



Philippine Society of Nutritionist-Dietitians

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#PSND2020Convention #Virtual PUSH Nutrition!

PSND **U**nravels **S**olutions for **H**ealth and **N**utrition
"Rising to the challenges of the new decade"

September 5 and 12, 2020



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

Para sa Propesyon. Para sa Bayan.

PSND 2020 ONLINE CONVENTION

5 & 12 September 2020 Zoom and Facebook Simulcast

PUSH Nutrition:
PSND Unravels Solutions for Health and Nutrition



Philippine Society of Nutritionist-Dietitians Inc.

2020 ONLINE CONVENTION

PUSH Nutrition

PSND Unravels Solutions for Health and Nutrition

September 5 and 12, 2020 (9AM to 4PM)

Zoom and FB Simulcast

PUSH Nutrition: PSND Unravels Solutions for Health and Nutrition

When the new decade unfolds before us this 2020, we were overwhelmed by the news every week namely, the Taal Volcano Eruption, Polio outbreak, growing mental health concerns among youth, bush fires in some parts of the world, and of course the unfolding of yet the most challenging emergencies, the COVID-19 pandemic which is still wrecking its havoc to this day. These events escalated our uncertainties which affected our decisions in implementation of plans and ways forward in the future. However, one thing that would protect us from all these uncertainties is the importance of good health and proper nutrition. This year in time of the COVID-19 pandemic and the new normal condition the Philippine Society of Nutritionist-Dietitians (PSND), Inc. have chosen the theme **PUSH Nutrition: PSND Unravels Solutions for Health and Nutrition** to discuss ways, approaches and strategies in the pursuit of maintaining and improving proper health and nutrition in times of the new normal. This year, we will also elect a new set of PSND Board of Directors for 2021-2022 who will take on the challenge in the years to come for the profession. We hope that this annual convention, which will be undertaken online for the first time, will not only provide you with relevant information, but will also uplift our drive in promoting proper health and nutrition particularly in this trying times.

PSND 2020 ONLINE CONVENTION

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PUSH Nutrition: PSND Unravels Solutions for Health and Nutrition



Day 1 – 5 September 2020, Saturday

Opening Ceremony **DANIEL G. SALUNGA, RND, MSPH**
Over-all Facilitator

9:00 am Doxology
National Anthem **PSND, Inc. 2019-2020**

Welcome and Opening Remarks **LEILA S. AFRICA, RND, PhD**
PSND 2020 Online Convention Chair
and President, PSND, Inc.

Acknowledgement of Participants **DIVINE GRACE C. DOMINGO, RND, MSc.**
Invitation and Registration Chair
and Assistant Secretary, PSND, Inc.

9:30 Keynote Address **HON. MARIA LEONOR G. ROBREDO**
Vice-President of the Republic of the Philippines

Technical Session 1: Health and Nutrition Challenges in the New Decade
Moderator: **MARY CHRISTINE R. CASTRO, MD**

10:00 The 2020 Phenomenon: **GIDEON LASCO, MD, PhD**
Health and Nutrition Challenges
Physician, Medical Anthropologist, Senior Lecturer
at the University of the Philippines Diliman
and Research Fellow at the Ateneo de Manila University's
Development Studies Program

10:30 **Ginhawa at Hinaing: A Socio-Cultural Lens into Food and Nutrition in Disasters and Pandemics** **NINA T. CASTILLO-CARANDANG, MA, MSc, PhD**
Health Social Scientist and Professor
Department of Clinical Epidemiology
College of Medicine
University of the Philippines Manila

11:00 Open Forum

11:30 PSND Election: Presentation of Nominees and Opening of Election **LEILA S. AFRICA, RND, PhD**
Chair, Committee on Elections
PSND 2020 Elections

12:00 pm Infomercials

12:15 Nutrition Break

Technical Session 2: Data Science: Understanding Beyond Facts and Figures for Better Health and Nutrition
Moderator: **DIVORAH V. AGUILA, RND, MSPH**

2:00 Data Science for Health and Nutrition **JESUS FELIX BAYTA VALENZUELA, PhD**
Senior Data Scientist
Analytics, Computing and Complex Systems Laboratory
Asian Institute of Management (ACCeSs@AIM)

2:45 Beyond Facts and Figures **DEMETRIA C. BONGGA, RND, PhD**
Professorial Lecturer
Department of Food Science and Nutrition
College of Home Economics
University of the Philippines Diliman

3:30 Open Forum
4:00 PSND Online Fellowship and Closing of PSND Election **DANIEL G. SALUNGA, RND, MSPH**

PSND 2020 ONLINE CONVENTION

5 & 12 September 2020 Zoom and Facebook Simulcast

PUSH Nutrition: PSND Unravels Solutions for Health and Nutrition



Day 2 – 12 September 2020, Saturday

SIPA: Short Incidental Physical Activity **HERCULES P. CALLANTA, MS**
Associate Professor at the College of Human Kinetics
University of the Philippines Diliman
and Consultant for Athletics in the Lyceum of the Philippines

8:00 am **Recap of Day 1**
DANIEL G. SALUNGA, RND, MSPH
Over-all Facilitator

Technical Session 3: Practices that Matter
Moderator: **ELAINE L. BAÑARES, RND, MFSA**

8:30 RNDs at the Frontlines: The Food Service System **MR. RICHMOND G. NOMBRE**
Training Director for Bistro Group of Restaurant Concepts
The Bistro Group

9:00 RNDs at the Frontlines: The Community Setting **MS. MARISSA C. ALMARIO, RND**
City Nutrition Action Officer, Pasig City

9:30 Open Forum

PANEL DISCUSSION: Innovations for Health and Nutrition
Moderator: **JAKE BRANDON M. ANDAL, RND**

10:00 Panel Discussion: Innovations for Health and Nutrition **LUZ FELICIDAD S. CALLANTA, RND, MSN**
Assistant Professor and Co-Creator of *Padayon ND*
Department of Food Science and Nutrition
College of Home Economics
University of the Philippines Diliman

10:30 **MS. CHERRIE D. ATILANO**
President, CEO and Founding Farmer
AGREA Agricultural System International, Inc.
And UN Nutrition Ambassador
Scaling Up Nutrition (SUN) Movement

MR. JOMAR FLERAS
Executive Director, Rise Against Hunger Philippines, Inc.

MS. ARMI SHYR A. BATICADOS
Coordinator, LATCH Los Baños

MS. MARIA PRECIOSA M. LEAÑO-SIBULO
Co-Founder, Art Relief Mobile Kitchen

12:00 pm Open Forum

12:30 Nutrition Break and Infomercials
DIVORAH V. AGUILA, RND, MSPH
Treasurer, PSND 2019-2020

2:15 **LEILA S. AFRICA, RND, PhD**
President, PSND 2019-2020

Closing Ceremony

3:00 Synthesis **ERNANI R. BULLECER, RND, MPH, DrPH**
Chair, Program Committee

3:20 Acknowledgement of Sponsors **ERICA B. TABUAC, RND, PhD**
Chair, Ways and Means Committee

3:30 Announcement: The 2021-2022 Board of Directors **LEILA S. AFRICA, RND, PhD**

4:00 Closing Message **REGINA A. PEDRO, RND, PhD**
Vice President, PSND 2019-2020



A group of people are shown from the waist up, sitting in a circle with their hands clasped together in the center. They are wearing light-colored clothing. The background is slightly blurred. The word 'PRAYER' is overlaid in a large, bold, black font on a yellow rectangular background in the lower-left quadrant of the image.

PRAYER

Keynote Message

HER EXCELLENCY MARIA LEONOR G. ROBREDO
Vice President, Republic of the Philippines
(as transcribed and excerpted)

Sana patuloy tayong safe at nag-iingat!

I'd like to acknowledge Dr. Corazon Barba from UPLB, Dr. Angelina Bustos, all the members of the Board of Directors of the Philippine Society of Nutritionist-Dietitian, and everyone who took the time to be here today for this convention and the people who worked very hard to make this day possible. Maraming salamat sa pagkakataon na makasama kayo ngayon.

Lumalawak na ang epekto ng Covid-19, sa ekonomiya, sa lipunan, at sa mismong paraan natin ng pamumuhay. Sa harap ng lahat ng ito, health remains the front and domino of any response at isang mahalagang bahagi ng health ang nutrition. In more normal times, one would say that better nutrition means better students, a more energetic workforce and therefore, a more progressive economy. This holds true, pero sa panahon ng pandemya, lalo nating nakikita ang nutrisyon bilang haligi ng matibay na bansa. Dahil sa krisis, mas dumadami ang naghihirap, mas dumadami ang nagugutom, at mas humahaba ang listahan ng mga taong apektado ng Covid-19. May mga pamilya parin na itinutulog na lamang ang gutom dahil hindi sapat ang kinikita para makakain ng tatlong beses isang araw. According to the most recent data, 1 in 3 Filipino children suffers from stunting, and most often, those most affected come from the poorest and most vulnerable families.



Keynote Message

HER EXCELLENCY MARIA LEONOR G. ROBREDO
Vice President, Republic of the Philippines
(as transcribed and excerpted)



Covid-19 effects on our economy threaten to worsen this problem. We will need long term solutions for this and while feeding programs are good, pwede pa Nating pagandahin ang ating mga programa tungo sa pang mas matagalang solusyon. Magandang halimbawa ang kwento ng Donya Remedios Trinidad, Bulacan. Ang magulang ng malnourished at stunted na kabataan doon, hirap maghanap-buhay because of lack of opportunities. Even with the feeding program, our efforts will be temporary, if we do not widen the horizon of opportunity for parents to provide for their families, kaya nga, thanks to the help of our various partners, minabuti nating magtayo ng livelihood training para sa mga magulang. Merong first 1000 days program para sa mga nanay at kanilang mga anak. Ito yung Angat-Buhay program namin at sa marami pang ibang proyekto sa ilalim nito, lagi naming inaasahan ang mga experts na tulad ninyo. We need your help in continuing our efforts to create a climate of better nutrition for every Filipino lalo na sa ngayon.

The knowledge you'll share in this convention can determine success for so many. Continue your work. Maaasahan ninyo kami. I look forward to seeing your programs and hopefully working together with you in the days to come.

Maraming salamat and congratulations muli!

DR. LEILA SACDALAN AFRICA

President

Philippine Society of Nutritionists Dietitians, Inc

KUMUSTA ka na ka-PSND? Are you ok? What were you feeling? What was going through Your mind? Bago matapos ang taong 2019, excited tayo sa darating na 2020, bagong dekada, bagong pag-asa. Subalit, habang umuusad ang mga araw, bawat lingo may bagong balita, dumadagdag ang mga pagsubok na may relasyon sa kalusugan at nutrisyon. Hanggang dumating ang pandemya ng COVID 19. Ang pag-asa ay napalitan ng pangamba. Nabago ang lahat sa isang iglap! Ano na? pano na plano ko? We felt the fear, insecurities and uncertainties but as you have heard in our promo video, one common denominator in these trying times is the importance of proper health and nutrition and how we nutritionist dietitian's could lead in its promotion and practice.

Hence, in this years' convention we choose the theme PUSH nutrition; PSND Unravels Solutions for Health and Nutrition. Our technical sessions will revolve around what is happening around us, how should we feel about it and its impact on our lives. How do we use data to prioritize health and nutrition outcomes? And, of course, what solutions are already in place and on-going and how should we act together for the common purpose of uplifting health and nutrition.

We invited speakers with varied fields of expertise for us to learn, reflect and in our little way act accordingly based on our means. We hope that you will not only comprehend the messages we want to impart, we hope that you will enjoy this 2-day event. Let me thank the hardworking PSND Board of Directors and Advisers for their tireless service to PSND. Virtually can we please give them a round of applause. Lastly, I enjoin everyone to vote the next leaders of the PSND Inc.





FORMAL OPENING OF CONVENTION

Dr. Leila S. Africa, President, PSND



INSPIRATIONAL MESSAGES



MR. GARY VALENCIANO

Singer, Songwriter, Entertainer

(Inspirational message as transcribed and excerpted)

Hello to all members of Philippine Society of Nutritionists Dietitians!

What a great chance for me to encourage all of you and let you know that no matter how bleak and how dark the days may seem because of the whole COVID thing, I think to a certain extent, it has moved people to be more aware of how important it is to stay healthy, by putting into our bodies the things that carry nutrients that we need in order to live healthy lives. If it is not yet happening, I can foresee, that there will probably be an avalanche of people that will start to really be concerned about their health, not about just the quick diets just to lose weight or living less compromised lives in regards to their health and food intake. I, for one, have been able to survive all these years, thanks to our dear nutritionist friend of our family, and that's Luchie Callanta. She has helped me through the years and I know there are lot of people right now who like me are very concerned about their health, maybe they've lost a loved one during this time because of Covid-19. And now, the messages of people wherein "dapat malusog ka", "dapat okay yung mga pinapasok mo sa katawan mo", "dapat hindi lang basta-basta pagkain", and sometimes being a Filipino, our culture begins to kick in, "this is the way we are, we love eating Filipino food", though there's nothing wrong with that, as long as you do not abuse that particular excuse of it being part of the culture. But I am so thankful to each and everyone of you, and I am hoping and praying that as you stay protected and as you stay safe that you'll continue what you do, making sure that others out there get to hear and know the information that they are supposed to know with regard to their nutrition and to proper diets. So, God bless you all as you need to continue what you need to do, what you love to do, and that many people need to have in their lives, and that's you guys! So hope someday, when things are better and when you have a convention again, then I can probably be there, live in person, and can do some songs for you all. But for now, hope this message goes far enough to encourage you all and to thank you, in behalf of all of those who have been blessed by just the knowledge and the efforts that you have put into your work which in turn turned out to work in lives like mine. God bless you all and thank you so very much. I hope to see you all someday. I love you and have all the best in this particular convention, no matter how weird the times may be. God bless and see you!



Ms. Pinky Marquez-Cancio

Singer, Stage actress, Entertainer

(Inspirational message as transcribed and excerpted)

I would like to take this time to truly appreciate all the nutritionist-dietitians out there in the field, those who are working day and in day out, pouring out all their love and time, sacrificing at different hospitals, food service businesses, research centers, and also those who are in the communities, serving the people around them, putting others first before themselves. I thank the sacrifices of the nutritionist-dietitians, risking their own lives in this pandemic, thinking of the lives and safety of their own family and own community, helping in the management of food preparation of those afflicted with Covid-19.

Maraming maraming salamat po sa lahat ng efforts na binibigay mo para sa kapwa, para sa bayan, kaya from the bottom of my heart, Padayon PSND, para sa propesyon, para sa bayan!".



Ms. Chloe Reynaldo

Youth Peer Educator

Teen Author

ASRH and Gender Equality Advocate

(Inspirational message as transcribed and excerpted)



“The world has been turned upside down by the spread of Covid-19. Millions have contracted the disease and thousands have died, but more than that, there are still thousands of people who have already recovered and on the way to recovery, that is undoubtedly due to the hard work of our frontliners who continue to work despite the difficult times! And with that, I would like to thank the nutritionist-dietitians who are helping to make sure that this road to recovery is made easier and smoother to the patients, not only that you are helping to keep the rest of us healthy by bolstering our natural defenses , not just this virus, but other illnesses that we may contract at this difficult time. Thank you so much for your hard work and dedication.”

Ms. Dimples Romana

Actress

(Inspirational message as transcribed and excerpted)

Ms. Romana gave a virtual salute to all brave frontliners of the Philippine Society of Nutritionist Dietitian for everything they've done for the country and its countrymen.

“Sa lahat po ng ating mga magiting na frontliners of the Philippine Society of Nutritionist Dietitian, this is Dimples Romana po giving you a virtual salute for everything that you do for our country and for our countrymen. Maraming-maraming salamat po sa inyo at sana po ay patnubayan kayo palagi ng Panginoon.



Ms. Camilla Kim-Galvez

Second runner-up, 2009 Mrs. Universe pageant

The 700 Club Asia

Manager, Blue Gardens events venue

(Inspirational message as transcribed and excerpted)

Saludong-saludo po kami sa inyo for the hard work na you are doing for our dear kababayans, you are our modern-day heroes.

We have a special prayer for you all, “that may the Lord continue to protect you and your loved ones from Covid, may He put a hedge of protection upon you and your household that you will always be protected, may He grant you wisdom, strength, and endurance to continue the good work that you are doing for Him, for His glory.

And may the Lord bless you a hundred-fold for this great work you are doing for Him. Keep up the good work guys, we love you and we are so proud of you!”



Ms. Bayang Barrios

Filipino Music Artist

Lumad Woman Warriot

Artist for Indigenous People

(Inspirational message as transcribed and excerpted)



Hi, eto po si Bayang Barrios. Ako po ay lubos na nagpapasalamat sa ating mga frontliners sa kanilang pagsakripisyo ng buhay, sa kanilang oras, sa kanilang tulong sa mga nagkakasakit, sa may sakit, at pagsakripisyo ng pamilya na hindi nakikita. Maraming-maraming salamat po sa inyo. Sana'y mabigyan po kayo ng maayos na kalusugan din para patuloy na tumulong sa lahat ng nangangailangan po sa inyo. Maraming-maraming salamat po at saludo po ako sa inyo!

Mr. Chinkee Tan

Motivational speaker on money, mindset and success

Radio/TV and Social Media Personality

Blogger and Author

(Inspirational message as transcribed and excerpted)

Magandang araw po mga registered nutritionist-dietitian. Ako po si Chinkee Tan, also known as your Chink positive! Taos-puso po kaming nagpapasalamat sa inyo sa hindi matatawarang serbisyo ninyo sa ating bansa. Alam po natin na napakahirap po ng panahon ngayon ng pandemya. We have a health crisis and is turning into a financial crisis, but you know what, wala kayong choice to really go out and sacrifice your life compared to ours na ang trabaho namin ay to stay at home. That's why, that's the reason that we salute you, for serving beyond the call of duty. Dalangin din naming na talagang tuluyan na talaga ang paggaling ng mga kasamahan niyong naapektuhan ng Covid-19. Muli, nagpapasalamat po talaga kami at mabuhay po sa mga RND's sa buong Pilipinas. Padayon PSND! Para sa propesyon! Para sa bayan! This is Chinkee Tan saying, to every problem, there's always a solution, if you're not part of the solution, you're part of the problem! Always Chink positive!



Ms. Roxanne Allison Baeyens

Ms. Philippines Earth 2020

Social Media awardee

(Inspirational message as transcribed and excerpted)

Hi everybody! This is Roxy, Miss Philippines Earth 2020. And I just want to pour my heart out to give a very very big thank you to all our nutritionists for all that they do, mostly at the time like this of the pandemic. They are our modern-day heroes and even when I was a little girl, I have always admired what you do. Maraming-maraming salamat po sa inyong serbisyo and for reaching out to our kababayan and to give them that nutrition and how strong our immune system should be amidst this Covid-19 pandemic. Maraming-maraming salamat po! I wish you the best and please stay safe. We are praying with you po.





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.

HISTORY

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.

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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SPEAKERS' PROFILES

GIDEON LASCO, MD, PhD

**Physician, Medical Anthropologist,
Columnist**

A physician and medical anthropologist, Dr. Gideon Lasco obtained his medical degree from the UP College of Medicine and his PhD from the University of Amsterdam. With a diverse research portfolio that range from skin whitening practices and shabu use to the politics of health care and health systems, Dr. Lasco has written on food and nutrition-related issues in his column at the Philippine Daily Inquirer, most recently co-authoring commentaries with nutritionists like Dr. Cecilia Acuin and Charina Javier on food insecurity and COVID-19. His PhD dissertation was about the social meanings of stunting, shortness, and tallness in the Philippines, and he has published scientific articles on the history of these meanings in the Spanish and American periods. Currently, he is senior lecturer at the University of the Philippines Diliman's Department of Anthropology and a research fellow at the Ateneo de Manila University's Development Studies Program.



Philippine Society of Nutritionist-Dietitians Inc.

NINA T. CASTILLO-CARANDANG, MA, MSc, PhD

Health Social Scientist and Professor

**Department of Clinical Epidemiology, College of Medicine,
University of the Philippines Manila**

Nina T. Castillo-Carandang's career as a sociologist in the University of the Philippines began in the agricultural sciences campus (Los Baños) before she joined the health sciences campus (Manila) and went into the fields of health social science, clinical epidemiology, and global health. She has looked into sociocultural dimensions of health and health care—the perceptions of laypersons, patients, health care providers, policymakers, and how such can affect health-seeking behavior, clinical practice, as well as policy (clinical, public health). Her current work looks at different facets of quality of life, and the Filipinos' search for Kagalingan (well-being, happiness, and health), and living well and being well. She and her colleagues have studied the impact of cardiovascular diseases, malaria, tuberculosis, and asthma and allergies on the lives of Filipino communities, families, and individuals. In addition to her work in academia, she has also been a Cross-Cultural/Diversity and Human Resources Development Consultant for various organizations. She has a BA in Sociology (University of the Philippines Los Baños, Philippines), an MA in Sociology (Ateneo de Manila University, Philippines), and an MSc in Clinical Epidemiology (McMaster University, Canada). Her PhD in Social Sciences and Global Health was from the University of Amsterdam, The Netherlands.



Jesus Felix Bayta Valenzuela, PhD

Senior Data Scientist

Analytics, Computing and Complex Systems Laboratory

Asian Institute of Management (ACCeSs@AIM)



Dr. Valenzuela is a DOST Balik Scientist whose research interests include data science, complex systems, network science and biomedical networks, to name a few. He earned his BS Physics from UP Los Banos in 2005, Magna Cum Laude, MS in Physics from UP Diliman, Magna Cum Laude and PhD in Physics in 2011 from UP Diliman, summa cum laude. He was also a faculty member of the National Institute of Physics, College of Science, UP Diliman, 2008-2013. Prior to this he taught at the Physics Division, Institute of Mathematical Sciences and Physics, College of Arts and Sciences, UP Los Baños, 2005-2008. He is a member of the Philippine Physics Society. His current projects include “PATURO: Platform for Assessment and Tracking of Urbanization – Related Opportunities”, DOST-PCIEERD-Grants in Aid and “Enhanced Forecasting Model for Complex Water Supply Systems of the East Service Area of Metro Manila”, DOST-CRADLE. He has numerous publications in Journals and Conference Papers.



Philippine Society of Nutritionist-Dietitians Inc.



Demetria C. Bongga, RND, PhD

**Professorial Lecturer, Department of Food Science and Nutrition
College of Home Economics, University of the Philippines Diliman**

Dr. Bongga earned her PhD in Nutrition, major in International Nutrition from Cornell University, New York in 1982. She started teaching in the College of Home Economics, UP Diliman in 1972, holding many positions including College Secretary, Chairperson of the Department of Food Science and Nutrition, Dean of the College, Vice Chancellor for Research and Development and Professorial Lecturer, a position she holds up to the present. Her involvement with the Food and Agriculture Organization of the United Nations (FAO-UN) started in 1989 when she served as Nutrition Consultant/Facilitator in Bogor, Indonesia.. In 1993 she was again an International Nutrition Training Consultant for Pakistan. Her latest was as Project Coordinator for the study on the “Feasibility of Calorie Labeling in Food Service Establishments in the Philippines” Under NDAPF with funding from UN-Food and Agriculture Organization. She has also worked for the World Health Organization (United Nations) in the Western Pacific Region, serving as Nutrition Consultant for the Government of Lao People’s Democratic Republic and of Vietnam. She was also the Deputy Executive Director for Technical Services for the National Nutrition Council, 1988-1992. In 2018 she was a consultant for the UNICEF. She is a member of several professional organizations such as the Philippine Association of Fulbright Scholars; Philippine Association of Nutrition (PAN), serving as Board Member for several terms; Nutritionist-Dietitians Association of the Philippines (NDAP) serving as President for 2 terms and Editor of the JNDAP up to present; Philippine Society of Nutritionists & Dietitians (PSND), former President (1976-77); Regular member, National Research Council of the Philippines (NRCP) and a Member, Phi Kappa Phi Honor Society, UP Chapter,

At present she serves as Project Coordinator for “Introducing Caloric Labeling of Fast Food Establishments and Sugar Content reduction in Selected Beverages Sold by Street Vendors: A Feasibility Study”. In 2017, Dr. Bongga was awarded the Francisco O. Santos Memorial Award by the Philippine Association of Nutrition, for exemplary leadership in promoting public health nutrition, just one of many other awards given her through her long an



Philippine Society of Nutritionist-Dietitians Inc.

HERCULES P. CALLANTA, MS

Associate Professor at the College of Human Kinetics, University of the Philippines Diliman

Consultant for Athletics in the Lyceum of the Philippines

Prof. Hercules Callanta earned his Bachelor's degree in Physical Education at the University of the Philippines (UP) Diliman in 1984 and his Master of Science in Physical Education, Major in Sports degree still at the UP Diliman in 1991.

Awarded for his 35 years of services as faculty member, Prof. Callanta began his teaching career in 1984 and is currently an associate professor at the College of Human Kinetics, UP Diliman. He also became a consultant, lecturer, coach developer and trainor in various institutions such as the Lyceum of the Philippines University, Department of Education, Philippine Academy of Sport Coach Advancement Programme, Nestle Philippines and the Pilipinas Shell Petroleum Corporation - Philippine Basketball Association (PBA) Basketball Team. In 2018, he became the National Coordinator for Exercise is Medicine, a program that focuses on training doctors, fitness professional and allied health professionals to prescribe exercise to their patients as a way to promote activity and healthy lifestyles and prevent disease. Being an advocate of health and fitness in the country, Prof. Callanta was a Certified Strength and Conditioning Specialist and is presently a certified Clinical Fitness Professional for Exercise Is Medicine. He is affiliated with several associations like the Philippine Association for the Study of Overweight and Obesity (PASOO) and the National Collegiate Athletic Association (NCAA). He has conducted seminars and training programs like the training of Philippine Army Shooting team for the 2018 ASEAN Armies Rifles Meet.



Philippine Society of Nutritionist-Dietitians Inc.

MR. RICHMOND G. NOMBRE

**Training Director for Bistro Group of Restaurant Concepts,
The Bistro Group**



Mr. Richmond G. Nombre has over 10 years of experience in service and hospitality industry. A ServSafe certified, he attended new restaurant opening and trainings in the United States, South Korea and Malaysia including number of restaurant openings for The Bistro Group. He is currently the Director for Training of the Bistro Group of Restaurant Concepts, with well-known international brands such as TGI Friday's, Italiani's, Fish & Co., Texas Roadhouse, Bulgogi Brothers, Red Lobster, Buffalo Wild Wings, Watami, Hard Rock Café, Modern Shanghai and Chef Josh Southwoods Savage, Helm, My South Hall and the Test Kitchen.



Philippine Society of Nutritionist-Dietitians Inc.

MS. MARISSA C. ALMARIO, RND

City Nutrition Action Officer, Pasig City



Ms. Marissa C. Almario finished her Bachelor's degree in Food and Nutrition in 1977 at the Centro Escolar University and received her Master's degree in Community Nutrition at the University of Queensland, Australia in 1988. As a dedicated and committed government employee, she became the Model Employee of the year, recognized by the City Government of Pasig (2011) and the Rotary Club (1988). Likewise, she was given the Teodora Award by her alma mater, the Rizal High School as one of the Most Outstanding Alumna in 2011. Currently, she is the City Nutrition Action Officer of the City Government of Pasig.

LUZ FELICIDAD S. CALLANTA, RND, MSN

Assistant Professor and Co-Creator of Padayon ND

Department of Food Science and Nutrition,

College of Home Economics, University of the Philippines Diliman

Ms. Luz Felicidad Callanta is an Assistant Professor at the Department of Food and Science and Nutrition (FSN) of the College of Home Economics, UP Diliman and the current Chairperson of the Office of Community Extension Services. She is the co-creator of Padayon ND, the official online consultation page of the Nutrition Section of the FSN Department, that provides a venue for individuals to ask questions and be given answers about their nutrition concerns. She was formerly a faculty member of the Center for Culinary Arts, Manila (2002 – 2018). She has been a consultant to several companies from 2010-present such as Nestle Philippines, Armadillo Holdings Incorporated and Philippine Association of Breeders and Layers, Inc and is also a resource speaker for seminars and conventions.



AMB. CHERRIE D. ATILANO

President, CEO & Founding Farmer, AGREAA Agricultural System International, Inc.

Ms. Atilano is the Founding Farmer, President and CEO of AGREAA, an agriculture-focused and for-purpose inclusive enterprise anchored on Ecology of Dignity. She is also a co-founder of HATIENDA Holdings Inc., an agritourism and agri-processing space to produce Filipino agricultural products for local and exports market. She graduated with Bachelor of Science in Agriculture, Magna Cum Laude, from the Visayas State University. With her knowledge, compassion and service to the people, she has been given numerous awards such as the Breeders Awardee for Excellency in Agriculture, RAPPLER Earth Mover Awardee, First Awardee of ASEAN Agriculture Summit Young Agri-preneur Award, TOFARM Most Outstanding Agri-entrepreneur, and The Outstanding Young Men, and Women (TOYM) in 2018.

With her remarkable impact in the food and agriculture sector, she was appointed as the Philippine Ambassador on Food Security, by the Department of Agriculture. In 2019, Amb. Atilano was appointed by the United Nations Secretary General Antonio Guterres to be a high-level ambassador of the UN Scaling Up Nutrition Movement. This 2020, she was chosen as a Young Global Leader of the World Economic Forum, was appointed as a Board Member of the Global Alliance for Improved Nutrition (GAIN) based in Geneva Switzerland, and appointed as the President of the MIMAROPA Regional Farm Tourism Association.

She is a radical optimist, a dreamer and a true believer that Filipino farmers are world-class. She has been traveling the world as an advocate and inspirational speaker especially on her advocacy for global food security.



Philippine Society of Nutritionist-Dietitians Inc.

MR. JOMAR FLERAS

Executive Director, Rise Against Hunger Philippines,

Mr. Jomar Fleras's professional experience spans over 25 years of extensive work in developing and managing knowledge management, advocacy, policy, communications, social mobilization and outreach programs for various public health and development concerns. He has worked in several projects funded by the United States Agency for International Development, Australian Agency for International Development, PATH, Family Health International, Management Sciences for Health, David and Lucile Packard Foundation, the European Union and UNFPA. He has managed projects in the Philippines, Thailand, Malaysia, Myanmar and Indonesia. Currently, Mr. Fleras is the Executive Director of Rise Against Hunger Philippines. He is a BS Business Administration cum laude graduate of the University of the Philippines. And also a fellow of the Harvard University School of Public Health, University of Southern California, East West Center University of Hawaii and Curtin University in Australia.



MS. ARMI SHYR A. BATICADOS

Coordinator, LATCH Los Baños

Ms. Armi Shyr Baticados finished her degree, Bachelor of Science in Agribusiness Management at the University of the Philippines Los Baños. As an advocate of breastfeeding, she has attended seminars and training programs to become a breastfeeding peer counselor. She is the volunteer coordinator for LATCH in Los Baños. LATCH Inc. (Lactation, Attachment, Training, Counseling, Help), is a non-profit organization established in 2006 that offers quality lactation education and peer counseling services to mothers who wish to breastfeed. Together with fellow volunteers of LATCH Los Baños, she helps facilitate informal human milk-sharing for infants in need and organizes breastfeeding preparation classes. She is part of the LB MIYCF (maternal, infant, young child feeding) Action Team which has so far distributed 2,354 Nutrition Care Packs to families in Los Baños whose livelihoods are greatly affected by the COVID-19 pandemic. She is a mom to two delightful kids and wife to an educator. She also manages her little shop, Mayumi&Me, a nanay-crafted, tatay-supported and family-inspired boutique that offers family-friendly products and handcrafted dolls.



MS. MARIA PRECIOSA M. LEAÑO-SIBULO

Co-Founder, Art Relief Mobile Kitchen

After studying communication arts at the University of the Philippines in Los Baños, Ms. Precious Leaño has worked in various cultural institutions in the country including the Cultural Center of the Philippines (CCP), the National Commission for the Arts, and the Ayala Museum. She is a food aid provider, cultural worker, and communications practitioner.

As an independent practitioner, she has curated exhibitions and cultural events as well as provided communications consultancies for local and international institutions including the Intellectual Property Office of the Philippines (IPOPH), the Department of Trade and Industry, Asian Development Bank, and the Delegation of the European Union to the Philippines, among others.

In 2013, together with her husband Alex Baluyut, Ms. Leaño co-founded the Art Relief Mobile Kitchen (ARMK), a non-profit organization that feeds people in times of distress. ARMK advocates for community kitchens to support food relief efforts among victims of natural and man-made disasters. For the past 7 years, ARMK has responded to disasters -- typhoons, earthquakes, volcanic eruptions, fire, armed conflict and the COVID pandemic -- in various parts of the country.

Currently, she is serving at the ARMK Field Kitchen in Los Baños, Laguna where ARMK cooks for low-income communities, frontliners, and COVID+ individuals in isolation.





SESSION SUMMARY

The 2020 Phenomenon: Health and Nutrition Challenges

This session tackles the health and nutrition challenges that were exacerbated due to the events that happened this 2020. It also looks into the emerging health and nutrition challenges that could ensue in this new decade. To prepare us for these impending circumstances, the concept of future proofing is introduced. This could help us mitigate the present and emerging health and nutrition challenges in the country and recommend possible strategies we can adopt.

II. Ginhawa at Hinaing: A Socio-Cultural Lens into Food and Nutrition in Disasters and Pandemics

The following are some of the health and nutrition challenges we are facing today at the commencement of the new decade:

- Double/Triple burden of malnutrition or the co-existence of undernutrition, overnutrition, micronutrient deficiency and degenerative diseases in an individual (different physiological groups), household, community and country;
- Rising prevalence of degenerative diseases;
- COVID-19 global pandemic; and
- Other infectious diseases (TB, dengue, HIV-AIDS, etc.)
- Rising hunger and food insecurity

In this session, given the complexities of these challenges, their effects on the social and cultural lives of Filipinos are examined including the social science concept that could explain how Filipinos are coping with these challenges.

III. Data Science for Health and Nutrition

This session introduces data science as an approach to address health and nutrition challenges. Application of how data science is being used to analyze health and nutrition data will be provided as an input to prevent negative health outcomes

IV. Beyond Facts and Figures: “National Nutrition Survey: In Aid of Policy and Program Planning for Nutrition”

FNRI, PSA, DA-BAR, and DOH (for the daily COVID 19 updates) are several institutions providing basic facts and figures to Filipinos. This session emphasizes the facts and figures such as nutrition data as a tool in planning, developing and implementing nutrition programs. It focuses on utilizing nutrition surveys or surveillance data as an important tool for deciding what approaches to use to make evidence-based interventions or programs including monitoring and evaluation. This session highlights how to look at nutrition data beyond its face value by using them carefully as they require correct interpretation.

V. SIPA: Short Incidental Physical Activity

Aside from good nutrition, physical activity plays a very important role in maintaining a good state of health. With the occurrence of the COVID-19 pandemic, many people have been forced to stay at home thereby increasing physical inactivity. This session introduces SIPA or Short Incidental Physical Activity, which is any activity that is part of an individual's daily living and is not done with the purpose of recreation or health. This session demonstrates activities that require no sacrifice or discretionary time and lasts from “short and sweet” few seconds to several minutes to even hours.

VI. RNDs at the Frontlines: The Food Service System

This session talks about the challenges faced by food service establishments this 2020. They will share how they managed to overcome them, and what were the actions taken by the company like The Bistro Group, while adapting to the new normal. It also tackles the adjustments made by the company in their operations to meet the minimum standards of health but at the same time, not losing their brand and quality of their products. Food safety is another point of concern for the food service industry as this session shares food safety issues or concerns faced by food service establishments and how did they address them through their good food safety practices.

VII. RNDs at the Frontlines: The Community Setting

This session discusses the health and nutrition challenges that an LGU like Pasig have faced this 2020 and the role of RNDs in the community particularly during this pandemic. The good practices in the nutrition community like that of Pasig, which could be adapted by other LGUs/CNAOs are also shared in this session.

VIII. Panel Discussion: Innovations for Health and Nutrition

This session features non-profit and non-government organizations that made innovations for health and nutrition during this pandemic. Moreover, the gains and impacts of their innovations that contributed in communities and in the country will be shared by these organizations. And amidst these contributions, the challenges they encountered and how they managed to overcome them will also explained.



ABSTRACTS



The 2020 Phenomenon: Health and Nutrition Challenges

Mr. Gideon D. Lasco, MD, PhD

With the Covid-19 pandemic, trends on nutrition and various challenges emerges. There are three (3) major aspects that were observed, (1) food insecurity, (2) home-based nutrition, and (3) going local. Food insecurity is a major concern as it correlates to food availability, accessibility, affordability, and utilization especially when imposed policies of each area disrupts the food production. Some farmers were unsure of their activities and some of their crops were left to rot because of lockdown measures and difficulties in accessibility, logistics and unevenness in the implementation of some policies. The world is facing not only the Covid-19 but also on how does this virus affects other aspects of health and nutrition including communicable and non-communicable diseases, immunization programs, maternal and child care, and educational learning. Food insecurity also affects the environment because of hunger and financial insecurity.

Home-based nutrition is an opportunity to a better and more sustainable source of food, management of own food preparation, and paying respect to farmers. Home-cooked foods are healthier than commercial foods because of its freedom to control the salt, sugar, additives, and preservative content. The nutrition community may help in the contribution of healthy recipes, sharing articles about home-cooking, and awareness on healthy food to engage to avoid unhealthy consumption at home.



The 2020 Phenomenon: Health and Nutrition Challenges

Mr. Gideon D. Lasco, MD, PhD
(CONTINUATION)

The local economy is rising and growing in the time of pandemic. Consumers are buying their needs from small stores than at large supermarkets and malls. These local economy and deliveries create a network from farmers to producers to sellers to consumers which can be a support to agriculture. This trend also encourages other consumers to look not only on rice but to embrace other staple foods such as *ube*, *gabi*, sweet potato, and different kinds of vegetables and fruits. There is also a challenge to capacitate local farmers and fishers to benefit them a technology that is profitable and may heed necessary political support from the government.



Ginhawa at Hinaing: A Socio-Cultural Lens into Food and Nutrition in Disasters and Pandemics

Ms. Nina T. Castillo-Carandang, MA, MSc, PhD

Hunger among families climbs to 20.9% (SWS, July 2020) with an estimated 5.2 million Filipino families who are part of it. Government, businesses, and civil society must step up efforts to address malnutrition in all its forms by tackling injustices in food and health systems. There are barriers and inequalities that holds back millions of people from healthy diets and quality nutrition care with the vulnerable groups being the most affected. Thus, there is a need of transformation for an equitable, resilient, and sustainable food and health systems, investments in nutrition, focus on joint efforts, and renewed and expanded nutrition commitments and strengthened accountability.

There are factors affecting food choice, such as biological, economic, physical, culture, psychological, attitudes, and beliefs thus relating food as a lens or window affected by the aspects of social organization, global trends, and new versions of "identity" involved in everyday eating. During disaster or crisis, *hoarding* is observed as a food behavior which further exacerbates inequalities, artificial shortages, and additional stress on the supply chain.

Nutritionist-dietitians role in the current challenges in 2020, based on a survey, is to promote and educate the importance of good nutrition and balanced diet, utilization of available food sources, nutrition education, and healthy lifestyle; advocate and influence healthy food choices during quarantine, actions to silent emergencies, and home gardening; and taking care of others nutrition and health.



Ginhawa at Hinaing: A Socio-Cultural Lens into Food and Nutrition in Disasters and Pandemics

Ms. Nina T. Castillo-Carandang, MA, MSc, PhD

(CONTINUATION)

Quotes

“Lifestyle is probably not a choice. We don’t exercise because there’s no place to exercise. We don’t eat healthy because healthy food is expensive. We smoke because tobacco is cheap. Lifestyle is an adaptation to the world we live in rather than a choice we make. The way we change our lifestyle is by changing the world we live in.” – Antonio Dans, NAST Academician and Faculty Member of the UP, College of Medicine, *cited in Topic 2*

“We can get strength from the small things and life’s small pleasures. A beautiful sunset, a great meal, a hot bowl of soup, an ice cream, a hot pandesal, a glorious sunrise, a good joke, a warm smile, a good laugh, a kiss and a hug from a loved one, the sight of a baby smiling. Enjoy life’s tiny delights and little pleasures. And when you sum them all up, they are not tiny and neither are they simple are they?” – Francis Kong, President of Success Options Inc, *cited in Topic 2*

“These are difficult times for everyone, everywhere. Please remember to reach out to family, loved ones, friends, colleagues. We will get through all these challenges together!” – Nina Castillo-Carandang, *cited in Topic 2*



Data Science for Health and Nutrition

Mr. Jesus Felix Bayta Valenzuela, PhD

Data analytics is an important step in achieving better health and nutrition. Data Science is highly technical in science and practice that plays a critical role in data analytics, everyone does not need to be a data scientist but everyone does need to be data literate. There were five aspects discussed (1) data explosion, (2) data science, (3) application of data science in diabetes and Covid19, (4) challenges in pursuing data science, and the prospect of data science in the Philippines.

In 2020, the projected data that will be generated from the internet is about 28 thousand TB or 28 million GB and expected to increase through the years. In a digitalized world, data is like the 'new oil' due to the total data explosion worldwide about 40 zettabytes (1 ZB = 1 trillion GB). Data science is a field that tries to extract meaningful information from data and to help make real-life decisions. Big data is a type of dataset that needs special methods of analysis to cope with the fact that is very large or diverse in format. Machine learning is the writing of computer programs called algorithms that tell a computer how to learn from data by looking for patterns. The Data Science process consists of the following: (1) Obtain – gather data from relevant sources, (2) Scrub – to clean data to formats that the machine understands, (3) Explore – to find significant patterns and trends using statistical methods, (4) Model- to construct models to predict and forecast, and (5) Interpret –to put the result into good use.



Data Science for Health and Nutrition

Mr. Jesus Felix Bayta Valenzuela, PhD

(Continuation)

In data science application in type-2 diabetes mellitus, the concept of “one-size-fits-all” can be used to tailored recommendations via machine learning to personalized dietary recommendations. In the outbreak of Covid19, data science has led to several interesting collaborations between different sectors, an example is the time replication rate which is very low in the Philippines. Another data science application for Covid19 is the geospatial insights that measure using the index of the resilience capacity within different regions.

Currently, the Philippines is lagging in a transition pace of digitalization, there are many available data online however lots of them are aggregated. Data must be collected in a manner that complies with all data privacy laws. Data science needs to have available data. Opportunities for cross-discipline cooperation for domain expertise are always needed in making judgments.

We need data science to offer meaningful interpretation amidst all the given and available on the internet.



Beyond Facts and Figures - National Nutrition Survey: In Aid of Policy and Program Planning for Nutrition

Ms. Demetria C. Bongga, RND, PhD

As pointed out by FNRI, empirical data on health and nutrition are needed: (1) a rational basis for strategic planning and allow evidence-based goal setting and to have appropriate resource allocation, (2) to provide a periodic view or landscape of the nutritional status of the population, and (3) to monitor the progress or accomplishment of some policies and interventions, since surveys are being done more frequently.

In the National Nutrition Survey between 2015 and 2019 in the Philippines, among children below 2 years stunting decreased from 25.7% to 21.9%, underweight went down from 15% to 13.9%, wasting declined from 10.2% to 7%, overweight declined from 4.2% to 2.6%, and anemia decreased from 35.4% to 26.2%. The good news is – among children below 2-year, breastfeeding initiation increased from 65% to 74%, the exclusive breastfeeding increased also from 49% to 91.3%, and the complementary feeding is still high from 91.5 to 91.3%. On the other hand, the sad news is – the minimum diet diversity decline from 44% to 34%, and the minimum acceptable diet declined from 18.6% to 10%.

Among adolescent 10-19 years between 2018 and 2019, stunting remains high from 26% to 27%, wasting has not improved from 11.3 to 11.7%, overweight and obesity decreased slightly from 11.6% to 9.8%, stunting among rural and urban adolescents are still high from 29% to 28.2% and 23% to 24.7%, respectively. Another good news, anemia

Beyond Facts and Figures - National Nutrition Survey: In Aid of Policy and Program Planning for Nutrition

Ms. Demetria C. Bongga, RND, PhD

(Continuation)

among rural and urban adolescents declined from 9% to 6.3% and 7% to 14.8%, anemia among the poor declined from 18.5% to 14.8%, anemia among pregnant declined from 24.6% to 19.9%, anemia among lactating declined from 16.7% to 11.6%, and pregnancy declined from 28.5% to 22.3%.

Among adolescents 10 – 19 years the more alarming news is the high prevalence of stunting. Stunted female and male adolescents are 25% and 29%. Lack of physical activity among the teenage population is also high, the inactive rural adolescents are 84.6%, the inactive urban adolescents is 84.3%, and the inactive among the poor is 83.3%. The reason is the type of leisure activities they are engaged in and the constraints in the environmental space to do physical activities. Among female adolescents 10-19 years, the more alarming news is the chronic energy deficiency from 7.8% to 8%, and overweight and obesity from 35.3% to 35.2% of the female adolescent since they are the future mothers of the next generation.

On the household survey of the 2019 National Nutrition Survey, household heads with college or more education (82%) were food secure than those with high school (38%) or elementary education (25%). Smaller households (<5 members) were more food secure (39%) than bigger households (>5 members) (29%). The interesting news, households receiving remittances from abroad (56.2%) were more food secure than those without (32.2%). Likewise, female-headed households were more food secure (39.5%) than male-headed ones (35%). Some studies have shown



Beyond Facts and Figures - National Nutrition Survey: In Aid of Policy and Program Planning for Nutrition

Ms. Demetria C. Bongga, RND, PhD

(Continuation)

that women's income is usually spent on food since they are the main food keepers of households. The disturbing news is also found in the survey, food security further declined from 46% to 36%, more urban households suffered from food insecurity than rural households. Households engaged in agriculture were less food secure compared to those engaged in non-agriculture jobs. This implies more regular incomes in those employed in the industry, farming is a seasonal job and their income is often uncertain.

At the national level, positive findings among young children indicate the need to sustain current relevant government programs to further improve the health and nutrition situation of young children such as (1) the first 1000 days law, (2) AO 2005-0015 on infant and young children, and (3) micronutrient supplementations. The alarming prevalence of chronic energy deficiency, overweight and obesity among adolescent calls for greater focus on this age group especially the female through more concrete interventions like school feeding law, micronutrient supplementation, healthy lifestyle campaign of DOH, calorie and nutrient labeling of processed or ready-to-eat foods, and sports in schools and the community. Also, there is an increasing prevalence of hypertension, diabetes, obesity in adults. More nutrition-sensitive programs such as TESDA on development of employable skills, DA on proper farming and fishery technology, DOLE or DPWH for employment opportunities, DTI in partnership with



Beyond Facts and Figures - National Nutrition Survey: In Aid of Policy and Program Planning for Nutrition

Ms. Demetria C. Bongga, RND, PhD

(Continuation)

NGOs for training on entrepreneurship, Banks or NGOs for access to micro edit, and LGUs through community food gardens that helped to decline the household food insecurities.

The challenges are how to reconcile the use of macro-level or national data for policy and planning by LGUs. Their appreciation and use of certain indicators (e.g.) stunting, wasting) for setting goals and formulating responsive policies or interventions. To enable LGUs to identify and target at-risk population groups through, enhanced or improved capability to generate reliable data, and training on how to use the existing data collected routinely to fine-tune targeting of at-risk individuals or households (eg. OPT+, FHSIS, occupation groups, type of ecosystem, disaster incidence).

In conclusion, the active involvement of the LGU in identifying the at-risk population groups and monitoring the effect of programs that are implementing is the key to reducing malnutrition in the country.



FEEDBACK FROM PARTICIPANTS

From Angelita Pasos to All panelists and attendees:
thank you Prf. good to see you again. Good luck!

From Ma Katrina Demetrio to All panelists and attendees:
Thank you, Sir Herc! As always, your talk is always informative and practical.

From Natalie Pulvinar to All panelists and attendees:
Galaw galaw para di pumanaw :)

From Rhea Benavides-de Leon to All panelists and attendees:
Very practical tips to encourage physical activity.

From Desiree Reyes to All panelists and attendees:
Thank you Dr. Collanta for that very practical and informative talk.

From (Jing) Ma Dolores Causon to All panelists and attendees:
Thank you, Prof. Herc!

From Athena Tiglao to All panelists and attendees:
Such a good topic, and very inspiring talk from Sir Herc!

From Maleja Jaamil to All panelists:
Thank you sir!! very helpful and very timely.

From Camille Hari to All panelists and attendees:
Bitin sa demo of exercise 😊 Sinabayang ko na lang naman.

From (Jing) Ma Dolores Causon to All panelists:
2 minutes every hour is very doable

From Kristine Andrea Blanco to All panelists:
"Make it fun, easy and simple." Thank you, Prof. Callahan!

From Ma Katrina Demetrio to All panelists and attendees:
Agree, practical and applicable :)

From Kristine Andrea Blanco to All panelists and attendees:
"Make it fun, easy and simple." Thank you, Prof. Callahan!

From NNC1_KGatan to All panelists:
Thanks prof.

From Krantzl Kaneko to All panelists and attendees:
I am glad to see that Sir Herc included demonstration videos in his presentation.

From C RIVAS to All panelists and attendees:
So happy to see you all again! PSND!

From Iris Rowena Bernardo to All panelists and attendees:
Hi Luchie. I was able to exercise more during this pandemic. More personal time. Even while watching webinars. Hehehe

From Daniel Salunga to All panelists:
okies, got this will throw questions

From Me to All panelists and attendees:
Hi Iris!!! Good for you!!! Congratulations! Keep watching, Herc has videos!

From Iris Rowena Bernardo to All panelists and attendees:
Great! Thanks!

From Angelita Pasos to All panelists and attendees:
walk walk at home will do

From Criselda Reyes to All panelists and attendees:
the topic is very very very interesting

From judy tabao to All panelists:
👏👏👏👏 timely and relevant... or should I say its about time 😊 galawgalaw po tayo 😊

From Natalie Pulvinar to All panelists and attendees:
Sir Herc's lectures are always practical and insightful

From jennifer S.Cruz to All panelists:
true..walk walk

From Iris Rowena Bernardo to All panelists and attendees:
Empty, same size & quantity water bottles can replace dumbbells. Can also be used as resistance.

From TGH to All panelists:
It really helps that the speaker included demonstration videos in his presentation. Great job sir!



PSND IN ACTION

Supports BolunTurismoPH
and Sulat Kamay



Philippine Society of Nutritionist-Dietitian, Inc. supports BolunTurismo PH and Sulat Kamay in various Socio-Civic Activities

Jaymee Cruz-Eusebio

Writer, Sulat Kamay

PSND, Inc never backs down from helping out fellow Filipinos in whatever way possible. For the past two years, they have been actively supporting socio-civic activities spearheaded by BolunTurismo PH and Sulat Kamay. From 2018 to 2019, the organization provided school bags for the project entitled Surat Mangyan Project. This annual activity aims to provide educational materials and school supplies to children from various Mangyan tribes in Occidental Mindoro.



When typhoon Josie hit the country on July 22, 2018, various provinces were heavily affected, including Occidental Mindoro. The Mangyans in the area were especially devastated as not only were their houses and crops destroyed, they were also unable to find food because of the raging river that they had to cross. Seeing the need to extend help, PSND sent a monetary donation to help fund the purchase of food supplies.



Just early this year when Taal Volcano erupted, PSND provided monetary assistance of Php20,000, which was used to purchase and donate rice, canned goods, noodles, and toiletries to families in evacuation centers in various cities in Batangas and nearby provinces. It also called on its members to rally together and provide assistance to those affected.



This year proved to be one of the toughest years of our lives, what with the COVID-19 pandemic wreaking havoc on our lives. And yet PSND did not back down. They provided technical support for the informational material for children (and adults) entitled “Ang Bagong Kalaban” (The New Enemy) spearheaded by Sulat Kamay and supported by BolunTurismo PH and Canva Philippines.



Seeing the need to arm our frontliners with the necessary tools to keep them safe, the organization's Board of Directors also provided financial support to the Face Shield Project of 3D Printing for A Cause PH – Laguna Patriots Team (as supported by BolunTurismo PH). This project successfully distributed 5,000 face shields to frontliners in Laguna.



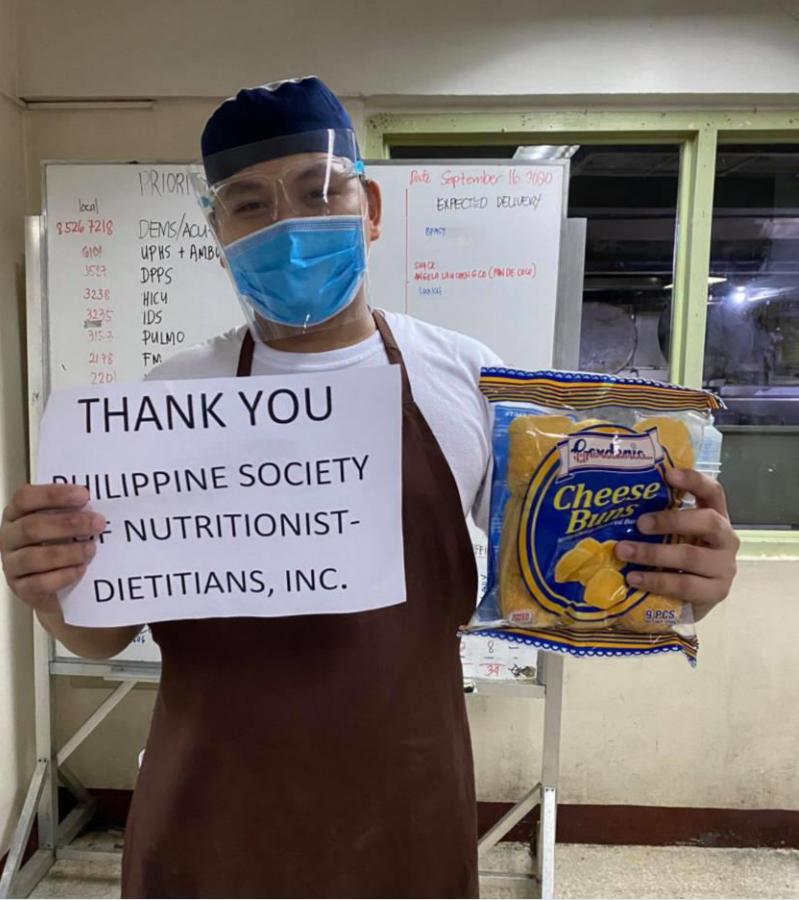
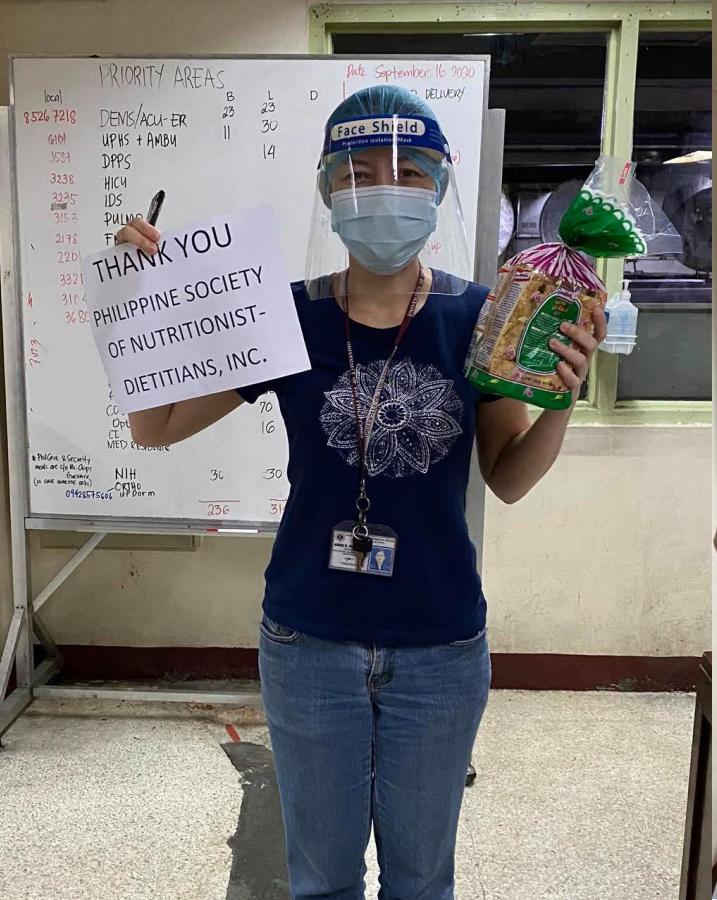
Through the years, the Philippine Society of Nutritionist-Dietitian, Inc. remained true to its commitment to professionalism, fellowship, and service. As long as organizations such as this continue in this noble pursuit, we will, without a doubt, evolve to be a better nation.



PSND IN ACTION

Distributing gifts from
sponsors to various hospitals





	Loaves	Buns	DelMonte Juice
PNP	120	80	40
Minkah	120	50	40
Real Life Families	45	50	20



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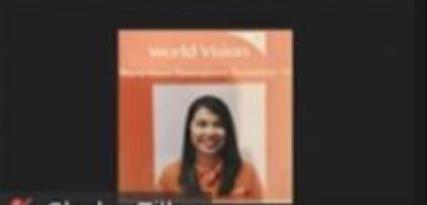
Ernani Bullecer



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PSND Photo Op, September 5, 2020



**Philippine Society of Nutritionist-Dietitians (PSND), Inc.
Board of Directors for 2019 to 2020**