

**REGIONAL NUTRITION COMMITTEE  
CARAGA REGION**

Resolution No. 2, S. 2016

**ENJOINING THE MEMBER AGENCIES OF CARAGA REGIONAL NUTRITION COMMITTEE  
(RNC) AND OTHER STAKEHOLDERS TO LIMIT THE SERVING OF CARBONATED SOFT  
DRINKS AND JUICES CONTAINING HIGH SUGAR IN OFFICE CANTEENS AND DURING  
CONDUCT OF MEETINGS, TRAININGS AND OTHER SIMILAR ACTIVITIES**

**WHEREAS**, The World Health Organization (2015) said that sugar-sweetened food and beverages can increase overall energy intake and may reduce consumption of foods containing more nutritionally adequate calories which leads to unhealthy diet and weight gain;

**WHEREAS**, the results of 2013 DOST-FNRI National Nutrition Survey, the prevalence of overweight and obesity has steadily increased. Among adults, the prevalence increased from 16.6% in 1993 to 31.1% in 2013;

**WHEREAS**, consumption of carbonated soft drinks and sugar-sweetened foods and beverages like commercially available fruit drinks, sports drinks, and soft drinks increase the risk of dental caries, overweight, obesity and the development of non-communicable diseases (NCDs) such as diabetes, cardiovascular diseases, hypertension and cancer;

**WHEREAS**, the NNC promotes the 10 Kumainments, the popular version of the Nutritional Guidelines for Filipinos that encourage positive nutrition behaviors. Specifically, Kumainment number 8 states "Hinay-hinay sa maaalat, mamantika at matatamis," which calls for reduced intake of salty, fatty and sugary foods and beverages.

**WHEREAS**, recommended beverages are water, natural and fresh fruit juices;

**NOW THEREFORE, BE IT RESOLVED, AS IT HEREBY RESOLVED**, to enjoin the members of the regional nutrition committee and stakeholders of Caraga region to limit the serving of carbonated soft drinks and high-sugar concentrated juices in office canteens and during meetings, conferences, trainings and similar activities;

**RESOLVED FURTHER**, that copies of this resolution be furnished for dissemination to partners and stakeholders involved for their guidance and to ensure active participation.

**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)