



**The Philippine Society of  
Nutritionist-Dietitians (PSND), Inc.**



# **2019 Convention**

Theme: Nutrition in 'One Health': Healthy Environment,  
Healthy Food, Healthy People !

**September 11-12, 2019 | Manila Marriott Hotel**





## ABOUT THE COVER

**#NDINSPIRES3:**

**#PSND2019CONVENTION THEME POSTER MAKING CONTEST**

*Featuring inspiring creations and artistry of RNDs,  
ND graduates and student NDs*

The Philippine Society of Nutritionist Dietitians, Inc. (PSND) spearheads the conduct of the organization's annual (2019) Convention with the theme "Nutrition in One Health: Healthy Environment, Healthy Food, Healthy People!" highlighting the concept of World Health Organization's One Health. 'One Health' is an approach to designing and implementing programmes, policies, legislation and research in which multiple sectors communicate and work together to achieve better public health outcomes (WHO).

#NDinspires is a platform of PSND to feature talent of Registered Nutritionist-Dietitians, graduates of bachelor's courses in Nutrition, and students currently taking bachelor's courses in Nutrition. The first and second run of NDinspires featured the skills of NDs in creative writing, many have already shared their inspiring stories through joining the previous run of NDinspires.

This year NDinspires wish to explore the creativity and artistry of our NDs through a poster-making contest. The contest is open to all Registered Nutritionist-Dietitians, graduates of Bachelors courses in Nutrition, and students currently taking Bachelor's courses in Nutrition. The contest will contribute to PSND's campaign for a Healthy Environment, Healthy Food and Healthy People!

**Mr. Daniel G. Salunga, RND, MSPH**

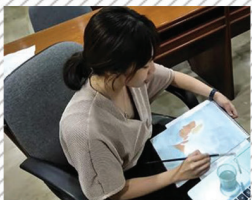
PSND Public Relations Officer

#NDinspires3 Project Head

### **Winning Artwork by Mary Margaret C. Tiongco, RND**

Medium used: Watercolor and Poster Paint on Oslo Paper/Sketchpad

Description of the Poster work: " Indigenous people have long been residing in the Philippine ancestral lands. They contribute to the agricultural sector as cultivators, conservers and protectors of the flora and fauna of our country. Known for their deeply rooted culture and traditions, they represent the elderly Filipino practice of unifying one's health with the food and environment. However, the indigenous people remain to be the most marginalized and disadvantaged sector as they continue to face discrimination and negligence from the national government. According to a recent study (DOST-PCHRD, 2013), elderlies in indigenous people communities receive the least medical assistance due to outnumbered community clinics and financial incapability of availing health services. As Nutritionist-Dietitians who have taken oath to provide every Filipino the right to be properly nourished, let us challenge ourselves to reach out in far-flung areas where malnutrition is prevalent and healthcare services are insufficient. Let us maximize our resources, and provide corresponding interventions addressed to their needs. One health does not only signify the well-being of people living in urban areas. One health defines the goal of proper nourishment to every human being regardless of race, gender and status."





# TABLE OF CONTENTS

<b>1</b>	<b>MESSAGES</b>	<b>13</b>	<b>CONVENTION PROGRAM</b>
<b>2</b>	Rodrigo Roa Duterte President, Republic of the Philippines	<b>15</b>	Rolando Enrique D. Domingo Julius Cesar Alejandre
<b>3</b>	Leni Robredo Vice-President Republic of the Philippines	<b>16</b>	Argean S. Guiaya Michael E. Serafico,
<b>4</b>	Francisco T. Duque III Secretary, Department of Health	<b>17</b>	Melody Melo-Rijk Corazon VC. Barba
<b>5</b>	Eduardo M. Año Secretary, Department of Interior and Local Government	<b>18</b>	Abigail S. Rustia Alonzo A. Gabriel
<b>6</b>	Mario V. Capanzana Director Food and Nutrition Research Institute	<b>19</b>	Leslie Michelle Dalmacio Azucena M. Dayanghirang
<b>7</b>	Azucena M. Dayanghirang Executive Director National Nutrition Council	<b>20</b>	Encarnacion Ramos Mary Ann Abacan
<b>8</b>	Leila S. Africa President, Philippine Society of Nutritionist-Dietitians, Inc.	<b>21</b>	Cristina Sison Ella Cecilia Naliponguit
<b>9</b>	<b>THE HISTORY OF PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS (PSND), INC.</b>	<b>22</b>	Israel Francis A. Pargas Marc Dexter M. Macalintal
<b>10</b>	<b>PSND BOARD OF DIRECTORS 2019-2020</b>	<b>23</b>	Gia Sison Fia Batua
<b>12</b>	<b>WORKING COMMITTEES</b>	<b>24</b>	<b>ABSTRACTS</b>
		<b>50</b>	Post-Convention Assessment form





The corporate seal and logo of the Association shall consist of a round shape seal with three hands inside clasping each other's wrist forming a tripod. These three hands, each one strong and together forming a tripod indicative of support given to each other, symbolize the PSND.

One hand presents **Professionalism**, the commitment to uphold the highest standards of the profession and to a life of continual study and advancement.

Another hand stands for **Fellowship**, the mutual sharing of knowledge, experiences and interests and a deep understanding of the need to work in concert-confident of one's own abilities and cognizant of the contributions of others.

The other hand symbolizes **Service** for the true measure of one's worth is the degree to which one has helped other people.

## Vision

To be a vital partner in ensuring food and nutrition security in the country.

## Mission

To advance and strengthen the competencies of nutrition and dietetics professionals through scientific nutrition education in responding to public issues and nutrition concerns.

## Objectives

PSND, Inc. aims to develop professional leadership and active participation in programs which promote improvement of the quality of life of the Filipino people.



# Message

Office of the President  
Republic of the Philippines  
Malacañang Palace, Manila



My warmest greetings to the **Philippine Society of Nutritionist-Dietitians, Inc. (PSND)** as it holds its **2019 Convention**.

Nutritionist-dietitians have a vital role in promoting the health and well-being of our people. I therefore commend PSND for gathering experts and stakeholders to exchange best practices in their specialized field to ensure positive public health outcomes in the country.

We hope that through this gathering, we may intensify our efforts to encourage better diet and nutrition choices among Filipinos. May all of you remain committed in eradicating malnutrition and in complementing the government's hard work towards attaining universal healthcare.

Be assured of this administration's commitment to realize our vision of a healthier and more progressive future for all Filipinos.

I wish you a successful event.

A handwritten signature in black ink, appearing to read "Rodrigo Roa Duterte".

**RODRIGO ROA DUTERTE**  
President



# Message

Office of the Vice-President  
Republic of the Philippines



Greetings of peace and solidarity to the Philippine Society of Nutritionists - Dietitians (PSND), Inc. as you gather for the PSND 2019 Convention.

We, at the Office of the Vice President, have made it our mission to uplift the lives of those in the margins through our anti-poverty program, Angat Buhay. It is through this framework that we focus our efforts to improve food security and nutrition in our country—a mode of engagement that is essential in our fight against poverty. In the last three years, we have reached 193 communities and served 282 families through various projects, including feeding programs for nutrition, and technical support for food security. While we continue in our efforts, we know that there's a lot more of our fellow Filipinos who need our help.

This is why we are grateful to organizations like PSND who continue to aim at making our nation and our people healthier. Your theme for this year, "Nutrition in 'One Health': Healthy Food, Healthy Environment, Healthy People!" is testament to your commitment to our shared cause. We hope that as you gather for this event, you will be able to encourage collaboration among different sectors so that together, we may be able to address one of our nation's biggest challenges on malnutrition. Let the PSND 2019 Convention be a venue where knowledge and information are shared for the benefit of our countrymen from the farthest, smallest, and poorest communities.

May you have a productive and meaningful event.

Mabuhay kayong lahat!

A handwritten signature in black ink, appearing to read "Leni Robredo".

**LENI ROBREDO**  
Vice- President



# Message

Office of the Secretary  
Department of Health  
Republic of the Philippines



Congratulations to the Philippine Society of Nutritionist-Dietitians on its 2019 Convention!

I am grateful for your commitment to further improve the standards in the practice of nutrition and dietetics. Holding your event regularly and focusing on professional development in the constantly changing environment of healthcare will contribute to our aspiration for reforms in the health system, leading to better health outcomes for our countrymen.

These reforms are outlined in the Philippine health sector agenda where its elements are merged with a strategic approach through the revitalized flagship program *FOURmula One Plus*.

Through these reforms which are underpinned by the Universal Health Care Law, our health system is being made much more transparent, inclusive, and synergistic with the efforts of both public and private sector partners to ensure quality health services for all Filipinos.

May this event renew your fervor to continue serving the health sector with integrity, excellence, and compassion. *Mabuhay!*

  
**DR. FRANCISCO T. DUQUE III, MSc.**  
Secretary of Health



# Message

Office of the Secretary  
Department of Interior and  
Local Government



I would like to extend my congratulations to the Philippine Society of Nutritionist-Dietitians, Inc. (PSND) on the conduct of your 2019 Convention on September 11-12, 2019 at the Manila Marriott Hotel, Pasay City.


This year's convention with the theme, *"Nutrition in 'One Health': Healthy Food, Healthy Environment, Healthy People!"* provides an avenue for thorough discussion of issues concerning health and nutrition, not only for nutritionists but for every Filipino nationwide. Conventions of this nature unite passionate individuals in aiming for the achievement of our commitments to the World Health Organization (WHO) and the Filipino people by providing the best health services we can offer.

The 'One Health' approach is in line with the trajectory of the country on seamless convergence of multiple sectors, providing a network for health and nutrition research, and policies and regulations, among others. It allows for the full cooperation of both the private organizations and the public sector in uplifting the state of public health in the country.

The Department of the Interior and Local Government (DILG), through the local government units, has been consistent in supporting all health advocacies and health sector development for the country. We are one in emphasizing the importance of both healthy living, access to health services, and sustainable and effective health interventions, especially in the local spaces in the country. We believe that health is multi-faceted and needs a platform for sharing what may be contributed for better public health outcomes. We commend the efforts of the country's dietitians and nutritionists, and health practitioners in improving the health and lifestyle of Filipinos nationwide.

Congratulations PSND for the successful conduct of this convention. Rest assured of the DILG's support in all your noble undertakings.

*Mabuhay po kayo!*

  
EDUARDO M. AÑO  
Secretary



# Message

Food and Nutrition Research Institute  
Department of Science and Technology



My warmest greetings to the organizers and participants of the Philippine Society of Nutritionist-Dietitians (PSND) 2019 Annual Convention.

I commend the PSND for being an active partner of the government and non-government organizations in promoting nutrition for all Filipinos.

“Nutrition in One Health: Healthy Food, Healthy Environment, Healthy People” is a fitting theme and a philosophy to advocate because the health of people, the environment, and yes – even animals, are intertwined. This means a health hazard for the people and environment may also be a health hazard for the animals as well. Thus, a change in the environment can affect all living things, from people to animals to plants.

Such is applicable in the field of food and nutrition. The One Health Initiative recognizes this inter-connectedness and advocates a comprehensive approach to health and environmental problems versus a piecemeal approach. By building bridges between sectors (health, nutrition, environment, etc.) and professions (physicians, veterinarians, environmental scientists, and public health professionals), the initiative to “promote, improve, and defend the health and well-being of all” may happen.

Remember, no one discipline or sector of society has enough knowledge and resources to prevent emergence or resurgence of diseases in today's globalized world. Thus, through mutual collaborations, we can accomplish so much more to advance the health and nutrition of everyone.

Thus, this convention will be a great venue to gain knowledge, share experiences and collectively cultivate integrated approach for preventing and mitigating health threats for enhanced nutrition and health.

I hope the delegates in this year's convention will gain a lot of insights and realize the critical role that each one plays toward achieving nutrition in one health.

Best wishes for the success of the 2019 PSND Annual Convention.

  
MARIO V. CAPANZANA, Ph.D.  
Director



# Message

National Nutrition Council  
Department of Health  
Republic of the Philippines



The NNC congratulates the officers and members of the Philippine Society of Nutritionist-Dietitians, Inc. for holding its 2019 convention with the theme “Nutrition in One Health: Healthy Environment, Healthy Food and Healthy People!”. The annual convention is in line with the organization’s mission to advance the competencies of nutritionist-dietitians.

The NNC since its creation, has always espoused the need for multi-sectoral and multi-level collaboration and coordination to address malnutrition similar to the concept of the one health approach that is now being espoused by the PSND in this convention. Truly, when people come together, synergy is created for concerted action and better results are obtained. It is time to break down silos and go beyond the traditional partners because the challenges that we face are smaller than the sum of us all working together.

On the part of the NNC, we continue to advocate for the priority nutrition actions of the Philippine Plan of Action for Nutrition 2017-2022. We encourage everyone to work with the NNC to ensure a sustainable food system while ensuring health for all.

May this convention open the minds of participants to the idea of working together.

Mabuhay ang PSND! Mabuhay tayong lahat!

AZUCENA M. DAYANGHIRANG, MD, MCH, CESE  
Executive Director



# Message

Philippine Society of Nutritionist-Dietitians, Inc.



Every year, we as ka-PSND are excited to gather together for our annual convention. This year we choose ONE HEALTH as the main theme of our convention because one health is a worldwide initiative and integrative effort which encourages collaboration between physicians, veterinarians, allied health professionals, biomedical scientists and environmentally related disciplines to promote, improve and defend the best possible health for all species. One Health approach recognises the undeniable thread which ties humans, animals and our planet together; Their interdependency should be understood to be used in promoting optimal health for all.

While “one health” is historically and primarily focus on zoonotic infections or diseases that can be passed between animals and humans (including those caused by parasites, bacteria, viruses and fungi), diet and nutrition should be included in its discussion because dietary choices are the front and center whether we talk about human health issues or the well-being of animals and the environment. The cases of antibiotic resistance among humans happened due to the consumption of high antibiotic-containing meat.

Thus, we will not only learn one health in this convention, we will also tackle various issues and concerns on human health, environmental protection, sustainable diet, among others. Before the end of each talk, the speakers will highlight what should or what could we, nutritionist-dietitians do to address the particular concern(s) through actions. Moreover, we will also showcase the relevance of several recently passed nutrition-related laws in our lives and in our profession. Furthermore, we invited several colleagues to share their experiences in marketing nutrition and their advocacies through various channels and medium.

We hope that your attendance in this convention will not provide you with more learnings in our profession, find also some time to mingle with old friends, classmates, colleagues and mentors. Finally, let me take this opportunity to express my sincerest gratitude to all PSND Officers, Board Members Advisers, volunteers and most especially to YOU, Ka-PSND for making this convention a success! TO GOD BE THE GLORY!

**DR. LEILA SACDALAN-AFRICA**  
President



# *The History*

## PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS (PSND), INC.



The Philippine Society of Nutritionist-Dietitians (PSND), Inc. is a dynamic organization of professionals in the field of nutrition and dietetics and other allied disciplines. PSND has the vision of being a vital partner in ensuring food and nutrition security. Its mission is to advance the development of ND professionals' competencies, values, service and practice to face food and nutrition security challenges.

PSND, Inc. was established in 1972 as Philippine Government Dietitian and Nutritionist (PGDN). The first president was Mrs. Adelisa Cifra-Ramos who also helped set up the Nutrition Service at the Department of Health prior to the establishment of PGDN. PSND aimed for the upgrading of the nutritionist' position as a separate profession and not as an allied medical personnel. PGDN became PSDN, and to PSND, Inc. to accommodate the clamor of Nutritionist-Dietitians from private institutions to be part of the organization.

Through the years, PSND was led by the following presidents: Mrs. Flora Domingo, Dr. Cecilia A. Florencio, Dr. Rachel Fajardo, Dr. Carmencita Loyola, Dr. Corazon Barba, Dr. Catherine Q. Castaneda, Assistant Secretary of Health Maria-Bernardita T. Flores, Dr. Antonia Tuazon, Dr. Imelda Agdeppa, Ma. Ofelia B. Reyes, Dr. Normahitta P. Gordoncillo, Dr. Ma. Veritas F. Luna, and Ms. Angelina R. Bustos.

At present, the president is Ms. Natalie V. Pulvinar.

The PSND implements activities and services such as continuing education through conventions, symposia, trainings and other activities; offers technical assistance to various groups; conducts several community outreach activities; nutrition counseling; trainings and seminars in nutrition; and continuing education for nutritionist-dietitians and professionals in related fields. The annual convention is a prioritized activity of the organization.

The organization is comprised mostly of NDs. Members attend annual conventions held in various regions of the country. The board members, with the help and guidance of its advisers and ex-officio member, plan and implement the annual event. The convention brings resource speakers closer to members and provides members the opportunity to interact with them and learn new information that relates to their work and conduct as professionals. It also serves as venue for its members, local chief executives, health/nutrition workers and development planning officers to update and upgrade their knowledge and renew their commitment to the nutrition and dietetics field in the country.



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Alvin M. Manalansan



# CONVENTION PROGRAM

## DAY 1 September 11, 2019 (Wednesday)

7:00 AM  
7:30 AM

Registration  
Opening of the Exhibits

### OPENING CEREMONY

**Overall Facilitator: Daniel G. Salunga, RND, MSPH**

8:30 AM

Doxology and National Anthem  
  
Welcome and Opening Remarks  
  
Acknowledgement of Participants

Leila Sacdalan- Africa, RND, PhD | President, PSND, Inc.  
  
Divine Grace C. Domingo, RND, MSc | Invitation and Registration Chair and Assistant Secretary, PSND, Inc.

### ONE HEALTH CONCEPT

9:00 AM

Keynote Address I  
The One Health Approach for Better Public Health Outcomes: Global Perspective

FAO Representative | Food and Agriculture Organization

9:30 AM

Keynote Address II  
Applying the One Health Approach: Philippine Initiatives

Dr. Rolando Enrique D. Domingo, DPBO | Undersecretary of Health Office of the Chief of Staff and Health Regulation Team, Department of Health

10:00 AM

### NUTRITION BREAK

### TECHNICAL SESSION 1: Healthy Environment

**Moderator: Mr. Alvin M. Manalansan, RND**

10:15 AM

Healthy Settings and Urbanization

Julius Cesar Alejandre, RND, MSc | Nutrition Officer II, Nutrition Policy and Planning Division, National Nutrition Council

10:45 AM

Biodiversity, Climate Change, Environmental Degradation and Resource Depletion

Argean S. Guiaya, EnP | Ecosystems Management Specialist II Biodiversity Management Bureau, Department of Environment and Natural Resources

11:15 AM

Carbon Footprint/ Greenhouse Gas Emission in Food production

Michael E. Serafico, RCh, MSc | Supervising Science Research Specialist, Food and Nutrition Research Institute, Department of Science and Technology

11:45 AM

### OPEN FORUM

12:15PM

### LUNCHEON SYMPOSIUM

Dr. Howarth Bouis | 2016 World Food Prize Awardee  
Founding Director, HarvestPlus  
Institute Fellow, International Food Policy Research Institute

### TECHNICAL SESSION 1: Healthy Food

**Moderator: Mr. Jake Brandon M. Andal, RND**

1:00 PM

Sustainable Production and Consumption

Melody Melo-Rijk, RND, MBA, EnP | Project Manager, Sustainable Consumption and Production, World Wide Fund for Nature Philippines

1:30 PM

Fill the Nutrient Gaps

Corazon VC. Barba, RND, PhD | Consultant, World Food Programme

2:00 PM

Philippine Risk Profiling on Food Contaminants

Abigail S. Rustia, MSc | Assistant Professor II, Department of Food Science and Nutrition, College of Home Economics, University of the Philippines

2:30 PM

Food Defense 101

Alonzo A. Gabriel, PhD, RMicro, DPAM | Professor and University Scientist, Chair, Department of Food Science and Nutrition, College of Home Economics, UP Diliman

3:00 PM

### NUTRITION BREAK

3:15 PM

Functional foods: Probiotics, Fiber, Phytonutrients and/or Antioxidants

Leslie Michelle Dalmacio, PhD, DPAM | Professor of Biochemistry and Molecular Biology, Assistant to the Vice Chancellor for Academic Affairs, University of the Philippines Manila

3:45 PM

### OPEN FORUM

4:00 PM

### PSND BUSINESS MEETING



# CONVENTION PROGRAM

## DAY 2 September 12, 2019 (Thursday)

8:00 AM Morning Energizer

8:15 AM ND Inspires

### TECHNICAL SESSION 3: Healthy People

**Moderator: Ms. Elaine L. Banares, RND, MFSA**

8:30 AM Addressing Stunting Appropriately

Azucena M. Dayanghirang, MD, MCH, CESE | Executive Director  
National Nutrition Council, Department of Health

9:00 AM Reducing the Impact of Zoonotic Diseases

Ma. Glofiezita O. Lagayan, DVM | Veterinarian III, Animal Health and  
Welfare Division, Bureau of Animal Industries

9:30 AM Fighting Infectious Diseases

Encarnacion Ramos, RND, MSCN | Section Manager, Clinical Nutrition  
Services, St. Lukes Medical Center

10:00 AM **NUTRITION BREAK**

10:15 AM Managing Inborn Errors of Metabolisms

Mary Ann Abacan, MD, FPPS | Clinical Geneticist, Institute of Human  
Genetics, University of Philippines Manila, National Institute of Health

11:00 AM Transforming Food Habits to Stay Healthy

Ms. Cristina Sison, RND, MSc | Independent Nutrition Consultant

12:30 PM **LUNCH SYMPOSIUM**

### Roles of NDs as Movers of One Health

**Moderator: Divine Grace C. Domingo, RND, MSc**

#### A. Enabling Policies in One Health

1:00 PM 1. Kalusugan at Nutrisyon ng  
Mag-Nanay Act

Luz B. Tagunicar, RND, MPH | Supervising Health Program Officer  
Disease Prevention and Control Bureau, Department of Health

1:30 PM 2. Masustansyang Pagkain para sa  
Batang Pilipino Act

Ella Cecilia Naliponguit, MD | Director III, Bureau of Learner Support  
Services, Department of Education

2:00 PM 3. Universal Health Care Act

Israel Francis A. Pargas, MD | Senior Vice President, Health Finance  
Policy Sector, Philippine Health Insurance Corporation

2:30 PM **OPEN FORUM**

3:00 PM **NUTRITION BREAK**

#### B. Panel Discussion: NDs as Marketers of Good Nutrition: Traditional and Modern Media

**Moderator: Divorah V. Aguila, RND, MSPH**

3:30 PM 1. Personalized Nutrition Counseling

Marc Dexter M. Macalintal, RND, MD | General Medicine and Nutrition  
Macalintal Doctor's Clinic

3:30 PM 2. Health Professionals and Social Media

Gia Sison, MD DPCOM | Host, G Talks TV Show, CNN Philippines

4:00 PM 3. NDs and Modern Media Platforms

Fia Batua, RND | Sports Nutritionist, Elite Fitness Coach and Blogger, Miss  
Fia Blog

4:30 PM **CLOSING CEREMONY**

**Overall Facilitator: Daniel G. Salunga, RND, MSPH**

Synthesis

Closing Remarks

Mary Christine R. Castro, MD, MSc | Program Chair, PSND, Inc.

Maria Regina A. Pedro, RND, PhD | Convention Chair and Vice President,  
PSND, Inc.



# SPEAKERS

## **Keynote Address II :**

### **Applying the One Health Approach: Philippine Initiatives**

#### **Rolando Enrique D. Domingo, DPBO**

Undersecretary of Health , Office of the Chief of Staff and Health Regulation Team , Department of Health



Dr. Rolando Enrique D. Domingo is a current Undersecretary of Health for the Health Regulation Team. He is also an Associate Professor and University Researcher at Philippine Eye Research Institute at the University of the Philippines Manila. Undersecretary Domingo was also the Assistant Secretary of Health for Health Regulation and External Affairs from 2001 to 2003 and had been the Executive Director for the Gamot na Mabisa at Abot Kaya, Low Cost Medicine Project. Undersecretary Domingo completed his degree in medicine from the University of the Philippine Manila. He also had a fellowship training in Ophthalmic Pathology and Oncology from the University of Valladolid, Spain and a diploma on international public health from the Escuela Nacional de Sanidad, Madrid, Spain.

## **Healthy Settings and Urbanization**

#### **Julius Cesar P. Alejandre, RND, MSc**

Nutrition Officer II  
Nutrition Policy and Planning Division  
National Nutrition Council



Mr. Julius Cesar Alejandre is currently taking Ph.D. in Built Environment from the Glasgow Caledonian University and The James Hutton Institutes, Scotland, UK. He completed his M.S. Public Health and Health Promotion from Bangor University, Wales, UK and his degree in nutrition from the University of the Philippines Los Banos. Mr. Alejandre is also a Nutrition Officer of Nutrition Policy and Planning Division of the National Nutrition Council. His work mainly focuses on Nutrition in Disaster Risk Reduction Management, Nutrition and Climate Change, National Adolescent and Youth Health and Development, National Salt Iodization Programme, and Food Fortification Program. His recent and on-going researches with the NNC-Department of Health specialize in nutrition and climate change including the Green Policy on Food and Nutrition in the Philippines and the Philippine Policy on Nutrition Management in Emergencies and Disasters.



# SPEAKERS

## **Biodiversity, Climate Change, Environmental Degradation and Resource Depletion**

### **Argean S. Guiaya, EnP**

Ecosystems Management Specialist II  
Biodiversity Management Bureau  
Department of Environment and Natural Resources



Ms. Argean S. Guiaya is an Ecosystems Management Specialist II in the Biodiversity Management Bureau of the Department of Environment and Natural Resources (DENR). She is also a Licensed Environmental Planner, and had completed Bachelor of Science in Human Ecology with Major on Human Settlements Planning and Master of Science in Environmental Science and Management from the University of the Philippines Los Banos. She is also currently taking MA in Urban and Regional Planning from the University of the Philippines Diliman.

Ms. Guiaya's professional work involves policies and programs for conservation of caves, wetlands, and urban biodiversity as well as promotion of partnership with stakeholders for the conservation and sustainable use of biodiversity. She also takes part in ecotourism development, the Manila Bay Project, Laguna de Bay Watershed Bamboo for Life Project, Rural Power Project of the Department of Energy (DOE) using Sustainable Solar Market Package (SSMP) Approach, and Environment Impact Study of mining in Rizal, Palawan, and Romblon.

## **Carbon Footprint/ Greenhouse Gas Emission in Food production**

### **Michael E. Serafico, RCh, MSc**

Supervising Science Research Specialist  
Food and Nutrition Research Institute



Department of Science and Technology Mr. Michael E. Serafico is a current Supervising Science Research Specialist at Food and Nutrition Research Institute of the Department of Science and Technology. He is a Registered Chemist and completed Master of Science in Chemistry from University of Sto. Tomas, and is now a Ph.D. Candidate (Chemistry). His recent research focus on assessment of iodine status among school children, women of reproductive age (WRA), and pregnant and lactating women in the country. He is also involved in projects on aromatic varieties of rice, efficacy of malungay (*Moringa oleifera*) leaves among school children, and effect of micronutrient supplementation among pregnant women.



# SPEAKERS

## Sustainable Consumption and Production

### **Melody Melo-Rijk, RND, MBA, EnP**

Project Manager, Sustainable Consumption and Production  
World Wide Fund for Nature Philippines



Ms. Melody Melo-Rijk has joined the WWF Philippines as a project manager leading the country's first ever sustainable consumption and production project with the focus on foodservice establishments in the Philippines. The project is coined in the Philippines as "The Sustainable Diner: A Key Ingredient for Sustainable Tourism". Its objective is for the government, private sectors, and consumers in the Philippines to have broad knowledge on sustainable consumption and production (SCP) in the food related sectors. The project aims to integrate SCP principles into national policies and business partners to implement sustainable business practices, and change in consumer behaviour by raising awareness for low-carbon goods and services.

Ms. Melo-Rijk has also a diverse work experience, with special focus on sustainable food systems, hospitality industry, research, and nutrition and dietetics. She is also a licensed Environment Planner and a Registered Nutritionist-Dietitian by profession with master's degree in Business Administration Major in Hotel and Restaurant Management. She has worked with various organisations ranging from academic institutions, private corporations to holding a post in the National Nutrition Council.

## Fill the Nutrient Gap

### **Corazon VC. Barba, RND, PhD**

Consultant  
World Food Programme



Dr. Corazon Veron Cruz-Barba is a Professor Emeritus at the Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines Los Banos (IHNF, CHE, UPLB); a Nutrition Consultant of the World Food Programme (WFP) Philippines; a visiting Lecturer at the SEAMEO Regional Center of Food and Nutrition (RECFON), University of Indonesia; and a lecturer at the Asian Disaster Preparedness Center in Bangkok, Thailand on Nutrition in Emergencies. She is the former Resident Advisor for the A2Z Project of the Academy for Educational Development (now FHI 360), the USAID Micronutrient Project, and also, the former Director of the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI, DOST), and former Director of IHNF, CHE and of the Regional Training Programme on Food and Nutrition Planning (RTP-FNP) of UPLB. She is a member of the Consultancy Team headed by Cecilio Adorna, who prepared for the National Nutrition Council, the PPAN 2017-2022. The results of many of her research projects and extension activities served as inputs in policies and programs/interventions in the national and/or local levels, e.g. energy requirements, supplementary feeding, product development, and growth monitoring.

As Nutrition Consultant of the World Food Programme, Dr. Barba gives technical advice and/or inputs to the food and nutrition projects of WFP with DOH- NNC, NCDPC and HEMS, DOST-FNRI, DSWD, and DepEd particularly those concerned with multiple micronutrient powders, product development, supplementary feeding, food and nutrition security, nutrition and growth, and nutrition in emergencies. She provided technical assistance in the development of DOH NCDPC's Manual on Growth Monitoring and Promotion, DOH HEMS' Manual on Nutrition in Emergencies for LGUs and DOH Manual on Management of Moderate Acute Malnutrition; and serves as resource person in capacity building of the CHDs and selected LGU workers in nutrition and allied fields.



# SPEAKERS

## Risk Profiling

### **Abigail S. Rustia, MSc**

Assistant Professor  
Food Science and Nutrition Department  
College of Home Economics  
University of the Philippines Diliman



Assistant Professor Abigail S. Rustia is a faculty member at the Department of Food Science (DFSN), College of Home Economics (CHE) of the University of the Philippines Diliman (UPD). She is also the project leader the DOST-funded Project, Philippine Risk-Profiling Project (PRPP). She has undergone numerous training programs including the Microbiological Risk Assessment Program of the ASEAN-Australia Strengthening ASEAN Risk Assessment Capability to Support Food Measures Project. During her time as a senior Research Specialist at the National Food Authority, she was assigned as the head of the technical working group on Risk Assessment of Aflatoxin in Corn and became member of the ASEAN Expert Group for Mycotoxin Profiles. As a research specialist, she evaluated chemical contaminants based on Dietary Exposure Assessment using Microbiological and Chemical Risk Assessment as a tool to generate sound technical data in the programs of food control agencies in the development and implementation of food safety and quality standards in the Philippines. She also handled the NFA-FDC-DA-BAR Project on Achievable Levels of Cadmium in Seafood for Export and conducted numerous research and development projects on food processing technology with focus on the utilization of mango.

## Food Defense 101

### **Alonzo A. Gabriel, PhD, RMicro, DPAM**

Professor and University Scientist  
Chair, Department of Food Science and Nutrition  
College of Home Economics, University of the Philippines Diliman



Dr. Alonzo A. Gabriel holds a Ph. D. Degree in Biofunctional Science and Technology (Food Microbiology and Hygiene) from Hiroshima University in Japan. He was a recipient of The Japanese Ministry of Education, Culture, Sports, Science and Technology (Monbukagakushou) Scholarship. He is currently chairman of Department of Food Science and Nutrition and University Scientist in the University of the Philippines Diliman. He has intensive experience on food science and technology including food processing and microbiological assessment of food. He also led the establishment of the Laboratory of Food Microbiology and Hygiene (LFMH) located at the University of the Philippines Diliman. His current researches focus on maternal nutrition and microbiological composition of breastmilk.

Dr. Gabriel received various honors and awards such as The Outstanding Young Men of the Philippines TOYM 2013, Metrobank Foundation Outstanding Filipinos (Teachers, Soldiers, Police Officers) in 2017, Ten Outstanding Young Persons of the World TOYP in 2014 in Germany, IUFoST Young Scientist Excellence Award in 2013 in Germany, and UP Alumni Association Distinguished Alumni Award in Science and Technology in 2014.



# SPEAKERS

## **Functional foods: Probiotics, Fiber, Phytonutrients and/or Antioxidants**

### **Leslie Michelle Dalmacio, PhD, DPAM**

Professor of Biochemistry and Molecular Biology, and  
Assistant to the Vice Chancellor for Academic Affairs  
University of the Philippines Manila



Dr. Leslie Michelle Dalmacio is currently a professor at the Department of Biochemistry and Molecular Biology at the University of the Philippines Manila. She holds a Ph.D in Molecular Biology and Biotechnology from the University of the Philippines Los Banos. Among her research extension projects include assessment of microbiological components of foods. She has received numerous recognitions from various organizations for her research including the study Effect of *Lactobacillus plantarum* BS25 on Cholesterol Levels in vitro and in BALB/c Mice. She also contributed in the development of Guidelines on Biobanking, National Ethical Guidelines on Health and Health-Related Research 2017 of the PCHRD-DOST. Dr. Dalmacio is also a current member of the U.P. Manila Research Ethics Board (UPMREB) and of the Philippine Journal of Health Research and Development.

## **A. Role of Nutrition in Addressing Stunting Appropriately**

### **Azucena M. Dayanghirang, MD, MCH, CESE**

Executive Director  
National Nutrition Council



Dr. Azucena M. Dayanghirang is the newly appointed Executive Director of the National Nutrition Council – Department of Health. Prior to joining the NNC-DOH in 2016 as the Technical Deputy Executive Director, Dr. Dayanghirang was the Provincial Health Officer and Provincial Nutrition Action Officer in Davao del Sur, and was also the Chief of Technical Services Division in Davao City Health Office and Nutrition Action Officer in Davao City. She also held official positions in Nutrition Action Officers of the Philippines Association (NAOPA) and in Provincial Health Officers Association (PHOAP), as president and as vice president respectively. Dr. Dayanghirang is an experienced leader in public health for more than two decade and has been a prime mover, team leader and player, facilitator, trainer of various health programs particularly on Maternal Child Health and Nutrition and other communicable and non-communicable diseases.

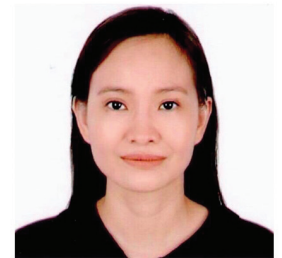


# SPEAKERS

## **Role of Nutrition in Fighting Infectious Diseases**

### **Encarnacion Ramos, RND**

Section Manager, Clinical Nutrition Services  
St. Lukes Medical Center  
Bonifacio Global City



Ms. Encarnacion Ramos joined St. Luke's Medical Center Quezon as Therapeutic Dietitian in 2005 and is now the current Section Manager of the Clinical Nutrition Services, Medical Practice Group at St. Luke's Medical Center – Bonifacio Global City. She was also affiliated with Centro Escolar University and with School of Nursing in St. Joseph's College of Quezon City as a lecturer on medical nutrition therapy. Her work experiences mainly specialize in clinical nutrition therapy in hospitals. Ms. Ramos completed her degree in nutrition from the University of the Philippines Diliman and master's degree on clinical nutrition from Philippine Women's University. She also achieved the 6th place in the Licensure Examination for Nutritionist-Dietitian in 2004.

## **Role of Nutrition in Metabolic Disorders (Genetic Disorders)**

### **Mary Ann Abacan, MD, FPPS**

Clinical Geneticist, Institute of Human Genetics  
University of Philippines Manila, National Institute of Health



Dr. Mary Ann Abacan is a Clinical Geneticist at the Institute of Human Genetics – University of the Philippines Manila, National Institutes of Health and a Clinical Associate Professor at the Department of Pediatrics in College of Medicine, Philippine General Hospital. She is also a member of Panel of Experts Committee on Phenylketonuria, Galactosemia and Metabolic Diseases of the Department of Health Technical Working Group and a Consultant Metabolic Specialist of Newborn Screening Center – NIH Follow-up Team. She completed her medical degree and Master of Science in Bioethics from the University of the Philippines Manila. Her various researches focused on human genetics and pediatric disease conditions. Her recent publications include A Case of Beals Syndrome in a Filipino Child, Genetic and Clinical Characteristics of Filipino Patients with Gaucher Disease, and the Global State of the Genetic Counselling Profession.



# SPEAKERS

## **Role of Nutrition in Transforming Food Habits to Stay Healthy**

**Cristina Sison, RND, MSc**  
Independent Consultant



Ms. Cristina Sison has extensive work experience with a multi-disciplinary, multi-cultural, non-profit, international research organizations in the Philippines and in the United States. She is a Science Officer/Program Analyst at the International Food Policy Research Institute (IFPRI) in Washington DC where she is engaged in different research projects with various partners in Asia, Africa, Latin America, Europe, and United States. Her multi-disciplinary expertise in project management includes human nutrition, health, agriculture, plant science and plant breeding, and economics and policy, such as The CGIAR Climate Change, Agriculture and Food Security (CCAFS), The climate Change Project funded by Deutsche Gesellschaft für Technische Zusammenarbeit GmbH (GTZ)/Federal Ministry for Economic Cooperation and Development (BMZ), The Global Futures Project and The HarvestPlus Program funded by the Bill and Melinda Gates Foundation, and the Micronutrient Project funded by the Asian Development Bank. She also served as a consultant for The Joyce Banda Foundation International. As well, Ms. Sison was writer/consultant for "The Ascent of Local Governments in Nutrition in the Philippines, A Compendium of Action on Nutrition".

## **Masustansyang Pagkain para sa Batang Pilipino Act**

**Ella Cecilia Naliponguit, MD**  
Director III, Bureau of Learner Support Services  
Department of Education



Dr. Ella Cecilia Naliponguit is a physician and is the Director III of the Bureau of Learner Support Services of Department of Education. Concurrently, she also serves as a member of the World Health Organization (WHO) Guidelines Development Group (GDG) for School Health Services, a Research Fellow for SEAMEO INNOTECH, current Chairperson for SEAMEO RECFON, and member of Governing Board of the Philippine Indigenous and Traditional Alternative Health Care (PITAHC) and of the National Nutrition Council (NNC). Her combined 19 years of civic/non-government organization work and public service experience have focused on health program management in the education sector, which includes enabling health research initiatives, application of research results for health policies and standards, and design and development of national health programs. Her current endeavor is in the development of programs focused on adolescent and youth development (including reproductive health) in schools and the development of policies/guidelines for after school sports development.



# SPEAKERS

## **Universal Health Care Act**

### **Israel Francis A. Pargas, MD**

Senior Vice President  
Health Finance Policy Sector  
Philippine Health Insurance Corporation



Dr. Israel Francis A. Pargas joined the Philippine Health Insurance Corporation (PhilHealth) as a Medical Specialist and is now the current Senior Vice President for Health Finance Policy Sector of PhilHealth. His work experiences involve oversight of implementation of accreditation policies, official spokesperson, and supervision of the development of policy agenda including strategies, programs, and guidelines to ensure that the quality of health care services is delivered. He also co-authored the Costing of Health Services for Provider Payment: A Practical Manual Based on Country Costing Challenges, Trade-offs, and Solutions. Dr. Pargas has also participated in various trainings and workshop-conferences for health care and leadership as speaker and facilitator.

## **Panel Discussion: NDs as Marketers of Good Nutrition: Traditional and Modern Media**

### **Personalized Nutrition Counseling**

### **Marc Dexter M. Macalintal, RND, MD**

General Medicine and Nutrition  
Macalintal Doctor's Clinic



Dr. Marc Dexter M. Macalintal is a Registered Nutritionist-Dietitian and a physician. He completed degree in nutrition from the University of the Philippines Los Banos and degree in medicine from De La Salle Health Sciences Institute College of Medicine. He is currently the General Medicine and Nutrition at Macalintal Doctors in Lipa City and a Primary Care Physician at FamilyDOC. Dr. Macalintal is also affiliated with various professional organization including Philippine Medical Association, Lipa City Medical Society, and Nutritionist-Dietitians' Association of the Philippines and its Batangas Chapter. He is also a founding member of the MEDLenses.



# SPEAKERS

## Health Professionals and Social Media

### **Gia B. Sison, MD, DPCOM**

Host, G Talks TV Show  
CNN Philippines



Dr. Gia B. Sison is a medical doctor, breast cancer survivor, and a mental health advocate. She graduated Doctor of Medicine from the University of Santo Tomas Faculty of Medicine and Surgery, Master of Occupational Health from the University of the Philippines-Manila and specialized in Occupational Medicine in the University of Illinois, Chicago School of Public Health and Hygiene.

As a health leader, she served as the National Secretary of the Philippine College of Occupational Medicine (PCOM) and a board member of the Philippine Medical Association (PMA) Committee on Continuing Medical Education. She was a former consultant to the World Health Organization and the International Labor Organization for the Global Practice of Occupational Health. Currently, she serves as the Chief Medical Officer of Global Telehealth Incorporated.

As an advocate, she serves as the First Philippine Leader of LIVESTRONG Foundation , an international NGO that aims to improve the lives of people affected by cancer, and the National Adviser of the Youth for Mental Health Coalition, an NGO composed of youth advocates who aim to improve the Philippine mental health situation. She is a strong advocate for mental health in the workplace and currently works with companies to improve wellness of workers.

As a media personality, she regularly appears at Boys Night Out at Magic 89.9, hosts a web-series “G Talks” on CNN Philippines, and writes in her blog Sand and Stone at [giasison.com](http://giasison.com)

## NDs and Modern Media Platforms

### **Fia Batua, RND**

Sports Nutritionist, Elite Fitness Coach and Blogger  
Miss Fia Blog



Ms. Fia Batua is a Registered Nutritionist-Dietitian and holds a diploma in Sports Nutrition. She is also an Elite Fitness Trainer. Ms. Batua credits her accomplishments over the last years to her dedication to strength training, functional freestyle training and her goal to recover, and refuel properly after rigorous fitness schedules. She strongly believes that nutrition should be balance, fun, and healthy.

Ms. Batua is a co-owner and the Chief Nutritionist-Dietitian at Doctor Diet Manila. She is also the nutritionist-dietitian at Daily’s Diet, The Good Box Ph, and PhilSilat Association. She also manages her blog Miss Fia Nutritionist which provides guides on healthy weight loss and sports nutrition.



# ABSTRACTS I SESSION SUMMARY

## Nutrition in One Health: Healthy Environment, Healthy Food and Healthy People

According to WHO (2017) 'One Health' is an approach to designing and implementing programmes, policies, legislation and research in which multiple sectors communicate and work together to achieve better public health outcomes. It entails collaborative, multisectoral, and transdisciplinary coordination and communication, and recognizes the interconnection between people, animals, plants, and their shared environment where our food system depends. Globally, the attention on sustainable diet and food system has been growing. Given the threat of the triple burden of malnutrition and with nutrition in our DNA, there is a need to open a platform for knowledge and information sharing on what we could do to contribute in realizing sustainable diet and food system with one health approach in consideration.

### Healthy Settings and Urbanization

Julius Cesar P. Alejandro, RND, MSc  
Nutrition Officer II, Nutrition Policy and Planning Division  
National Nutrition Council

Urbanisation has been associated to unhealthy environments which is one of the basic causes of obesity at the societal level due to its influence in promoting poor dietary behaviour and sedentary lifestyle. Unhealthy food environments are characterised by promotion of unhealthy foods caused by dietary liberalisation and westernisation especially in developing countries through the proliferation of fast food chains, vending machines, and marketing of unhealthy foods in schools in different media platforms. This changing dietary patterns and composition promoted the shift from healthy food consumption to overconsumption of fatty, salty, and sweet food products that significantly contributed in the increasing prevalence of obesity. The large bulk of unhealthy calories from this require moderate to vigorous physical activity to balance overconsumption and enhance energy expenditure. However, urbanisation also created environments that promote sedentariness.

Sedentary environments are boosted by technological products and infrastructure development that encourage physical inactivity. Technology and academically driven environments are major predictors of stationary lifestyle especially in children. Television watching and video gaming also expose children to unhealthy eating habits and decrease allocated time for physical activity. Increasing migration in urban communities also contributes to the creation of unhealthy settings in urban spaces as this decreases the chance for physical activity. Ecological models for health and wellbeing show that components of sustainable cities such as efficient transportation systems and accessible open spaces influence engagement to an active lifestyle. Built environments positively affect population health through its smart growth features such as pedestrian prioritisation, short distance to open green spaces, and density of healthy food environments. However, urban spaces are becoming more congested and support for these smart growth features is scarce.

Given these situations, how do we shape our urban spaces to livable communities that stimulate healthy behaviour amongst its dwellers?



## Biodiversity, Climate Change, Environmental Degradation and Resource Depletion

Argean S. Guiaya, EnP

Ecosystems Management Specialist II, Biodiversity Management Bureau

Department of Environment and Natural Resources

From the last century, changes in the global climate conditions have been evident, i.e. increasing air and ocean temperature, increased drought, increased atmospheric carbon dioxide, and extreme rainfalls and changing weather conditions. These changes in climate conditions has detrimental effects on biodiversity, resources depletion, and environmental degradation. These changes can greatly impact food and nutrition security by altering production yields of agricultural crops and nutritional content of major crops such as rice and wheat while there is an increasing demand for food production due to increasing world population. Thus, these environmental concerns merit attention and actions to mitigate further degradation and prevent adverse impacts on health and nutrition.

## Carbon Footprint/ Greenhouse Gas Emission in Food production

Michael E. Serafico, RCh, MSc

Supervising Science Research Specialist

FNRI-DOST

According to the Consultative Group on International Agricultural Research (CGIAR), one-third of all human-caused greenhouse gas emission are from the global food system, i.e. from agricultural production, processing, transport, and consumption of food. Growing livestock or meat production such as from cow and sheep, has the highest contribution of greenhouse gas emission from agricultural food production. This greenhouse gas emission or the carbon footprint from agricultural food production especially meat production can massively impact climate change. Based from studies on estimates of agricultural greenhouse gas emission, there is a great decreased in carbon footprint if meat consumption is reduced. This is suggestive that a shift from animal-based diets to plant-based diets can be of great importance in reducing agricultural greenhouse gas emission and thus can contribute to mitigating climate change and its consequences.



## Sustainable Consumption and Production

Melody Melo-Rijk, RND, MBA, EnP  
Project Manager, Sustainable Consumption and Production  
World Wide Fund for Nature Philippines

Urbanization has major implications particularly in housing, transportation, and food. Producing enough food – in addition to other agricultural commodities for 9 billion people within planetary boundaries, to provide sufficient sustainably produced food in rapidly increasing world population is becoming a challenge. This is only possible if there is stability in access, availability, and utilization of food. This has led the WWF on the concept of Sustainable Consumption and Production (SCP). It is a concept for harmonizing sustainable production with sustainable consumption. The idea is to work at both ends, the supply of and the demand for sustainable food. WWF works on SCP as a key driver in achieving worldwide balance between the socio-economic growth of countries as well as the protection of our natural resources and food security. In the Philippines, the SCP project is coined as “The Sustainable Diner: A Key Ingredient for Sustainable Tourism”. Its objective is for the government, private sectors, and consumers in the country to have broad knowledge on sustainable consumption and production (SCP) in the food related sectors. The project aims to integrate SCP principles into national policies and business partners to implement sustainable business practices, and change in consumer behaviour by raising awareness for low-carbon goods and services.

## Fill the Nutrient Gap

Corazon VC. Barba, RND, PhD  
Consultant, World Food Programme

Adequate nutrition is vital in preventing and addressing malnutrition. However, in most nutrition situational analyses, main focus is on prevalence of malnutrition and there is a lack of analysis on availability and accessibility (affordability) of adequate nutritious diet. Hence, the Fill the Nutrient Gap (FNG) tool aims to strengthen the nutrition situation analysis through inclusion of nutrient analysis, i.e. analysis of market access and offers, dietary practices, nutrient intake gap of key target groups, and affordability of a nutritious diet based on local foods. In addition, FNG includes analysis of enabling environment, i.e. whether national policies, legal and regulatory frameworks, national programmes, markets and public private partnership create an enabling environment for adequate nutrient intake, especially good access to nutritious foods. With the nutrient and enabling environment analyses of FNG, nutrient gaps and barriers to adequate nutrient intake among target groups can be determined. These results can be used to identify effective, context-specific intervention and policy options to fill the nutrient gap identified among the target group.



## Philippine Risk Profiling

Abigail S. Rustia, MSc

Assistant Professor, Food Science and Nutrition Department

College of Home Economics, University of the Philippines Diliman

Food safety is an essential component to staying healthy. It is imperative to assess if the food consumed by the population is free from hazards that could harm human health. The Philippine Risk Profiling Project (PRPP), a project conceptualized and led by Asst. Prof. Abigail S. Rustia, is a component of the DOST Integrated Food Safety Program funded by the Department of Science and Technology. It is a three-year process of risk-profiling of hazards in Philippine Foods to support national food safety risk management. It is with a view to change the national response to food safety issues from reactive to pre-emptive. It aims to improve food safety policies and to aid food safety regulatory government agencies in establishing control measures for public health risks and ensuring fair trade practices related to Food Safety Act of 2013 (R.A. 10611).

## Food Defense 101

Alonzo A. Gabriel, PhD. RMicro, DPAM

Professor and University Scientist

Chair, Department of Food Science and Nutrition, College of Home Economics

University of the Philippines Diliman

Contaminations can either be naturally-occurring, accidentally introduced, or intentionally added to the food supply. The first two are easily addressed by Food Safety Systems such as Good Manufacturing and Hygienic Practices, Good Agricultural and Aquaculture Practices, and Hazard Analysis Critical Control Points. On the other hand, intentionally introduced hazards are the concerns of Food Protection and Defense, which can be addressed by assessing the probability of attack to the food pipeline. Vulnerability Assessment involves a systematic method of addressing worst-case scenarios of attack to the food system. This aims to protect the quality and safety of the food system to ensure that consumers shall be protected from ill intentions that are either aimed at economic gain or harm. In this lecture, the speaker shall discuss salient points of Vulnerability Assessments for Food Protection and Defense. The similarities differences between Food Safety and Food Defense shall also be emphasized.



## Functional foods: Probiotics, Fiber, Phytonutrients and/or Antioxidants

Leslie Michelle Dalmacio, PhD, DPAM  
Professor of Biochemistry and Molecular Biology, and  
Assistant to the Vice Chancellor for Academic Affairs  
University of the Philippines Manila

Functional foods including probiotics, fiber, and antioxidants are well-recognized to have beneficial effects on one's health. Probiotics are the good bacteria or yeasts known to be helpful in keeping digestive tract healthy. While fibers from food aid in regular digestion and help in preventing diabetes and heart diseases. On one hand, antioxidants have shown positive correlations with cancer prevention based on scientific evidences. Functional foods beneficial health effects are widely studied, however there is still a need to be vigilant on health claims of currently available products/foods in the market. This topic aims to further discuss the roles of functional foods in achieving good health and nutrition.

## Addressing Stunting Appropriately

Azucena M. Dayanghirang, MD, MCH, CESE  
Executive Director, National Nutrition Council  
Department of Health

According to the Lancet Series on Nutrition, the prevalence of stunting is slowly declining globally. However, it still affects at least 165 million children under five years in 2011. Stunting, with or without poverty, increased the risks of children not reaching their full development potentials. This in turn can lead to deficit in adult annual income thus affecting economic development of a community or country. With the Philippines continued high prevalence of stunting (30.3%) among children based on the National Nutrition Survey (NNS, 2013), there is a need to determine and implement evidence-based interventions to prevent stunting among young children. The First 1000 Days approach is among the strategies that the country initiated to address stunting among children appropriately. This approach aims to ensure that every child has the right start in life, i.e. from conception to first two years of life. The First 1000 Days approach includes maternal care during pregnancy, exclusive breastfeeding during the child's first six months, and giving appropriate complementary foods for child's six months while continuing breastfeeding.



## Reducing the Impact of Zoonotic Diseases

Ma. Glofiezita O. Lagayan, DVM  
Veterinarian III, Animal Health and Welfare Division  
Bureau of Animal Industries

Animals provide important source of food to people, such as meat, dairy, and eggs. Keeping them free from harmful microorganisms that can be transferred to people and cause illness, known as zoonotic diseases, is an important aspect in the prevention of spread of diseases among people. Control of zoonotic diseases through its animal reservoir is the most cost-effective intervention according to the World Health Organization (WHO). Multi-sectoral efforts including agriculture, environment, and health among others is essential to effectively prevent and reduce the impact of zoonotic diseases. Young children, older adults, and people with weakened immune systems are at higher risks of zoonotic diseases. Zoonotic diseases are also more likely to impact poor households and communities. It is therefore imperative to control zoonotic diseases among animals especially those that are utilized for food consumption to reduce its impact on human health.

## Fighting Infectious Diseases

Encarnacion Ramos, RND, MSCN  
Section Manager, Clinical Nutrition Services  
St. Lukes Medical Center – Bonifacio Global City

Infectious diseases are caused by pathogenic microorganisms such as bacteria, viruses, fungi, and parasites. Infectious diseases are linked with nutritional status, by directly weakening the body or through affecting dietary intake. At the same time, infectious diseases may increase nutritional requirements to fight the infection. Presence of infection may also prevent the body from utilizing food consumed which can further lead to deterioration of nutritional status. On another hand, strengthening immune system can help fight against infectious diseases, which can be achieved through good nutrition and health. Since infectious diseases are spread directly or indirectly from person to person, maintaining strong immune system through good nutrition is essential in fighting infectious diseases.



## Managing Metabolic Disorders (Genetic Disorders)

Mary Ann Abacan, MD, FPPS  
Clinical Geneticist, Institute of Human Genetics  
University of Philippines Manila, National Institute of Health

Genetic metabolic disorders or inborn errors of metabolism are important causes of morbidity and mortality among children. These are inherited traits that result from the absence or reduced activity of a specific enzyme or cofactor. Delay in diagnosis and treatment of these disorders can lead to a variety of adverse outcomes, including moderate-to-severe neuropsychological dysfunction, mental retardation, and death. Nutrition has important functions in managing metabolic disorders to prevent their adverse effects on health especially among children. This topic will also try to identify if nutrition possibly plays a role in preventing development of metabolic disorders.

## Transforming Food Habits to Stay Healthy

Cristina Sison, RND, MSc  
Independent Consultant

Over the years, the diets of Filipinos are changing. Dietary patterns change with the transition to urbanization and industrialization in the country. Food available in the metro have also changed as more and more fast food and convenient food are easily at hand. More so, the consumption of fresh produce such as fruits and vegetables are declining over the years according to the Food and Nutrition Research Institute National Nutrition Survey (FNRI NNS). The impact of these changes can be seen on the increasing double burden of malnutrition in the country, where there is still high prevalence of undernutrition at the same time there is increasing prevalence of overnutrition observed among children and adults alike. Nonetheless, the changing patterns of diets among Filipinos can still be transformed to a more nutritious and healthier food options through advocacy and campaign using various platforms such as nutrition education in schools, community, through radio and television, and social media.



## Roles of NDs as Movers of One Health: Enabling Policies in One Health

### Kalusugan at Nutrisyon ng Mag-Nanay Act

Luz B. Tagunicar, RND, MPH

Supervising Health Program Officer, Disease Prevention and Control Bureau  
Department of Health

The Republic Act 11148 known as the Kalusugan at Nutrisyon ng Mag-Nanay Act emphasize the Philippines government commitment to improve the quality of human resource in the country and to reduce maternal and child mortality and stunting. This act institutionalizes and scales up the First 1000 Days Approach in the national plan on nutrition, the early childhood care and development intervention packages, the Philippine Development Plan, the National Plan of Action for Children, the regional development plans, and LGUs investment plans for health and nutrition. The law aims to integrate responsive caregiving and early stimulation in a safe and protective environment over the First 1000 Days interventions and actions. The law aims to improve nutritional status and to address malnutrition among pregnant and lactating women, female adolescents, newborns, and infants and young children through provision of comprehensive, sustainable, multi-sectoral strategies and approaches.

### Masustansyang Pagkain para sa Batang Pilipino Act

Ella Cecilia Naliponguit, MD

Director III, Bureau of Learner Support Services  
Department of Education

Masustansyang Pagkain para sa Batang Pilipino Act (RA 110371) recognizes the important role of food and nutrition and the capacity of school children to develop and learn. There are various evidences that link poor nutritional status among children to poor academic performance, while improvement in nutrient intake were associated with significant improvement in academic performance and psychosocial functioning among school children. Hence, the RA 110371 aims to provide additional foods for school children to address underweight and wasting including school-based feeding program, milk feeding program, and micronutrient supplementation among others. The act also adds complementary activities such as Gulayan sa Paaralan, health examination and deworming, and nutrition education.

## Universal Health Care Act

Israel Francis A. Pargas, MD  
Senior Vice President, Health Finance Policy Sector  
Philippine Health Insurance Corporation

One of the most common financial hardships among Filipino families is when family member and loved ones get treatment for whatever illness. Financial burdens happen because of lack of health care insurance among families. Hence, the Universal Health Care Act (RA 11223) enrolls all Filipinos in the National Health Insurance Program. The law aims that all Filipinos will get the health care they need, whenever they need it without the suffering from financial burdens due to illness treatment. This topic aims to discuss further the benefits of all Filipino citizens that the RA 11223 provides such as basic or ward accommodation, entitlements, and essential health benefit package.

## Panel Discussion: NDs as Marketers of Good Nutrition: Traditional and Modern Media

### Personalized Nutrition Counseling

Marc Dexter M. Macalintal, RND, MD  
Head, Medical Nutrition Therapy  
Macalintal Doctor's Clinic

From the recent years, traditional nutrition counselling, i.e. one-size-fits-all, are shifting into a more personalized nutrition counselling. It is recognized that every individual has unique nutritional requirements. Each individual also respond to certain food or diets differently as well. There are people who respond to ice cream (sugar) faster compared to others in terms of glycemic index. Same is observed for consuming bacon, different persons respond to bacon or fat in different manner. These were observed in various studies. Moreover, each individual has different lifestyles and genetic make-up which also influence nutritional requirements and responses to food. Now the question changed from what are the good foods to "what are the good foods for me (for my body type and lifestyle needs)". This topic will discuss the personalized nutrition counselling approach and how it is and can be practiced in routine dietetic practice.



## Health Professionals and Social Media

Gia B. Sison, MD, DPCOM  
Host, G Talks TV Show  
CNN Philippines

With the rapid expansion of social media in today's modern lifestyles, millions of people are connected in these platforms. Health information is widely available online. Exchange of information is way much faster compared in the past decades. This presents great opportunity for health professionals to share correct health information using these various social media platforms, including facebook, twitter, instagram. Social media pages of registered health and nutrition professionals can provide reliable source of health and nutrition and may also give information on false health claims. This topic will discuss various opportunities for health professionals on using social media to promote and advocate health and nutrition.

## NDs and Modern Media Platforms

Fia Batua, RND  
Sports Nutritionist, Elite Fitness Coach and Blogger, Miss Fia Blog

Science and technology has been developing rapidly. New tools in health and nutrition are being developed. Hand in hand with technological advancement, there is also an exponential use of modern media platforms across the globe. Information can now be shared in an instant click using modern media platforms. Along with this is the high likelihood of sharing misinformation on health and nutrition. This topic will discuss how nutritionist-dietitians can use modern media platforms to share correct nutrition information amidst diet and nutrition claims circulating in these modern platforms. This topic also aims to discuss opportunities for RNDs in using modern media platforms.

# **SPONSORS**





The Philippine Council for Health Research and Development (PCHRD) is one of the three sectoral councils of the Department of Science and Technology (DOST). It is a forward-looking, partnership-based national body responsible for coordinating and monitoring research activities in the country.

PCHRD was created on March 17, 1982 through Executive Order No. 784. In 1987, Executive Order No. 128 reaffirmed its existence and relevance. This directive reorganized the National Science and Technology Authority into what is now the Department of Science and Technology.

#### OUR VISION

A healthy Filipino nation that benefits from research-based solutions and innovations

#### OUR MISSION

As the national coordinating body for health research, we provide central direction, leadership, and coordination of health S&T. To achieve this, we are committed to do the following:

- Formulate agenda, plans, policies, and strategies for health science and technology development;
- Mobilize resources to support health S&T development;
- Develop and strengthen capacity for health research;
- Support the development of affordable, accessible, and quality S&T-based solutions and innovations;
- Ensure the dissemination and utilization of health research outputs;
- Monitor and evaluate health S&T activities;
- Establish linkages and partnerships with local and international organizations
- Advocate an ethical health research culture

#### CORE VALUES

- Passion for excellence and innovation in public service
- Culture of teamwork and collaboration
- High regard for work ethics and integrity
- Responsive personal effectiveness
- Dynamic involvement in quality management system



**Ang Dok Ricky,  
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tumatalakay sa first 1,000 days ng isang  
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pagbubuntis ng isang ina hanggang sa  
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# MALAKAS NA RESISTENSYA SA KANING MASUSTANSYA



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Para sa karagdagang impormasyon at pinakabagong balita, makipag-ugnayan sa:



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## WINNING WITH PURPOSE

Unilever is driven by a strong commitment to make sustainable living accessible to everyone. We believe that through purpose, brands will grow; people will thrive, and companies will last. Unilever in the Philippines will Win with Purpose through its purpose-driven brands and people, progressive platforms and inclusive business models anchored by the ambition to improve the lives of 100M Filipinos.





Founded in 1966, the Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA) strengthens institutional capacities toward inclusive and sustainable agricultural and rural development (ISARD) in Southeast Asia through its core programs on graduate education, research and development and knowledge management.

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- Institutional Development Assistance

### RESEARCH AND DEVELOPMENT

- Research Projects
- Conferences and Policy Roundtables
- Research and Travel Grants
- Visiting Research Fellows and Adjunct Fellows Programs

### KNOWLEDGE MANAGEMENT

- Short-term Training/Learning Events
- Biotechnology Information Center
- Knowledge Center on Climate Change Adaptation in Agriculture and Natural Resource Management in Southeast Asia
- Food and Nutrition Security in Southeast Asia
- Publications

### PROJECT DEVELOPMENT AND TECHNICAL SERVICES

- Technical Assistance
- Consulting Services

### LODGING AND CONFERENCE FACILITIES

- Residence Hotel and Guesthouse
- Apartments and Executive Houses
- Conference and Workshop Rooms



SEARCA invites partners to help establish the **Southeast Asian AgriMuseum and Learning Center**

For particulars, contact  
Dr. Maria Celeste H. Cadiz, Program Head,  
Knowledge Management Department, SEARCA  
E-mail: [mchc@searca.org](mailto:mchc@searca.org)  
Telephone: (+63-49) 554 9330 to 39 or  
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Located in College, Los Baños, Laguna, Philippines,  
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# PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

## 2019 PSND ANNUAL CONVENTION

11-12 September 2019. Manila Marriot Hotel

Nutrition in 'One Health': Healthy Environment, Healthy Food, Healthy

### Post-Convention Assessment

Dear Participant:

Kindly fill-up this evaluation form and submit to the Registration Desk on 12 September 2019 after the Closing Program in exchange for your Certificates of Appearance and Attendance. Thank you.

#### I. Participant's Profile

Name (optional): \_\_\_\_\_

Address/location: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: ( ) Male ( ) Female Civil Status: \_\_\_\_\_

A. Profession/Occupation (Please check)	B. Field of Expertise/Line of Work
<input type="checkbox"/> Nutritionist-Dietitian	<input type="checkbox"/> Public Health Nutrition/Community Work
<input type="checkbox"/> Medical Doctor	<input type="checkbox"/> Food Service
<input type="checkbox"/> Allied medical profession (eg. nurse, midwife)	<input type="checkbox"/> Food Industry
<input type="checkbox"/> Hospital Administration/Service	<input type="checkbox"/> Local Governance
<input type="checkbox"/> Student	<input type="checkbox"/> Academe
<input type="checkbox"/> Others, please specify _____	<input type="checkbox"/> Small/Medium-scale Entrepreneur
	<input type="checkbox"/> Institutional R & D
	<input type="checkbox"/> Others, please specify: _____

#### II. Annual Convention

A. How did you come to know about the convention?	B. Reason for attending:
<input type="checkbox"/> Letter of Invitation from PSND	<input type="checkbox"/> To learn about the latest in food and nutrition
<input type="checkbox"/> Internet (eg. Facebook, e-mails)	<input type="checkbox"/> To meet old friends/colleagues
<input type="checkbox"/> Through friend/colleague	<input type="checkbox"/> To fulfill school requirement
<input type="checkbox"/> Others, please specify: _____	<input type="checkbox"/> Others, please specify: _____



Kindly check the column that best describes your rating of the following:  
(5 – Excellent, 4 – Very Good, 3 – Good, 2 – Fair, and 1 – Poor)

Convention Components	1	2	3	4	5
1. Opening Ceremonies					
2. Relevance and usefulness of topics discussed:					
a. Keynote Address I: The One Health Approach for Better Public Health Outcomes: Global Perspective					
b. Keynote Address II: Applying the One Health Approach: Philippine Initiatives					
c. Healthy Settings and Urbanization					
d. Biodiversity, Climate Change, Environmental Degradation and Resource Depletion					
e. Carbon Footprint/ Greenhouse Gas Emission in Food production					
f. Sustainable Production and Consumption					
g. Fill the Nutrient Gaps					
h. Philippine Risk Profiling on Food Contaminants					
i. Food Defense 101					
j. Functional foods: Probiotics, Fiber, Phytonutrients and/or Antioxidants					
k. Addressing Stunting Appropriately					
l. Reducing the Impact of Zoonotic Diseases					
m. Fighting Infectious Diseases					
n. Managing Inborn Errors of Metabolisms					
o. Transforming Food Habits to Stay Healthy					
p. Kalusugan at Nutrisyon ng Mag-Nanay Act					
q. Masustansyang Pagkain para sa Batang Pilipino Act					
r. Universal Health Care Act					
s. Personalized Nutrition Counseling					
t. Health Professionals and Social Media					
u. NDs and Modern Media Platforms					
3. Speaker's mastery of the topic, clarity of presentation and adequacy of information presented:					
a. FAO representative					
b. Dr. Rolando Enrique D. Domingo					
c. Mr. Julze Cesar P. Alejandre					
d. Ms. Argean S. Guiaya					
e. Mr. Michael E. Serafico					
f. Ms. Melody Melo-Rijk					
g. Dr. Corazon VC. Barba					
h. Dr. Abigail S. Rustia					
i. Dr. Alonzo A. Gabriel					
j. Dr. Leslie Michelle Dalmacio					
k. Dr. Azucena M. Dayanghirang					
l. Dr. Glofezita O. Lagayan					
m. Ms. Encarnacion Ramos					
n. Dr. Mary Ann Abacan					
o. Ms. Cristina Sison					
p. Ms. Luz B. Tagunicar					
q. Dr. Ella Cecilia Naliponguit					
r. Dr. Israel Francis A. Pargas					
s. Dr. Marc Dexter M. Macalintal					
t. Dr. Gia Sison					
u. Ms. Fia Batua					
4. Moderators/Facilitator					
a. Mr. Alvin M. Manalansan					
b. Mr. Jake Brandon M. Andal					
c. Ms. Elaine L. Banares					
d. Ms. Divorah V. Aguila					
e. Ms. Divine Grace C. Domingo					
f. Mr. Daniel G. Salunga					

Convention Components	1	2	3	4	5
5. Morning Energizer					
6. Adequacy of time allotted to topics					
7. Attainment of convention objectives					
8. Announcements/Invitations					
9. Physical Arrangement/Venue					
10. Registration					
11. Reception/Guest Assistance and Information					
12. Exhibits					
13. Seminar kit and materials provided					
14. Food					
15. Ability of the working committee to respond to the queries and needs of participants					
16. Over-all assessment of the Convention					

### III. Other comments and suggestions

- A. Would you recommend attendance to future PSND Annual Convention? ☐ Yes ☐ No  
If No, kindly state your reason(s):

---

- B. Suggestions for the next PSND Annual Convention:

1. Topics:

---

2. Announcement and Invitations:

---

3. Venue/Location: \_\_\_\_\_

4. Preferred Month of Convention: \_\_\_\_\_

5. Registration:

---

6. Reception/Guest Assistance and Information:

---

7. Are you willing to become one of the speakers in the future PSND conventions? ☐ Yes ☐ No  
If yes, what topic would you like to share?

If yes, what topic would you like to share?

---

8. Others:

---

9. Testimonial about the PSND Convention: (What you like about the convention?)

---

Please check if you agree or disagree with the statement below: \_\_\_\_\_ Agree \_\_\_\_\_ Disagree

I give consent to PSND to use this accomplished evaluation form to help the organization plan and promote future convention in compliance with data privacy act.

**Thank You! See you in the next annual convention!**



## NOTES





## NOTES

# Arize®

Arize® is the global umbrella brand for Bayer hybrid rice seeds. Hybrid rice seed is the first generation of seed obtained by crossing two genetically different rice lines. Our native traits are climate smart and can withstand key biotic and abiotic stresses. These traits help us maintain a strong foothold in the field.

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A study published in *The Philippine Agricultural Scientist* found that yields from biotech corn farms increased by as much as 37 percent, translating to an additional profit of PHP 11, 250 per hectare -- with just over half of that improvement coming from reduced pesticide costs. On average the return on investment for Yieldgard corn outperformed non-Bt corn by 33%.

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