



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
Cordillera Administrative Region

#103 Lyman Ogilby Centrum, No. 358 Magsaysay Avenue, Baguio City



RNC-CAR Resolution No. 1, s. 2018

**ADOPTING THE GUIDELINES ON THE WEIGHT MANAGEMENT PROJECT AND
ENCOURAGING PARTICIPATION OF ALL REGIONAL LINE AGENCIES AND OTHER
RNC MEMBER INSTITUTIONS/ORGANIZATIONS**

WHEREAS, the 2015 National Nutrition Survey by the Food and Nutrition Research Institute of the Department of Science and Technology showed that 35.4% of adults in CAR are either overweight or obese and it is higher than the national prevalence of 31.1%;

WHEREAS, as an initial activity of the RNC to address overnutrition among adults, the RNC approved the conduct of nutrition assessment among RNC member agencies and other regional line agencies spearheaded by the Benguet State University through RNC Resolution No. 2, s. 2017 from August 2017 to February 2018;

WHEREAS, based on the result of the local nutrition assessment, 52% of the regional government employees in the agencies assessed were overweight or obese based on body mass index (BMI);

WHEREAS, the result was alarming considering that overweight and obesity increases the risk for non-communicable diseases (NCD) like cardiovascular diseases, cancer, diabetes mellitus, kidney diseases etc. and the risk for pre-mature deaths or deaths before age of 70;

WHEREAS, the DOH-CAR reported that in 2016, six of the top 10 leading causes of mortality which are lifestyle related are Cardiovascular Diseases; Cerebrovascular Disease; all forms of Cancer; Hypertension; Kidney Diseases; and Diabetes Mellitus;

WHEREAS, the employees being the most important resource of the government, the presence of NCDs can affect their productivity and performance;

WHEREAS, in response to the problem of overweight and obesity among the regional government employees and RNC member agencies, the RNC in its meeting on December 6, 2017 agreed to have a weight management project among regional line agencies and created a technical working group to prepare the guidelines for the proposed weight management project;

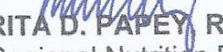
WHEREAS, the technical working group prepared the guidelines stipulating how the weight management project will be undertaken by participating agencies/organizations including provisions for monitoring and evaluation and rewards/incentive system with inputs from the different agencies;

NOW THEREFORE, ON MOTION DULY SECONDED, BE IT RESOLVED AS IT IS HEREBY RESOLVED, that the RNC adopts the guidelines on weight management project and encourages the participation of all regional line agencies and other RNC member institutions/organizations;


RESOLVED FURTHER, that copies of this resolution and guidelines be disseminated to all regional line agencies and other RNC member institutions/organizations for their information and reference.

APPROVED, this 13th day of April 2018 during the Regional Nutrition Committee meeting held at Hotel Supreme, Baguio City.

Certified true and correct:


RITA D. PAPEY, RSW, MSW
Regional Nutrition Program Coordinator
National Nutrition Council -CAR

Approved by:


DIR. LAKSHMI I. LEGASPI, MD, RN, MAN
Director IV, DOH-CAR and
Chairperson, Regional Nutrition Committee