



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
PAMBANSANG SANGGUNIAN SA NUTRISYON  
(NATIONAL NUTRITION COUNCIL)  
NATIONAL CAPITAL REGION



Excerpts from the Minutes of the Regional Nutrition Committee Meeting  
held on May 21, 2019 at Richville Hotel, Mandaluyong City

**RNC-NCR RESOLUTION NO. 03**  
**Series of 2019**

**RESOLUTION ADOPTING THE POLICY STATEMENT  
ON NUTRITION PROGRAMS FOR GOVERNMENT WORKERS**

**WHEREAS**, the National Nutrition Council Governing Board adopted the Policy Statement on Nutrition Programs for Government Workers through its NNC GB Resolution No. 5, Series of 2018;

**WHEREAS**, based on the on 2015 National Nutrition Survey conducted by the Food and Nutrition Research Institute, 37.7% of adults in NCR ages 20 years old and above are overweight and obese;

**WHEREAS**, in the same survey, the prevalence of elevated blood pressure among adults has significantly increased from 21.7% in 2013 to 25.1% in 2015;

**WHEREAS**, there was an insignificant decrease in the proportion of insufficiently physically active adults<sup>1</sup> in the region from 2013 to 2015;

**WHEREAS**, adults with insufficient physical activity are more at-risk of chronic diseases while overweight and obesity increase the risk of non-communicable diseases;

**WHEREAS**, a study of FNRI-DOST entitled "Analysis of the Nutritional Status and Dietary Diversity of Filipino Households: Focus on Fisherfolks showed that adults categorized as officials, professionals and clerks have poorest nutrition and health status and those officials had the highest prevalence of overweight and obesity, hypertension, high blood glucose and hypercholesterolemia;

**WHEREAS**, the provision of nutrition programs for government workers as part of healthy workplaces is an important strategy of the Philippine Plan of Action for Nutrition (PPAN) to improve the nutritional status of workers and thereby contribute to the reduction of overweight and obesity and non-communicable diseases;

**NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED**, by the Regional Nutrition Committee of the National Capital Region in a meeting duly assembled, do hereby adopt the policy statement on having nutrition programs for government workers, as follows:

"The National Nutrition Council recommends the provision of nutrition programs to government workers as part of healthy workplaces as a strategy of the Philippine Plan of

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<sup>1</sup> A person not meeting any of the following criteria is considered being physically inactive or insufficiently physically active and therefore at risk of chronic disease: three (3) or more days of vigorous-intensity activity of at least 20 minutes per day; OR Five (5) or more days of moderate-intensity activity or walking of at least 30 minutes per day (FNRI-DOST)



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Action for Nutrition to improve the nutritional status of state workers thereby contributing to the reduction in the prevalence of overweight and obesity and non-communicable diseases.

The nutrition program shall be integrated in existing efforts of government offices to promote healthy lifestyle and employee welfare. The NNC shall work with relevant government agencies to see to it that enabling policy instruments and mechanisms shall be in place to implement this recommendation.”

**RESOLVED FURTHER**, that RNC member agencies to:

1. initiate efforts to implement nutrition programs for workers within their respective agencies and include in their plans and budget for its implementation;
2. implement RNC-NCR Resolution No.3, Series of 2017 “Resolution Enjoining All RNC member agencies and LGUs to serve healthy foods, meals and snacks during meetings, conferences, trainings and related activities; and
3. promote the adoption and implementation of nutrition programs to all their partners and stakeholders including LGUs in the region


**RESOLVED FURTHER**, that the NNC-NCR Regional Office being the Secretariat to:

1. coordinate and monitor the implementation of this resolution; and
2. report the status of implementation to the RNC


**RESOLVED FURTHER**, that the NNC-NCR Regional Office being the Secretariat of the RNC to furnish the NNC Central Office, all regional members of the RNC and all local government units in the region a copy of this resolution.

**APPROVED UNANIMOUSLY AND ADOPTED**, this 21<sup>st</sup> day of May 2019 during the first meeting of the Regional Nutrition Committee of NCR held at the Richville Hotel in Mandaluyong City.

*Certified Correct:*

  
**MS. MILAGROS ELISA V. FEDERIZO, RND, MPH**  
*Regional Nutrition Program Coordinator, NNC-NCR  
and Secretary, RNC*

*Attested by:*

  
**CORAZON FLORES, MD, MPH**  
*Chair, Regional Nutrition Committee  
OIC - Regional Director, Metro Manila Center for Health Development*