

CENTRAL LUZON REGIONAL NUTRITION COMMITTEE
Resolution No. 2 Series of 2019

**ADOPTING THE POLICY STATEMENT ON
NUTRITION PROGRAMS FOR GOVERNMENT WORKERS**

WHEREAS, the NNC Governing Board in its meeting on 21 February 2017 considered the government workers on its nutrition programs pursuant to the Philippine Plan of Action for Nutrition 2017-2022. Improved nutritional status among government workers will contribute to the efficiency in the bureaucracy;

WHEREAS, the recommendation of the Governing Board is supported by the findings of the 7th and 8th National Nutrition Surveys of the Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI) which showed that working adults with occupations categorized as officials, professionals, and clerks, had high prevalence of overweight and obesity, hypertension, high fasting blood glucose and high cholesterol; and with low physical activity as compared to other occupational groups;

WHEREAS, research has shown that promoting health in the workplace provides benefits both to the employees and to the organization which include increased productivity and reduced absenteeism, enhanced self-esteem and improved morale, lower healthcare cost and improved positive image of the employer organization;

WHEREAS, a nutrition program for government workers is consistent with the objectives and strategies of the Philippine Plan of Action for Nutrition 2017-2022 particularly the nutrition specific programs on Nutrition Promotion for Behavior Change Program and Overweight and Obesity Prevention and Management Program; along with other existing policies and programs including the *Pilipinas Go 4 Health* program, National Occupational Health and Safety Policy Framework, Civil Service Commission (CSC) Memo Circular No. 4, Series 2003 (Promotion of Good Nutrition in the Bureaucracy), among others.

NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, and in consideration of the foregoing, we the Central Luzon Regional Nutrition Committee adheres to the National Nutrition Council Governing Board Resolution No. 4 Series 2018: Adopting the Policy Statement on Nutrition Programs for Government Workers, as follows:

“The National Nutrition Council recommends the provision of nutrition programs to government workers as part of healthy workplaces as a strategy of the Philippine Plan of Action for Nutrition to improve the nutritional status of state workers thereby contributing to the reduction in the prevalence of overweight and obesity and non-communicable diseases.

The nutrition program shall be integrated in existing organizational wellness programs to promote healthy lifestyle and employee welfare. The NNC shall work with relevant government agencies to see to it that enabling policy instruments and mechanisms shall be in place to implement this recommendation.”

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RESOLVED FURTHER, that

1. The Department of Health Central Luzon Center for Health Development, together with the NNC Secretariat shall facilitate the convening of an Inter-Agency Technical Working Group (TWG) composed of:
 - a. Civil Service Commission Regional Office (RO) III
 - b. Department of Agriculture Regional Field Unit III
 - c. Department of the Interior and Local Government RO III
 - d. Department of Labor and Employment RO III
 - e. Presidents of Central Luzon Nutrition Federations [Central Luzon Association of Nutrition Action Officers (CLANAO), Association of Central Luzon District/City Nutrition Program Coordinators (ACL DCNPCs), Central Luzon Association of Barangay Nutrition Scholars, Inc. (CLABI)] and local media group called Central Luzon Advocates and Regional Nutrition Information Network (CLARINET)
 - f. Other relevant agencies and professional organizations such as, but not limited to Nutritionist-Dietitians Association of the Philippines - Pampanga Chapter, Philippine Medical Association - Pampanga Chapter, among others.

The TWG shall finalize the design of the nutrition program and develop appropriate guidelines and cause the approval and integration of such within the bureaucracy.

2. As members of the Central Luzon Regional Nutrition Committee, we shall initiate and observe the four components of the nutrition programs for government workers, such as:
 - a. Nutrition promotion which includes actions that provides an enabling environment for healthy preference learning, such as nutrition education classes for employees; and regular assessment of nutritional status (waist and hip circumference, Body Mass Index or BMI) to monitor weight increase or reduction and risk to non-communicable diseases as basis for additional interventions;
 - b. Healthy food and work environment, which include actions that provide a healthy food and work environment and to enable healthy preferences such as serving of healthy food and beverages in canteens, during on-site and off-site meetings, seminars, events and other activities. Further, it will enable employees have access to affordable and fresh farm produce such as vegetables, fruits, dairy products and other items through collaboration with a group of local farmers near the office; make safe drinking water freely available in the workplace; establish and maintain food gardens as source of fresh fruits and vegetables for employees;
 - c. Implement RA 10028 (Expanded Breastfeeding Promotion Act of 2009) to promote and sustain breastfeeding practices among working mothers by having breastfeeding or lactation stations;
 - d. Behavior modification strategies, which include actions to encourage healthy behaviors to be sustained such as:

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- i. sustain physical activity among employees by integrating short 5-minute exercises within regular working hours for them to have a minimum of 30-minute daily for 5 days of moderate intensity aerobic activity to accumulate a minimum of 150 minutes of physical activity in a week;
 - ii. encouraging brisk walking or running within the office or going to and from the office. The office may provide inexpensive gadgets that have pedometers to implement the "10,000 steps a day" initiative; and
 - iii. enforcement of CSC Memorandum Circular No. 17 series of 2009 and Executive Order No. 26 series of 2017 implementing 100% Smoke-Free Policy and Smoking Prohibition in all areas of government premises, buildings, except for designated smoking areas; and
- e. Food system interventions, which are the complementary efforts to improve the food system as a whole.
3. The Central Luzon Advocates and Regional Nutrition Information Network or CLARINET shall ensure that this policy statement and the four components of the nutrition programs for government workers are disseminated as widely as possible to the general public through its network.

RESOLVED FURTHER, that as members of the Central Luzon Regional Nutrition Committee, we shall initiate efforts to implement the nutrition program within our respective agencies and include in our plans, budget for its implementation in 2019 and onwards.

RESOLVED FURTHER, for the National Nutrition Council Secretariat to coordinate and monitor the actions leading to the implementation of this resolution and provide status report to the CL RNC members during its quarterly meeting and to its NNC Central Office.

Approved this 9th day of January 2019.


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Director IV, DOH-Central Luzon Center for Health Development
Chairperson, Central Luzon Regional Nutrition Committee

Attested by:


ANA MARIA B. ROSALDO, RND, MPS

OIC-Nutrition Program Coordinator, National Nutrition Council-Region III
Secretary, Central Luzon Regional Nutrition Committee

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CONFORME:


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OIC-Regional Director of Agriculture
Vice-Chairperson, Regional Nutrition Committee


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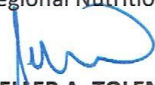
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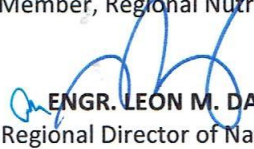
Regional Director of Bureau of Fisheries
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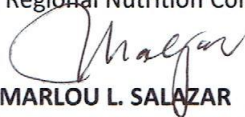

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