



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION



Excerpts from the Minutes of the Regional Nutrition Committee Meeting
held on July 5, 2018 at the Berjaya Hotel in Makati City

RNC-NCR RESOLUTION NO. 02
Series of 2018

**RESOLUTION MOBILIZING LOCAL GOVERNMENT UNITS
FOR THE FIRST 1000 DAYS (F1K)**

WHEREAS, in 2017, the Regional Nutrition Committee has approved and disseminated to all Local Government Units (LGUs) the RNC Resolution No. 2, s 2017 entitled "Resolution Enjoining All LGUs to strengthen Programs and Projects in Support of the First 1000 Days by Allocating Funds and Other Purposes";

WHEREAS, abovementioned resolution enjoins all LGUs in the National Capital Region to:

1. Issue local legislation to strengthen First 1000 Days program;
2. Provide resources for First 1000 Days tool (weighing scales, height boards, ECCD cards) and training for workers;
3. Organize and sustain infant and young child feeding support groups to provide counselling and do complementary recipe demonstrations;
4. Supplementary feeding program for pregnant women and 6-23 months old children; and
5. Scale up other services on nutrition, health, early learning and social services.

WHEREAS, in view of the results of the 2015 National Nutrition Survey and approval of the Philippine Plan of Action for Nutrition 2017-2022, there is a need to further focus the nutrition programs and projects for the First 1000 Days;

NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, by the Regional Nutrition Committee of the National Capital Region in a meeting duly assembled, enjoins all LGUs (in addition to the actions provided in the RNC Resolution No. 2, s2017) to:

1. Issue an executive order or memorandum designating a focal person / nutritionist-dietitian for the F1K;
2. Formulate Local Nutrition Action Plan (LNAP) highlighting the F1K services (attached);
3. Integrate the LNAP in the local development and investment plan; and
4. Closely monitor the implementation of the F1K programs and projects integrated in the LNAP.

RESOLVED FURTHER, that the NNC-NCR Regional Office being the Secretariat of the RNC to furnish the NNC Central Office, all regional members of the RNC and all local government units in the region a copy of this resolution.



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APPROVED UNANIMOUSLY AND ADOPTED, this 5th day of July during the first regular meeting for the year of the Regional Nutrition Committee of NCR held at the Berjaya Hotel in Makati City.

Certified Correct:


MS. MILAGROS ELISA V. FEDERIZO, RND, MPH
*Regional Nutrition Program Coordinator, NNC-NCR
and Secretary, RNC*

Attested by:


CORAZON L. FLORES, MD, MPH
*Chair, Regional Nutrition Committee
Regional Director, Department of Health - NCRO*

Services for the First 1000 Days

Stage/need/concern/intervention
Pregnancy
1. Intensive pregnancy tracking and enrolment to prenatal care services
2. Prenatal care
a. Iron-folic acid and iodine supplementation
b. Tetanus containing vaccine
c. Nutrition counseling on diet of pregnant women ("eat a little more, go slow on salt, drink plenty of fluids, eat plenty of fruits and vegetables", Pinggang Pinoy, proper food handling (preparation and safety))
d. Dietary supplementation
3. Risk identification of pregnancy complications and proper referral
4. Deworming of pregnant women at 2 nd or 3 rd trimester
5. Empowering women and their partners on preparation of birth plans (facility-based delivery, attended by health professional, breastfeeding and rooming-in), family planning information
6. Management of Conditional Cash Transfer Program that requires beneficiaries to avail of prenatal care or other health services as a conditionality
Birth and Delivery
7. Management of complications on pregnancy to reduce maternal and newborn morbidity and mortality
8. Provision of essential intrapartum and newborn care (EINC)/ Mother-baby Friendly Hospital Initiative services
9. Intrapartum guidelines for women about to give birth
10. Breastfeeding initiation and breastfeeding counseling support
11. Immediate postpartum care for the mother and postnatal care for the newborn
12. Immunization, newborn screening and newborn hearing screening
13. Initiation of breastfeeding and rooming in
14. Management of newborn complications
15. Antibiotics for newborn sepsis
16. Kangaroo mother care (KMC) for preterm and low birth weight (LBW) infants
17. Preparation for discharge of mother and baby from birthing facility
18. Linkage with community health and nutrition workers including IYCF support (including lactation management and breastfeeding support)
19. Exclusive breastfeeding and breastfeeding support group

Stage/need/concern/intervention
0-11 months
20. Immunization
21. Iron supplementation for preterm and low birthweight infants
22. Vitamin A supplementation (6 months above)
1-5 months
23. Exclusive breastfeeding and breastfeeding support in the home, community, and workplace
24. Continuation of KMC for preterm and LBW infants
25. Nutrition support for nutritionally-at-risk mothers
26. Iron supplementation of anemic lactating women
27. Growth and Milestone Development Monitoring, Promotion, and Referral
28. Integrated Management of Childhood Illness (IMCI)
a. Oral rehydration salt solution with oral zinc
b. Antibiotics and other medical supplies
29. Management of severe wasting (low weight-for-height)
6-23 months, total
30. Complementary feeding with continued and sustained breastfeeding
a. One-on-one counseling
b. Parents' classes/food demonstration
c. Local multimedia campaign on complementary feeding
d. National multimedia campaign on complementary feeding
e. Capacity building of barangay nutrition scholars and municipal links and CSOs for counseling on complementary feeding and on application of recipe trials intervention and for techniques and ways on facilitating modules on food and nutrition for Family Development Sessions
f. "South-south" or "Peer-to-peer support" (Visit to barangay with innovative features)
g. Provision of supplementary feeding for 120 days
31. Measles immunization
32. Vitamin A supplementation, universal supplementation
33. Home food fortification with multiple micronutrient powder
34. Growth and Milestone Development Assessment, Monitoring and Promotion
35. Integrated Management of Childhood Illness (IMCI)
a. Vitamin A supplementation of high-risk cases
b. Oral rehydration salt solution with oral zinc supplement
c. Antibiotics and other medical supplies
36. Management of acute and severe wasting (low weight-for-height)

37. Water, sanitation, hygiene and deworming
38. Psychosocial stimulation especially during feeding time
39. Play, social connectedness, physical activity, sensory experiences through early childhood services
a. Child minding services
b. National child development centers (NCDCs)
c. Community-based sessions on topics that affirm parental skills and responsibilities as children's primary caregivers (PES for not 4Ps bens and FDS for 4Ps)
d. Provision of accessible quality early learning services to support transition from home to school setting
e. Family Support Program
f. Capacity building on teaching competencies of ECCD service providers (Child Development teacher /worker and Child Minding Staff), MSWDO
g. Capacity building of SWDOs on PES- Training of Trainers (ToT)
h. Capacity building of SWDOs on Supervised Neighborhood Play (SNP)
40. Strengthening linkages among community members and various stakeholders
41. Provision of appropriate nutrition-sensitive interventions such as home kitchen gardening, income generating opportunities, conditional cash transfer, and water and sanitation and hygiene (WASH)
a. Sustained home and community food production
b. Provision of inputs related to livelihood
c. Oral Health Services
42. Psychosocial activities for non 4Ps mothers
All stages, program management
43. Deployment of a full-time nutrition staff in each province
44. Supportive supervision (will also cover concerns related to breastfeeding, health-seeking behaviors, and linkages with opportunities for income generation)
45. Documentation

Source: Concept Note on Expanded ECCD F1K Program, National Nutrition Council