutes	<p>Discuss the importance of breastfeeding even during the pandemic and its benefits to both mother and child</p> <p>Discuss the recommendations for breastfeeding during COVID-19.</p>	Lecture-discussion	Post-Activity Evaluation

Discuss local government initiatives to achieve food and nutrition resiliency.	Local Government Initiatives toward Better Nutrition Practices	1 hour	<p>Discuss urban vertical farm as a sufficient and sustainable food source in the community.</p> <p>Explain the role of food security in mitigating the impact of COVID-19.</p> <p>Describe the importance of providing good nutrition to patients and health and nutrition workers through Project COVID Kitchen</p> <p>Discuss the Karinderia para sa Kalusugan ni Chikiting as an innovative strategy in providing Dietary Supplementation in the community</p>	Lecture-discussion	Post-Activity Evaluation
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Prepared by:


MARIA TERESA G. ABANDO, RND
Chair, Continuing Education Committee
C/DNPC of Metro Manila Association, Inc.

Attested by:


JOANN O. ESPIRITU, RND, MPH
President
C/DNPC of Metro Manila Association, Inc.

Noted by:


MILAGROS ELISA V. FEDERIZO, RND, MPH
Nutrition Program Coordinator, NCR and
Adviser, C/DNPCs of MM Association, Inc.

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL – NATIONAL CAPITAL REGION

35th Annual City/District Nutrition Program Coordinators' Regional Conference
"Embracing the New Normal: Building Food and Nutrition Resilience"

December 2-3, 2021 | 9:00 a.m. – 12:00 n.n. | via Zoom

SUMMARY OF CONFERENCE EVALUATION

Total Respondent: **146**

Category	Rating							
	Best		Better		Good		Poor	
	No.	%	No.	%	No.	%	No.	%
I. Preparation for the conference								
1. The invitation was provided on time.	94	63.64	42	29.37	10	6.99	-	-
2. I was given enough information on administrative matters pertaining to the conference (e.g. advisory, venue)	96	65.03	41	28.67	9	6.30	-	-
II. Registration and Attendance via Google Form								
1. Registration	102	69.23	36	25.17	7	4.90	1	0.70
2. Attendance	101	68.53	37	25.87	7	4.90	1	0.70
III. During the conference								
A. Content and delivery								
1. Objectives of the conference was clearly defined and met.	98	66.43	41	28.67	6	4.20	1	0.70
2. The topics covered were relevant and useful.	105	71.33	34	23.78	5	3.50	2	1.39
3. The conference methodologies used were appropriate.	98	66.43	41	28.67	7	4.90	-	-
4. There was sufficient opportunity for interactive participation.	94	63.64	43	30.07	8	5.59	1	0.70
5. The schedule for the conference provided sufficient time to cover all of the proposed activities.	90	60.84	44	30.77	10	7.00	2	1.39
6. The resource materials were available, adequate and appropriate.	92	62.24	42	29.37	11	7.69	1	0.70
B. Resource Person/s								
Mr. Jefferson C. Gregorio, RN <i>Nutrition Specialist, UNICEF Philippines</i>								
1. He is well-prepared and knowledgeable on the topic/session.	103	69.93	38	26.57	5	3.50	-	-
2. He was able to draw and sustain interest of the participants.	97	65.73	43	30.07	6	4.20	-	-
3. He was able to address questions/issues correctly and appropriately.	99	67.13	42	29.37	4	2.80	1	0.70

Category	Rating							
	Best		Better		Good		Poor	
	No.	%	No.	%	No.	%	No.	%
4. He is appropriately dressed.	99	67.13	41	28.67	6	4.20	-	-
Mr. Marc Dexter M. Macalintal, RND, MD, DIPBLM <i>Lifestyle Medicine Specialist</i>								
1. He is well-prepared and knowledgeable on the topic/session.	101	68.53	39	27.27	6	4.20	-	-
2. He was able to draw and sustain interest of the participants.	97	65.73	39	27.27	9	6.30	1	0.70
3. He was able to address questions/issues correctly and appropriately.	96	65.03	40	27.99	8	5.59	2	1.39
4. He is appropriately dressed.	97	65.73	39	27.27	9	6.30	1	0.70
Ms. Fia M. Batua-Mambuay, RND <i>President and Co-Founder</i> <i>Sports Nutrition Association of the Philippines, Inc.</i>								
1. She is well-prepared and knowledgeable on the topic/session.	108	73.43	32	22.37	6	4.20	-	-
2. She was able to draw and sustain interest of the participants.	106	72.03	34	23.77	5	3.50	1	0.70
3. She was able to address questions/issues correctly and appropriately.	108	73.43	32	22.37	5	3.50	1	0.70
4. She is appropriately dressed.	107	72.73	34	23.77	5	3.50	-	-
Ms. Julie-Ann Marie Bernice P. Pacis, RND <i>Holistic Health Advocate and Mentor</i> <i>Health Geek MD</i>								
1. She is well-prepared and knowledgeable on the topic/session.	112	76.22	30	20.98	4	2.80	-	-
2. She was able to draw and sustain interest of the participants.	111	75.52	31	21.68	3	2.10	1	0.70
3. She was able to address questions/issues correctly and appropriately.	110	74.83	32	22.37	4	2.80	-	-
4. She is appropriately dressed.	111	75.52	31	21.68	3	2.10	1	0.70
Ms. Imelda Angeles-Agdeppa, Ph.D. <i>Director IV and Scientist II</i> <i>DOST-Food and Nutrition Research Institute</i>								
1. She is well-prepared and knowledgeable on the topic/session.	107	72.73	34	23.77	5	3.50	-	-
2. She was able to draw and sustain interest of the participants.	102	69.23	38	26.57	5	3.50	1	0.70
3. She was able to address	105	71.33	35	24.47	6	4.20	-	-

Category	Rating							
	Best		Better		Good		Poor	
	No.	%	No.	%	No.	%	No.	%
questions/issues correctly and appropriately.								
4. She is appropriately dressed.	109	74.13	32	22.37	4	2.80	1	0.70
Ms. Maria Asuncion A. Silvestre, MD <i>Executive Director, Kalusugan ng Mag-Ina, Inc.</i>								
1. She is well-prepared and knowledgeable on the topic/session.	117	79.72	24	16.78	5	3.50	-	-
2. She was able to draw and sustain interest of the participants.	115	78.32	27	18.88	3	2.10	1	0.70
3. She was able to address questions/issues correctly and appropriately.	114	77.62	27	18.88	5	3.50	-	-
4. She is appropriately dressed.	113	76.92	29	20.28	3	2.10	1	0.70
Mr. Kim Robert C. De Leon <i>Undersecretary, Department of Budget and Management and Project Coordinator, BSP-Navotas-GGC Vertical Farm</i>								
1. He is well-prepared and knowledgeable on the topic/session.	106	72.03	34	23.77	6	4.20	-	-
2. He was able to draw and sustain interest of the participants.	102	69.23	36	25.17	7	4.90	1	0.70
3. He was able to address questions/issues correctly and appropriately.	105	71.33	35	24.47	6	4.20	-	-
4. He is appropriately dressed.	106	72.03	34	23.77	5	3.50	1	0.70
Mr. Francis Ian L. Agatep <i>Consultant, Sustainable Development Affairs Unit, Quezon City</i>								
1. He is well-prepared and knowledgeable on the topic/session.	107	72.73	33	23.07	6	4.20	-	-
2. He was able to draw and sustain interest of the participants.	108	73.43	32	22.37	5	3.50	1	0.70
3. He was able to address questions/issues correctly and appropriately.	102	69.23	39	27.27	5	3.50	-	-
4. He is appropriately dressed.	105	71.33	36	25.17	4	2.80	1	0.70
Ms. Maria Cristina F. Peñaflorida, MD <i>Assistant City Nutrition Action Officer, Parañaque City</i>								
1. She is well-prepared and knowledgeable on the topic/session.	108	73.43	31	21.68	7	4.90	-	-
2. She was able to draw and sustain interest of the participants.	106	69.93	37	25.87	5	3.50	1	0.70
3. She was able to address	110	72.73	33	23.07	6	4.20	-	-

Category	Rating							
	Best		Better		Good		Poor	
	No.	%	No.	%	No.	%	No.	%
questions/issues correctly and appropriately.								
4. She is appropriately dressed.	107	72.73	33	23.07	5	3.50	1	0.70
Hon. Antolin “Lenlen” A. Oreta <i>Mayor, Malabon City</i>								
1. He is well-prepared and knowledgeable on the topic/session.	110	74.83	32	22.37	4	2.80	-	-
2. He was able to draw and sustain interest of the participants.	111	75.52	31	21.68	3	2.10	1	0.70
3. He was able to address questions/issues correctly and appropriately.	111	75.52	31	21.68	4	2.80	-	-
4. He is appropriately dressed.	111	75.52	30	20.98	4	2.80	1	0.70
IV. Others								
1. Audio was loud and clear	82	55.24	43	30.07	19	13.3	2	1.39
2. Use of chatbox to ask questions was helpful	91	61.54	44	30.77	9	6.30	2	1.39
3. The staff provided quality service (responsive to the needs of the clients)	93	62.94	44	30.77	7	4.90	2	1.39
4. Zoom platform	91	61.54	44	30.77	10	6.99	1	0.70
V. Overall rating	99	67.13	39	27.27	8	5.59	-	-

VI. What are the major benefits you derived from the conference?

- New/Additional knowledge, updates (22)
- Being resilient amidst COVID-19 pandemic
- Additional and helpful information; innovations presented by speakers
- Topic about mental health challenge; mental health is an important factor when it comes to health and nutrition; mental health matters (4)
- Additional knowledge/Current trends on nutrition and COVID-19 pandemic. Topics are relevant and very timely. (7)
- Topics are relevant to my work.
- New learnings and knowledge to further improve the nutrition situation of our respective areas.
- Important of food security and health
- Updates on the different innovative program and good practices from other LGUs (4)
- New learnings from speakers and their respective field.
- Strategies in implementing nutrition activities in this time of pandemic; innovations (3)
- Role of nutrition during pandemic to achieve goals to prevent malnutrition and improve nutritional status of children. (2)
- CPD units and prizes (2)
- Updates on current nutrition situation of NCR.
- The use karindaria for supplementary feeding program can be replicated in our LGU.
- Embracing the new normal in this time of pandemic.
- Appreciation of our profession as RND.

- Importance of functional foods
- New information on why sometimes children has no appetite.
- There are lots of things that we can do for our health and nutrition even during this pandemic.
- I was able to know more about nutrition and the current state of community nutrition.
- Building food and nutrition resilience this pandemic. I was also encouraged by the programs that were implemented by other LGUs.

VII. Other suggestions/recommendations to improve future conference

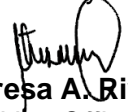
- Face-to-face for future conference (10)
- Better time management; please follow the time in the program. (6)
- Give more ice breaker during the program.
- Consider less time for other agenda so that we will achieve the target schedule for the conference.
- Faster internet service/good internet connection for the speakers and organizers (3)
- One-day conference.
- Additional learning on the Nutrition Care Process and medical culinary nutrition; consider to include various topics per field.
- More interactive sessions with the zoom audience such as games and discussions.
- More discussion on lifestyle medicine.
- Additional time allocation for interactive session.
- Lively moderator.
- Continue to have online webinar; continue the conference next year (2)
- Snacks please.
- Reminders for the speakers to stay within the time allocation.
- More sharing of good practices of LGUs.
- Improve audio. (2)
- Unfreezing activities at least between session.
- More games.
- Provide participants with the copy of all lectures.
- Provide a poster for the invitation featuring speakers and the topics to be discussed.
- Audio copy of zoom like One Nutrition One Nation

VIII. Other suggested topics for future conference

- Livelihood and agricultural topics
- Nutrition on new normal
- Nutrition in emergencies
- Post-pandemic mental health forum
- Fad diets; ketogenic diet and its promotion of social media by licensed health experts
- Food trends
- Updates on non-communicable diseases
- Food security and food systems
- Pandemic foods
- Nutrition in the fourth industrial revolution
- More on functional food
- International nutrition program that can be replicated in the Philippines
- Overweight and Obesity
- Nutrition programs in better normal
- More topics on first 1000 days
- Addressing pandemic problems on health and nutrition
- Nutrition devolution and review of PPAN 2017-2022
- Lifestyle medicine; lecture from Dr. Dex Macalintal
- Different cardio exercises for overweight and obese adolescents
- New trends on nutrition

- Updates on food fortification
- EO51 especially during emergencies
- Developing health habits in the office
- Sports nutrition
- Stress management
- Food of patients in the hospital
- Mobile application for OPT Plus Tool
- Innovative nutrition programs that will cater to the Generation Z population
- Work-life balance in times of pandemic
- COVID vaccines boosting the immunity within the community to attain maximum herd immunity
- Nutrition management of chronic diseases
- Breastfeeding in emergencies and COVID-19
- Breastfeeding in the new normal
- Food safety
- Nutrition for senior citizen
- Dietary supplementation especially during pandemic
- Gestational diabetes
- First 1000 Days and other topics concerning pregnant women
- Medical culinary
- LGU initiatives to promote good nutrition
- Nutrition for school children amidst pandemic

Prepared by:


Theresa A. Rivas
Nutrition Officer II

Noted by:


Milagros Elisa V. Federizo
Regional Nutrition Program Coordinator