

Republic of the Philippines
Department of Health
National Nutrition Council Region VII

CENTRAL VISAYAS REGIONAL NUTRITION COMMITTEE

RNC Resolution No. 015-01 (s 2015)

Excerpts from the Minutes of the Regional Nutrition Committee Meeting held on February 18, 2015
at the Club Ultima, Osmeña Blvd., Cebu City.

“REQUESTING THE CENTRAL VISAYAS REGIONAL DEVELOPMENT COUNCIL TO INSTRUCT NGAs, SUCs AND LOCAL GOVERNMENT UNITS IN DISSEMINATING THE 10 KUMAINMENTS IN RESTAURANTS, MARKETS, SCHOOLS WITHIN THEIR RESPECTIVE PREMISES TO PROMOTE HEALTHY LIFESTYLE AND PROPER DIETS

WHEREAS, World Health Organization data shows that 70% of premature deaths are due to cancer, heart disease, stroke and diabetes mellitus and 50% of these deaths are diet-related or nutrition-related;

WHEREAS, the 2013 National Nutrition Survey of DOST-FNRI revealed that about 2 in every 10 preschool children in Central Visayas were underweight for their age. Three (3) in every 10 of both preschool and school children were short for their age or stunted and about 8 in every 100 preschool and school children were underweight for their height or wasted. On the other end 3 in every 100 preschool children were overweight for their height. While in adults 3 out of 10 were overweight or obese and those who are chronic energy deficient is 1 in 10. Both CED and overweight/obese is higher in adults living in urban areas than in rural areas. Comparing the age groups, adults belonging to the 40-49 years age group had the highest prevalence of overweight/obesity for both genders which is 3 in every 10 adults were found overweight and obese. Overweight and obesity are risk factors for numerous non-communicable diseases, including heart disease, hypertension, diabetes, and several cancers, that and there is an increase in prevalence rates of both under and over nutrition;

WHEREAS, based on FNRI survey double burden of malnutrition is prevalent in Central Visayas with the increasing undernutrition and overnutrition in adults, school and preschool children;

WHEREAS, the National Nutrition Council developed the new popular version of the revised Nutritional Guidelines for Filipinos called the “10 *Kumainments*” to promote positive nutrition practices to prevent malnutrition and encourage healthy lifestyle among the Filipinos. The “10 *Kumainments*” contains shorter and simpler messages for better recall and understanding for its target audience;

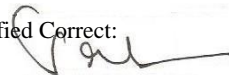
WHEREAS, the RNC believes that a communication plan is necessary to guide proper formulation of IEC materials, an appropriate means of IEC distribution and promotion, as well as to mobilize the stakeholders for their involvement in the dissemination of the 10 *Kumainments*;

NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, that the RNC shall request Regional Development Council to instruct NGAs, SUCs & LGUs to formulate a communication plan to promote the 10 *Kumainments* and disseminate the same in restaurants, markets schools within their respective premises to promote healthy lifestyle and proper diets.


RESOLVED FURTHER, that copies of this resolution be furnished to the Governor, City /Municipal Mayors, heads of the NGAs, SUCs and others concerned agencies in the region.

APPROVED, this 18th day of February 2015 during the 1st RNC Full Committee Meeting series 2015 held at Club Ultima, Osmeña Blvd., Cebu City.

Certified Correct:


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RNC Secretary

Attested by:


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Regional Director, DOH RO 7
Chairperson, Regional Nutrition Committee