

**REGIONAL NUTRITION COMMITTEE  
CARAGA REGION**

Resolution No. 1, S. 2016

**RESOLUTION TO INTENSIFY HEALTHY LIFESTYLE CAMPAIGN  
AMONG THE POPULACE THROUGH THE MEMBER AGENCIES OF CARAGA REGIONAL  
NUTRITION COMMITTEE (RNC) AND OTHER STAKEHOLDERS**

**WHEREAS**, non-communicable diseases (NCDs) such as heart diseases, stroke, diabetes, cancer and chronic respiratory diseases are the leading causes of death globally;

**WHEREAS**, according to World Health Organization (2015) cardiovascular diseases account for most NCD deaths, or 17.5 million people annually, followed by cancers (8.2 million), respiratory diseases (4 million), and diabetes (1.5 million);

**WHEREAS**, in Caraga (2014) the leading causes of mortality includes hypertensive cardiovascular diseases, cancer and diabetes, in which hypertensive cardiovascular diseases is the number two leading cause of morbidity.

**WHEREAS**, based on the 2013 DOST-FNRI National Nutrition Survey, the prevalence of overweight and obesity increased from 16.6% in 1993 to 29.9% among adult Filipinos;

**WHEREAS**, overweight and obesity is strongly associated with having NCDs particularly type 2 diabetes, cardiovascular diseases, hypertension and cancer;

**WHEREAS**, prevention of NCDs, improvement of health and quality of life through adoption of desirable dietary practices and healthy lifestyle;

**WHEREAS**, to improve cardiorespiratory and muscular fitness, bone health, reduce the risk of NCDs and depression, adults should have physical activity includes leisure time physical activity (for example: walking, dancing, gardening, hiking, swimming), transportation (e.g. walking or cycling), occupational (i.e. work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities;

**WHEREAS**, promotion of at least 150 minutes moderate-intensity exercise and physical activities or do at least 75 minutes of vigorous-intensity physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity (WHO).

**WHEREAS**, the members of the regional nutrition committee promote the 10 Kumainments, the popular version of the Nutritional Guidelines for Filipinos to promote positive nutrition practices to prevent malnutrition and encourage healthy lifestyle among the Filipinos;

**NOW THEREFORE, BE IT RESOLVED, AS IT HEREBY RESOLVED**, to strengthen healthy lifestyle campaign among the general public through members of regional nutrition committee and other stakeholders;

**RESOLVED FINALLY**, for the NNC-Caraga Regional Office to furnish the NNC Central office, the members of the regional nutrition committee and local government units the copy of this resolution.

**UNANIMOUSLY APPROVED**, 29th day of March 2016.

Approved:



**JOSE R. LLACUNA, JR., MD, MPH, CESO III**  
Director IV  
Department of Health Caraga  
Chairperson, Regional Nutrition Committee (RNC)