



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL X
2nd Floor Door 1, Rego Bldg., Agoho Drive,
Zone 1, Carmen, Cagayan de Oro City



REGIONAL NUTRITION COUNCIL X
Resolution No. 2, Series of 2018

ENJOINING REGIONAL NUTRITION COMMITTEE MEMBERS AND LOCAL GOVERNMENT UNITS TO PROMOTE GOOD NUTRITION THROUGH SERVING OF HEALTHY MEALS AND SNACKS DURING MEETINGS CONFERENCES, TRAININGS AND OTHER ACTIVITIES

WHEREAS, the National Nutrition Council (NNC) leads and coordinates the nationwide campaign promoting good nutrition to create greater awareness on the importance of nutrition among Filipinos stated under the Nutrition Act of the Philippines or Presidential Decree 491 (1974).

WHEREAS, malnutrition and diet-related non-communicable diseases remain to be a perennial problem in the country due to inadequate information on proper diet and nutrition behaviors. Based on the National Nutrition Survey, the prevalence of overweight and obesity among adults is 33.9 % in 2013 and 33% in 2015, still an emerging nutrition concern in the region.

WHEREAS, an unhealthy diet leads to poor nutrition and is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, certain cancers, diabetes and other conditions linked to obesity.

WHEREAS, the Field Health Service Information System (FHSIS) of DOH X revealed that Cardiovascular diseases, Pneumonia, all forms of Cancer and Disease of the Heart were the top leading cause of mortality while Hypertension ranked number 2 as morbidity leading cause in 5-year average (2012-2016).

WHEREAS, A healthy diet emphasizes vegetables, fruits, whole grains, root crops, fat-free or low fat milk, lean meats, poultry, fish, egg, beans and nuts. It is also low in saturated fats, trans fats, cholesterol, sodium and added sugars as defined by World Health Organization (WHO).

WHEREAS, healthy diet campaign helps increase awareness and protects against both under- and overnutrition and non-communicable diseases (NCDs) such as hypertension, diabetes, cardiovascular diseases and certain types of cancer.

WHEREAS, the RDC X issued Resolution No. 41, s.2014 Adopting the 2012 Revised Nutritional Guidelines for Filipinos (English Version) and its Visayan Translation in order to provide the general public with primary recommendations and reference on proper diet and wholesome practices to promote good nutrition.

WHEREAS, the Pinggang Pinoy for Adults can be used as visual tool to guide Filipinos in consuming the right amount of food in every meal and how much they should eat in one meal in order to be healthy.

NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED that RNC member agencies/office canteen should prepare low-cost and nutritious snacks such as fresh fruits, vegetables, boiled corn, “kakanin”, root crops, and fresh fruit juices for employees/participants and follow the Nutritional Guidelines for Filipinos or “10 Kumainments”, Pinggang Pinoy Healthy Food Plate with proper exercise for a healthier ways at work.

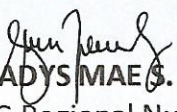
RESOLVED FURTHER that the Pinggang Pinoy Healthy Food Plate and the Nutritional Guidelines for Filipinos or “10 Kumainments” are attached hereunder.

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 and other relevant partners and stakeholders for appropriate action and support;


RESOLVED FURTHER, FINALLY that the National Nutrition Council X shall undertake the coordinative effort in the implementation, monitoring and evaluation

APPROVED, 19 June 2018
2018 RNC X First Quarter Meeting
Apple Tree Resort and Hotel
Taboc, Opol, Misamis Oriental

Certified Correct:


GLADYS MAE S. FERNANDEZ
OIC-Regional Nutrition Coordinator
RNC Secretary

Attested to by:


NIMFA B. TORRIZO, MD, MPH
Chairperson, Regional Nutrition Committee X
Regional Director, DOH RO X
Date: _____

“Ugaliing magtanim, Sapat na nutrisyon aanihin!”

Telefax no. (088)-856-8700

NNC_X@yahoo.com

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Wastong Nutrisyon:
Alamin, Gawin at Palaganapin