



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



Excerpts from the Minutes of the Second Regular Meeting of the
Regional Nutrition Committee held on July 25, 2012 at the CHD-MM Conference Room II,
Mandaluyong City

RNC-NCR RESOLUTION NO. 03
Series of 2012

**RESOLUTION ENJOINING ALL LOCAL NUTRITION COMMITTEES IN THE
NATIONAL CAPITAL REGION TO ADOPT AND IMPLEMENT THE
OPERATION TIMBANG (OPT) PLUS GUIDELINES**

- WHEREAS,** growth is the increase in the size as a result of the child's intake of food and maintenance of a child's overall health and well-being. Increments in weight and height or length at rates considered acceptable based on growth standards thus indicate good nutrition and health well-being;
- WHEREAS,** Operation Timbang (OPT) is the annual massive weighing of children 0-71 months old;
- WHEREAS,** OPT is conducted from January to March every year by the Barangay Nutrition Scholars (BNS) assisted by the Barangay Health Workers and health center personnel such as midwives and nutritionists as well as members of the community i.e. mother leaders, purok leaders, etc.;
- WHEREAS,** results of the OPT provide information on the progress in the nutritional status of preschoolers and the community in general, thus, providing information on the effectiveness of the local nutrition program; and are also useful as an advocacy tool in generating resources for "new" programs from local governments and/or external sources;
- WHEREAS,** starting in 2010, the WHO-CGS is the reference standard used to assess a child's weight and height to determine if the child is growing well and his or her nutritional status is good;
- WHEREAS,** with the new reference standard, the OPT guidelines developed in 2004 was revised and called "OPT Plus Guidelines";
- WHEREAS,** the implementing guidelines aims to provide specific guideposts on what, why, when, who and how the new OPT Plus shall be conducted, processed, analyzed and shared by the Nutrition Committees to help generate timely, accurate and important nutrition information about children 0-71 months old in aid of local planning and policy formulation of and in support of the local Plan of Action for Nutrition (PPAN);

WHEREAS, the following are the new features of the OPT Plus guidelines:

- a. inclusion of length and height measurement;
- b. improved efforts of the OPT Plus Team to come up through a group coordinated effort, with only one set of OPT Plus data to be used by all functionaries of the LGU;
- c. increased efforts of local nutrition committees to jointly discuss and analyze the OPT Plus results to plan possible course of action that will prevent/address the malnutrition problem in the locality; and
- d. use of the WHO-Child Growth Standards as reference for child's growth and determination of nutritional status.

WHEREAS, the local nutrition committees at the city, municipal and barangay levels are responsible in the implementation of OPT Plus as per guidelines.

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, to enjoin all the local government units in the region to adopt and implement the OPT Plus based on its implementing guidelines.

RESOLVED FURTHER, that copies of this Resolution be furnished to the National Nutrition Council-Central Office, all Regional Nutrition Committee members and all local government units in the National Capital Region.

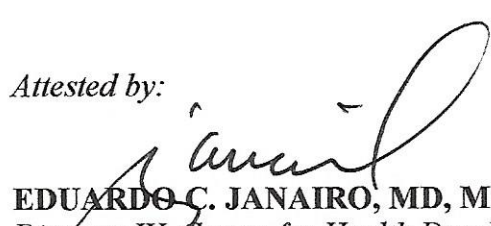
RESOLVED LASTLY, that the National Nutrition Council-NCR shall monitor and report the status of implementation of the OPT Plus Guidelines to the Regional Nutrition Committee and the National Nutrition Council-Central Office.

UNANIMOUSLY APPROVED, this 25th day of July 2012 during the second quarter meeting of the Regional Nutrition Committee of NCR held at the Center for Health Development-NCR Conference Room, Mandaluyong City.

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Certified Correct:

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

Attested by:


EDUARDO C. JANAIRÓ, MD, MPH
*Director IV, Center for Health Development – NCR and
Chair, Regional Nutrition Committee-NCR*