



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

**CONNECT. INSPIRE. COLLABORATE.
FOOD AND NUTRITION SECURITY:
FROM "NEW NORMAL" TO "NEW FUTURE"**



18 and 25 September 2021



9:00 AM to 4:00 PM



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

PARA SA PROPESYON. PARA SA BAYAN.

CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"

The PSND Convention has been a forum to Connect, Inspire and Collaborate Nutritionist-Dietitians (NDs) and multidisciplinary partners who share the common vision of a food and nutrition secure Philippines. As we continue addressing the challenges brought about by COVID-19 pandemic, multisectoral partners are providing nutrition interventions to governments, food businesses, health workers and the general public, to maintain good health and prevent malnutrition in all its forms.

New normal may mean a new way of living, including changes in human behavior as a result of health and work protocols, consumption patterns, etc., in the midst of a (the) pandemic. It is a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crisis.

New future may be described as a state where capabilities and mechanisms for emergency response are built up and sustained, a society that is more surveillance and technology-driven and where government and individuals are empowered to take actions to mitigate risk and minimize transmission (of disease) while maintaining social and economic activities.

The 2021 PSND Convention again provides a unique and much-anticipated platform for gathering NDs and nutrition partners and advocates to discuss the issues that hold down efforts to improve health and food and nutrition security, appreciate the science and evidence to guide our shared efforts to address the issues (eg. data, tools, technology), and identify ways forward from new normal to new future.

MESSAGE

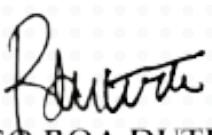
My warmest greetings to the **Philippine Society of Nutritionist-Dietitians, Inc. (PSND)** as it holds its **2021 Online Convention**.

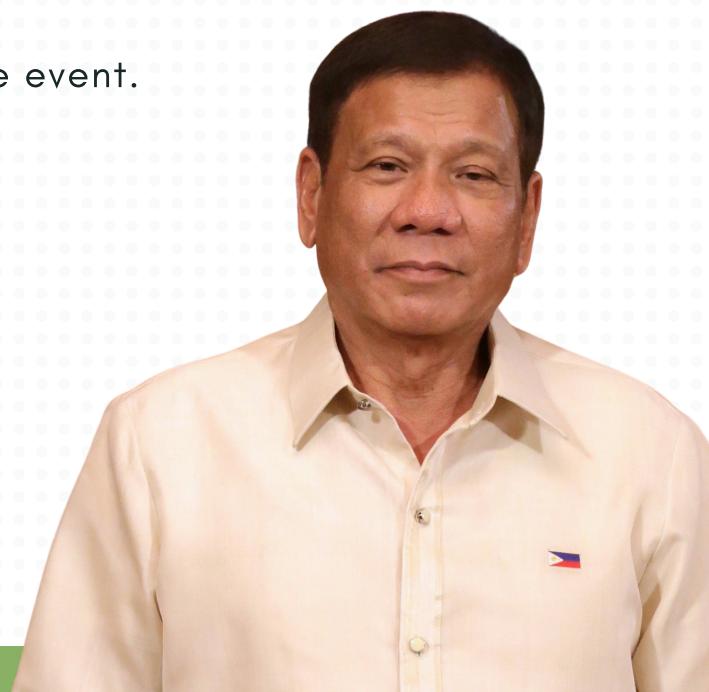
The current pandemic made us realize the importance of physical health and well-being. I thus laud the PSND for advocating food, health and nutrition security amidst these extraordinary times. Through its strong efforts in health awareness and proper nutrition, the organization is contributing much in our fight against COVID-19.

I hope this platform will allow experts and stakeholders to discuss more innovative solutions that will further utilize science and technology in boosting our resilience against diseases.

The nation relies on your expertise and intervention to help improve public health. I am confident that with unity and cooperation, we can lead every Filipino towards an improved quality of life.

I wish you an insightful and productive event.


RODRIGO ROA DUTERTE



RODRIGO R. DUTERTE
PRESIDENT
REPUBLIC OF THE PHILIPPINES

M E S S A G E

My warmest greetings to the members of the **Philippine Society of Nutritionist-Dietitians, Inc.** as you come together for your annual convention! Thank you for finding ways to connect, inspire, and collaborate despite the challenges of the pandemic.

Nourishment is a basic human need, and this affects different aspects of our lives: Proper nutrition prevents stunting and malnourishment, which can affect our performance in our day-to-day activities. This degree of interconnectedness illustrates the vital link between food systems, our way of life, and our future. Food systems and nourishment are not just things that allow us to survive; they are an essential social good, that should exist for the benefit of all, especially for those who need our help the most.

We are facing an even bigger challenge because the pandemic has widened existing social gaps even further, restricting access to food for those who cannot afford it, and pushing vulnerable communities closer to hunger. To address this, we need massive reassessment and urgent action: Humanity as a whole needs to rethink the way it consumes, and the way our systems allow great privilege for others, while denying the basic needs of so many.

This is why organizations like yours are important. You represent a voice, and a spirit of change and innovation that will see us through to our aspiration of a better normal. My hope is that beyond today's convention, you will continue to think of creative ways to engage our communities on the ground, and ensure that every family, every Filipino, is healthy and have good food to eat. With you working alongside us, I have no doubt that we will succeed.

Maraming salamat at mabuhay kayong lahat!


LENI ROBREDO



LENI ROBREDO
VICE-PRESIDENT
REPUBLIC OF THE PHILIPPINES

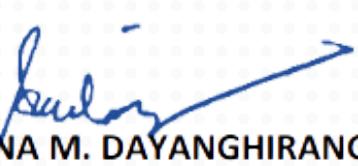
MESSAGE

My heartfelt congratulations to the Philippine Society of Nutritionist-Dietitians (PSND), Inc. as you hold the 2021 PSND Online Convention!

I commend the PSND officers and working committees for their sterling efforts in successfully carrying out this online convention with the theme **“Connect. Inspire. Collaborate. Food and Nutrition Security: From “New Normal” to “New Future”**. Indeed, this event catalyzes building knowledge and network of stakeholders such as nutritionist-dietitians, allied health, and nutrition workers to accelerate our food and nutrition security agenda as we face a challenging era. I urge all participants to maximize this learning opportunity and be more innovative, adaptable and committed to our nutrition goals embodied in our Philippine Plan of Action for Nutrition or PPAN.

We expect that this pandemic will significantly impact food and nutrition security with disruptions in the delivery of nutrition and health-related services, reduced participation of families in programs, and an increase in hunger incidence, especially among the vulnerable population. But, we, at the National Nutrition Council, believe that if we continue striving together, we will contribute to our goal of ending all forms of malnutrition.

May you have a fruitful annual convention.
Stay safe and *mabuhay tayong lahat!*


AZUCENA M. DAYANGHIRANG, MD, MCH, CESO III



AZUCENA M. DAYANGHIRANG, MD, MCH, CESO III
ASSISTANT SECRETARY AND EXECUTIVE DIRECTOR
NATIONAL NUTRITION COUNCIL

MESSAGE

Magandang araw mga ka-PSND! Together with all the members of the organizing committee for this year's annual convention, we warmly welcome you all to the 2021 PSND Annual Convention.

This challenging time of quarantines, lockdowns and isolation has brought out the remarkable talent and creativity of your ka-PSND Board in digital technology... two years now with a virtual convention and membership fellowship platform, at least five digital Webinar on Weekends (PSND WOW), and continued service-in-action to NDs and multi-sectoral partners in communities and hospitals that yearn for support. Suffice to say, I am proud to be a ka-PSND. I hope you are too.

This year's convention theme, ***Connect. Inspire. Collaborate. Food and Nutrition Security: From the "New Normal" to "New Future,"*** puts in context 1) the overarching role of PSND as a professional organization – to connect, inspire and provide opportunities for growth and collaboration for NDs in whatever nutrition-dietetics practice and in cognizance of synergism and multi-sectoral partnerships to produce greater effects; and 2) the need for continuing discussion on the challenges, and sharing NDs' stories on doing their part, towards food and nutrition security and ending hunger.

We may struggle with big goals and big expectations. A lifecoach told me it is okay to take small steps one day at a time... connect, inspire and collaborate.

I hope that you listen and pick out, maybe 2 to 3 or more, lessons and inspirations from the presentations of the resource persons and build these in your professional and even personal journey.

I enjoyed working with the Steering Committee of this Convention, the advisers and the whole BOD, and I think I can speak for them, that they enjoyed putting the convention together for you.

Maraming salamat sa inyong lahat – to everyone participating in this convention, to the steering team for all the effort in putting everything together, and to the sponsors for supporting us in this convention. *Mabuhay tayong lahat!*



REGINA A. PEDRO, RND, PhD
VICE PRESIDENT, PSND, INC. 2021-2022
OVER-ALL CONVENTION CHAIR, 2021 PSND ANNUAL CONVENTION

M E S S A G E

Welcome to PSND's 2nd online convention.

Our world is in peril right now. And there is no other place for all of us but this earth. We are at the midst of a pandemic and a catastrophe. A world where contradictions are at its peak. The world food crisis is both scourge and irony: hunger amidst plenty, starving millions existing side by side with the overfed few. Nothing better demonstrates the distorted priorities of the capitalist world than the terrible inequities in food distribution.

The world produces enough food to feed everyone on the planet, yet 16.6% of the world's population is undernourished. Unfortunately, the UN World Food Programme's live Hunger Map aggregates 957 million people worldwide do not have enough to eat on a regular basis. That accounts for 93 hungry countries in total. Out of the eight billion people on the planet, a striking one billion are living in extreme poverty, merely surviving on less than \$1.25 a day.

Undernourishment causes 45% of all children's deaths. Each year, 3.1 million children die from hunger-related causes, which include diarrhea and malnutrition. Every 10 seconds, a child dies from hunger. More than 99 million children under age five are undernourished and underweight. Rising global food prices will cause 1.5 million more children to be undernourished, making them one of the chief factors contributing to the rise in world hunger.

This global picture is faithfully replicated in microcosm in the Philippines and in many other developing or underdeveloped nations where food and agricultural policies are structural impositions of external forces. 1/8 of Asia and 1/4 of India are hungry.

Sadly, it was worsened by the pandemic. Communities are starving. Rappler reported last July that some 4.2 million families experience hunger in May this year, as the pandemic dragged on and kept Filipinos unemployed, SWS surveys showed. The extent and intensity of the current Covid-19 pandemic and the government actions at its heels have surfaced and exacerbated long-standing injustices and inequities in, and unsustainability of the current food systems and the weaknesses of health systems.

The upswell of those in chronic hunger, collapse of local food production, food insecurity and Covid-19 point to one thing: the current food system—from production to distribution, and the frail healthcare system is not working for us, and the new normal, with the same old setup, will not solve the problem.



**NATALIE V. PULVINAR, RND
PRESIDENT, PSND, INC. 2021-2022**

MESSAGE

We are at a conjunction—either we allow the perpetuation of such systems or we rise up, we let our voices be heard and transform it. For the deprived and famished, the choice is clear—the new normal will not deliver the changes we need if it will be “business as usual”.

It is the new future that we should define. What we aspire for in the upcoming food systems summit of the UN, what commitments will be pledged by the Conference of Parties in the UN Climate Change Conference in November. We need not just adapt, we need to mitigate and survive!

In this two-day PSND Convention, while we aspire and share a common vision for a food and nutrition secure Philippines, let us connect with various sectors who share a common desire for change. Strive to connect with the grassroots, the food producers, to other sectors who aspire and work for a new and better future. Let us motivate one another to continue addressing the challenges of Covid-19, climate change and the worsening economy. Inspire each one of us, do our little and big things to help survive this new normal. Let us collaborate. Our various and numerous nutrition interventions in addressing malnutrition and achieving good health may come in small, but joined together, can achieve a shared objective. Collaborate with people and organizations who are willing to undertake the challenges for an improved health system and work to reinvigorate the economic system.

Therefore, we need to enhance our capabilities and mechanisms for a sustainable way of life where communities are empowered to take actions and transform our world to one without hunger, without trading off our rights and our planet where there is just, equitable and sustainable food and health systems.

The 2021 PSND Convention hopes to provide a unique and much-anticipated platform for gathering NDs and nutrition partners and advocates to discuss the issues that hold down efforts to improve health and food and nutrition security, appreciate the science and evidence to guide our shared efforts to address the issues and identify ways forward from new normal to new future.

We are always hopeful because we are fighting for a better place for us, our families, our communities, the next generation. Let us continue to become agents for a better population, a healthier people, a more livable environment. Sabi nga ng matatanda, nasa pagkakaisa ang lakas, nasa pagkilos ang tagumpay!

Muli, magandang araw sa inyo. Happy 49th year anniversary to all!

Mabuhay ang ating 2021 PSND Annual Virtual Convention.

**NATALIE V. PULVINAR, RND
PRESIDENT, PSND, INC. 2021-2022**

PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

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 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.

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's 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 VC. 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, Ms. Angelina R. Bustos, and Dr. Leila S.. 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 members, 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.

BOARD OF TRUSTEES 2021-2022



NATALIE V. PULVINAR, RND
President



ERNANI R. BULLEKER, RND, PhD
Vice-President



DIVINE GRACE C. DOMINGO, RND, MSc
Secretary



JELINE MARIE M. CORPUZ, RND, MSPH
Assistant Secretary



ELAINE L. BAÑARES, RND, MFSA
Treasurer



MA. JULIA G. GUBAT, RND, MSN
Assistant Treasurer



JAKE BRANDON M. ANDAL, RND
Public Relations Officer



JOMARIE L. TONGOL, RND
Public Relations Officer



APPLE B. ESPINO, RND, MSc
Auditor



ERICA B. TABUAC, RND, PhD
Auditor

BOARD OF TRUSTEES 2021-2022



LIEZL M. ATIENZA, RND, PhD
Member



MA. EILEEN B. BLANCO, RND, MPA
Member



MARY CHRISTINE R. CASTRO, MD, MSc
Member



ADELA JAMORABO-RUIZ, RND, PhD
Member



MARIA REGINA A. PEDRO, RND, PhD
Member



LEILA SACDALAN-AFRICA, RND, PhD
Ex-Officio Member



CORAZON V.C. BARBA, RND, PhD
Adviser



DEMETRIA C. BONGGA, RND, PhD
Adviser

CONNECT. INSPIRE. COLLABORATE.
FOOD AND NUTRITION SECURITY:
FROM "NEW NORMAL" TO "NEW FUTURE"



WORKING COMMITTEES

PROGRAM

Chair: Ernani R. Bullecer, RND, PhD
 Co-Chair: Adela Jamorabo-Ruiz, RND, PhD
 Members: Natalie V. Pulvinar, RND
 Ma. Julia G. Gubat, RND, MSN
 Apple B. Espino, RND, MSc
 Leila Sacdalan-Africa, RND, PhD
 Christine Joy Ewayan, RND

WAYS & MEANS

Chair: Erica B. Tabuac, RND, PhD
 Co-Chair: Liezl M. Atienza, RND, PhD
 Members: Elaine L. Bañares, RND, MFSA
 Natalie V. Pulvinar, RND
 Adela Jamorabo-Ruiz, RND, PhD

INVITATION & REGISTRATION

Chair: Divine Grace C. Domingo, RND, MSc
 Co-Chair: Jeline Marie M. Corpuz, RND, MSPH
 Members: Ma. Eileen B. Blanco, RND, MPA
 Ma. Julia G. Gubat, RND, MSN

TECHNICAL

Chair: Jake Brandon M. Andal, RND
 Co-Chair: Apple B. Espino, RND, MSc
 Members: Ma. Julia G. Gubat, RND, MSN
 Elaine L. Bañares, RND, MFSA

SOUVENIR, DOCUMENTATION, PROMOTIONS

Chair: Ma. Eileen B. Blanco, RND, MPA
 Co-Chair: Jomarie L. Tongol, RND
 Members: Jake Brandon M. Andal, RND
 Mary Christine R. Castro, MD, MSc
 Kareena Ynez A. Abungin, RND
 Bianca Louise Veronica M. Estrella, RND



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIAN, INC.

2021 PSND CONVENTION

***CONNECT. INSPIRE. COLLABORATE.
FOOD AND NUTRITION SECURITY:
FROM "NEW NORMAL" TO "NEW FUTURE"***

18 and 25 September 2021  9:00 AM to 4:00 PM

PSND 2021 ONLINE CONVENTION

CONNECT. INSPIRE. COLLABORATE.

FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



KEYNOTE ADDRESS

**HON. KARLO ALEXEI B. NOGRALES, J.D.**

Cabinet Secretary
Chair, Interagency Task Force on Zero Hunger
Office of the Cabinet Secretariat

SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

**ROSEMARIE G. EDILLON**

Undersecretary for
Policy and Planning Group
National Economic and
Development Authority

**KATI HANNELE TANNINEN**

Country Representative
Food and Agriculture Organization

**JOSE ENRIQUE A. AFRICA**

Executive Director
IBON Foundation

**JOHN B. ECHAUZ**

President
Standard Insurance, Co.
and Ad Interim Convenor
SUN Business Network

ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

**DR. REGINA P. BERBA**

Associate Professor
Hospital Infection Control Unit
UP College of Medicine
Philippine General Hospital

**EMELITA ONG-LAVILLA
RND, MHA**

Chief Dietitian
Dietary Department
Philippine General Hospital

**MA. NENITA U. UMALI
RND, MSFN**

Owner and Managing Director
NutriHub Philippines

**DR. HANSEL LUIS DURO**

Medical Officer II
Ilocos Training and
Regional Medical Center

DELIVERY OF PUBLIC HEALTH AND NUTRITION INTERVENTIONS

**DR. AZUCENA M.
DAYANGHIRANG
MCH, CESO III**

Assistant Secretary and
Executive Director
National Nutrition Council

**BARBRA MAE C.
DUMLAOR**

Planning Officer III
Early Childhood Care and
Development Council

**ANA PATRICIA NON**

Organizer
Maginhawa Community Pantry
Quezon City

**EMMANUEL HUGH F.
VELASCO**

Co-Chairperson and Action Officer
QC Food Security Task Force



DAY 1: 18 SEPTEMBER 2021 (9 AM - 4 PM)
VIA ZOOM AND FACEBOOK SIMULCAST

PSND 2021 ONLINE CONVENTION

CONNECT. INSPIRE. COLLABORATE.

FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



CHALLENGES AND OPPORTUNITIES FOR NDs IN THE "NEW FUTURE"



DR. MARY CHRISTINE CASTRO

Executive Director
Nutrition Center of the Philippines



DR. UMI FAHMIDA

Senior Researcher and
Program Coordinator for
Early Childhood Care
Nutrition Education Working Group
SEAMEO RECFON



NANETTE L. MAYOL, PhD

Director
Office of the Population Studies
University of San Carlos, Cebu



DR. JACINTO BLAS V. MANTARING III

Clinical Epidemiologist/
Evidence-Based Medicine Expert

FUTURE READY: NDs IN FOOD SERVICE INDUSTRY AND HIGHER EDUCATION ADAPTING TO THE CHALLENGES OF THE NEW NORMAL AND WAY FORWARD



OLIVER JADER CONTRERAS

Community Manager
Food Technology Support



MICHELLE MIRANDA FABELLA, RND

Certified Sports Nutrition Specialist
National Exercise and Sports
Trainers Association &
Owner - MDF DIET2GO



DR. IRIS THIELE ISIP TAN, MSc, FPCP, FPSEDPM

Chief
University of the Philippines
Medical Informatics Unit



DR. MA. LOURDES ROSANNA DE GUZMAN MS EPI., FPPA

Associate Professor
Department of Psychiatry and
Behavioral Medicine
Philippine General Hospital

ND INSPIRES: LEADING THE PATH TO THE NEW FUTURE



COACH JEANETH ARO, RND

Olympic Nutrition Coach



CHARMAINE TRINIDAD, RND

Conversational Marketer
and Community Manager



MELANIE NARCISO RND, MSc.

PhD Candidate
Franklin College of Arts and Sciences
The University of Georgia



NATALIE PULVINAR, RND

Chief Political Affairs Officer
Office of Bayan Muna
Rep Eufemia C. Cullamat
House of Representatives



DAY 2: 25 SEPTEMBER 2021 (9 AM - 4 PM)
VIA ZOOM AND FACEBOOK SIMULCAST

SPEAKERS' PROFILES

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

STATE OF FOOD AND NUTRITION SECURITY: CURRENT SCENARIO AND NEW FUTURE IMPLICATIONS



Rosemarie G. Edillon is presently the Undersecretary for National Development Policy and Planning at the National Economic and Development Authority (NEDA). Ms. Edillon holds a PhD in Economics from La Trobe University in Australia, an MA degree in Economics from the University of the Philippines (UP) School of Economics and an MS degree in Statistics from the UP School of Statistics.

Among her major responsibilities is shepherding the formulation of the Philippine Development Plan (PDP). The PDP is an elaboration of the country's priorities over the medium-term and is the blueprint of government policies, programs and projects. She also oversees the monitoring of the PDP implementation. In addition, she is in charge of providing technical advice on policy issues to both the legislative and executive branches of government, especially the committees of the NEDA Board.

SAFEGUARDING FOOD AVAILABILITY AND INTEGRATING NUTRITION IN SUSTAINABLE FOOD PRODUCTION

Kati Hannele Tanninen assumed the position and duties as the new FAO Representative in the Philippines on 27 February 2021. She is a national of Finland and has more than 20 years of development work and country programme management experience. This includes, among others, serving as IFAD Country Programme Manager for Nepal and Bhutan, and as Head of Cooperation for the Embassy of Finland in various African countries. Most recently and prior to joining FAO, she was Senior Adviser to the Director General of the Finland Ministry of Foreign Affairs. She holds a Master's degree in Geography and Regional Planning from the University of Oulu, Finland.



SPEAKERS' PROFILES

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

ENSURING ECONOMIC ACCESS TO SAFE AND NUTRITIOUS FOOD



Jose Enrique A. Africa is Executive Director of IBON Foundation – an independent NGO providing research, information and education services to people's movements in the Philippines and abroad since 1978. He is also a Board member of the alternative media outfit AlterMidya and the civil society network Council for People's Development and Governance (CPDG), a fellow of the Center for People Empowerment in Governance (CenPEG) and the Center for Anti-Imperialist Studies (CAIS), and an editor of the on-line news magazine Bulatlat. He has been an active educator to people's organizations as well as a resource person for schools, NGOs, government and media since the 1990s.

He previously worked as staff in the National Economic and Development Authority (NEDA), evaluator of NGOs with Management Systems Advancement, Inc. (MASAI), legislative officer in Congress/parliament with Bayan Muna, and as a rural community organizer.

ACHIEVING FOOD AND NUTRITION SECURITY THROUGH PUBLIC-PRIVATE PARTNERSHIPS

John B. Echazu designs and assembles companies. His current roles include: (1) President, CEO and board member of Standard Insurance, the Philippines' largest motorcar insurer, (2) Founder and CEO of Insurance Support Services International (ISSI), a business processing company that serves US life insurers, (3) Chairman of Katana Autoparts & Blisam Trading, an autoparts e-commerce company, (4) Business Development Consultant for Metro Pacific Investments Corp., the Philippines' largest infrastructure company, where he oversees the country's largest waste-to-energy initiatives.

His current designs and projects include (1) LifeKonnekt, a social journal, (2) a corncobs-to-gas-to-electricity generator and (3) the low-cost Samara Heart Center. He has also spent the past five years working on experimental carbon dioxide dissociation, with promising results. His not-for-profit initiatives include affordable housing, affordable education and support for indigenous peoples' property rights. He has an MBA from Columbia University (Beta Gamma Sigma) and a BS in Industrial Engineering from De La Salle University (Manila).



SPEAKERS' PROFILES

TECHNICAL SESSION 2: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

NUTRITION AND INFECTION: VACCINES & THE ROLE OF NUTRITION AND HEALTH



Regina P. Berba, MD, M.Sc. is a recognized professor from the University of the Philippines-Philippine General Hospital. She currently serves as Chair of the Hospital Infection Control Unit and the Antimicrobial Stewardship Committee. Dr. Berba finished BS Biology from the University of the Philippines, magna cum laude. In 1987, she earned her medical degree from the University of the Philippines College of Medicine. She also holds a Master's degree in Clinical Epidemiology.

Among her major involvements in national health projects and programs include: Philippine Vaccine Effectiveness Project, Favipiravir Clinical Trial for COVID-19 Treatment sponsored by the Department of Health, and COVID-19 Investigation Grant awarded by the World Health Organization to the University of the Philippines Manila Philippine General Hospital. Ms Berba is a recipient of Gawad Dakilang Babae: Exemplary Program for the Workforce, Presidential Award given by the Philippine Society for Microbiology and Infectious Diseases, and other prestigious recognitions in the field of medicine. She has served as contributor to numerous publications and acted as resource person for various COVID-19 related webinars.

UPDATES AND ADVANCES ON HOSPITAL DIETARY MANAGEMENT: THE BEYOND PANDEMIC SCENARIO

Emelita Ong-Lavilla is a well-rounded nutritionist-dietitian in the area of hospital dietetics. She graduated with a Bachelor's degree in Nutrition & Dietetics from the University of Sto. Tomas, cum laude. Currently, she holds a Master's degree in Hospital Administration from the College of Public Health, University of the Philippines, Manila. Her career began at the Philippine General Hospital as a Food Service Supervisor II in January 1989.



She had seventeen solid years of experience as a Clinical Nutritionist-Dietitian; promoted as Supervising Dietitian at the Nutrition Education Training and Research Division of PGH; co-supervised the Food Service Administration Division from 2013 to 2016. Ms. Lavilla assumed the position of Chief Dietitian on October 10, 2017. She has contributed to the development of the Dietary Department's Quality Management System Manual. Aside from being a quality management specialist and a seasoned nutritionist-dietitian, Ms. Lavilla also served as resource speaker on several radio programs and events on nutrition.

SPEAKERS' PROFILES

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

HOME-CARE DIET THERAPY: “NEW FUTURE” IMPLICATIONS



Ma. Nenita U. Umali, RND, MFSN is the owner and Managing Director of Nutrihub Philippines which offers nutrition counseling and personalized nutrition plans, nutrition workshops and seminars, corporate wellness activities, healthy foods bars, and food delivery for calorie controlled and therapeutic meals. She obtained her MS degree in Food and Nutrition from the Centro Escolar University. She is backed by more than 20 years of experience & intense practice as Section Manager from St. Luke's Medical Center.

In 2015, she received the Associate of the Year Award under the Junior Managerial Category, St. Luke's Medical Center. Ms. Umali is also an experienced lecturer on pathophysiology and clinical nutrition at Centro Escolar University. Her published works include Multidisciplinary Approach to Weight Management – A Two-year Experience in a Weight Management Center in a Private Tertiary Care Hospital in the Philippines and Recommended and Actual Calorie Intake of Intensive Care Unit Patients in a Private Tertiary Care Hospital in the Philippines.

REACHING THE UNREACHED: THE ROLE OF ALTERNATIVE MODES OF SERVICE DELIVERY IN NCD CARE MANAGEMENT

Hansel L. Duro, MD is currently the Medical Officer IV and Junior Consultant of the Department of Surgery, Ilocos Training and Regional Medical Center. He graduated with a Bachelor of Science in Nutrition from the Institute of Human Nutrition and Food – University of the Philippines Los Baños, cum laude. He completed his post-graduate studies at the University of the Philippines College of Medicine.

Dr. Duro has been involved in several research projects. He also authored a number of international scientific indexed publications including “Strengthening families: The heart of participatory approach towards community health improvement” and “San Gaspar, Salcedo, Ilocos Sur: A community health profile.” In 2019, he received the Most Outstanding Resident Award given by the Ilocos Training and Regional Medical Center. He was also awarded with a certificate of recognition for being a board examination topnotcher.



SPEAKERS' PROFILES

TECHNICAL SESSION 2: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

TUTOK-KAINAN SUPPLEMENTATION PROGRAM



Azucena M. Dayanghirang, MD, MCH, CESO III is the Assistant Secretary and Executive Director of the National Nutrition Council. Dr. Dayanghirang is an experienced public health leader. For the past 29 years, she has been a facilitator and a trainer for various health programs particularly on Maternal Child Health and Nutrition in Davao. In 2016, she was elected as the National President of the Nutrition Action Officers Association of the Philippines (NAOPA), Inc.

Shortly after, she was appointed as Deputy Executive Director of the National Nutrition Council (NNC), an attached agency of the Department of Health, Philippines. In August 2019, Dr. Dayanghirang was appointed as the Executive Director of the NNC. Currently, she is designated as the Scaling Up Nutrition (SUN) Philippines Government Focal Point and most recently, appointed as a member of the Executive Committee of the Global Scaling Up Nutrition (SUN) Movement representing Asia and the Pacific

EARLY CHILDHOOD CARE AND DEVELOPMENT

Barbra Mae C. Dumlaو is a Program Development Officer IV at the Early Childhood Care and Development (ECCD) Council, where she works in developing programs and policies, conducts training for both public and private ECCD service providers, provides technical assistance, monitors ECCD programs and serves as a resource speaker, among others. She graduated from the University of the Philippines, with a Bachelor's degree in Family Life and Child Development. After graduation she worked as a preschool teacher in various preschools in the Philippines and Japan. She has been in the field of early childhood for more than two decades. Before joining the ECCD Council, she was faculty at the Department of Family Life and Child Development and Faculty-in-Charge at the UP Child Development Center at the College of Home Economics, UP Diliman.



SPEAKERS' PROFILES

TECHNICAL SESSION 2: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

THE ROLE OF COMMUNITY PANTRY IN ENSURING FOOD AND NUTRITION SECURITY: THE COVID-19 AND NEW FUTURE SCENARIO



Ana Patricia Non, also known as "Patreng", was the first woman to lead the founding of Community Pantry in the Philippines. The first community pantry in the country was assembled on April 14, 2021 in Maginhawa, Quezon City which provided vegetables, noodles, sardines, and some essential foods

Ms. Non attended the Paco Catholic School during her high school days. She is also a member of the UP Artists' Circle Fraternity and Sorority and took a Visual Communications course at the University of the Philippines - College of Fine Arts. Even when she was still in college, conducting free art workshops in the villages became part of her various projects. She also had programs for farmers, factory workers, political prisoners and indigenous Lumads.

LGU PERSPECTIVE AND INITIATIVE ON FOOD SECURITY

Emmanuel Hugh "Nonong" F. Velasco is the Head of the Sustainable Development Affairs Unit of Quezon City. He is the Co-Chairman of the QC Food Security Task Force and Action officer of the #GrowQC Food Security Initiative. He graduated BS in Management Engineering from the Ateneo de Manila University and holds a Post-Graduate Certificate in Psychology and Counseling. Mr. Velasco developed and executed an agri-entrepreneurship training program called Farm Business School (FBS) which capacitated over 5000 local farmers in pilot areas in Nueva Vizcaya and Nueva Ecija. This initiative has established model communities that has doubled farmers' income through the production of organic vegetables.



He has an accomplished management career which reflects over 20 years of experience in operational leadership, organizational systems and development, business processes, systems development, data-driven & analytical decision-making, community development management, creative resource-utilization, strategic management and organizational development in emerging industries. Mr. Velasco is recognized as an innovator, social entrepreneur, mentor, and motivational speaker.

SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

FUTURE READY: INTRODUCING NEW RESEARCH METHODS, TOOLS, AND PLATFORMS



Dr. Mary Christine R. Castro is the Executive Director of the Nutrition Center of the Philippines (NCP), a non-profit organization established in 1974 to help address malnutrition in the Philippines. Dr. Castro graduated with a Degree in Bachelor of Science in Basic Medical Sciences (INTARMED). She went on to receive her Medical Degree from the University of the Philippines College of Medicine and a Master's Degree on Science in Epidemiology from the London School of Hygiene and Tropical Medicine.

Dr. Castro has thirteen years of experience in community medicine and eight years in public health nutrition research. She also volunteers in medical and surgical missions and takes part in health worker training in various provinces.

THE USE OF LINEAR PROGRAMMING IN DIET OPTIMIZATION FOR FOOD AND NUTRITION SECURITY

Dr. Umi Fahmida is the Senior Researcher and Program Coordinator of Early Childhood Care, Nutrition and Education (ECCNE) working group at Southeast Asian Ministers of Education Organization Regional Center for Food and Nutrition (SEAMEO RECFON), Universitas Indonesia.

She holds a PhD in Nutrition and MSc in Community Nutrition from Universitas Indonesia, and Bachelor in Agriculture Technology from Bogor Agriculture University (IPB). Her research interests are on the nutrient and non-nutrient interaction related to child growth and development and on the use of linear/goal programming (LP) to develop and evaluate food-based recommendations.

Under "Model of partnership to translate guidelines into practices for optimal diet of SEA community", Dr. Fahmida and her team promoted the LP approach in Indonesia, Cambodia, Lao PDR, Myanmar and the Philippines for both community and school settings. Currently she is involved in UKRI GCRF Action Against Stunting Hub as Country Lead for Indonesia.



SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

INTERDISCIPLINARY COLLABORATIONS IN NUTRITION RESEARCH: THE CASE OF CEBU LONGITUDINAL HEALTH AND NUTRITION SURVEY



Dr. Nanette Lee Mayol is the Director and Research Fellow of the University of San Carlos, Cebu - Office of Population Studies Foundation, Inc. She completed her Ph.D. in Nutrition (Epidemiology) at University of North Carolina at Chapel Hill. Her dissertation focused on the effects of overweight duration, sodium intake and genetic variants on hypertension risk among Filipino women in Cebu, Philippines. She graduated with a Bachelor's Degree in Physical Therapy from the Cebu Doctor's University. She pursued her Master's Degree in Health Social Science from the De La Salle University.

Among her published articles include "Stunting, IQ, and final school attainment in the Cebu Longitudinal Health and Nutrition Survey birth cohort" and "Association of Birth Weight With Type 2 Diabetes and Glycemic Traits: A Mendelian Randomization Study". Dr. Mayol is a peer reviewer for several accredited journals. She has also attended various research ethics trainings over the past years.

EXPLORING THE ETHICAL CONSIDERATIONS AND IMPLICATION OF USING BIG DATA: OPPORTUNITIES AND CHALLENGES IN FORGING COLLABORATIONS

Dr. Jacinto Blas V. Mantaring III is the Chair of the Department of Clinical Epidemiology in the University of the Philippines (UP), College of Medicine. Dr. Mantaring is also a core member of the Health Technology Assessment Council in the Department of Health and a consultant of the World Health Organization - Adverse Events Following Immunization. He graduated cum laude from the UP Diliman with a Bachelor's degree in Zoology. He went on to receive his degree on Masters degree in Epidemiology from the UP College of Medicine. He is a clinical epidemiologist and an evidence-based medicine expert.

Dr. Mantaring is a recipient of the Kenneth Warren Prize for Outstanding systematic review from a developing Country, Cochrane Colloquium, South Africa. He has served as contributor to various scientific publications and a plenary speaker in conferences.



SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

FOOD PROCESSING-PHILIPPINES' UNIQUE VERSION: ARE WE GOING IN THE RIGHT DIRECTION?



Oliver Jader Contreras is the Community Manager of Food Technologist Support, a worldwide organization of food technologist professionals, academics, consultants, students, suppliers, and food business owners. He is a Certified Internal Food Safety Auditor. He currently holds a Master's Degree in Business Administration from the De La Salle University, Manila. He also studied Small Business Management from the Southbank Institute of Technology, Brisbane.

Mr. Contreras manages third party consultations with partner food technologists. He works with micro-small-medium scale enterprises in Laguna, Cavite, Rizal, Isabela and Metro Manila with most projects dealing with thermally processed hi-lo acid products, RTE sauces, bakery and processed meats. He is also the consultant and ingredients supplier of famous YouTuber Ninong Ry's Morrey Foods Processed Chicken Products.

CUSTOMIZING DIETS TO GO

Ms. Michelle Fabella-Miranda is the owner and Dietitian of Fabella's Food and Catering Services and MDF Diet Meal Delivery. MDF Diet2Go offers calorie-counted meals for weight management programs, therapeutic diet meal delivery, nutrition assessment, recipe development and standardization. She designed the Philippine Airlines' inflight meals for special diets and worked as a Resident Nutritionist at Metabeats on Lifestyle Channel.

She graduated with a Degree in Bachelor of Science in Nutrition and Dietetics from the Polytechnic University of the Philippines, Sta. Mesa, Manila. Ms. Fabella-Miranda has extensive experience as a Diet Consultant and a Consumer Interaction Specialist. She previously worked for St. Therese of Lisieux Doctors Hospital, New Medical City Hospital, Fitness First Philippines, PNI-KMPG Inc., and Compass Group Philippines. She also handled online diet support for clients, inquiries, and complaints of consumers while working for Nestlé Consumer Services and Alorica Philippines.



SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

LEARNING MANAGEMENT SYSTEM

 **Dr. Iris Thiele Isip Tan** is the Chief of the Medical Informatics Unit and Director of the Interactive Learning Center, University of the Philippines, Manila. She obtained her Medical Degree and MSc in Health Informatics from the University of the Philippines College of Medicine.

Dr. Tan specializes in Internal Medicine Endocrinology and Health Informatics. In 2015, she received the 1st UP System Gawad Pangulo Awardee for Progressive Teaching and Learning awarded by the University of the Philippines System. She is also a recipient of the PCP Presidential Award for Social Media Advocacy given by the Philippine College of Physicians.

MENTAL HEALTH (WELLNESS FOR SERVICE PROVIDERS, EDUCATORS, AND LEARNERS)

Dr. Ma. Lourdes Rosanna E. de Guzman, MS EPI., FPPA has over 20 years of clinical experience in the field and expertise in medical and psychiatric evaluation. She pursued her Doctor of Medicine degree at the University of the East Ramon Magsaysay Medical Center. She is currently an Associate Professor at the Department of Psychiatry and Behavioral Medicine, Philippine General Hospital. Dr. Tan is the Principal Investigator of the National Survey for Mental Health and Well-being, an epidemiological baseline survey which aims to provide both national and regional estimates on the prevalence of physical, behavioral and mental health problems in the Philippines.

She coordinates hospital services and activities for the PGH Women's Desk, a crisis center for women victims of violence and conducts workshops as Training Coordinator for the Multi-disciplinary training of doctors, police officers, social workers on the treatment and management of Violence Against Women (VAW). She volunteers mental health services, evaluation and management of clients of the Witness Protection Program of the Department of Justice, Philippines. Dr. Tan has received the Outstanding Faculty Research Award from the University of the Philippines for two consecutive years (2011 and 2012).



SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

NUTRITION AND SPORTS



Jeaneth A. Aro is a practicing Registered Nutritionist-Dietitian (RND) in the Philippines who obtained her Bachelor of Science degree in Community Nutrition from the College of Home Economics, University of the Philippines-Diliman. She holds a certification as a nutrition coach from Precision Nutrition, a Canada-based nutrition coaching services provider.

Ms. Aro is a trailblazer in her field. Revolutionizing the approach to nutrition service, she empowers her clients by starting from where they are, working within their specific needs, and coaching them through successful lifestyle change.

She has successfully implemented sport-specific nutrition programs for various national and commercial sports teams, associations, and clubs. She personally managed the dietary requirements of rower Cris Nievarez, Taekwondo Jin Kurt Barbosa, boxers Irish Magno, Nesthy Petecio, Carlo Paalam, and Eumir Marcial and Olympic gold medalist Ms. Hidilyn Diaz.

NUTRITION AND ENTREPRENEURSHIP

Charmaine "Charms" Trinidad is a Conversational Marketer and Community Manager. She is a Registered Nutritionist-Dietitian, an alumna of the University of the Philippines Los Baños, with a degree in Bachelor of Science in Nutrition. Her areas of expertise include Customer Service, Project Coordination, Public Relations, Events Organizing, Team Management, Process Training and Community Moderation.

Ms. Trinidad mainly helps business owners, coaches, and course creators create safe spaces online to help them find their G.E.M (Growth, Engagement, Monetization) using the C.H.A.R.M.S. Framework. She is currently a freelance digital marketing specialist in-charge of improving engagement rate by at least 20% by organizing major and minor activities in the community, enhancing community settings and customer journey process, and managing the community and tracks data needed for evaluation reports.



SPEAKERS' PROFILES

TECHNICAL SESSION 3: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

FOOD ANTHROPOLOGY (TRADITION & CULTURE)



Melanie Henson Narciso is a former assistant professor at the University of the Philippines Los Baños (UPLB). She is a cum laude graduate of Bachelor of Science in Nutrition at UPLB and earned her Master of Science in Food and Nutritional Sciences, Food and Nutrition Management and Marketing Concentration from the University of Wisconsin-Stout. Currently, she is taking her PhD in Cultural Anthropology at University of Georgia Athens.

Ms. Narciso is a recipient of the Governor Lina Award for Academic Excellence and College of Human Ecology Award for Academic Excellence. She is a grantee of numerous scholarships and training program to pursue her endeavor in the field of Meal Security, Ethnonutrition, Sustainable Gastronomy and Taste Education.

ND IN LEGISLATION (POLICY ADVOCACY IN NUTRITION LAWS)

Ms. Natalie V. Pulvinar is a Registered Nutritionist-Dietitian who graduated Bachelor of Science in Nutrition at the University of the Philippines Los Baños. She is currently the Chief Political Affairs Officer of Bayan Muna from 16th to 18th Congress at the House of Representatives.

In 2018, she received the Distinguished Alumni Award for Promoting Nutrition Legislative Advocacies at the College of Human Ecology, University of the Philippines, Los Baños and achievement award for her active involvement in the inclusion of nutrition in community development towards human and ecological security during the 25th Founding Anniversary of the Institute of Human Nutrition and Food of the College of Human Ecology – University of the Philippines Los Baños.



**CONNECT. INSPIRE. COLLABORATE.
FOOD AND NUTRITION SECURITY:
FROM "NEW NORMAL" TO "NEW FUTURE"**



SESSION SUMMARY



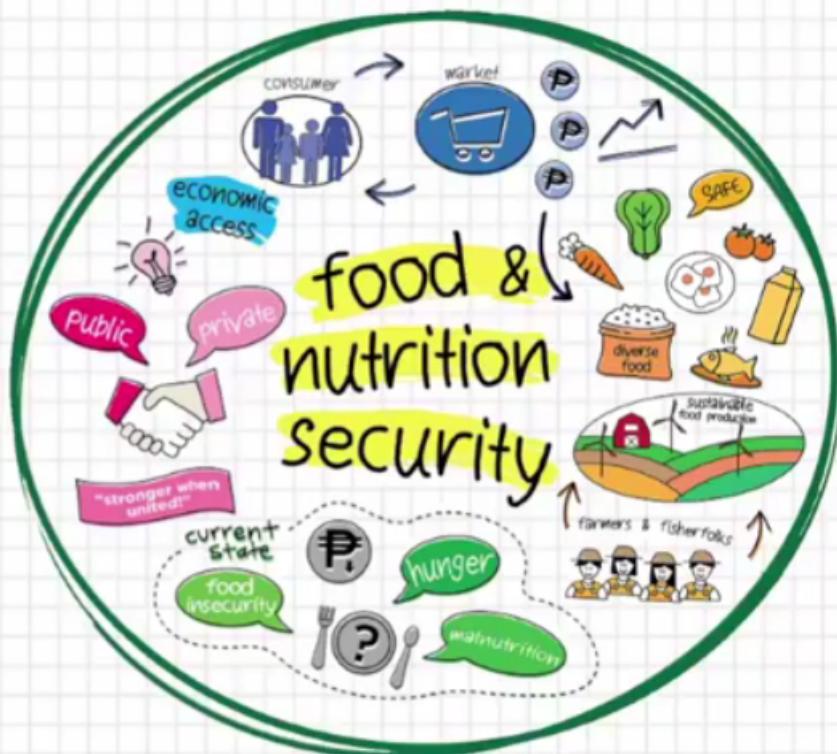
PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 1

TECHNICAL
SESSION 1

Sustainable food system for food and nutrition security



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

STATE OF FOOD AND NUTRITION SECURITY: CURRENT SCENARIO AND NEW FUTURE IMPLICATIONS

Rosemarie G. Edillon, PhD

A dynamic food and nutrition innovation ecosystem is key to achieving the AmBisyon Natin 2040 where Filipinos wanted to have a matatag, maginhawa at panatag na buhay. To achieve this, several key players have to work on market transitions, scientific explorations, technologic research, product creation and entrepreneurship. For food and nutrition ecosystem, key players would be involved on:

- Empirical food and nutrition research
- Food fortification technology
- Food processing and storage techniques with the interest of healthy and nutritious food
- Improved logistics to prevent deterioration of food and nutrition quality
- Food and nutrition influencers
- Food and nutrition entrepreneurship to bring all these together to people
- Innovation governance for policy, structure and ensuring that they are enablers of these innovation ecosystems.
- Innovation financing for investments and incentives
- innovation infrastructure such as fast internet, fab labs, ICT infrastructures and data management.
- Innovation culture for the academe to develop innovation mindset, co-creation, design thinking and knowledge management.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

SAFEGUARDING FOOD AVAILABILITY, AND INTEGRATING NUTRITION IN SUSTAINABLE FOOD PRODUCTION

Kati Hannele Tanninen

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and foods preferences for an active and healthy life. Focusing on food availability, it looks at the sufficient quantities and of quality foods through domestic production, or food aide.

Expanding food production sustainably which include more quantity and diversity of nutritious food will be a major challenge, thus principles on enhancing food availability should guide the food system transition:

- Rebalance food production to ensure availability of nutrient-rich foods.
- Refocus on producers providing support and enhance small-holder production and diets such as ways promoting their health.
- Redirect food policy agendas from a focus on agricultural output to increasing the efficiency of entire food systems.
- Renew of how crops and livestock are grown through the sustainable intensification of agriculture, improving efficiency and substituting to more environmentally beneficial practices.

Enhancing food availability also means enhancing availability of nutritious food, hence there is a need to transform the food systems for healthy diets and improve nutrition by addressing all stages of agri-food systems to be nutrition-sensitive. To address the present food systems for a better nutrition, the use of nutrition-lens to examine food supply chains is beneficial through:

- Evaluation of the entire food system to analyze the problem.
- Identification of entry points for nutrition programming, to make food value chains more nutrition-sensitive.
- Creation of an enabling food environment for a healthier food choices.
- Involvement of several actors who play pivotal roles in shaping the food systems for healthy diets -- farmers, fishers, and food manufacturers, consumers, policy-makers and private sector.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

ENSURING ECONOMIC ACCESS TO SAFE AND NUTRITIOUS FOOD

Jose Enrique A. Africa

Economic access shows other side of how the food produce reach Filipino families, and the fundamental way to access food is through buying. As such, income from jobs and livelihood is quite important as first line of defense against food insecurity.

However, Filipinos do not have the jobs and income they need to purchase food. Philippines is among the worst in terms of food insecurity in Southeast Asia according to food security index measured by the FAO with 42.7% of the population suffer moderate to severe food insecurity.

Food consumption is far from being equal. It is much lower for the poorest as they spend less than half for food as compared to richest quintile. Despite the low standard on official food subsistence allowance at Php 49.50 per person per day in 2018, millions of Filipinos are still not able to afford enough food.

Unequal access to food is rooted from unequal income. In the social pyramid, because of worsening inequality in the last 3-4 decades, the Philippines become a social inverted thumbtack having the majority with very low incomes. Highlighting current economic structure, the way to move forward is to acknowledge decades of failures of neoliberal free market economics and build a responsible and democratic development state. So as, to ensure economic access to food, sustainable actions must be done:

- Short-term actions amid the pandemic
 - Php 10,000.00 cash assistance to be given once, twice, or thrice to the poorest and most vulnerable families.
 - Real efforts to control covid through testing, tracing, quarantine, and isolation.
- Medium/long-term actions that will ensure universal access to food is with real, inclusive, and equitable development
 - Strengthen social protection system.
 - Strengthen national economy with developed agriculture and national industry.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 1: SUSTAINABLE FOOD SYSTEM FOR FOOD AND NUTRITION SECURITY

ACHIEVING FOOD AND NUTRITION SECURITY THROUGH PUBLIC-PRIVATE PARTNERSHIPS

John B. Echauz

Scaling-Up Nutrition (SUN) is a global movement which unites governments, civil society, business, researchers, donor and the United Nations to improve nutrition. Part of which is the SUN Business Network (SBN) as private sector branch of SUN movement that aims to support business in growing the role they play in nutrition. SBN's members are committed to act, invest, and innovate to improve nutrition with a vision of market-based solution and action to reduce malnutrition.

Study shown that prosperity affects how much we can feed ourselves is linked to Economic Complexity Index (ECI). Data have shown that an area becomes prosperous when it produces and trades a diverse array of goods and services that are complex and not common. If a country makes many products and services which are complex and others cannot make them easily, that country have high ECI.

In the Philippines, its ECI level is not very high. The country needs 200,000 complex companies to get out of poverty. To fix the entire food system of the country, every part of food and nutrition value chain from farm input up to consumers must well-populated, well-thought through, economically viable, comprehensive and complete.

The goal of SBN is to count where everyone is, communicate what everyone is doing, create network and encourage. The more people with the common goal, the more activity can be seen in solving the food and nutrition problems in the country. More entrepreneurs are needed to build companies and businesses that can work to solve our food and nutrition challenges in the country.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 1

TECHNICAL
SESSION 2.1

Essential nutrition interventions for vulnerable groups



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 2 PART 1: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

NUTRITION AND INFECTION: VACCINES AND THE ROLE OF NUTRITION AND HEALTH

Regina P. Berba, MD, MSc.

Nutrition plays a very crucial role in maintaining and preventing COVID-19. Publications shown that through good nutrition, COVID-19 infection is less susceptible and prevents long-term complications. People taking Western diets or those high in saturated fats, and refined carbohydrates are prone to chronic inflammatory process that impair defense mechanism.

In terms of food safety during this pandemic, there is no evidence of COVID-19 transmission through food. In fact, foods such as fruits and vegetables are highly recommended to consume as they contain vitamins and minerals that could help prevent or fight infections. However, it is important to maintain food safety following the 5 keys to safer foods of World Health Organization:

- Keep clean.
- Separate raw and cooked.
- Cook thoroughly.
- Keep foods at safe temperatures.
- Use of safe water and raw materials.

Furthermore, ensuring safe food business and safe eating options during pandemic while getting good nutrition would reduce the spread of infection which could be done through:

- Limiting physical interactions and observing physical distancing when eating out.
- Promoting good behavior by staying home when sick.
- Ensuring hand hygiene.
- Maintaining healthy environment by regular cleaning and disinfection.
- Helping food industry and nutrition professionals to get vaccinated as vaccines will change the COVID-19 landscape.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TTECHNICAL SESSION 2 PART 1: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

THE BEYOND PANDEMIC SCENARIO: UPDATES AND ADVANCES ON HOSPITAL DIETARY MANAGEMENT

Emelita Ong-Lavilla, RND, MHA

As COVID-19 pandemic came, changes in the hospital foodservice protocols and adjustments in procedures were done in the Philippine General Hospital- Dietary Department. Amid the pandemic, its services continued:

- Meal preparation and services for employees increased by three-fold.
- Nutritional care for patients is modified:
 - Meals of COVID-19 patients are placed in biodegradable-disposable containers .
 - Patients requiring nutrition formula are given with ready-to-hang formula to minimize time on administering the feeding.
 - Face-to-face diet instruction were limited to non-COVID-19 patients.
 - Uses virtual platforms in nutrition education.
- Trainings are limited to medical and allied health professionals.
- Nutrition-related researches continued in participation with other departments.
- Adjustments on operation schedules.
- Managing the donations.

Beyond the challenges brought by the pandemic, the dietary department was able to adapt and manage the current situation guided by the management tools, qualities, and skills.

- In reference to its vision, mission, objectives, policies, organization structure and functional structure, refinements were made to fit the current situation.
- Use of Plan, Do, Check and Act (PDCA) Model for Quality Management System to identify and improve services such as customer satisfaction, compliance with regulatory requirements, timely delivery of nutrition interventions, improvement in quality indicators and development and enhancement of competency of dietary employees.
- Maintaining good health and focus to better perform our duties.
- Having the organization skills and ability to delegate manpower prevent overlapping of functions in the department.
- Effective and efficient use of 4Ms--Manpower, Machine, Materials and Methods
- Having management support from the administration or top-level management especially in solving problems.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TTECHNICAL SESSION 2 PART 1: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

HOME-CARE DIET THERAPY: “NEW FUTURE” IMPLICATIONS

Ma. Nenita C. Umali RND, MSFN

High-risk patients with chronic conditions may develop malnutrition after hospitalization as such, home care including nutrition counselling and providing meals that will optimize the nutritional status of these patients is essential.

Nutrition intervention in home care starts with nutrition prescription, as basis of implementation of intervention similar in hospital care with the basis of referral from the doctor of their nutrition prescription or medical diagnosis. Obtaining the recent laboratory results will help strengthen the intervention to be provided.

In ever-evolving world, several trends in food service management must take into consideration to maintain business at the same time resolving or improving the nutrition diagnosis:

- Emphasis on fresh, organic locally grown ingredients.
- Need for effective strategies to deal with the obesity epidemic.
- Fusion of ethnic cuisines.
- Increased use of trained chefs/culinary professionals in onsite operations.
- Food delivery for convenience.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TTECHNICAL SESSION 2 PART 1: ESSENTIAL NUTRITION INTERVENTIONS FOR VULNERABLE GROUPS

REACHING THE UNREACHED: THE ROLE OF ALTERNATIVE MODES OF SERVICE DELIVERY IN NCD CARE MANAGEMENT

Hansel Luis Duro, MD

Telehealth has been present even before with early goals to provide access to health care in rural areas, prisons, remote scientific stations and in war zones, disaster areas and pandemics. The onset of COVID-19 pandemic prompted the restriction of clinics and hospitals for emergency care as preventive measure on the transmission of the virus. Telehealth services emerged as a critical technology to bring healthcare to patients while safeguarding the health of other patients and healthcare professionals.

- Telehealth is ideal in the Philippines due to
- Geography with difficulty in travelling during rainy season
- Contributes to the provision of healthcare in the underserved areas
- Facilitates patient consultation during health emergency situations
- Practical and convenient

Despite these benefits, transmission of real time data also possesses a real threat like other technology-based system with challenges on:

- Security and privacy issues
- Difficulties in identity verification and lack of transparency between health care providers and patients
- Unavailability of stable and secure internet access for all
- Patients may be wary of using new technology to consult
- Takes time and resources to restructure appropriate IT staff duties and purchase equipment
- Building an effective and efficient telehealth program necessitates extensive training
- Reduction in care continuity when a patient uses on-demand telehealth services to communicate with a random healthcare provider

Along with the passing of the Universal Health Care Act, it is hoped for the transition to the new future with the establishment of a long-term telehealth program, providing access to safe and reliable internet connection and creating continuing education program to support infrastructure, personnel staffing and satisfaction in telehealth.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 1

TECHNICAL
SESSION 2.2

Delivery of public health and nutrition interventions



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 2 PART 2: DELIVERY OF PUBLIC HEALTH AND NUTRITION INTERVENTIONS

TUTOK-KAINAN SUPPLEMENTATION PROGRAM

Azucena M. Dayanghirang, MD, MCH, CESO III

In support to the National Dietary Supplementation Program, the National Nutrition Council conceptualized the dietary supplementation in the first 1000 Days through the Tutok Kainan to help in the reduction of child stunting and wasting.

The Tutok Kainan Dietary supplementation program:

- Operationalizes Republic Act 11148 by zeroing in on one of the needed services indicated in the law that has not been given attention, particularly the Dietary Supplementation Program to pregnant women and young children ages 6-23 months old.
- NNC's response to the COVID-19 pandemic
- Targets the HDPRC priority provinces and the typhoon-stricken areas in 2020
- Contributes to the prevention of stunting among 6-23 months old by improving the quality and quantity of food and nutrition intakes and utilization of related ECCD F1K services
- Involves partnership with regional offices of the Department of Agrarian Reform and Agrarian Reform Beneficiaries Organizations (ARBOs).
- Provides a mix of dry feeding with ready to eat or easy to prepare food commodity from Food and Nutrition Research Institute and wet feeding with ingredients from ARBOs.
- Complemented with nutrition education through text blast of nutrition messages to beneficiaries and mothers' classes.
- Integrates health and nutrition services such as intake of iron folic acid for pregnant women and lactating mother and micronutrient powder for 6-23 months old children through daily monitoring of DSP
- Uses SMS for real time reporting on the actual consumption of commodities to be sent to TK reporting system which monitored and maintained by NNC CO.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 2 PART 2: DELIVERY OF PUBLIC HEALTH AND NUTRITION INTERVENTIONS

EARLY CHILDHOOD CARE AND DEVELOPMENT

Barbra Mae C. Dumlaو

The role of Early Childhood Care and Development is to make the child reach his/her potential through the full range of health, nutrition, early education and social services development programs that provide for the basic holistic needs of young children from 0-4 and promote their optimum growth and development.

Promoting optimum growth and development is giving the children all the opportunities of the different domains of development (physical, emotional, cognitive, language and self-help skills) towards a highest development can reach. It may be different for every child but should be given all opportunities including children with special needs

With 90% of brain development happens in early years, child's environment should be filled with learning opportunities:

- Play is the best strategy to learn and develop as children learn to think, move, explore, discover and experiences things.
- Encourage children to smell, touch, taste, see and hear things to help build connections in the brain as it develops through sensory experiences.
- Early learning program in day care centers and early learning centers provide activities and opportunities for the development of the brain.
- Home-based programs provide the support the children need for those who they feel secure and safe.
- Parents or significant individuals are the big contributors to children's development by providing safe and nurturing environments especially this time of pandemic.

Along with the early stimulation and learning experiences, proper nutrition also plays a crucial role in brain development. Nutrition programs in early learning programs such as providing essential vitamins, breastfeeding programs, supplementary and complementary feeding programs partnered with stimulation through sensory experiences, play, learning opportunities and family support equates to creation of human capital and to nation building as children will become capable citizens in the future providing strong productivity benefiting the community.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 2 PART 2: DELIVERY OF PUBLIC HEALTH AND NUTRITION INTERVENTIONS

THE ROLE OF COMMUNITY PANTRY IN ENSURING FOOD AND NUTRITION SECURITY: THE COVID-19 AND NEW FUTURE SCENARIO

Ana Patricia Non

The pandemic has affected many people including their livelihood causing food insecurity. This has prompted the initiative of Community Pantry. It is not an NGO, but a simple initiative of the community members to buy and distribute fresh produce in the community they belong.

The collective struggle needs a collective action to address hunger. From a simple initiative in Quezon City, it emerged and replicated across the country to around 5, 700 community pantries. The empowered community members and farmers has sustained the community pantry and made evolved to community kitchen and community garden with the goal to normalized kindness, humaneness and making food available for everyone.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 2 PART 2: DELIVERY OF PUBLIC HEALTH AND NUTRITION INTERVENTIONS

A. LGU PERSPECTIVE AND INITIATIVE ON FOOD SECURITY

Emmanuel Hugh F. Velasco

Quezon City has introduced the GROW QC - Kasama ka sa Pag-unlad sa Pagkain, Kabuhayan at Kalusugan, a food security initiative and a response to COVID-19 pandemic to achieve a food secure and self-reliant city through the development of better food systems, establishment of agriculture overlay zones and promotion of more food processing in the city.

The LGU created an interdepartmental and multisectoral food security task force with the objective to achieve the 6 Sustainable Development Goals through:

- Ensuring availability, access, stability, and utilization of food. (SDG 2)
- Augment and/or complement Livelihood and Economic Recovery of supply chains. (SDG 8)
- Promote consumption of nutrition food and better mental health for QC citizens. (SDG 3)
- Enable communities towards a nutrition positive environment and source locally to support the city's own urban farms. (SDG 11)
- Create inroads for Climate Adaptation / new normal practices for QC food production and processing. (SDG 13)
- Build and cultivate partnerships for food security and nutrition sustainability locally and internationally. (SDG 17)

Furthermore, Quezon City has passed other policies relating to food security and nutrition. The policy on the conversion of idle lands green garden and farms to have access to fresh and nutritious food any time and the public procurement policy which ensures all food bought and served must follow the QC Nutrition Standards seeking to prevent unhealthy diet and improve the overall health and nutrition of its citizens.



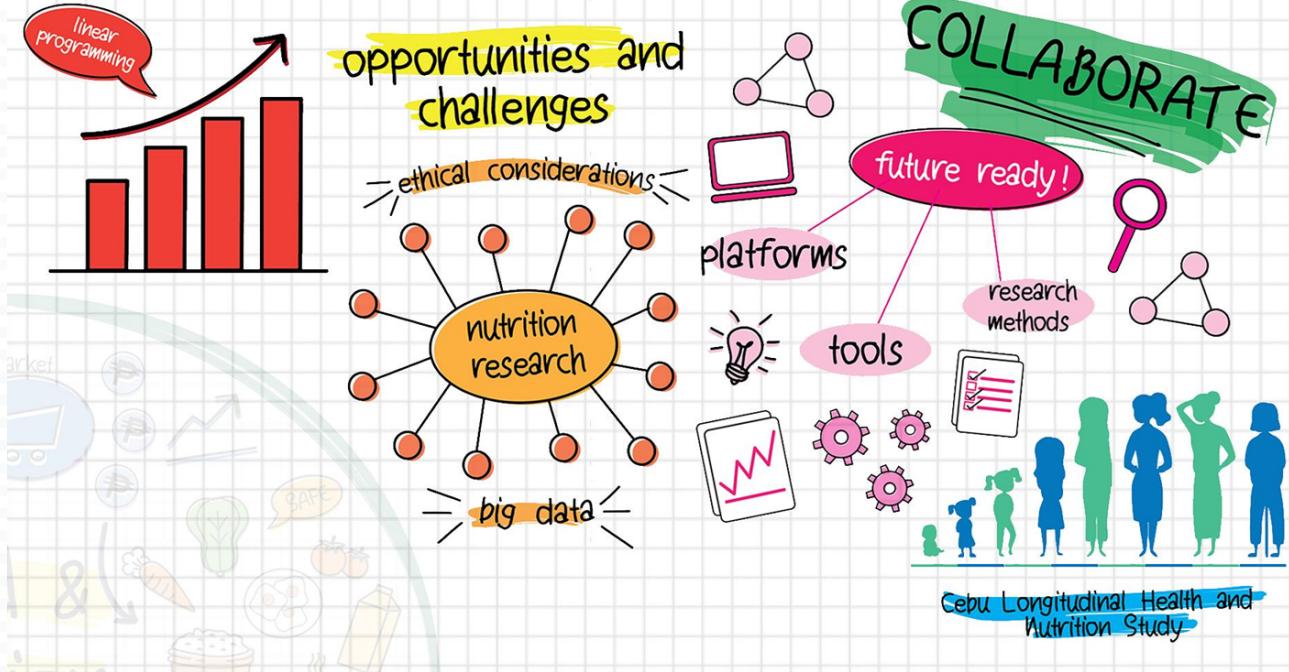
PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 2

TECHNICAL
SESSION 3.1

Challenges and opportunities for NDs in the “New Future”



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 3 PART 1: CHALLENGES AND OPPORTUNITIES FOR NDS IN THE “NEW FUTURE”

FUTURE READY: INTRODUCING NEW RESEARCH METHODS, TOOLS, AND PLATFORMS

Mary Christine Castro, MD, MSc.

The COVID-19 pandemic has also affected the conduct of research such adjustments and adaptations are done to cope up with the situation. The Nutrition Center of the Philippines continues doing research even in the pandemic time through:

- Rewriting of protocol through review of objectives which can be still be pursued under the quarantine restrictions.
- Specifying protocols in new studies or requesting amendment for ongoing studies such as inclusion of infection prevention protocol measures, specifying conditions to replace respondents in case of localized lockdowns, option to conduct remote interviews, and option to obtain verbal or electronic consent for ethics clearance.
- Conduct of project orientation and training remotely or hybrid for local data collectors.
- Limiting of face-to-face interactions, shortened questionnaires and conduct of interviews remotely.

In data management options, there are several electronic data collection software such as Google Forms, Open Data Kit, Kobo Toolbox and Enketo. As for secondary data analysis of existing datasets, several options are available such as the public use files of the DOST-FNRI in their e-nutrition website, demographic and health survey of the USAID, Cebu Longitudinal Health and Nutrition Survey of the University of North Carolina and University of San Carlos.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 3 PART 1: CHALLENGES AND OPPORTUNITIES FOR NDS IN THE “NEW FUTURE”

THE USE OF LINEAR PROGRAMMING IN DIET OPTIMIZATION FOR FOOD AND NUTRITION SECURITY

Umi Fahmida, Ph.D.

Linear Programming as an approach to use in diet optimization is used to develop optimized food-based recommendations (FBRs). It uses the data from the list of foods consumed by the target groups, nutrient composition of the food, food pattern, nutrient requirement, and median body weight. Through the process, problem nutrients can be identified as well as solutions for possible combinations of foods to develop the best diet that will fulfill the nutrient and energy requirements.

Linear programming also identifies nutrient gap to guide formulation of complementary intervention such as nutrient-dense recipes, food multi-mix and biofortification. Its integration in the food system is advised to be more in line with the nutrition problem, provide information of what food are more promotive to be incorporated into food aid and potential food production.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 3 PART 1: CHALLENGES AND OPPORTUNITIES FOR NDS IN THE “NEW FUTURE”

INTERDISCIPLINARY COLLABORATIONS IN NUTRITION RESEARCH: THE CASE OF CEBU LONGITUDINAL HEALTH AND NUTRITION STUDY

Nanette L. Mayol, Ph.D.

Cebu Longitudinal Health and Nutrition Study is a product of 4 decades of research collaboration between the University of San Carlos and University of North Carolina. It was initiated and designed by highly interdisciplinary group of economists, sociologists, nutritionists, demographers, and physicians. With its longitudinal study that started in 1980s, it provided key contributions in studying early life factors that influence multiple types of health economic and social outcomes:

- Promotion and support to exclusive breastfeeding.
- Identification of risk factors for stunting.
- Support for early child nutrition and development programs.
- Stressed importance of keeping kids in school.
- Approximately 20 years of empirical data on mental health and stress starting adolescence.
- Genetic data/studies of the CLNHS with its membership in several consortia focusing on health outcomes presents an important addition of Asian population data.

The research collaboration expanded to include more institutions composed of biological anthropologist, sociologist, sexuality and reproductive health specialist and genetic biologist. It became a member of several consortia including the COHORTS (Consortium of Health Oriented Research in Transitioning Societies). COHORTS aims to understand how size at birth and early life growth and weight gain influence adult outcome in low- and middle-income countries (Brazil, Guatemala, India, Philippines, and South Africa).

With almost 4 decades of research, CLNHS has always been a collaborative interdisciplinary effort and open to research collaboration.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

TECHNICAL SESSION 3 PART 1: CHALLENGES AND OPPORTUNITIES FOR NDS IN THE “NEW FUTURE”

EXPLORING THE ETHICAL CONSIDERATIONS AND IMPLICATION OF USING BIG DATA: OPPORTUNITIES AND CHALLENGES IN FORGING COLLABORATIONS

Jacinto Blas V. Mantaring III, MD, MSc.

Big data sets are intended for computational analysis that can be used to advance research through revealing new trends and associations. These may be collected through daily transactions such as bank transactions, mobile phone use, or internet log-in data.

All research including big data should be subject to research ethics for the protection of human participants as contained in the national ethical guidelines. Although National Ethical Guidelines for Health and Health-related Research has no guidelines yet on big data health research, general guidelines may be used. It is a challenge for big data research to meet the seven elements of research ethics.

- Social value can only be realized if the study is scientifically valid such that the results are expected to contribute to the promotion of well-being.
- Obtaining informed consent is a process that began when initial contact is made with a potential participant and continues throughout the course of the study.
- There is reverse vulnerability in big data as vulnerable groups do not actually participate in big data research.
- All research should have favorable risk-benefit ratio. The participants in big data analytics just contribute data with no direct benefits.
- Researchers shall adhere to the principles of transparency, legitimate purpose and proportionality in the collection, retention, and processing of personal information.
- The poor are excluded by virtue of their inability to provide big data. There shall be fair selection in the choice of population, sampling, and assignments.
- Transparency impacts big data analytics because many times the data is collected without the knowing of participants.

With these challenges, big data health research that uses human data or specimens must seek approval of the ethics committee, should have social value, anonymized data, and ethics committees should put emphasis of privacy and confidentiality of personal information.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 2

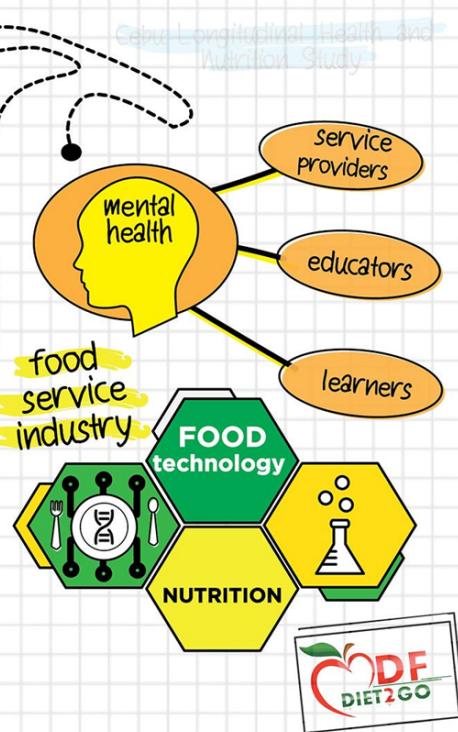
TECHNICAL
SESSION 3.2

Future ready: NDs in food service industry and higher education adapting to the challenges of the new normal and way forward

higher education

- redefinition
- modification
- augmentation
- substitution

R
M
A
S



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

**TECHNICAL SESSION 3 PART 2: FUTURE READY: NDS IN FOOD SERVICE INDUSTRY AND HIGHER EDUCATION
ADAPTING TO THE CHALLENGES OF THE NEW NORMAL AND WAY FORWARD**

FOOD PROCESSING-PHILIPPINES' UNIQUE VERSION: ARE WE GOING IN THE RIGHT DIRECTION?

Oliver Jader Contreras, BSFT, MBA

Food Technologist Support Group started in Melbourne, Australia in 2011 by a Filipino migrant Ivy Asis for Filipino food technologists in Australia and New Zealand. Currently, the group has almost 15,000 members supporting MSMEs on their technical queries, processing and preservation of food, thermal processing methods, proper packaging techniques, new product development, food safety and hygiene, good manufacturing practices and business identification and brainstorming sessions.

Products in the markets need to be further checked as there are misleading terms in the product label and content.

- Food manufacturers uses extenders and fillers for cheaper products.
- There are players who called their UHT milk as fresh milk when it is not.
- Some adds value to milk products by adding flavors such as almond through homogenization and stabilization.
- Use of non-caramelizing sugar like trehalose or high-fructose corn syrup to get more yield in products like tocino.
- Putting up a lot of insoluble dietary fibers like bamboo or wheat fibers in meat products to extend the meat.
- Manufacturers overdosed fish products such as fish ball, squid ball and surimi with sodium benzoate to stayed longer for 7-14 days without refrigeration.

To avoid these misnomers, comparing ingredient list with nutrition information would help consumers know how much real product are actually present in it.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

**TECHNICAL SESSION 3 PART 2: FUTURE READY: NDS IN FOOD SERVICE INDUSTRY AND HIGHER EDUCATION
ADAPTING TO THE CHALLENGES OF THE NEW NORMAL AND WAY FORWARD**

CUSTOMIZING DIETS TO GO

Michelle Miranda Fabella, RND

MDF Diet2Go established in 2009 offers calorie counted and healthy meals to different clients. Nutrition assessment is done to know the clients, their food allergy, energy requirement, and diet prescription while working with doctors.

There is broad knowledge on different menus among nutritionist-dietitians making food healthy. With customized diets, menu options are incredible and varied. And for clients with diet restrictions, it offers a variety of healthy meal plan. It also saves the time and money for meal preparation.

Challenges brought about by the pandemic has affected the business with border closures, limited transportation and supplies, needing to stop delivery for one month to protect the business and its staff, and catering services are postponed or canceled. Despite these, COVID Manila Project was initiated in March 2020 feeding the homeless, jobless, frontline workers and poorest communities and distributing rice and grocery food packs.

In this business, it is important to create interesting and quality products that can be delivered at their doorsteps while giving proper nutrition.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

**TECHNICAL SESSION 3 PART 2: FUTURE READY: NDS IN FOOD SERVICE INDUSTRY AND HIGHER EDUCATION
ADAPTING TO THE CHALLENGES OF THE NEW NORMAL AND WAY FORWARD**

SAMR MODEL: USING A LEARNING MANAGEMENT SYSTEM

Iris Thiele Isip Tan, MD, MSc., FPCP, FPSEDM

SAMR (Substitution, Augmentation, Modification, Redefinition) model is a framework that will guide decisions in integrating technology such as learning management system in education. The model's purpose is about choosing what fits for the desired learning outcomes for the student.

Using the learning management system, it allows:

- Organization of learning resources.
- Posting of announcements where students can reply.
- Accept and grade assignment allowing to leave comments.
- Students to take quizzes.
- Discuss in online forums.

There are exciting ways to transform teaching despite of pandemic and building a SAMR ladder would help student in their learning:

- Selection of unit of instruction.
- Redesigning the introduction to the unit at the Substitution level.
- Redesigning the development of the unit at the Augmentation and Modification levels.
- Redesigning or creating a student culminating experience for the unit at the Redefinition level.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

**TECHNICAL SESSION 3 PART 2: FUTURE READY: NDS IN FOOD SERVICE INDUSTRY AND HIGHER EDUCATION
ADAPTING TO THE CHALLENGES OF THE NEW NORMAL AND WAY FORWARD**

MENTAL WELLNESS IN THE NEW NORMAL

Ma. Lourdes Rosanna De Guzman, MD, MS EPI., FPPA

Education in time of COVID-19 has been quite challenging for everyone. The scenario created by social restriction imposed by the pandemic has escalated to severe level of stress to students and faculty. The impact of the pandemic on children and adolescents' lifestyle behavior were larger than expected which is linked to negative physical and mental health outcome.

It is important to manage anxiety and build resilience by identifying the external stressors and cope with the stress brought by the pandemic.

- Being well-informed by seeking information from trusted sources
- Care for oneself and be supportive to others.
- Respect and honor the front liners keeping our environment safe and free.
- Fight stigma and discrimination.
- Time referral for works needing counseling and psychosocial support.
- Take proactive approach
- Have healthy habits with proper diet and exercise.
- Seek social support.
- Relaxation of the mind and body.
- Find spiritual meaning and purpose.



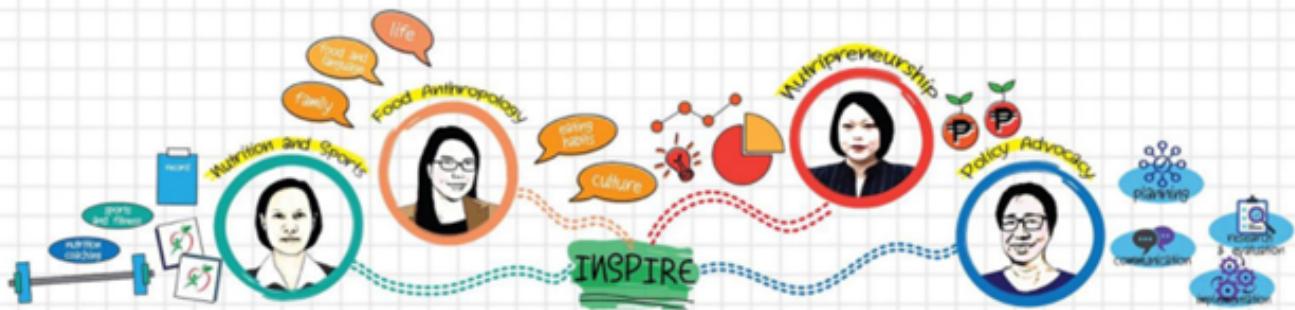
PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

DAY 2

ND INSPIRES

Leading the path to the new future



2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

ND INSPIRES: LEADING THE PATH TO THE NEW FUTURE

NUTRITION AND SPORTS

Jeaneth Aro, RND

Coach Jeaneth Aro shared her experiences as a sports nutritionist-dietitian in the country which started during her undergraduate years while working as fitness instructor and fulfilling her duties as taekwondo varsity player. According to her, aside from the technical expertise, people skills helped her to be an effective Sports Nutritionist-Dietitian. These people skills involve communication, listening, coordination, patience, empathy, genuine interest in others, ability to persuade others, honesty, leadership, flexibility, and the genuine care for others.

Nutrition may be a small factor in sports performance, but it can help actualize the highest potential of an athlete. These athletes are concerned on their training nutrition, pre-competition and competition nutrition and other nutrition-related concerns such as hydration, nutrition when travelling abroad and financial or religious constraints.

As sports nutritionist, it is important to take an individualized approach and capable of providing calorie prescription, macronutrients recommendation specific for the activity, goals, and preparations of an athlete. Beyond that, the depth of the essential people skills will matter in achieving maximum athlete potential and advancing one's professional success.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

ND INSPIRES: LEADING THE PATH TO THE NEW FUTURE

NUTRITION AND ENTREPRENEURSHIP

Charmaine Jean Trinidad, RND

Ms. Charmaine Trinidad focused on the freelancing opportunities among nutritionist-dietitians. She was a project consultant auditing health and wellness programs prior to pandemic. Then, in 2021 she discovered community management.

Freelancing involves the PC5 strategy to attract audience, identify their problem and offer your solution:

- Profile Optimization
- Content Creation
- Conversation
- Connection
- Call
- Co-create solutions

For nutritionist-dietitians several online opportunities are available such as recipe researcher, menu planners, writer for digital food platform, health program designer, and social media consultant and management. As freelancer, possibilities are endless as long as he/she is willing to learn and willing to co-create solutions.

As a tip, joining groups, asking referrals, creating an account on online work platforms, searching jobs in Google, and maintaining at least one online platform would help one to land in a freelancing job.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

ND INSPIRES: LEADING THE PATH TO THE NEW FUTURE

FOOD ANTHROPOLOGY (TRADITION & CULTURE)

Melanie Narciso, RND, MSc.

Ms. Melanie Narciso gave an introduction on food and nutrition anthropology, her field of study, that may increase options in diversifying and deepening the nutrition practice in the country. With interest on food heritage and food history, her dream of being a food anthropologist was articulated by her mentor, Professor Angelita Del Mundo.

Food anthropology looked more broadly on different things such as the factors affecting the human-diet relationship -- politics, economic, and technology. Aside from looking at the biological level, anthropology looked through cultural and evolutionary lenses.

Studying food anthropology is difficult but worthwhile because it brought change in perspective through the methods applied in the discipline and the skill set and values developed.

Anthropology can offer much to nutrition like different perspective, skills set, and research methodologies to collect, analyze and interpret information which give something fresh and culturally-sensitive solutions.

Food anthropology may not be for everyone but there are many options where nutrition can be cross-pollinated with other careers or discipline that would enable the nutrition practice in the Philippines diversified.



PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

ND INSPIRES: LEADING THE PATH TO THE NEW FUTURE

POLICY ADVOCACY IN NUTRITION

Natalie V. Pulvinar, RND

Ms. Natalie Pulvinar shared her experiences in the legislative work which helped the nutrition sector and the public.

The three branches of the government -- legislative, executive and judiciary, exist as co-equal branches where each branch checks and balances the two others. Through the 1987 Philippine Constitution, the congress was given legislative powers to create laws.

The time frame of election for the senate and congress should be taken into consideration when lobbying work thus it is important do the advocacy in their first regular session or in the first year of their election. The opportunity for a lobbied work comes when majority of their constituents suffers from a problem that a possible new law can address.

The advocates should set meetings and discussion with the possible champions of the cause, be prepared to attend hearings and answer questions, able to show that a lot of people will benefit from the bill and to launch campaigns to educate people.

Enactment of law takes long process, from filing of a bill or resolution, referral to appropriate committee, scheduling for hearing and maximizing plenary debates before forwarding to the President for signing into law or be vetoed. As there are good laws, there are also anti-people proposal such that through certain groups like *Bayan Muna* became compulsory to expose these. Even how painstaking and long it may take, never waver the principles and integrity that you have for a genuine change to happen.



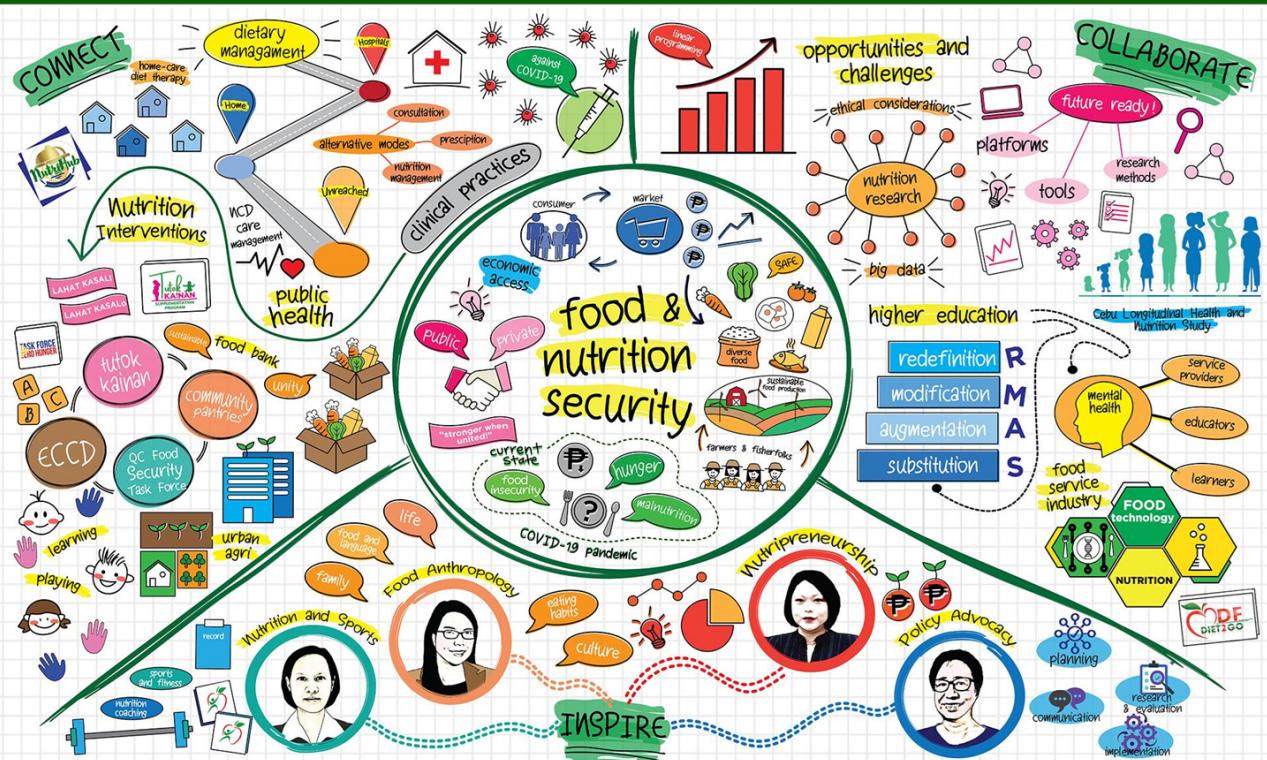
PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

2021 PSND CONVENTION

SYNTHESIS

Philippine Society of
Nutritionist-Dietitians, Inc.

CONNECT. INSPIRE. COLLABORATE.
FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"

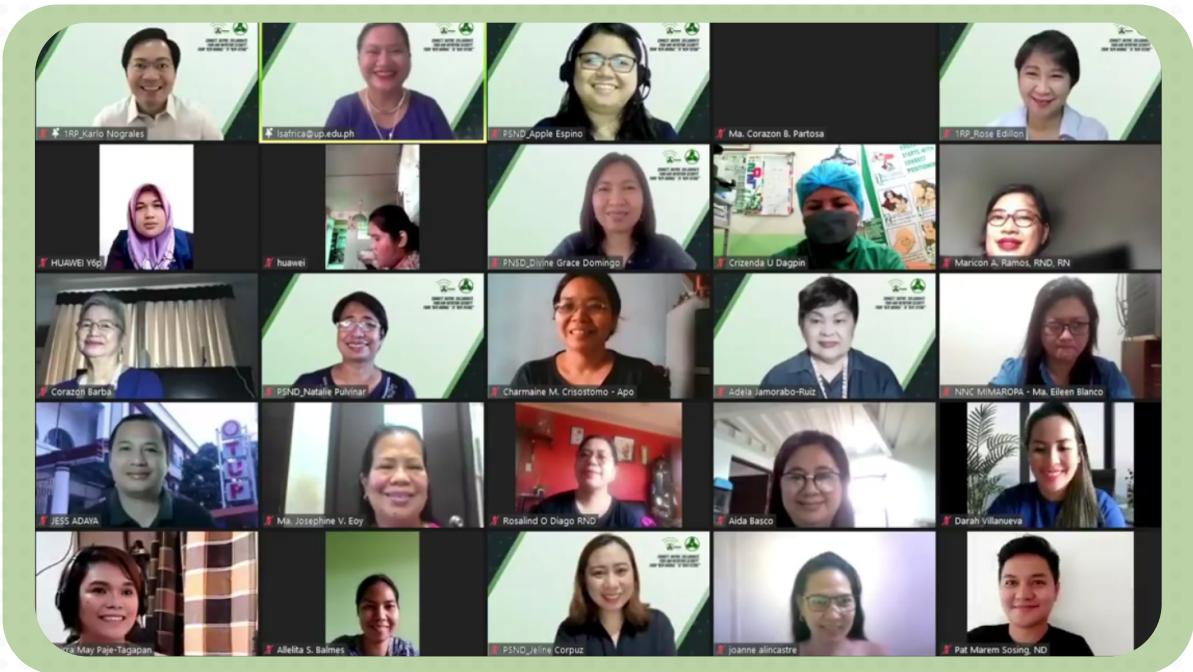


2021 PSND ONLINE CONVENTION

18 & 25 September 2021
Zoom and Facebook Simulcast

PHOTO OPPORTUNITY

CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



CONNECT. INSPIRE. COLLABORATE. FOOD AND NUTRITION SECURITY: FROM "NEW NORMAL" TO "NEW FUTURE"



***OUR
GENEROUS
SPONSORS***







biotechJP





NUTRIDENSE FOOD MANUFACTURING CORP.

“More than your food, It’s your Nutrition”

DEVELOPED PRODUCTS FOR YOU AND YOUR CHILDREN



The logo for Yakult, featuring the brand name in a bold, red, sans-serif font. The letters are slightly slanted to the right. The background of the logo is a white rectangular area with a fine, light gray dotted pattern. The logo is centered on a white page. At the top and bottom of the page, there are decorative horizontal bands. The top band is white with three triangular cutouts: a green one on the left, a dark blue one in the center, and a green one on the right. The bottom band is white with three triangular cutouts: a green one on the left, a dark blue one in the center, and a green one on the right. The overall design is clean and modern.

Yakult

The chocolatey
Italian-Style Wafers

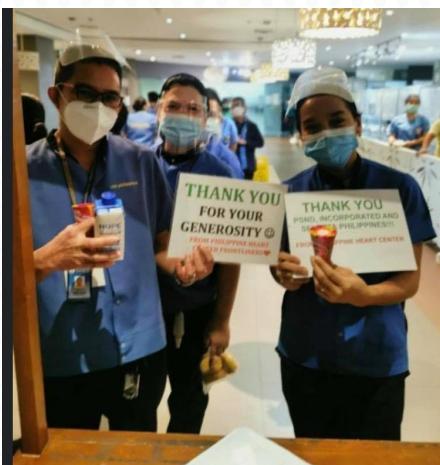
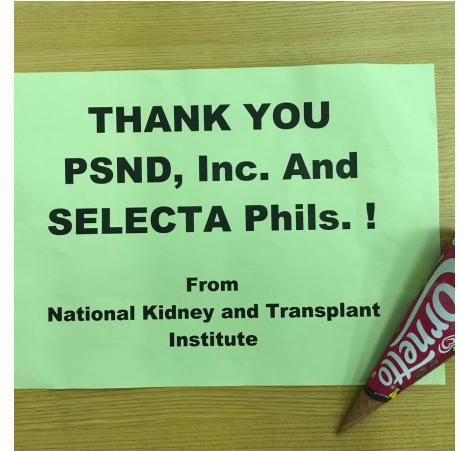


₱10 SRP
ONLY



PSND IN ACTION

**DISTRIBUTING GIFTS FROM
SPONSORS TO VARIOUS HOSPITALS**



***THANK YOU,
KA-PSND!***