

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL

NNC GOVERNING BOARD
Resolution No. 5, Series of 2019

**Approving and Adopting the 2019 Nutrition Month Campaign on
Promoting Nutrition and Physical Activity**

Whereas, Section 7 of Presidential Decree 491 designates the month of July as Nutrition Month to create greater awareness among Filipinos on the importance of nutrition and that activities shall be approved and coordinated by the Council;

Whereas, the NNC Technical Committee has identified the promotion of nutrition and physical activity as the focus of the Nutrition Month campaign for 2019 to contribute to reducing the prevalence of overweight and obesity and non-communicable diseases and promote well-being among Filipinos;

Whereas, the 2019 Nutrition Month campaign is intended to be a venue to catalyze actions to 1) promote the consumption of healthy diets, increased physical activity and reduced sedentary behavior through activities of daily living among individuals and families; 2) mobilize various stakeholders to provide an enabling environment to foster physical activity in communities, schools, workplaces and public places; and 3) advocate for the integration of nutrition and physical activity in relevant national and local policies;

Whereas, interventions are more effective when there is multi-sectoral and multi-level collaboration to provide the enabling environment for consumption of healthy diets and increased physical activity;

NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, in consideration of the foregoing, we the National Nutrition Council Governing Board as the country's highest policy-making body on nutrition do hereby approve and adopt actions to promote nutrition and physical activity in support of 2019 Nutrition Month campaign;

RESOLVED FURTHER, that we commit our departments and organizations to 1) issue department memos or circular to implement activities supportive of the Nutrition Month objectives in July and onwards for our employees and our clients; and 2) review existing policies and programs to integrate the adoption of physical activity and healthy diets by our clients and other stakeholders;

RESOLVED FURTHER, to encourage other national government agencies, local government units, the private sector and communities to support the promotion of nutrition and physical activity through policy and programs including, but not limited to the following:

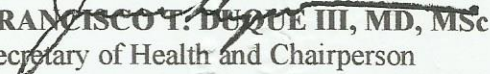
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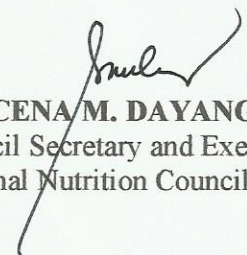
1. Strengthen the policy environment through the issuance of circulars and other policy instruments to adopt healthy eating guidelines in the workplace and to create active environments;
2. the agriculture and food sector to promote the increased consumption of fruits and vegetables;
3. the food industry to reformulate food and beverages to reduce free sugars, sodium, saturated fats and trans fatty acids;
4. plan and implement supportive actions to promote safe, well maintained infrastructure, facilities and public open spaces that provide equitable access to places for walking, cycling and other physical activities;
5. implement campaigns to promote positive nutrition behaviors towards consuming healthier diets, increased physical activity and reduced sedentary lifestyle;

RESOLVED FURTHER, for the National Nutrition Council Secretariat to ensure that the Nutrition Month theme and messages are disseminated as widely as possible to nutrition and physical activity among Filipinos and conduct an evaluation of the campaign.

Approved this 24th day of April 2019.


FRANCISCO T. DEQUE III, MD, MSc
Secretary of Health and Chairperson
National Nutrition Council Governing Board

Attested:

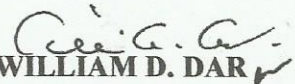

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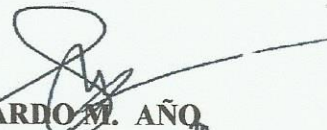
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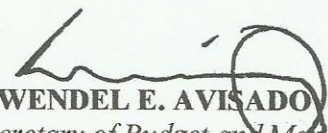
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CONFORME:


DEPARTMENT OF AGRICULTURE
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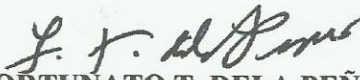

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Member, NNC Governing Board




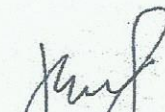

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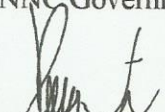

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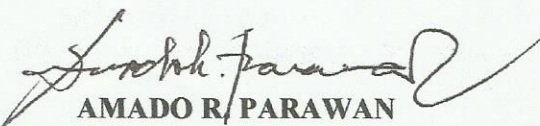

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