



Republic of the Philippines
REGIONAL NUTRITION COMMITTEE
MIMAROPA



EXCERPTS FROM THE MINUTES OF THE
REGIONAL NUTRITION COMMITTEE MEETING
HELD ON 05 SEPTEMBER 2016 AT ICON HOTEL, QUEZON CITY

RNC Resolution No.1, Series 2016

**A RESOLUTION ENJOINING ALL NATIONAL GOVERNMENT AGENCIES AND
LOCAL GOVERNMENT UNITS IN MIMAROPA TO ADOPT AND OBSERVE HEALTHY FOOD
CHOICES AND PROMOTE HEALTHY LIFESTYLE**

WHEREAS, malnutrition and diet-related non-communicable diseases remain to be a problem in the Philippines and that poor nutrition can be caused by poor nutrition practices as a result of inadequate information on proper diet and nutrition behaviors;

WHEREAS, based on the results of the 2013 National Nutrition Survey of the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), MIMAROPA has 5.5% overweight prevalence among preschoolers, 3.4% among school children, 4.3% among adolescents and 24.7% among adults;

WHEREAS, overweight and obesity often leads to having non-communicable diseases, also called lifestyle-related diseases brought about mainly unhealthy behavioral practices such as consumption of foods high in fat/cholesterol, salt, sugar and low in dietary fiber, particularly from fruits and vegetables, as well as sedentary living and smoking;

WHEREAS, in the NNC Governing Board Resolution No. 6 s. 2012 on the Adoption of the 2012 Nutritional Guidelines for Filipinos particularly message no. 10 – Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle-related non-communicable diseases – encouraging all Filipinos to have healthy lifestyle;

WHEREAS, the NNC campaigns for proper nutrition and prevention of non-communicable diseases through its popularized version of the 2012 NGF – the 10 Kumainments which includes;

WHEREAS, the Department of Health also have launched a healthy lifestyle movement entitled “Pilipinas Go4 Health”, specifically focus on: 1) Go Smoke-free; 2) Go Sustansya; 3) Go Sigla and; 4) Go Easy on Tagay. The campaign aims to control the prevalence of non-communicable diseases;

WHEREAS, there is a need for government to create an enabling environment to support and adopt a regionwide campaign for a healthy lifestyle and healthy food choices in their canteens and catering services;

WHEREAS government should lead by example in supporting the campaign to promote healthy lifestyle and healthy food choices;

NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED to encourage all national government agencies and local government units in the region to observe healthy lifestyle practices and healthy food choices by adopting the following practices:

1. Offer healthy and nutritious menus in the canteen;
2. No soft drinks/sugary drinks will be served during meetings and in office canteens. Instead, make available fresh/natural fruit juices for consumption.
3. Provide equipment for the conduct of regular exercise activities of the employees.

4. Encourage regular physical activity/exercises for staff such as breathing/stretching/bending exercises before work or during break time, integration of physical activity/exercise during parties and sponsor/participate in various healthy lifestyle activities such as Zumba, Sports Fest among others with frequency of three times a week for 30 minutes each.
5. Conduct regular nutrition assessment among employees particularly the Body Mass Index (BMI) to determine their nutritional status.
6. Conduct regular seminars on healthy lifestyle and healthy food choices.
7. Become role models and living examples of healthy lifestyle

FURTHER RESOLVED, for local government units to adopt the resolution and monitor offices and canteen compliance.

FURTHER RESOLVED, for government agencies and local government units to influence and encourage private establishments operating or signifying to operate in their area of jurisdiction to carry out the abovementioned initiatives by issuance of ordinances or resolutions and provision of incentives in monetary or non-monetary forms.

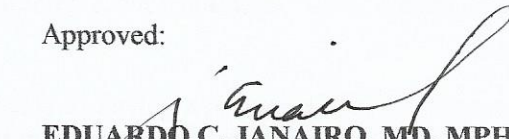
Unanimously approved, **05 September 2016**.

Attested by:



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Secretary, RNC MIMAROPA

Approved:



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