Republic of the Philippines
CITY GOVERNMENT OF MUNTINLUPA
Sangguniang Panlungsod ng Muntinlupa

RESOLUTION NO. 2022-165

A RESOLUTION PROMOTING THE PRACTICE OF HEALTHY LIFESTYLE IN ALL GOVERNMENT AND PRIVATE OFFICES AND LIKEWISE ENCOURAGING THE PARTICIPATION OF THE GENERAL PUBLIC IN THE ENDEAVOR

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Sponsored by:

Hon. Coun. Allan Rey A. Camilon
Hon. Coun. Atty. Raul R. Corro
Hon. Coun. Alexson V. Diaz
Hon. Coun. Paty Katy C. Boncayao
Hon. Coun. Rachel Katriel Ann C. Arciaga
Hon. Coun. Ivee Rhia A. Tadefa
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Hon. Coun. Ting Niefes
Hon. Coun. Mark Lester M. Baes
Hon. Coun. Francis Ian T. Bagatsing
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Hon. Coun. Engr. Mamerto T. Sevilla, Jr.
Hon. Coun. Engr. Marissa C. Rongavilla
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Hon. Coun. Cornelio M. Martinez
Hon. Coun. Rodolfo W. Moldez, Jr.
Hon. Coun. Walter A. Arcilla
Hon. Coun. Kenichi D. Takagi, Jr.

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WHEREAS, SECTION 11 of the 1987 Constitution provides, ***"The State shall adopt an integrated and comprehensive approach to health development which shall endeavor to make essential goods, health and other social services available to all the people at affordable cost."***

WHEREAS, Presidential Decree No. 491, which created and empowered the National Nutrition Council to coordinate and integrate policies and programs of all agencies and instrumentalities of the government charged with the prosecution of existing law, policies, rules and regulations concerning nutrition, designated the month of July as Nutrition Month;

WHEREAS, the celebration of the Nutrition Month creates greater awareness on the importance of nutrition among Filipinos on the importance of healthy diet as a deterrence against under and over nutrition and non-communicable diseases (NCDs) such as hypertension, diabetes, cardio-vascular diseases and certain types of cancer;

WHEREAS, the national government promotes the Nutritional Guidelines for Filipinos (NGF) which is a set of dietary guidelines containing all the nutrition messages to healthy living for all age groups from infants to adults, pregnant and lactating women, and the elderly based on the eating pattern, lifestyle, and health status of Filipinos;

WHEREAS, Overweight and Obesity Management and Prevention Program is a nutrition-specific program of the Philippine Plan of Action for Nutrition (PPAN) 2017-2022 which focuses on over nutrition and designed to prevent the increase in overweight and obesity among children and decrease prevalence rates among adults;

WHEREAS, scientific literature shows that adults and older adults benefit the most from regular physical activity and the benefits include lowering their risk of early death, coronary heart disease, stroke, high blood pressure, adverse blood lipid profile, type 2 diabetes, metabolic syndrome, risk of colon and breast cancer, weight gain; improving cardiorespiratory and muscular fitness; preventing falls; reducing depression; having better cognitive function; as well as many benefits related to work performance of employees;

WHEREAS, the World Health Organization recommends that physical activity for health is the primary prevention of non-communicable diseases. For adults aged 18–64 years (working age group), physical activity includes leisure time activities; transportation activities (walking or cycling); occupational (work) household chores; and playing games, doing sports or planned exercise, in the context of daily, family and community activities;

WHEREAS, addressing the poor health and nutrition status of the general public requires the provision of services including promotion of healthy lifestyle, healthy food environment, weight management intervention, nutrition promotion in the workplace and policy development for food and nutrition which are among the programs and projects of the Philippine Plan of Action for Nutrition;

NOW, THEREFORE, FOR AND IN CONSIDERATION OF THE ABOVE PREMISES, BE IT RESOLVED, as it is **HEREBY RESOLVED** to promote the practice of healthy lifestyle in all government and private offices and likewise encouraging the participation of the general public in the endeavor

RESOLVED FURTHER, that government offices, private offices, organizations, various sectors and the general public to practice healthy lifestyle by:

1. ***Local government unit's formulation of policies and plans supporting consumption of healthy diets and promote good nutrition in the workplace with appropriate logistic and funding support;***
2. ***Organizing regular physical activities such as exercise and dance sessions, conduct of sports activities and provision of room or space with equipment for exercise;***
3. ***Provision of healthier food environment by making available nutritious locally produced foods and beverages in the canteen;***
4. ***Utilizing Pinggang Pinoy as basis in serving meals and snacks during meetings, conferences, trainings and other related activities;***
5. ***Applying the 10 Nutritional Guidelines for Filipinos in their daily living;***
6. ***Making safe drinking water freely available in the workplace;***

7. ***Establishing and maintaining a safe and clean environment for recreational activities where the general public may hold physical activities or exercises;***
8. ***Conduct of short seminars or forums to promote healthy lifestyle through proper nutrition and physical activities among employees and the general public, display and provide nutrition IEC materials in strategic areas;***
9. ***Conduct of regular assessment of nutritional status (Body Mass Index or BMI) of employees and refer overweight and obese employees to nutrition clinics or partner with the association or organization of nutritionist-dietitians for individualized weight management program;***
10. ***Active participation of government and private employees and the general public in programs and activities set forth by the various institutions to achieve healthy body and well-being.***
11. ***Intensify implementation of No Smoking Policy;***

RESOLVED FINALLY , that the City Government of Muntinlupa, through the concerned department, will include in its annual investment plan/program for implementation and monitoring of programs, projects and activities the policies on the healthy lifestyle.

ADOPTED, by the ***10th Sangguniang Panlungsod of Muntinlupa,*** this **27th** day of **December 2022,** on its **25th Regular Session.**

CONCURRED:

DISTRICT 1:

COUN. ATTY. RAUL R. CORRO
Member

COUN. ALEXSON V. DIAZ
Member

COUN. PATY KATY C. BONCAYAO
Member

COUN. RACHEL KATRIEL ANN C. ARCIAGA
Member

COUN. IVEE RHIA A. TADEFA
Member

COUN. ALLAN REY A. CAMILON
Member

COUN. JEDIDIAH R. PRESNEDI, LPT
Member

COUN. TING NIEFES
Member

DISTRICT 2:

COUN. MARK LESTER M. BAES
Member

COUN. FRANCIS IAN T. BAGATSING
Member

COUN. LUVI P. CONSTANTINO
Member

COUN. ENGR. MAMERTO T. SEVILLA, JR.
Member

COUN. ENGR. MARISSA C. RONGAVILLA
Member

COUN. ENGR. ARLENE D. HILAPO
Member

COUN. CORNELIO M. MARTINEZ
Member

COUN. RODOLFO W. MOLDEZ, JR.
Member

COUN. WALTER A. ARCILLA
President
Sectoral Representative
Association of Barangay Chairman

COUN. KENICHI D. TAKAGI, JR.
President
Sectoral Representative
Federation of Sangguniang Kabataan

I HEREBY CERTIFY, as to the correctness of the foregoing **Resolution**

CECILIA C. LAZARTE
Secretary to the Sanggunian

ATTESTED:

ARTEMIO A. SIMUNDAC
City Vice-Mayor/Presiding Officer

APPROVED:

ROZZANO RUFINO B. BIAZON
City Mayor

Date: 05 JAN 2023