



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF HEALTH
Cordillera Administrative Region

BGHMC Compound, Baguio City 2600
Tel. /Fax Nos. (074) 442-8097 to 98 TRUNK LINE #s: (074) 442-8096, 443-4858, 443-4859, 442-7591 www.car.doh.gov.ph

RICT- CAR Resolution No. 001
Series of 2018

RESOLUTION ENCOURAGING REGIONAL LINE AGENCIES, DOH HOSPITALS AND LGUs TO PROVIDE HEALTHIER FOOD OPTIONS DURING MEETINGS, TRAININGS, WORKSHOPS AND OTHER ACTIVITIES

WHEREAS, overweight and obesity which is defined by the World Health Organization (WHO) as a condition of abnormal or excessive fat accumulation are major risk factors for Non Communicable Diseases (NCDs) such as diabetes, cardiovascular diseases, musculoskeletal disorders and cancer and a leading cause of premature deaths (deaths between the ages of 30-70) has become a major nutrition problem in the Cordillera Administrative Region affecting the general population with government employees as one of the most affected sector;

WHEREAS, the Cordillera Administrative Region based on the 2015 National Nutrition Survey (NNS) of the Food and Nutrition Research Institute-DOST has one of the highest prevalence of overweight and obesity across all ages with 35.4 percent of adults (ages 20 years and above) are either overweight and obese compared to the national average of 31.1 percent;

WHEREAS, the initial result of the nutritional assessment spearheaded by Ms. Imelda O. Degay of Benguet State University shows that 54% of regional government employees in CAR are overweight/obese;

WHEREAS, one of the major causes of overweight and obesity is the that majority of food suppliers (restaurants/eateries, caterers, groceries) market calories dense foods with less choices for natural healthier food options including food suppliers for government trainings/meetings and workshops.

WHEREAS, serving of high calorie meals and snacks to government employees participating in different activities which is common to all government agencies could be a contributory factor to the increased overweight and obesity among government employees;

WHEREAS, low availability of food suppliers that provide healthier food and beverage choices affects the quality of food provided by government agencies for their participants during trainings/meetings/workshops and other activities;

WHEREAS, the CSC, DOH and DEPED and has issued Promotion of Good Nutrition in the bureaucracy (CSC MC No. 04 S. 2003); Health Food Selection and Practices (DOH memo No. 2016-0430) and Policy and Guidelines on healthy Food and Beverage Choices in Schools and DepEd Offices (DepEd Order No, 13, s. 2017) all aiming to ensure healthier food consumption among various stakeholders.



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NOW THEREFORE, ON MOTION DULY SECONDED, RESOLVED AS IT IS HEREBY RESOLVED that the RICT enjoins all regional line agencies, DOH hospitals and LGUs to encourage healthier food choices for employees and their clients during trainings, meetings, workshops and other activities and in agency canteens through the following:

1. In preparing menu for meetings, trainings, workshops and other activities

- a. Increase serving of fruits and vegetables for meetings/trainings/workshops (Pinggang Pinoy recommendation is fruits and vegetables should be 33% of food intake per meal). Offer a colorful variety of fruit and vegetables; more fruits and vegetables;
- b. Reduce meat servings (Pinggang Pinoy recommendation is 17% of meat/poultry or fish per meal);
- c. Serve brown rice or corn, oatmeal, root crops; boiled saba, iron fortified rice (brown or polished) or at least make any one of these available in addition to regular white rice;
- d. Serve water, buko juice or fresh fruit juice; avoid sugar sweetened beverages such as soft drinks, flavored mineral water, sports drinks, sweetened waters and powdered juice drinks or all drinks listed by DepEd in the RED category; and
- e. For snacks/merienda, avoid heavily salted (e.g. Chichiría, chips) and highly sweetened snacks (ice cream, donuts, highly sweetened cakes and bakery products) and deep fried snacks (e.g French fries, fish ball, kikiam); serving fruits is a healthier option.

2. For Agency Canteens

- a. Make available or offer more choices of fruits and vegetables;
- b. Offer brown rice, whole grains, corn, oatmeal, root crops (camote, camoteng kahoy) or other healthier options instead of white rice; and
- c. Consider food categories based on DepEd Order No 13, S. 2017 in the choice of healthier food items in the canteens.

3. IEC Among Employees

- a. Conduct sessions among staff on healthy lifestyle (healthier food choices and exercise) or hand out IEC materials to staff on healthy living.

RESOLVE FURTHER that the DOH-CAR conduct a dialogue with hotel owners and caterers regarding the need to accommodate recommended menus that aims to provide healthier food and beverage options for participants during trainings, workshops and other activities;

RESOLVE FURTHER that NNC-CAR in coordination with NDAP convene a TWG to develop a recommended menu for trainings/workshops considering healthy food options that can be used as reference by regional line agencies;




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RESOLVE FINALLY that this resolution be raised to the RSDC for endorsement to the Regional Development Council (RDC-CAR).

APPROVED, this 20th day of July 2018 during the Regional Implementation Coordination Team (RICT) Meeting held at Batanes Seaside Lodge and Restaurant, Basco, Batanes.


Certified true and correct:


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Attested:


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Approved:


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