



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 September 21, 2018 at the Audio Visual Room of the Commission on
Population – NCR, Welfareville Compound, Brgy. Addition Hills, Mandaluyong City

RNC-NCR RESOLUTION NO. 03
Series of 2018

**RESOLUTION ENJOINING LOCAL GOVERNMENT UNITS
TO IMPLEMENT LOCAL INITIATIVES FOR THE PREVENTION
AND MANAGEMENT OF OVERWEIGHT AND OBESITY**

WHEREAS, based on the 2013 National Nutrition Survey conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (DOST-FNRI), prevalence of overweight and obesity in the country has been steadily increasing in the last two decades for all age groups with the prevalence almost doubled from 16.6% in 1993 to 31.1% in 2013 among adults and from less than 2% in 1989 to 4.9% in 2013 among preschool children;

WHEREAS, the 2015 Updating Survey on the Nutritional Status of Filipinos conducted by DOST-FNRI also revealed that the prevalence of overweight and obesity among children under 5 years old (6.0%) and 5-10 years old children (17.9%) in the National Capital Region (NCR) are both higher than the national prevalence at 3.9% and 8.6% for children under 5 years old and among 5-10 years old, respectively;

WHEREAS, it was observed in the same survey that prevalence of overweight and obesity among adolescents (16.1%) and adults 20 years old and above (37.7%) in NCR are also higher than the national prevalence of 9.2% in adolescents and 31.1% among adults 20 years old and above;

WHEREAS, overweight and obesity increase the risk to cardiovascular diseases, type 2 diabetes, various forms of cancer and musculoskeletal disorders like arthritis;

WHEREAS, overnutrition also poses risk to having hypertension, dyslipidemia, sleep apnea, breathing problems and liver and gallbladder diseases;

WHEREAS, the problem of overweight and obesity among various population groups especially among adults were also identified in the Philippine Plan of Action for Nutrition (PPAN) 2017-2022 as one of the nutrition problems that need to be addressed;

WHEREAS, in the PPAN 2017-2022, Overweight and Obesity Management and Prevention Program is one of the nutrition specific programs that aims to prevent an increase in overweight and obesity among children less than 10 years old and reduce the prevalence among adolescents and adults;



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WHEREAS, the Regional Plan of Action for Nutrition (RPAN) 2019-2022 targets to reduce the prevalence of overweight and obesity among children under five years old from 6.0% to 5.0%, from 17.9% to 8.5% in children 6-10 years old, from 16.1% to 4.9% among adolescents and 37.7% to 28.0% among adults in NCR by 2022;

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 to vigorously implement the following projects and activities to prevent and control overweight and obesity as part of their Local Nutrition Action Plan (LNAP):

1. **Healthy Food Environment**
 - ✓ Promote a healthy food environment through issuance of executive order/ordinance regulating the marketing and selling of unhealthy food and beverages catering to all age groups from pre-school, school age, adolescents and adults in day care centers, schools, workplaces and communities.
 - ✓ Serve healthier food choices in office canteens/cafeterias. (DepEd Order 13, S.2017)
 - ✓ Serve healthy foods, meals and snacks during meetings, conferences, trainings and related activities (RNC-NCR Resolution No. 03, S2017).
2. **Promotion of desirable infant and young child feeding practices**
 - ✓ Promote exclusive breastfeeding of infants up to six (6) months and giving of appropriate complementary foods while continuing breastfeeding from 6 months and beyond.
 - ✓ Issue and implement policies that promote, protect and support appropriate infant and young child feeding practices.
3. **Promotion of Healthy Lifestyle (Proper Nutrition and Physical Activity)**
 - ✓ promote healthy lifestyle by emphasizing the importance of physical activity, proper nutrition across all age groups in day care centers, schools, workplaces and communities.
 - ✓ promote the prevention and cessation of smoking and alcohol consumption
 - ✓ issuance of executive orders / local ordinances encouraging consumption of healthier food products and increase access to recreational physical activity.
4. **Weight management intervention (for Overweight and Obese individuals)**
 - ✓ Conduct regular nutrition assessment, and provide appropriate management interventions such as counseling, nutrition education/promotion, physical activity/exercise among others across all age groups in day care centers, schools, workplaces and communities.

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 21st day of September during the second regular meeting for the year of the Regional Nutrition Committee of NCR held at the Audio Visual Room of the Commission on Population – NCR, Welfareville Compound, Brgy. Addition Hills, Mandaluyong City.

Certified Correct:


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

Attested by:


DR. CORAZON FLORES, MPH, CESO IV
*Chair, Regional Nutrition Committee
Regional Director, Department of Health - NCRO*