

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL REGION VII

RNC Resolution No. 2019-02 s. 2019

Excerpts from the Minutes of the Regional Nutrition Committee Meeting held on 26 February 2019 at the Harolds Hotel, Cebu City

“ADOPTING THE NNC POLICY STATEMENT ON FAD DIETS IN CENTRAL VISAYAS”

WHEREAS, the National Nutrition Council Governing Board issued Resolution No. 4, Series of 2018 entitled “Adopting the NNC Policy Statement on Fad Diets” to protect the general public and provide guidance to nutrition and health practitioners in dealing with people adhering to fad diets;

WHEREAS, the NNC Policy Statement are as follows:

“Fad diets are not recommended for weight loss as it may pose potential health risks and dangers. Instead, the NNC recommends the adherence to a holistic, sustainable, adequate and nutritionally-balanced diet, complemented by an active lifestyle, and lifelong behavioral modifications. It is also the position of the NNC that individual efforts to address overweight and obesity must be complemented with population-based interventions, particularly on the promotion of healthier food environments and food systems and public awareness through behavior-change communications, to prevent further increase in overweight and obesity prevalence in the country.”

WHEREAS, the National Nutrition Council has compiled a list of fad diets throughout the years and have listed pros and cons to help the public understand how these affect the body;

WHEREAS, the Regional Nutrition Committee Region VII as the policy making and coordinating body in nutrition in the region makes sure that information from the national level reaches all levels and sectors involved in the subject;

WHEREAS, the increasing popularization of fad diets that claim to cure all effects on health and nutrition matters have posted a concern in health and well-being of Filipinos;

NOW THEREFORE BE IT RESOLVED, AS IT IS HEREBY RESOLVED, that the Regional Nutrition Committee adopt the NNC policy statement on fad diets for the people in Central Visayas;


RESOLVED FURTHER, to request Regional Nutrition Committee member agencies and local government units to disseminate to their respective networks;

RESOLVED FURTHER, to request members of the academe through DepEd and CHED to organize activities to help circulate the contents of the fad diet statement to the students thru their student bodies and other avenues, and encourage studies anchored on effects of fad diets to health and nutrition;

RESOLVED FINALLY, for the RNC member agencies, local government units and the academe to provide feedback about the dissemination of said resolution within a year after approval;

APPROVED, this 26th day of February during the 1st RNC Full Committee Meeting Series 2019 held at Harolds Hotel, Cebu City.

Certified Correct:



Parolita A. Mission, DPA, RN
RNC 7 Secretary

Attested by:



Jaime S. Bernadas, MD, MGM, CESO III
Chairperson, RNC