



Republika ng Pilipinas  
KAGAWARAN NG KALUSUGAN  
NATIONAL NUTRITION COUNCIL X  
DOH – RO X Compound, J.V. Serriña St., Carmen, Cagayan de Oro City



**REGIONAL NUTRITION COMMITTEE X**  
Resolution No. 03 Series of 2016

**A RESOLUTION REITERATING THE USE OF PRESCRIBED WEIGHT & HEIGHT MEASUREMENT TOOLS IN THE CONDUCT OF THE ANNUAL OPERATION TIMBANG *PLUS* AS PROVIDED FOR IN THE REVISED IMPLEMENTING GUIDELINES ON OPERATION TIMBANG *PLUS***

**WHEREAS**, nutrition plays a vital role in an individual's growth and development with growth as a measure of an individual's health and nutritional well-being;

**WHEREAS**, two methods of growth assessment in communities in the Philippines are being implemented, namely; Growth Monitoring and Promotion (GMP), the individual child regular growth monitoring for counseling and intervention, and the conduct of mass weighing referred to as Operation Timbang (OPT);

**WHEREAS**, OPT *Plus* is the annual mass weighing with the addition of the measurement of length or height of all preschool children aged 0-71 months old in a community to identify and locate families with malnourished preschool children, and determine the overall nutrition situation in the area every 1st quarter of the year;

**WHEREAS**, the "*Plus*" in OPT *Plus* refers to the:

1. Inclusion of length and height measurement in the conduct of OPT *Plus* because using weight and length or height in combination can help best describe a child's nutritional status in terms of stage of deterioration of nutritional status of the child;
2. Effort of the OPT Team to come up, through a group-coordinated effort, with only one set of OPT *Plus* data for consistency among the different functionaries and groups;
3. Extra effort of local nutrition committees, particularly members of Community Health Teams, to jointly discuss, analyze and utilize the OPT *Plus* results for identification of actions to address the malnutrition problem in the locality; and
4. Use of the Child Growth Standards (CGS) as the country's standard for growth assessment of children as the single international standard that represents the best physiological growth for all children from birth to five years of age and establish the breastfed infant as the normative model for growth and development as stipulated in NNC Governing Board Resolution No. 2, S 2008, "Adoption of the New WHO Child Growth Standards for Use for Children 0-5 years old in the Philippines".

**WHEREAS**, the National Nutrition Council Governing Board issued Resolution No. 2, Series 2012 Approving the Revised Implementing Guidelines on Operation Timbang *Plus* (OPT *Plus*);

**WHEREAS**, the National Nutrition Council X undertakes the conduct of inventory of the prescribed height and weight measurement tools used by local Government Units in the region to determine compliance with set standards;

**WHEREAS**, the result of the 2015 inventory (as annexed) shows a big gap in the availability and use of the prescribed height and weight measurement tools that might affect the accuracy of the OPT *Plus* results.

**NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED** that the Regional Nutrition Committee of Northern Mindanao in a meeting duly assembled, reiterate and encourage all local government units through their Local Nutrition Committees to use the prescribed weight & height measurement tools in the conduct of the annual Operation Timbang *Plus* in order to ensure accuracy and completeness of the annual OPT *Plus* results;

**RESOLVED FURTHER**, that the National Nutrition Council X with the assistance of the Local Nutrition Committee is hereby tasked to strengthen monitoring of compliance with set standards and continue to undertake an annual inventory of the prescribed weight and height measurement tools in the region and regularly report the same to this Committee;

**RESOLVED FINALLY**, that the copies of this Resolution be forwarded to the Regional Development Council X through the Social Development Committee, RNC member agencies, LGUs all local government units through the Local Nutrition Committees and other relevant partners and stakeholders for appropriate action and support;

**RESOLVED FURTHER, FINALLY** that the National Nutrition Council X shall lead in subjecting this Resolution to a policy review three years after its effectivity.


APPROVED, March 8, 2016  
2016 First Quarter Meeting  
N Hotel, Kauswagan, Cagayan de Oro City

Certified Correct:



**MARISSA DM. NAVALES, MDM**  
Regional Nutrition Cluster Coordinator  
RNC Secretary

Attested to by:

  
**NIMFA B. TORRIZO, MD, MPH**  
Chairperson, Regional Nutrition Committee X  
Regional Director, DOH RO X