

*36th Annual C/DNPC Regional Conference*

# »»» **M** **VING** **FORWA** **D** »»»

**for Better New Normal  
in Food and Nutrition**

December 7, 2022 via Zoom

**DOCUMENTATION REPORT**

## I. Introduction

The City/District Nutrition Program Coordinators (C/DNPCs) 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 allied health professional with technical updates on relevant issues on nutrition.

This year, the C/DNPC Association held their 36<sup>th</sup> Annual C/DNPC Regional Conference with the theme **“Moving Forward for Better New Normal in Food and Nutrition”**. The conference aimed to provide update on different nutrition related trends and information focusing on improving food and nutrition resilience as we move forward in the new normal. It was held virtually on December 7, 2022 via Zoom platform.

## II. Objectives

By the end of the conference, the participants should be able to:

1. Discuss the effects of COVID-19 pandemic on food and nutrition security;
2. Explain and enumerate ways on how to sustain food and nutrition security in the new normal;
3. Explain the incidence of overnutrition as the new pandemic and the importance of lifestyle changes in the new normal;
4. Provide information on the salient features of the different Philippine Nutrition Tools; and,
5. Identify coping strategies, mechanisms, and ways to find true happiness in this difficult world we live in.

## III. Highlights

### A. Basic Information on the webinar

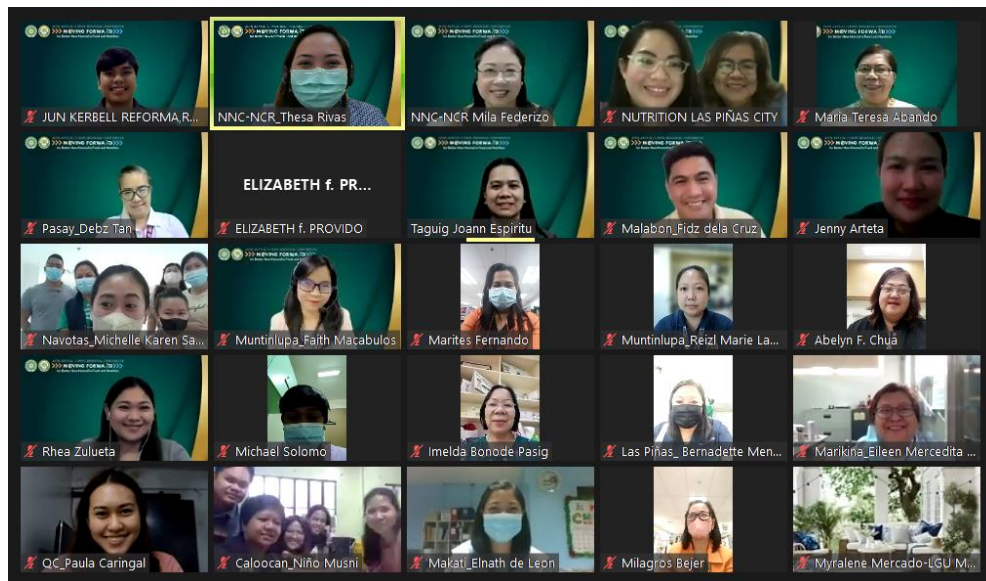
Activity Title	36 <sup>th</sup> Annual C/DNPC Conference <b><i>“Moving Forward for Better New Normal in Food and Nutrition”</i></b>
Region	National Capital Region
via	Zoom
Schedule	December 7, 2022; 9:00 a.m. – 5:00 p.m.
Participants	A total of 136 participants attended the conference: <ul style="list-style-type: none"><li>• 135 Public Health Nutritionist-Dietitians (NDs)</li><li>• 1 Teacher</li></ul> <b>Gender:</b> Female – 113                      Male – 23

***B. Guests and Resource Speakers***

<b>Name</b>	<b>Position</b>
Hon. Virgith B. Buena	Chair, Board of Nutrition and Dietetics Professional Regulation Commission
Ms. Milagros Elisa V. Federizo	Regional Nutrition Program Coordinator National Nutrition Council - NCR
Mr. Jefferson C. Gregorio	Nutrition Specialist, UNICEF Philippines
Dr. Marc Dexter M. Macalintal	Lifestyle Medicine Specialist
Ms. Arlene N. Camus-Castro	Nutritionist and Food Safety Compliance Officer Rise Against Hunger Philippines
Ms. Mae Ann S.A. Javier	Senior Science Research Specialist DOST-Food and Nutrition Research Institute
Coach JC Libiran	Feast Builder and Transformational Life Coach

***C. Officers and Board Members CY 2020-2022***

<b>Position</b>	<b>Name</b>
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



Working committee members with RNPC Mila Federizo and DMO II Thesa Rivas.

#### *D. Sessions conducted and issues/comments raised*

##### Opening Program

The program started with an invocation led by Pasig CNPC Jane A. Medenilla followed by the singing of the Philippine National Anthem and NNC Hymn.



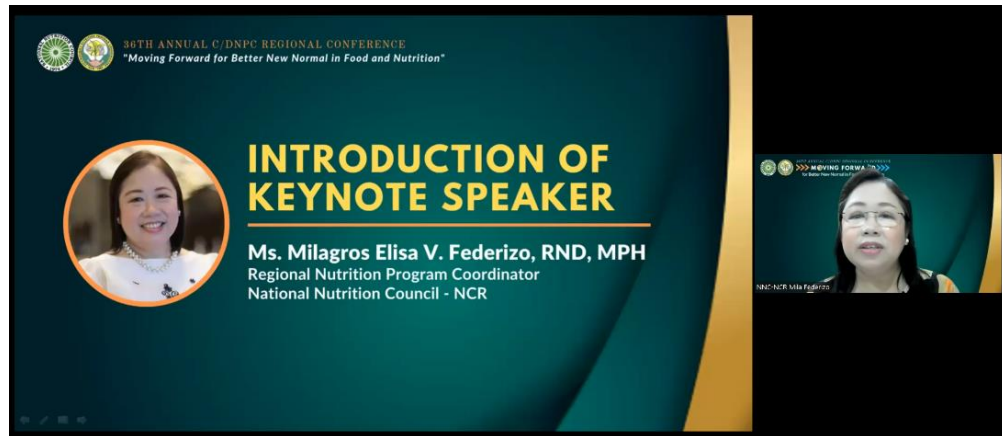
Acknowledgement of participants was done by Las Piñas CNPC Trizia B. Gallevo as the moderator. Ms. Maria Teresa G. Abando, CNPC of Caloocan City and Chair of the 36<sup>th</sup> Annual C/DNPC Regional Conference gave the welcome remarks.



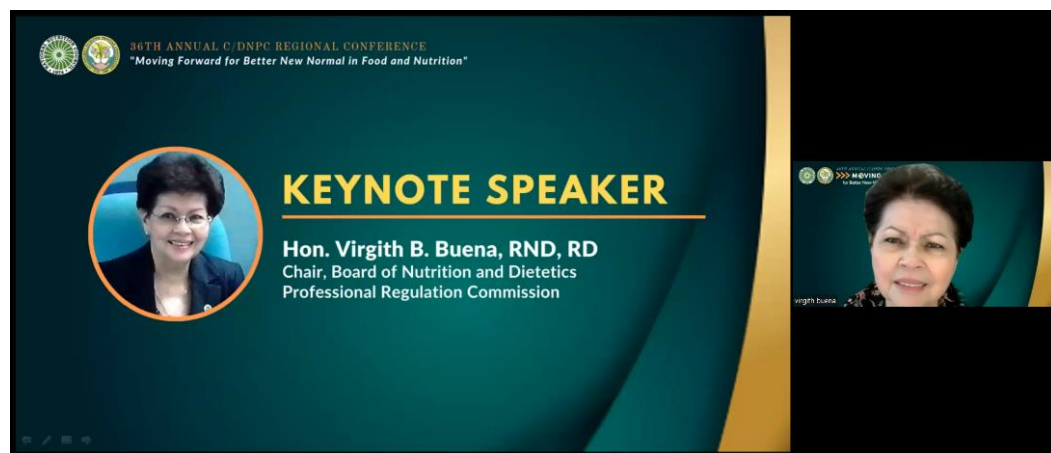
On the other hand, CNPC of Taguig City and Association President, Ms. Joann O. Espiritu delivered the opening message.



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



In her keynote message, Hon. Virgith Buena, Chair of the Board of Nutrition and Dietetics of the Professional Regulation Commission, encouraged the participants to be more active as public health nutritionist-dietitians and do their share in mitigating the effects of COVID-19 pandemic.



NNC-NCR through RNPC Federizo 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
Maria Teresa G. Abando	Caloocan City	32 years
Marissa B. Cepe	Makati City	31 years
Femilina R. Tuazon	Makati City	32 years
Marlet M. Despues	Makati City	37 years
Rhonda E. Rabino	Muntinlupa City	33 years
Elizabeth S. Abril	City of Manila	21 years
Marissa C. Almario	Pasig City	44 years

### **Technical Sessions**

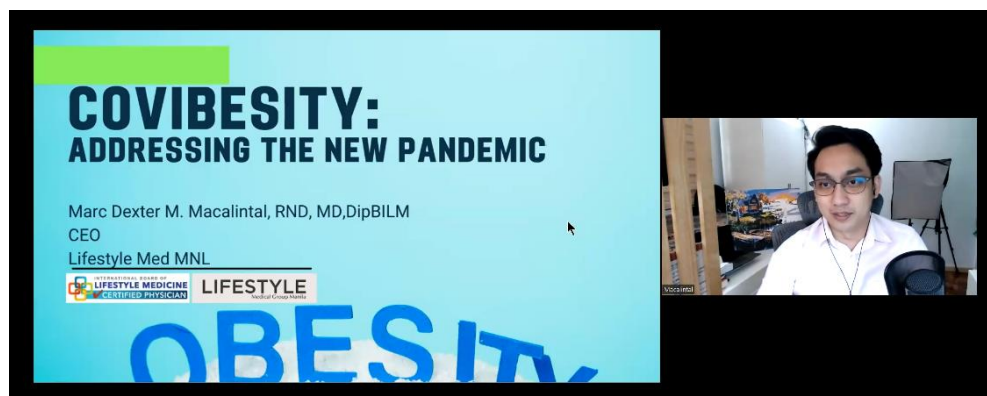
1. Nutrition Specialist of UNICEF Philippines, Mr. Jefferson C. Gregorio, started the discussion with the topic, “Impact of COVID-19 on nutrition: What are the nutrition challenges brought by pandemic?”. In his lecture, he presented the effects of the COVID-19 pandemic on food and nutrition security in the global and local context.



2. Nutritionist and Food Safety Compliance Officer of Rise Against Hunger Philippines, Ms. Arlene C. Castro, through her topic, “Sustaining Food and Nutrition Security in the New Normal” enlightened the participants on the situation on hunger and food insecurity in the Philippines and ways on how to achieve food security in the households.



3. Lifestyle Medicine Specialist, Dr. Marc Dexter M. Macalintal, discussed the topic, “Covibesity: Addressing the New Pandemic”. He enlightened the participants on the incidence of overnutrition as the new pandemic and the lifestyle changes that people should adopt in the new normal to address Covibesity.

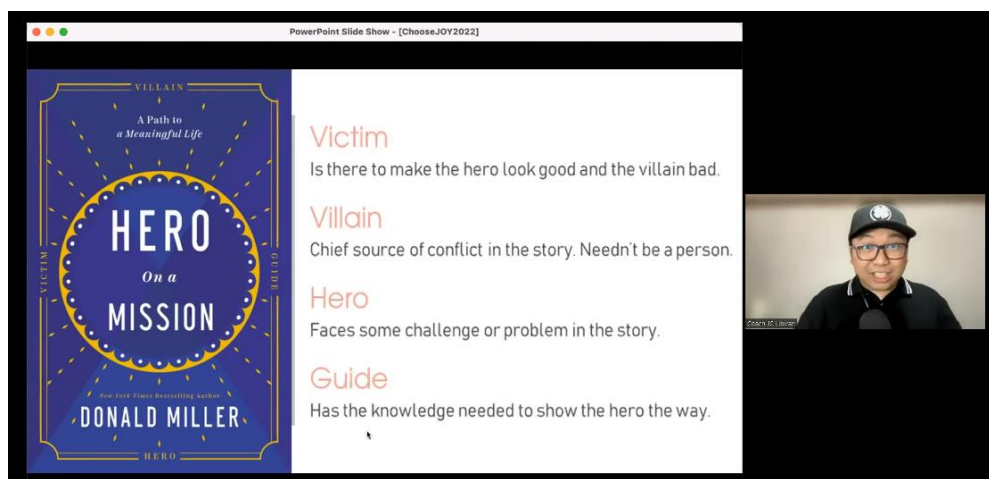




4. Ms. Mae Ann S.A. Javier, Senior Science Research Specialist from DOST-Food and Nutrition Research Institute discussed the topic, “eNutrition: Salient Features of the Updated Philippine Nutrition Tools”. She enumerated the salient features of the updated Philippine Nutrition Tools and demonstrated how to access and use the electronic nutrition tools.



5. The motivational talk was delivered by Coach JC Libiran entitled “Finding true happiness in a difficult world”. Through his presentation, he enlightened the participants on what true happiness is and discuss coping strategies, mechanisms, ways and habits to develop to help find true happiness in a difficult world.



Interactive sessions were held after the technical discussions and all resource speakers were presented with Certificates of Appreciation. Parañaque CNPC and Auditor of the Association, Mr. Jun Kerbell R. Reforma acted as the moderator during the afternoon session.

### **Issues and Concerns raised**

1. *From an NGO-perspective, considering the ongoing activities and resources available in the LGUs, what other programs do you recommend that LGUs can do to address stunting and food insecurity?*

Mr. Gregorio emphasized that the conduct of First 1000 Days Program especially the critical interventions in the first 1000 days of life could reduce child stunting by 20% if scaled to 90% coverage (World Health Organization and Lancet Journal). The following nutrition interventions should also be included in the LGU's nutrition action plan: IYCF, Micronutrient Supplementation, Dietary Supplementation Program and Philippine Integrated Management of Acute Malnutrition. However, the LGUs should know their nutrition situation: what are the causes of malnutrition, policies, and resources available, what has been done before, etc. With the nutrition situation as reference, the LGU should plan for interventions to address the causes of malnutrition present in their area. Mr. Gregorio also emphasized that activities must be participatory and should involve other stakeholders.

2. *Since there is an increasing trend of overweight and obesity, is there a comprehensive and specific activity that can be done in the community specially for children? This is aside from the usual activities already done or being done in the community.*

Interventions should include the promotion of healthy diet, making healthy diets available and affordable and conduct of social and behavior change communication (SBCC) activities. Nutrition education should also be intensified. Integrate promotion of healthy lifestyle with social protection programs such as the Family Development Session with 4Ps. Marketing of healthy diet should also be done. At the national level, government, CSOs and private sectors must work together and check the policies in place and other policies that should be passed to combat overweight and obesity.

3. *What are the benefits and impact of having a food banking in the community? Is this applicable in the LGUs and what are the preliminary steps to do to start this program?*

Ms. Santos shared that based on their study conducted with DOST, diet diversity of their beneficiaries greatly improved. Food items become accessible to the beneficiaries especially those that the low-income families cannot afford.

The first step to do is to screen existing and possible partnerships and check prevalence the prevalence of malnutrition and food insecurity. Ms. Santos encouraged the participants to coordinate with them for possible partnership and assistance regarding food banking.

4. *How do you monitor the impact of mobile feeding in the community since your target are diverse? What are the specific age group targeted for children under-five?*

Ms. Santos shared that the mobile kitchen is a one-day activity only that aims to alleviate hunger of target beneficiaries. Thus, impact on nutrition cannot be monitored. Also, their organization regularly coordinates with local nutrition office for the targeting of households and linkage with local DSWD Office. In addition, all households with children less than five (5) years old are targeted for mobile kitchen.

5. *When is the next NNS? Are we expecting an increase in all forms of malnutrition in all LGUs?*

Ms. Javier shared that dissemination of the results of 2021 ENNS is ongoing. Based on the current reports and interview with the LGUs, there is an increase in the prevalence of stunting and overweight. The next NNS will be conducted from 2023-2024.

6. *When can we expect the regional NS data?*

The next NNS cycle will cover the regional data.

7. *How is depression associated with overweight and obesity?*

Dr. Macalintal explained that depression can lead to either overeating or undereating. If a person eats too much, beyond from his/her caloric requirement, it may lead to overweight and obesity which is very evident during the pandemic.

8. *Any comments regarding the rampant low carb diet to address obesity?*

Dr. Macalintal said that the goal of weight loss is to lose weight and be healthy; not to fit in a skinnier casket. What's the point of losing weight if your food intake is low in carbohydrates but high in fat which includes cholesterol and triglycerides, among others. He emphasized that a low carb diet - what we know now as ketogenic diet is used to treat patients with unmanaged epilepsy.

The risk of developing cardiovascular disease (CVDs) is related to the quantity and quality of food we eat. If you want to follow a low carb diet, choose plant-based foods instead of animal-based food. If done correctly, low carb diet using plant-based food will help decrease risk of CVDs.

9. *What can we do to those social media influencers promoting Low Carbohydrate Intermittent Fasting (LCIF) via YouTube and Facebook? They have many followers that believe what they are saying is true.*

Dr. Macalintal answered that the best way to encourage people is to feed them facts. We as nutritionist-dietitians (NDs) are in a better position to feed the public with the right information. Maximize the use of social media and help make content on promoting healthy diet. We can help each other out by sharing videos. Make your own movement on healthy diet.

Assert your right on being NDs. Based on Republic Act No. 10862 or the Nutrition and Dietetics Law of 2016, only registered NDs can do nutrition counseling. People who are not RNDs but provide nutrition counseling can be penalized. They can be reported to NDAP and PRC Board.

10. *How can we, as NDs, handle other medical professionals who are promoting fad diets?*

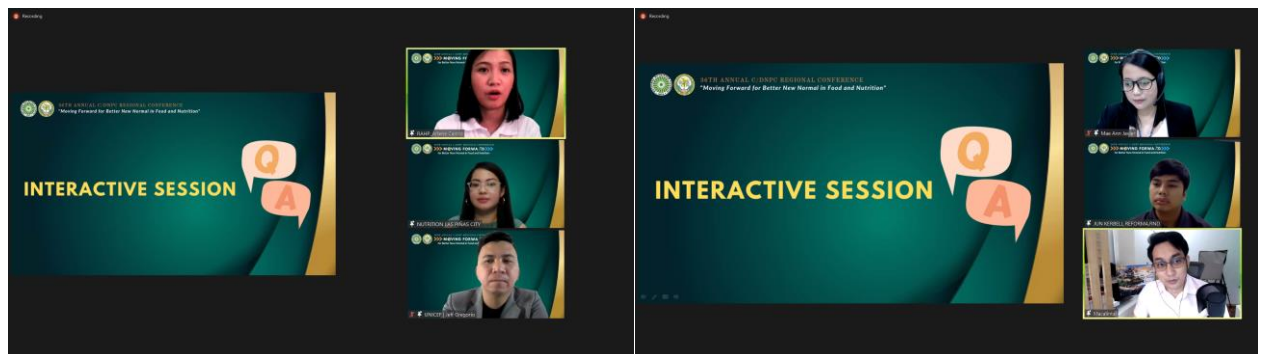
Same with the previous answer, people who are not RNDs, but provide nutrition counseling can be penalized. They can be reported to NDAP and PRC Board.

11. *Any innovative tips on how the Association as a group can promote healthy lifestyle?*

Use all media available to promote healthy diet and active lifestyle, eating more fruits and vegetables. Avoid stress, drop all vices, and sleep longer.

12. *How can we stay inspired at work and how can we inspire others even if you feel tired yourself?*

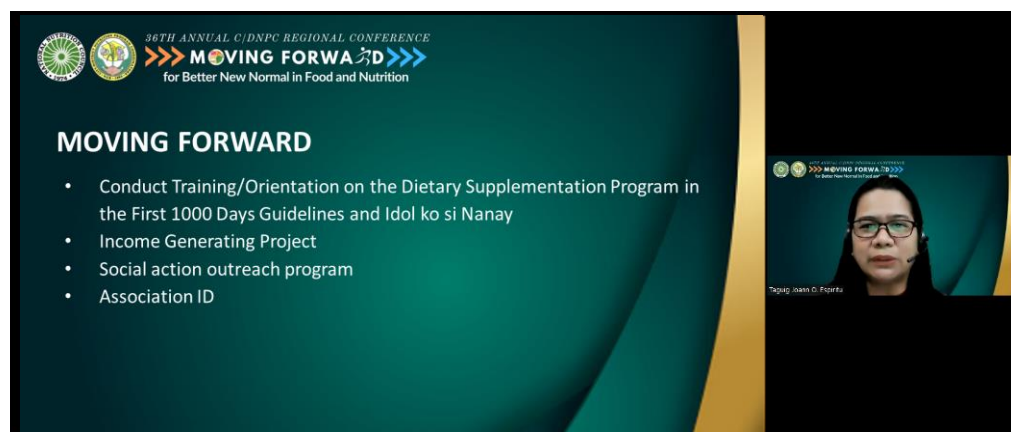
Coach Libiran said that being inspired is decision. You have to make the decision to be inspired at work. He also shared the tools that help him be and stay inspired: **B**EST - **B**ooks to uplift you, **E**vents that you can attend that may be related to your work and totally different for new experiences, support yourselves with **S**upport and **T**each your learnings.



CNPCs Trizia Gallego and Kerbell Reforma moderating the interactive session.

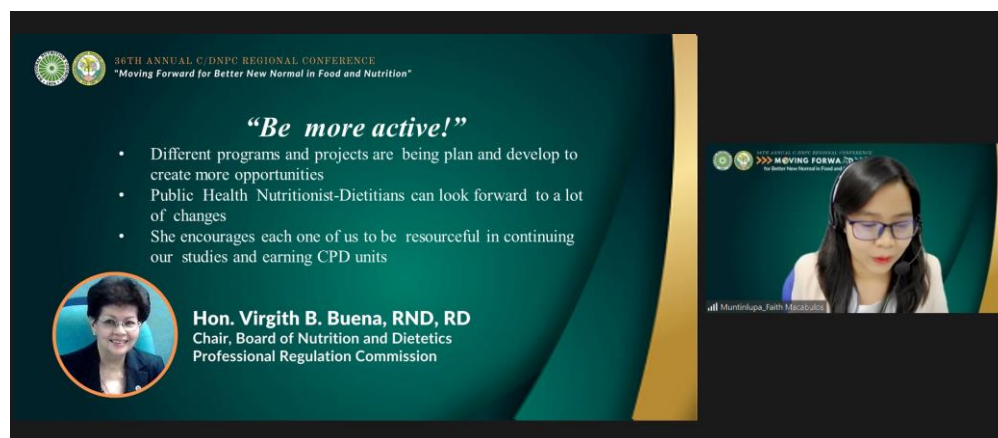
### **Association Matters**

President Espiritu presented the President's Report on the Association's accomplishments in 2022 and ways forward for 2023. She also presented the Association's vision and mission, objectives, and rights and benefits of the members.

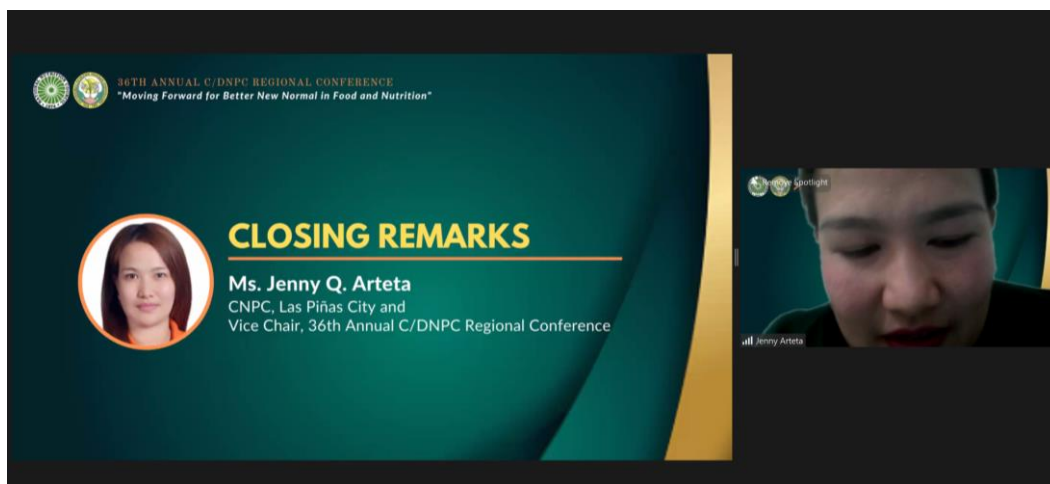


### **Closing Program**

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



Las Piñas CNPC and Vice Chair of the 36<sup>th</sup> Annual C/DNPC Regional Conference  
Ms. Jenny Q. Arteta gave the closing remarks.



#### IV. Evaluation

Based on the participants' evaluation, the over-all rating of the conference was rated as Outstanding. The conference had a good turn-out of participant since all LGUs were well represented. Invitation was provided on time and enough information on administrative matters were given. Registration and attendance via google form were also rated as Outstanding.

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 Outstanding.

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

Participants also stated the major benefits derived from the conference and suggested topics for future conference.



***Suggestion/Recommendations to improve future conference:***

- Face-to-face conference (36)
- Good job; congratulations (2)
- Include more life coaching
- Food allowance would be nice
- Live draw for the raffle to address multiple winners per LGU; makes the activity more interactive and boost interest of participants
- Hope Dr. Dex Macalintal will be invited again and provide longer time for his discussion on lifestyle medicine
- Include Nutrition therapy as topic
- More zoom or face-to-face convention; they are very helpful for us NDs
- Good job and Congratulations to all C/DNPC Officers and Board Members (4)
- Better/improve audio (2)
- Just keep up the good work, congratulations
- Congratulations and more power! (2)
- Announce the conference to the public
- Invite more participants
- Include more relevant topics (2)
- The conference is well-organized
- More topic about public health nutrition updates (2)
- The conference was successful!
- Continuous updates on nutrition practices
- Congratulations (3)
- More online activities
- Topics related to the present nutrition situation
- *Sana hindi lang limited sa GCash ang raffle, sana Paymaya din*
- Keep up the good work!
- Preferably not Wednesday please
- Include topic on healthy lifestyle
- More games and quiz
- Hoping that future conference will be face-to-face but still observing protocols
- Better technical preparations
- Stable wifi

Prepared by:

  
**Theresa A. Rivas**

Development Management Officer II

Reviewed and Submitted by:

  
**Milagros Elisa V. Federizo**

Regional Nutrition Program Coordinator

## Attachments

- I. Activity Design
- II. Program of Activities
- III. Summary of Post-Activity Evaluation

Republic of the Philippines  
Department of Health  
NATIONAL NUTRITION COUNCIL  
National Capital Region

**36<sup>th</sup> Annual C/DNPC Regional Conference**  
**“Moving forward for better new normal in food and nutrition”**  
December 7, 2022 \* 8:00 a.m. – 5:00 p.m. \* via Zoom

**TERMS OF REFERENCE**

**I. Background**

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 allied health professional with technical updates on relevant issues on nutrition.

This year, the C/DNPC Association will hold their 36<sup>th</sup> Annual C/DNPC Regional Conference with the theme **“Moving forward for better new normal in food and nutrition”**. The conference aims to provide update on different nutrition related trends and information focusing on improving food and nutrition resilience as we move forward in the new normal.

**II. Objectives**

By the end of the conference, the participants should be able to:

1. Discuss the effects of COVID-19 pandemic on food and nutrition security;
2. Explain and enumerate ways on how to sustain food and nutrition security in the new normal;
3. Explain the incidence of overnutrition as the new pandemic and the importance of lifestyle changes in the new normal;
4. Provide information on the salient features of the different Philippine Nutrition Tools; and,
5. Identify coping strategies, mechanisms, and ways to find true happiness in this difficult world we live in.

**III. Expected Outputs**

1. Conduct of the virtual conference
2. Documentation Report

#### IV. Mechanics of Implementation

##### A. Participants

Participants shall include all public health nutritionist-dietitians from the 17 LGUs in NCR, nutritionist-dietitians from hospitals, NGOs and academe and other allied health professionals. Around 150 participants are expected to attend, with the breakdown listed below:

<b>LGU</b>	<b>No.</b>	<b>LGU</b>	<b>No.</b>
Caloocan	13	Mandaluyong	8
Malabon	3	Makati	16
Navotas	7	Manila	7
Valenzuela	7	Pasay	7
Quezon City	12	Las Piñas	6
Marikina	6	Parañaque	11
Pasig	13	Muntinlupa	14
Taguig	4	Guests and resource speaker	10
Pateros	1	NNC-NCR	2
San Juan	3	<b>Total</b>	<b>150</b>

The zoom platform will accommodate a maximum of 500 participants.

##### B. Program Concept

Attachment 1 details the program of activities for the conference. After the opening program, the keynote message will be delivered by the guest of honor followed by the presentation of Service Award to retired C/DNPCs to be presented by RNPC. There will be four (4) topics for the technical session highlighting the effects of the COVID-19 pandemic on food and nutrition security and ways to move forward for better new normal in food and nutrition.

There will be a motivational talk to enlighten the participants on what true happiness is and discuss coping strategies, mechanisms, ways, and habits to develop to help find true happiness in a difficult world.

Part of the Association matters will be the President's Report and presentation of the incoming Board of Directors CY 2023-2025.

##### C. Registration and Evaluation

Registration will be open at least three (3) weeks before the conference. The link for the registration will be indicated in the invitation letter and posted on the official FB messenger group chat of the C/DNPC Association. Zoom link will be emailed to all registered participants three (3) days before the conference.

Participants will be required to accomplish the attendance for AM session and attendance for PM session with evaluation. They should accomplish the evaluation form within three (3) working days after the conduct of the conference. Only participants with accomplished evaluation form are qualified to receive the Certificate of Participation to be printed by NNC-NCR.

## V. Timelines

The following key activities must be accomplished by the assigned staff based on target deadlines to ensure the success of the activity:

Activity	In-Charge	Target date
1. Drafting, finalization, and dissemination of the concept note	DMO II TARivas	November 16
2. Preparation and approval of purchase requests and cash advance for supplies	DMO II TARivas AA VI JFParian	November 16
3. Drafting, finalization, and dissemination of registration form and invitation letter to LGUs and other stakeholders	DMO II TARivas AA I ETTuazon	November 17
4. Preparation, updating, and finalization of technical requirements such as program PowerPoint, attendance and evaluation, certificate of appreciation and participation	DMO II TARivas	December 1
5. Procurement of supplies	AA I ETTuazon	December 5
6. Technical dry run with the key roles in the program	DMO II TARivas	December 5
7. Posting of web article for the activity	DMO II TARivas	December 14
8. Liquidation of cash advance	AA VI JFParian	December 16
9. Preparation and finalization of documentation report	DMO II TARivas	December 26

## VI. Budget


The total cost of the activity is P25,304 chargeable to the LGU Mobilization Fund of NNC-NCR subject to usual government accounting and auditing rules and regulations.

No.	Particular	Amount (Php)
1	Kit at P165/pax for 150 pax	24,750.00
2	Supplies <ul style="list-style-type: none"><li>• Certificate Holder at P50/pc for 8 pcs</li><li>• Special paper at P32/pack for 4 packs</li><li>• Sticker paper at P26/pack for 1 pack</li></ul>	400.00 128.00 26.00
<b>Total</b>		<b>25,304.00</b>

Prepared by:

  
**THERESA A. RIVAS**  
Development Management Officer II

Reviewed and approved by:

  
**MILAGROS ELISA V. FEDERIZO**  
Nutrition Program Coordinator, NCR

## **36<sup>th</sup> Annual City/District Nutrition Program Coordinators' Regional Conference**

***Theme: "Moving Forward for Better New Normal in Food and Nutrition"***

December 7, 2022 \* 9:00 a.m. – 5:00 p.m. \* via Zoom

### **P r o g r a m m e**

8:30 am	Registration	
9:00	Opening Program	
	<ul style="list-style-type: none"><li>• Invocation</li></ul>	<b>Ms. Jane A. Medenilla, RND</b> CNPC, Pasig City and Board Member, C/DNPC of Metro Manila Association
	<ul style="list-style-type: none"><li>• Philippine National Anthem</li></ul>	
	<ul style="list-style-type: none"><li>• Acknowledgement of Guests and Participants</li></ul>	
	<ul style="list-style-type: none"><li>• Welcome Remarks</li></ul>	<b>Ms. Maria Teresa G. Abando, RND</b> CNPC, Caloocan City and Chair, 36 <sup>th</sup> Annual C/DNPC Regional Conference
	<ul style="list-style-type: none"><li>• Opening Message</li></ul>	<b>Ms. Joann O. Espiritu, RND, MPH</b> CNPC, Taguig City and President, C/DNPC of Metro Manila Association
	<ul style="list-style-type: none"><li>• Introduction of Keynote Speaker</li></ul>	<b>Ms. Milagros Elisa V. Federizo, RND, MPH</b> Regional Nutrition Program Coordinator National Nutrition Council – NCR
9:30	Keynote Message	<b>Hon. Virgith B. Buena, RND, RD</b> Chair, Board of Nutrition and Dietetics Professional Regulation Commission
10:00	Presentation of Service Award to Retired C/DNPCs	<b>RNPC Milagros Elisa V. Federizo</b>
<b>TECHNICAL SESSIONS</b>		
10:15	Impact of COVID-19 on nutrition: What are the nutrition challenges brought by pandemic?	<b>Mr. Jefferson C. Gregorio</b> Nutrition Specialist UNICEF Philippines
11:00	Sustaining Food and Nutrition Security in the New Normal	<b>Ms. Arlene C. Castro, RND</b> Nutritionist and Food Safety Compliance Officer Rise Against Hunger Philippines
11:45	Interactive Session	
12:00 nn	Lunch Break	



## **PM Session**

1:00 p.m.	Covibesity: Addressing the New Pandemic	<b>Dr. Marc Dexter M. Macalintal</b> Lifestyle Medicine Specialist
1:45	eNutrition: Salient Features of the updated Philippine Nutrition Tools	<b>Ms. Mae Ann S. Javier</b> Senior Science Research Specialist DOST – Food and Nutrition Research Institute
2:30	Interactive session	
2:45	Motivational Talk: Finding true happiness in a difficult world	<b>Coach JC Libiran</b> Feast Builder and Transformational Life Coach
3:30	Association Matters <ul style="list-style-type: none"><li>• Presentation of Board of Directors for CY 2020-2022 and CY 2023-2025</li><li>• President's Report</li></ul>	<b>Ms. Joann O. Espiritu</b>
4:00	Closing Program <ul style="list-style-type: none"><li>• Synthesis</li></ul>	<b>Ms. Lea Faith M. Macabulos</b> CNPC, Muntinlupa City and Board Member, C/DNPC of Metro Manila Association
	<ul style="list-style-type: none"><li>• Closing Remarks</li></ul>	<b>Ms. Jenny Q. Arteta</b> CNPC, Las Piñas City and Vice Chair, 36 <sup>th</sup> Annual C/DNPC Regional Conference
	<b>Ms. Trizia B. Gallevo, CNPC of Las Piñas City (AM)</b> <b>Mr. Jun Kerbell R. Reforma, CNPC of Parañaque City (PM)</b> Moderators	

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

**36<sup>th</sup> Annual City/District Nutrition Program Coordinators' Regional Conference**  
***"Moving Forward for Better New Normal in Food and Nutrition"***

December 7, 2022 | 9:00 a.m. – 5:00 p.m. | via Zoom

**SUMMARY OF CONFERENCE EVALUATION**

Total Respondent: **136**

Category	Rating							
	Outstanding		Very Satisfactory		Satisfactory		Poor	
	No.	%	No.	%	No.	%	No.	%
I. Preparation for the conference								
1. The invitation was provided on time.	74	54.41	56	41.18	6	4.41	-	-
2. I was given enough information on administrative matters pertaining to the conference (e.g. advisory)	78	57.35	53	38.97	5	3.68	-	-
II. Registration and Attendance via Google Form								
1. Registration	82	60.29	52	38.24	2	1.47	-	-
2. Attendance	85	62.50	48	35.29	3	2.21		
III. During the conference								
A. Content and delivery								
1. Objectives of the conference was clearly defined and met.	81	59.56	52	38.23	3	2.21	-	-
2. The topics covered were relevant and useful.	78	57.35	55	40.44	3	2.21	-	-
3. The conference methodologies used were appropriate.	79	58.09	54	39.70	3	2.21	-	-
4. There was sufficient opportunity for interactive participation.	76	55.88	57	41.91	3	2.21	-	-
5. The schedule for the conference provided sufficient time to cover all of the proposed activities.	79	58.09	55	40.44	2	1.47	-	-
B. Resource Person/s								
<b>Mr. Jefferson C. Gregorio, RN</b> <i>Nutrition Specialist, UNICEF Philippines</i>								
1. He is well-prepared and knowledgeable on the topic/session.	81	59.56	52	38.23	3	2.21	-	-
2. He was able to draw and sustain interest of the participants.	77	56.62	55	40.44	4	2.94	-	-
3. He was able to address questions/issues correctly and appropriately.	78	57.35	54	39.71	4	2.94	-	-
4. He is appropriately dressed.	84	61.76	49	36.03	3	2.21	-	-
5. Over-all rating	80	58.82	52	38.24	4	2.94	-	-

Category	Rating							
	Outstanding		Very Satisfactory		Satisfactory		Poor	
	No.	%	No.	%	No.	%	No.	%
<b>Ms. Arlene C. Castro</b> <i>Nutritionist and Food Safety Compliance Officer</i> <i>Rice Against Hunger Philippines</i>								
1. She is well-prepared and knowledgeable on the topic/session.	76	55.88	57	41.91	3	2.21	-	-
2. She was able to draw and sustain interest of the participants.	77	56.62	55	40.44	4	2.94	-	-
3. She was able to address questions/issues correctly and appropriately.	78	57.35	56	41.18	2	1.47	-	-
4. She is appropriately dressed.	79	58.09	54	39.70	3	2.21	-	-
5. Over-all rating	77	56.62	56	41.17	3	2.21	-	-
<b>Mr. Marc Dexter M. Macalintal, RND, MD</b> <i>Lifestyle Medicine Specialist</i>								
1. He is well-prepared and knowledgeable on the topic/session.	92	67.65	42	30.88	2	1.47	-	-
2. He was able to draw and sustain interest of the participants.	89	65.44	45	33.09	2	1.47	-	-
3. He was able to address questions/issues correctly and appropriately.	94	69.12	40	29.41	2	1.47	-	-
4. He is appropriately dressed.	90	66.18	44	32.35	2	1.47	-	-
5. Over-all rating	92	67.65	42	30.88	2	1.47	-	-
<b>Ms. Mae Ann SA. Javier</b> <i>Senior Science Research Specialist</i> <i>DOST-Food and Nutrition Research Institute</i>								
1. She is well-prepared and knowledgeable on the topic/session.	78	57.35	54	39.71	4	2.94	-	-
2. She was able to draw and sustain interest of the participants.	76	55.88	52	38.23	8	5.89	-	-
3. She was able to address questions/issues correctly and appropriately.	77	56.62	53	38.97	6	4.41	-	-
4. She is appropriately dressed.	79	58.09	53	38.97	4	2.94	-	-
5. Over-all rating	77	56.62	53	38.97	6	4.41	-	-
<b>Coach JC Libiran</b> <i>Feast Builder and Transformational Life Coach</i>								
1. He is well-prepared and knowledgeable on the topic/session.	85	62.50	49	36.03	2	1.47	-	-

Category	Rating							
	Outstanding		Very Satisfactory		Satisfactory		Poor	
	No.	%	No.	%	No.	%	No.	%
2. He was able to draw and sustain interest of the participants.	86	63.24	48	35.29	2	1.47	-	-
3. He was able to address questions/issues correctly and appropriately.	83	61.03	50	36.76	3	2.21	-	-
4. He is appropriately dressed.	83	61.03	51	37.50	2	1.47	-	-
5. Over-all rating	85	62.50	49	36.03	2	1.47	-	-
IV. Others								
1. Audio was loud and clear	72	52.94	57	41.91	7	5.15	-	-
2. Use of chatbox to ask questions was helpful	79	58.09	54	39.70	3	2.21	-	-
3. The staff provided quality service (responsive to the needs of the clients)	76	55.88	55	40.44	5	3.68	-	-
4. Zoom platform	79	58.09	51	37.50	5	3.68	1	0.73
V. Overall rating	92	67.65	41	30.14	3	2.21	-	-

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

- Updates/new learnings and trends on nutrition (24)
- New trends in nutrition in the new normal
- Expansive/Wider knowledge/Additional information and education (14)
- Updates on PRC guidelines; updates from Ma'am Virgith Buena (3)
- All topics discussed (3)
- Plans for nutrition programs and workers
- We should always share the right information.
- New learning and new motivation for upcoming years
- Importance of sustaining food and nutrition security in the new normal (4)
- New updates on nutrition information tools
- How to move forward in the new normal
- Refreshing our minds
- Be thankful
- Latest updates on nutritional status during pandemic
- Learnings and connection
- Management of malnutrition and being motivated at work
- New knowledge and PRC credits
- Trending issues on FAD diets that needs to be addressed properly and professionally as an RND
- CPD units (4)
- Programs of Rise Against Hunger Philippines; putting up mobile kitchen and food bank in the city (2)
- Solution for the nutrition challenges brought by pandemic
- Different diets during the pandemic
- Moving forward for better nutrition has a lot of aspect that should be considered; working together as well as working to better oneself is needed (2)
- Lecture of Dr. Macalintal is very beneficial (5)
- Nutrition is very important in every individual

- Gain knowledge and share new and good practices
- Additional learnings especially on overweight and obesity
- Motivation on moving forward to your chosen career
- Updates on health and nutrition
- Attending the virtual conference is convenient.
- All topics are relevant and very timely
- Nutrition updates especially on the topic of Dr. Macalintal regarding obesity and healthy lifestyle
- Intensify nutrition promotion
- Continue to work hard with love and dedication
- More learnings on balanced diet versus fad diets; data source for nutrition planning
- Knowledge on updated status of Filipino's nutrition situation
- Professional growth
- Do not stop or retire after 65 years if you can still work. It will help you physically and mentally
- Getting ideas regarding food transformation
- Very information
- New strategies on how to address malnutrition
- The importance of nutrition promotion even under difficult circumstances such as COVID-19 pandemic.
- As RNDs, we have the authority to implement nutrition-related programs in the Philippines. We can help people in our community live healthier lives by empowering them. The line that struck me is " Let food be your medicine, kitchen your pharmacy, and lifestyle your doctor".
- Strengthen the BNC mobilization for nutrition programs in the community in the new normal
- New knowledge and insight
- Roles and responsibilities of Nutritionist-Dietitian and updates in the field of nutrition
- Acknowledging the different ways to cope from pandemic
- Gain new knowledge and updates on food and nutrition in the new normal
- Gain new insights about COVID-19 and nutrition, Covibesity and food banking (2)
- Finding my true happiness
- Updated knowledge on the nutrition programs in the new normal
- Ms. Javier's presentation is beneficial for me as DNPC.
- Handling current nutrition situation
- Learned new information re: eNutrition; reinforced knowledge on (a) nutrition challenges brought about by COVID-19 and how to address them; (b) food security measures; (c) covibesity and how to mitigate it; and inspired by the motivational talk delivered by Coach JC
- Being trained in different nutrition and related programs to be more knowledgeable in terms of giving service to people
- Nutrition versus fad diet
- Updates on nutrition and the situation of the community after the pandemic
- Despite the pandemic, there are ways to move forward for better nutrition
- Covibesity
- Finding happiness even work is stressful; quality time with loved ones will always be the priority
- Appreciating balanced diet instead of fad diets; importance of healthy lifestyle
- Learning from Dr. Macalintal and Coach JC Libiran are my major takeaways from the conference
- The current situation on hunger, obesity and influence of social media
- Nutrition updates related to our present work
- Diversity of nutrition information

## VII. Other suggestions/recommendations to improve future conference

- Face-to-face conference (36)
- Good job; congratulations (2)
- Include more life coaching
- Food allowance would be nice
- Live draw for the raffle to address multiple winners per LGU; makes the activity more interactive and boost interest of participants
- Hope Dr. Dex Macalintal will be invited again and provide longer time for his discussion on lifestyle medicine
- Include Nutrition therapy as topic
- More zoom or face-to-face convention; they are very helpful for us NDs
- Good job and Congratulations to all C/DNPC Officers and Board Members (4)
- Better/improve audio (2)
- Just keep up the good work, congratulations
- Congratulations and more power! (2)
- Announce the conference to the public
- Invite more participants
- Include more relevant topics (2)
- The conference is well-organized
- More topic about public health nutrition updates (2)
- The conference was successful!
- Continuous updates on nutrition practices
- Congratulations (3)
- More online activities
- Topics related to the present nutrition situation
- *Sana hindi lang limited sa GCash ang raffle, sana Paymaya din*
- Keep up the good work!
- Preferably not Wednesday please
- Include topic on healthy lifestyle
- More games and quiz
- Hoping that future conference will be face-to-face but still observing protocols
- Better technical preparations
- Stable wifi

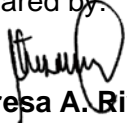
#### VIII. Other suggested topics for future conference

- Nutrition in digital age
- IYCF
- Food sensitivity
- Motivational topics; always include motivational speakers (2)
- New diet trends; fad diets (3)
- Nutrition in relation to mental health (3)
- Food security
- Trending topic like slimming products and how to address it
- New trends on health and nutrition (2)
- Nutrition in psychiatric and cognitive disorders
- NCD
- Long term effect of Keto Diet/LCIF
- Diet therapy; Clinical nutrition (2)
- Addressing overweight and obesity across all ages (5)
- PPAN 2023-2028 (2)
- Maternal and adolescent health and nutrition
- Food banking; new technology in agriculture
- Stress management; management of diabetes mellitus
- More covibes topics with Dr. Dex Macalintal



- Sports nutrition (2)
- Healthy lifestyle update
- Topics on geriatric nutrition (2)
- Creating policies for nutrition
- Are dietary supplements safe and effective
- Updates on nutrition and dietetics
- Nutrition lifestyle
- Scaling up nutrition
- Refresher on micronutrient benefits
- Weight management and latest information on nutrition, standard tool and formulas for nutrition assessment
- Prevalence of stunting in the new normal
- Leadership and ownership
- Innovative programs and projects on nutrition
- Updates on public health nutrition (2)
- EO 51
- Addressing the rampant misleading nutrition information in social media such as Tiktok
- Good practices of other countries in monitoring compliance of food manufacturers in sodium, fat, sugar content of certain products (product labelling)
- Food research and technology
- Culinary nutrition
- Fad diets, personality development
- How to improve NDs' culinary skills
- New ideas to improve vegetable consumption
- Monitoring of Mandatory Food Fortification Program

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