

CENTRAL LUZON REGIONAL NUTRITION COMMITTEE  
Resolution No. 3, Series of 2019

**ADOPTING THE POLICY STATEMENT ON FAD DIETS**

**WHEREAS**, the NNC issues policy statements in aid of legislation or to clarify prevailing issues in nutrition and define the stand of the NNC in addressing such issues;

**WHEREAS**, one issue that has been identified by the NNC is the proliferation of fad diets, also known as a crash diet or diet cult, that claim to result to rapid weight loss cause concern as these may pose health and nutrition concern among Filipinos;

**WHEREAS**, several studies have proven that fad diets are nutritionally-imbalanced, challenging to comply with in the long-run, induce stress, cause disease to certain organs, lack focus on physical activity, and may have psychological implications;

**WHEREAS**, studies have shown that following a short dietary regimen is medically unsuitable and unsustainable with many dieters failing in their dietary adherence and long-term behavioral change, and may pose potential health risks;

**WHEREAS**, the Central Luzon Regional Nutrition Committee desires to protect the general public against fad diets and provide guidance to nutrition and health practitioners in dealing with people adhering to fad diets;

**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 Fad Diets, as follows:

“Fad diets are not recommended for weight loss as it may pose potential health risk and dangers. Instead, the NNC recommends the adherence to a holistic, sustainable, adequate, and nutritionally-balanced diet, complemented by an active lifestyle and lifelong behavioral modifications. It is also the position of the NNC that individual efforts to address overweight and obesity must be complemented with population-based interventions, particularly on the promotion of healthier food environments and food systems and public awareness through behavior-change communications, to prevent further increase in overweight and obesity prevalence in the country.”

**RESOLVED FURTHER**, that recommendations for a safe, healthy, and holistic dietary, exercise, and behavioral plan as key to long-term weight loss and improvement of overall health must be advocated by nutritionist-dietitians and other health professionals, both in private and public practice in Central Luzon;

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**RESOLVED FURTHER**, that to ensure that this policy statement is disseminated as widely as possible to the general public, practitioners and health and nutrition workers and those in the medical and allied professions in Central Luzon, the following commitments shall be adhered to:

1. All members of the RNC shall:
  - a. post in its websites and social media a copy of the policy statement on fad diets;
  - b. issue memorandum circular to all their staff and all other concerned on the potential health risks that fad diets pose; and
  - c. provide venue for discussion of the policy statement among its staff during general assembly or as part of the agency-wide health and nutrition promotion program.
2. Department of Education shall issue a Regional Memorandum to all School Division Superintendents and School Division Supervisors on the potential health risks that fad diets pose;
3. Department of Health Central Luzon Center for Health Development shall:
  - a. issue a Regional Memorandum to all DOH retained hospitals, Provincial/City/Municipal Development Management Officers and health workers to warn the public and its clients on the potential health risks that fad diets pose; and
  - b. design a weight-management program that is sustainable and utilizes behavior-change approach/es to be shared among its staff and RNC member agencies and those interested to adopt the said program.
4. Department of the Interior and Local Government shall issue a Memorandum Circular to all provincial governors, city/municipal mayors, DILG provincial and city directors, cluster heads, City Local Government Operations Officers (LGOOs), Municipal LGOOs and all other concerned to disseminate the policy statement and warn the public on the potential health risks that fad diets pose;
5. National Economic and Development Authority shall include in the agenda of the Regional Development Council meeting discussion on the policy statement on fad diets; and for the Sub-Committee on Social Development to issue similar resolution for adoption of its members;



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6. National Nutrition Council Region III, as CL RNC Secretariat shall:
- a. disseminate the policy statement to the Central Luzon Association of Nutrition Action Officers, Association of Central Luzon District/City Nutrition Program Coordinators, Central Luzon Association of Barangay Nutrition Scholars and Central Luzon Advocates and Regional Nutrition Information Network for widest dissemination;
  - b. organize a speakers bureau, in partnership with the DOH Central Luzon Center for Health Development, composed of nutritionist-dietitians and other health professionals who will be tapped as speakers on topics such as health, nutrition, fad diets and related-topics during fora organized by agencies, private organizations, among others; and
  - c. lead the monitoring of the dissemination of the policy statement and provide status report to the RNC members during its quarterly meeting and to its NNC Central Office.

Approved this 9<sup>th</sup> day of January 2019.



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

Attested:



**ANA MARIA B. ROSALDO, RND, MPS**

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Secretary, Central Luzon Regional Nutrition Committee

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