July 1, 2019

MEMORANDUM TO:

OIC, Office of the Assistant Schools Division Superintendent
Chief Education Supervisors, SGOD & CID
Elementary and Secondary School Principals
Officers-In-Charge
Public Schools Only

NATIONAL NUTRITION MONTH THEME 2019

Please find the enclosed Regional Unnumbered Memorandum dated June 27, 2019 re: National Nutrition Month Theme 2019, the content of which is self-explanatory, for the information and guidance of all concerned.

Immediate dissemination and compliance of this Memorandum is desired.

JOEL T. TORRECAMPO
Assistant Schools Division Superintendent
Officer –In-Charge
Office of the Schools Division Superintendent

Maku-Diyos, Makatao, Makakalikasan at Makabansa
15 May 2019

Mr. Wilfredo E. Cabral
OIC - Regional Director
Department of Education - NCR
Misamis St., Bago Bantay, Quezon City

Dear Director Cabral:

Greetings from the National Nutrition Council at the National Capital Region!

We are pleased to inform you that the theme for this year’s Nutrition Month celebration is

"Kumain nang wasto at maging aktibo... push natin 'to!"

Nutrition Month is celebrated every July by virtue of section 7 of the Presidential Decree No. 491 or the "Nutrition Act of the Philippines, 25 June 1974". It aims to create awareness on the importance of good nutrition. This year’s nutrition month theme aims to encourage Filipinos to engage in physical activity and practice positive nutrition behaviors to contribute to addressing overweight and obesity and non-communicable diseases. The campaign will promote healthy diet and physical activity as part of a healthy lifestyle.

According to the 2008 National Nutrition Survey of the Food and Nutrition Research Institute of the Department of Science and Technology, most Filipinos are physically inactive. There are 93% of Filipinos who did not engage in leisure-related physical activity, 75% did not engage in non-work physical activity, and 76% did not engage in work-related physical activity.

Physical activity and nutrition are two modifiable risk factors to non-communicable diseases. Regular physical activity protects against coronary heart disease, type 2 diabetes, some cancers, hypertension, obesity, clinical depression, and other chronic disorders. Sedentary behavior such as prolonged sitting may be a distinct risk factor, independent of physical activity, for multiple adverse health outcomes in adults. Thus, the promotion of nutrition and physical activity during the 2019 Nutrition Month will contribute to addressing overweight and non-communicable diseases among Filipinos.

In this regard, we would like to remind all our nutrition partner agencies to participate in this nationwide celebration by disseminating the theme to their respective networks and more importantly, by planning and undertaking activities along the theme. Activities may include a launching program for the month-long celebration during the flag raising ceremony; putting up streamers; nutrition lectures/ fora and contests for employees and clients; featuring nutrition articles and information on bulletin boards and local newspaper; and airing of nutrition month theme messages through your local radio, among others.
MEMORANDUM

TO: Schools Division Superintendents

FROM: TOLENTINO G. AQUINO
Schools Division Superintendent
Officer-in-Charge, Office of the Asst. Regional Director
Officer-in-Charge

SUBJECT: Conduct of the 2019 Nutrition Month Celebration

DATE: June 27, 2019

1. In connection with the celebration of Nutrition Month this July, with the theme “Kumain ng wako at maging aktibo...push natin 'to!”, this Office enjoins all schools to participate in the month-long nationwide celebration by undertaking activities along the theme.

2. Please find the attached communication from Ms. Milagros Elisa V. Fecerizo, Regional Nutrition Program Coordinator, National Nutrition Council, dated May 15, 2019, for reference and further guidance.

3. Moreover, the Division School Health and Nutrition Units are requested to submit to this Office, Attention: Dr. Lucila Peregrina, Education Support Services Division, a report on the conducted activities, on or before August 9, 2019.

4. For further inquiries, please call Ms. Bea Menorca at 533-2713.

lanb.rd.off.

Work toward excellence...play to win!
15 May 2019

MR. WILFREDO E. CABRAL
OIC - Regional Director
Department of Education – NCR
Misamis St., Bago Bantay, Quezon City

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"Kumain nang wasto at maging aktibo... push natin ‘to!"

Wastong Nutrisyon: 
Rahim, Guinity at Pagbabagoan

Rooms 701 and 209, Building No. 2
Department of Health - Health Office
Valenzuela Cor-regional Government Center
San Mateo, Rizal

Telephone No. 02-7001111 Ext. 403
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Website: www.nnc.gov.ph

info@nnc.gov.ph

www.youtube.com/user/NNC1674

www.facebook.com/nncofficial

Lobbyist: information@nnc.gov.ph

Reference: 02-7001666 Ext. 403

email: nnc.gov.ph

NCCP Program Agreement:

info@nnc.gov.ph

www.nnc.gov.ph

www.youtube.com/user/NNC1674

www.facebook.com/nncofficial
Suggested 2019 Nutrition Month Activities:

1. Cooking Demonstration / Contest of Healthy Weight Watching Recipes
2. Height Weight Taking
3. Zumba Exercises/ Contest
4. Poster Making Contest
5. Healthy Children Models
Also, may we request your good office to please share with us your agency’s plan for the 2019 NM celebration on or before 24 May 2019. Kindly email your Nutrition Month Calendar of Activities to ncr@nnc.gov.ph or fax to telex/numbers 533-2713/533-1800.

We will furnish you a copy of the NM talking points, schedule of regional NM activities, and other information on the celebration as soon as these are available.

Should you need additional information on this matter, please feel free to call our office at telex/fax numbers 533-2713 and ask for Ms. Bes Manora.

Thank you in anticipation of your usual full support and cooperation toward a successful Nutrition Month celebration. Best regards!

Very truly yours,

MILAGROS ELISA V. FEDERIZO, RND, MPH
Regional Nutrition Program Coordinator
National Capital Region