

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

**CENTRAL VISAYAS REGIONAL NUTRITION COMMITTEE**

RNC Resolution No. 016-04 (s 2016)

Excerpts from the minutes of the Regional Nutrition Committee meeting held on 20 July 2016  
at the Club Ultima, Osmeña Blvd., Cebu City

**“REQUESTING THE REGIONAL DEVELOPMENT COUNCIL TO URGE THE PUBLIC TO REDUCE CONSUMPTION OF SUGAR-SWEETENED FOODS AND BEVERAGES TO DECREASE THE RISK OF OVERWEIGHT AND OBESITY AND THE DEVELOPMENT OF NON-COMMUNICABLE DISEASES THRU THE LOCAL GOVERNMENT UNITS AND REGIONAL GOVERNMENT AGENCIES”**

**WHEREAS**, sugar-sweetened foods and beverages like commercially available cookies, fruit drinks, sports drinks, and soft drinks typically contain high-fructose corn syrup (HFCS) which is a liquid sweetener used to replace common table sugar in food manufacturing and has been extensively used by the food industry since the 1960's because of its practicality and availability (see attachment for a list of products commonly using HFCS);

**WHEREAS**; there is a direct correlation between consumption of HFCS and other sweeteners to obesity, and the development of non-communicable diseases such as hypertension, diabetes and cancer;

**WHEREAS**; the World Health Organization (WHO) issued a statement in 2015 regarding the over consumption of sugar-sweetened foods and beverages and the resulting increase in overall energy intake and decrease in consumption of nutritionally-adequate calories which leads to unhealthy diet and weight gain;

**WHEREAS**; the WHO further recommended a reduced intake of free sugars such as foods and beverages with HFCS throughout the life course and an intake of these said sugars to be less than 10% of an individual's total energy needs for the day;

**WHEREAS**; the National Nutrition Council has also released a statement in 2016 urging the public against the consumption of too much sugar sweetened foods and beverages;

**WHEREAS**; eating patterns in Central Visayas has been found out to lean towards intake of sugar-sweetened foods and beverages containing HFCS;

**WHEREAS**, there is an emerging problem of overnutrition in Central Visayas across age groups, particularly children 0-5 years old with 3.6% overweight prevalence or 3 out of 100 being overweight for their height and school children with 7.9% overweight prevalence or 8 out of 100 based on body mass index-for-age;

**WHEREAS**, an alarming number of hypertension and diabetes is considered a health risk in the region with hypertension having a prevalence rate of 21.4% or 2 out of 10 and a diabetes prevalence rate of 4.8% or 5 out of 100;

**WHEREAS**; there is a need to minimize the consumption of products with HFCS to control the increase in the prevalence of overweight, obesity and diseases related to it;

**NOW, THEREFORE, BE IT RESOLVED, AS IT IS HEREBY RESOLVED** to request the RDC to urge the public to reduce consumption of sugar-sweetened foods and beverages to decrease the risk of overweight and obesity and the development of non-communicable diseases thru the different local government units and regional government agencies;

**RESOLVED FURTHER**, to encourage local government units and regional government agencies offer healthy food and beverage options during LGU and agency-organized events to set an example to the public;


**RESOLVED FURTHERMORE**, for Regional Nutrition Committee member agencies and LGUs to disseminate information regarding the ill effects of consuming sugar-sweetened foods and beverages containing HFCS and other sweeteners to their office personnel and clients;


**RESOLVED FINALLY**, for the Regional Nutrition Committee - Technical Working Group and RNC Secretariat to ensure the widest dissemination of said guidelines.

**APPROVED**, this 20<sup>th</sup> day of July 2016 during the 2<sup>nd</sup> semester RNC Full Committee meeting held at the Board Room A, Club Ultima, Cebu City.

Certified Correct:

Attested by:

  
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Secretary, Regional Nutrition Committee

  
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