



50th **PSND, Inc.**
*Para sa Propesyon.
Para sa Bayan.*

PSND 50TH MILESTONE ANNIVERSARY CONVENTION
THE PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

NUTRITION NOW!

Emboldened by Lessons, Innovations and Partnerships

18 & 24 SEPTEMBER 2023



PSND, INC.

**Para sa Propesyon.
Para sa Bayan.**



PSND 50TH MILESTONE ANNIVERSARY CONVENTION THE PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

NUTRITION NOW!

Emboldened by Lessons, Innovations and Partnerships

Fifty years of Philippine Society of Nutritionist-Dietitians (PSND), Inc. have emboldened the Philippine Nutritionist-Dietitians (NDs) and the profession to push nutrition security and wellness as end goals of our country's development programs and key indicators of societal progress. There were challenges - climate change, economic downturns, urbanization of lifestyle, the evolution of culture, and rise in non-communicable diseases, and the recent covid19 pandemic and other emerging diseases - which affect our food, nutrition, and health systems. Yet, there were lessons, innovations, and partnerships that emerged, which guided us on our way forward.

Adapting to the **Now Normal**¹ and navigating the future calls for NDs and the profession to be further emboldened by the lessons we have learned, innovations that continue to evolve, and the partnerships we have created. In this milestone celebration, PSND calls for a spirited **Nutrition Now!**²

The 2022 PSND Convention and 50th Anniversary offerings build around the key themes of resilience, synergy, and data-driven decision-making. **Nutrition Now!**² embodies resilience from shocks and stressors in our institutions and systems and our collective capability to adapt, data-driven decision-making, and synergy of actions - to tackle the hierarchy, complexity, and interdisciplinarity of challenges that threaten our collective vision of food and nutrition secure Filipinos.

We encourage NDs and partners in various capacities—public health and community nutrition, clinical dietetics and medical nutrition, education, science and technology, business and industry, agri-food systems, and policy and governance—to take part in discussions with experts, visionaries, and trailblazers in the ND and partner professions as we resolve barriers, manage trade-offs, and collectively and push **Nutrition Now!**²

¹ Now Normal - the institution of minimum health protocols to control and manage the pandemic, adapt to the Mandanas-Garcia ruling on public health and community practice, adapt to nutrition care processes in clinical practice, and rally for convergence of sectoral efforts for common vision (PSND, 2022).

² Nutrition Now! - the elements of resilience, data-driven decision-making, and synergy of actions and programs to achieve food and nutrition security (PSND, 2022)

Message

My warmest greetings to the Philippine Society of Nutritionist-Dietitans (PSND), Inc. as you conduct your 50th Milestone Anniversary Convention.

Promoting food security and addressing malnutrition are among our nation's most pressing challenges, especially as these form part of our agenda of public health and social welfare. I recognize the role of the PSND and its members in providing their expertise to fight malnutrition and provide assistance to food suppliers and consumers alike.

The theme of this year's convention truly captures the importance of resilience and synergy in creating partnerships among stakeholders in order to foster well-nourished communities across the country. I trust that you will continue to uphold excellence and quality as you learn the latest trends and innovations in food and nutrition from the exciting activities ahead.

I have no doubt that your efforts to strengthen scientific approaches in the field will bring our country to greater heights. May you continue to secure our place in the study of nutrition and dietetics as we sustain our momentum toward a healthier and more food-sufficient future.

I wish you a productive event.



Message

Assalamualaikum.

Congratulations to the officers and members of the Philippine Society of Nutritionist-Dietitians (PSND), Inc. for the success of your 50th Anniversary Convention.

Through the years, you have remained committed to the health and overall well-being of Filipinos through nutrition and dietetics - laying down strategies to promote and ensure the health and nutrition of the Filipino people.

We invite PSND, Inc. to join our efforts in rebuilding the country from the impact of the COVID-19 pandemic - collaborate with concerned government agencies and our partners in providing life-saving nutrition counseling, nutrition education, and other initiatives that promote the health and nutrition of the Filipinos.

I wish you all the best in your future initiatives.

Patuloy nating mahalín ang Pilipinas.

Shukran. Maraming Salamat.



Message

My warmest greetings to the Philippine Society of Nutritionist-Dietitians (PSND), Inc. on your 50th anniversary with the theme, **"Nutrition Now! Emboldened by Lessons, Innovations, and Partnerships"**. On your golden jubilee, may PSND continue to shine in all of its efforts toward ending all forms of malnutrition and hunger. Our fight against malnutrition is a collective effort. I am grateful that PSND Inc. is one of NNC's staunch partners in ensuring nutritional adequacy for all Filipinos. PSND Inc. has always shown its unwavering support to the Philippine Plan of Action for Nutrition throughout all these years and I am sure will continue its commitment as we transition to the PPAN 2023-2028.

The theme of this year's PSND anniversary convention is built around the concepts of resilience and the synergy of action and data-driven decision-making. It also mirrors this year's Nutrition Month theme, *"New normal na nutrisyon, sama-samang gawan ng solusyon!"* which calls for strengthened quality nutrition interventions and solidarity among all stakeholders toward nutrition improvement. We are one with you in your dream of achieving food and nutrition security and strengthening the call for Nutrition Now to ensure a brighter future for every Filipino.

Together, let us push for greater support and investment in nutrition by our stakeholders and key influencers. Let us unite and work toward a better new normal, find solutions to end all forms of malnutrition, and promote proper nutrition in building resilience and recovery from the COVID-19 pandemic. And together, let us aim for a *"Nutrisyong sapat, para sa lahat!"*.

Again, a joyous 50th Anniversary to you.

Mabuhay tayong lahat!



Message

I greet you all with a very pleasant, sunny, golden day!

After over six months of cheery meetings and preparations with the rest of PSND's Board of Trustees, finally, here we are! Let us seize, grab, and take hold of the lessons from the 50 years of our organization's efforts to support the nutrition programs and the nutrition and dietetics profession, can-do innovations that have evolved, and partnerships we have created and will create for the profession and for the country. *Para sa propesyon, para sa bayan!*

As *ka-PSND*, our task is to push nutrition security and wellness now with the confidence that this will happen given the elements of resilience, data-driven decision-making, and synergy of actions and programs, in various capacities including public health and community nutrition, clinical dietetics, and medical nutrition, education, science and technology, business and industry, agri-food systems, and policy and governance.

We are honored to have the most notable global nutrition experts to help us decode Nutrition Now, navigate through playbooks, hear from upcoming ND leaders on their contribution towards stepping up nutrition research in the country as well as their journey to where they are now, and inspire us to bring nutrition in the Philippines to where we want it to be.

Allow me to declare the PSND 50th Anniversary Convention open, with much hope and henceforth takes the front seat in our country's endeavors!



Message

Magandang araw sa ating lahat para sa ating 50th Milestone Anniversary Convention!

As the dates are nearing the convention, a weekly meeting of the steering committee was conducted. Each committee also meets to discuss their tasks in more detail as we want to offer you a meaningful convention. Your board of trustees regularly meets to discuss the plans of the organization and business matters arising based on various engagements and concerns. We held special board meetings on top of regular meetings as necessary to prepare for the convention. A convention that is packed with relevant topics, and engaging discussions, while pushing nutrition security and wellness forward despite the challenges in our food, nutrition, and health systems. These were really challenging to us as it has always been a working board for the organization.

Friends and colleagues, it is always our pleasure and honor to be able to serve you at this two-day event. The convention is a huge success. It was evident in your presence, insights, voices, aspirations, and feedback. We learned from each other, and we learned together as well. Seeing more than 300 strong Ka-PSND on this platform truly showed that all preparations and sacrifices of the BOTs were worthwhile. My special greetings also go to our past presidents and speakers. Without them, this 50th Anniversary Convention will not be possible.

Maraming Salamat sa inyo, aming minamahal na Ka-PSND for always supporting the organization. In the very words of Ms. Adelisa Ramos, you are the wind beneath the PSND's wings.

We will continue to soar together.



History

The **Philippine Society of Nutritionist-Dietitians (PSND), Inc.** is a dynamic organization of professionals in nutrition and dietetics and other allied health professionals. The organization was initially launched as the **Philippine Government Dietitian and Nutritionist (PGDN)** in 1972, and with **Mrs. Adelisa Cifra-Ramos** as the first president. It aimed to upgrade the ND position as a separate profession, not an allied medical personnel. PGDN became PSDN, then PSND to accommodate the clamor of nutritionist-dietitians from private institutions to be part of the organization.

The PSND implements activities and services such as continuing education through conventions, symposia, training, seminars, and other activities; offers technical assistance to various groups; conducts several community outreach activities; and continuing education for NDs and professionals in related fields. During the COVID-19 pandemic, the Webinar on Weekend was launched to strengthen the virtual connection among its members by providing timely updates on relevant nutrition and health concerns.



The corporate seal and logo of the Association consist of a round-shaped seal with three hands inside clasping each other's wrists forming a tripod. These three hands, each one strong and together forming a tripod indicative of support given to each other, symbolize the PSND. The three hands represent **Professionalism** (the commitment to uphold the highest standards of the profession and to a life of continual study and advancement), **Fellowship** (the mutual sharing of knowledge, experiences, 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), and **Service** (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.

Former Presidents

YEAR	PRESIDENT	
1972, 1983	Adelisa Cifra-Ramos, MPH, MPA	PGDN
1974	Leonora N. Panlasigui, RND, PhD	
1975	Cecilia Florencio, RND, PhD	
1976-1977, 1984	Demetria C. Bongga, RND, PhD	
1978-1979	Margarita dela Paz	PSDN
1980	Gloria V. Boren	
1981	Pura Madlangacay	
1982, 1994	Maria Bernardita T. Flores	
1985	Francesca Brillantes	
1986	Encarnita P. Sevilla, PhD	
1988	Azucena B. Limbo, RND, MSPHN	
1989	Maria Lourdes A. Vega, RND, MSN	
1990	Emmeline L. Verzosa	
1991	Maria Raquel L. Pangan, PhD	
1992-1993	Catherine Q. Castañeda, RND, PhD	
1996-1999	Corazon V. Barba, RND, PhD	
2000-2001	Maria Antonia V. Guillermo-Tuazon, RND, PhD	
2002-2004	Ofelia B. Reyes, RND, MPS-FNP	
2005-2010	Imelda Angeles-Agdeppa, RND, PhD	
2011-2012	Normahitta P. Gordoncillo, RND, PhD	
2013-2014	Ma. Veritas F. Luna, RND, PhD	
2015-2016	Angelina R. Bustos, RND, PhD	
2017-2018; 2021-2022	Natalie V. Pulvinar, RND	
2019-2020	Leila S. Africa, RND, PhD	
***	Milagros R. Querubin, PhD	

Messages from Former Presidents

ADELISA CIFRA-RAMOS, MPH, MPA (1972 & 1983)



I would like to give my thanks to the youngsters of this organization. I barely know any members anymore, but I am really grateful for your unwavering support and interest in achieving the goal of successfully addressing the country's malnutrition- or the nutrient deficiency such as vitamins and minerals that our body needs to sustain our good living and grow old without illness. I hope you maintain your passion and just like what President Bong Bong Marcos said, "*Sama-sama tayo sa pag unlad at sa pagpapalakas ng ating sarili at ng ating bansa*". Our country needs healthy people to progress. We say that nutrition is a basic need and it is treated from the womb.

Again, thank you and celebrate your 50th anniversary at more passion in interest of our profession. Thank you all and good luck!

LEONORA N. PANLASIQUI, Ph.D. (1974)

Congratulations on the 50th Anniversary of the PSND. I would like to congratulate our president, Ms. Natalie V. Pulvinar for being the president of this important occasion. Now, if you need my help, especially on research just call me and I will do it for free. Even though I am already an elder, I think I can still give comments and advice. Once again, congratulations and good morning to all of you.



CECILIA FLORENCIO, Ph.D. (1975)



An anniversary is an opportunity. They say it is not just to glance back, count, or just be sentimental as in the song "Try to Remember, The Kind of September". This is not a nostalgic time but is the relation to what we say in service to the people and management. For me, anyway, remembering is reconnecting, honoring, and owing. Can we all say proudly "I AM A NUTRITIONIST-DIETITIAN", not just I am a nutritionist, or I am a dietitian but use the term we have considered apt in terms of our societal conditions and the changes that have happened "Nutritionist-Dietitian".

DEMETRIA C. BONGGA, Ph.D. (1976-1977, 1984)

I would like to congratulate the officers and all the members of PSND. We have survived 50 years and that is something to be proud about. To all science-background people, as I have mentioned earlier, pulling all your resources- mental, and intellectual, we can help influence people to be more engaged in issues that affect the Filipino people. For the advancement of nutrition as a science, and as a profession. That is all, thank you, and congratulations.



Messages from Former Presidents



AZUCENA B. LIMBO (1988)

Happy 50th anniversary PSND, cheers! 50 years is not a number but a showcase of the good and tough times of PSND's existence. Gold represents an anniversary because it is precious and symbolizes strength just like PSND. Maybe not in terms of material sources but in terms of manpower while committed to doing more as a public professional, a nutritionist-dietitian. Congratulations on this 50th anniversary.

MARIA LOURDES A VEGA RND, MSN (1989)

Happy 50th-anniversary PSND! Cheers to 51 years of continued nutrition advocacy. Let's work together on that and 51 years of innovation, enriching, really enriching in our quest for good nutrition, the best nutrition for our countrymen. Happy anniversary and cheers!



EMMELINE L. VERZOSA (1990)

Greetings to the officers and members of the Philippine Society of Nutritionist-Dietitians and to your golden anniversary. This is a very important year because we have reached our golden 50 years and I know that we must continue to shine for our advocacies. The theme "Nutrition Now: Learning Lessons from Innovation and Partnerships" is crucial. Hopefully let us not just engage in our own office, in the hospital, in food service, community but also let us promote policy-making activities to support the laws that could alleviate the country's malnutrition. It is also cardinal for us to ensure that these laws are being implemented to further our advocacies. Again, thank you very much, and let us continue promoting our nutrition advocacies.



CORAZON V. BARBA, PHD (1996-1999)

To all the PSND members, board of directors, and officers, I would like to congratulate all of us for the good work done and I hope we will continue to make sure that our country strives. We all know that nutrition is the foundation of human development, and we all must work. Whether we are in the active service, whether it is dietetics, whether it is in the food industry, community, work, and teaching research, or anywhere. Each of us has a role and we must make sure to share it.

Sharing helps other people who do not have or who may not be as fortunate as some of us in regard to resources. So, if we work together, we can make sure that all the advocacies of PSND will reach all Filipinos and have better nutrition. I think we really must applaud ourselves and say I have paid an interest. Thank you very much.



Messages from Former Presidents

MARIA ANTONIA V. GUILLERMO-TUAZON, Ph.D. (2000-2001)

Greetings to the board and members of PSND for having reached 50 years. You know, there was a time when the organization was facing a lot of difficulties where we thought that “ah mukhang mamamatay na. Hindi! Hindi! Kailangan nating i-resuscitate” That is why I am really glad to know that it is very much alive and well-engaging in issues and contributes to discussions. Although I hope that in addition to discussions, let us do some real actions, and join together to ensure that every Filipino has security to food and proper nutrition. As I have said earlier, leaving no one behind. Again, I am really happy that PSND tackles these important themes including this year and I hope we can continue doing this in the coming years.



OFELIA B. REYES, RND, MPS-FNP (2000-2004)



First, I would like to thank the set of officers during my term. I would like to commend them for being so sincere in their efforts to work for the organization. Also, thanks to our mentors because during that time, it was very challenging to have none because we would miss out on several things, or we would not succeed. Another reason to thank them is that these mentors believed in us and trusted us with the job of leading the organization. I thank you for your confidence in us. I would also like to thank my personal friends because their support is a different kind.

My other message is for you. We wish you and your supporters' success in this coming event, our 50th anniversary. I would like to congratulate and commend you for your acceptance of the task which is not easy. I mean this is something you would enjoy but it is so important you cannot afford not to work very hard. We will pray that you will succeed in this activity, and we hope that this activity will inspire the other inactive members. So long live PSND. Continue inspiring the nutritionist-dietitians. Go go go!

Messages from Former Presidents

IMELDA ANGELES-AGDEPPA, RND, Ph.D. (2005-2010)

A pleasant day to the board members of PSND led by this president for this meaningful webinar and a pleasant day to all. So where does gold come from? I am very sure that we want the very fine gold ones or gold streaks at the end of the rainbow so if you managed to take one, please let me know how. Today, we are witnessing the golden anniversary of the Philippine Society of Nutritionist-Dietitian Incorporated, which was established in 1972.

The society co-created an image for our fellow nutritionist-dietitians who are restless in its activity and nutrition education via trainings, symposiums, and the like. PSND in its service delivering the Filipino people maintains its high standards of professionalism and camaraderie, and the society has an eye for sharing knowledge with everyone. I am humbled to take part of your golden anniversary celebration as witnessing such a historic moment is an honor. It is truly amazing to see how PSND strives and creates an impact to society.

To the 50-year journey of commitment, dedication, and hard work with a thousand accompanying memories may all your endeavors be a success. The unquenchable thirst to help fight malnutrition in the country through proper education illuminates that there are pavements to the Philippines' current dilemma. Again, happy happy anniversary. Congratulations and I hope we can commemorate this day. I know very well that you will outshine your past achievements and continue to be at work to everyone be it in a nutrition arena or even at your own homes. Happy 50th anniversary. Happy golden anniversary and thank you so much. How a wonderful event PSND.



NORMAHITTA P. GORDONCILLO, RND, Ph.D. (2011-2012)

First, congratulations on the milestone of 50 years. I wish you many, many more years of success. Good luck and enjoy your future endeavors. Happy anniversary!

MA. VERITAS F. LUNA, RND, Ph.D. (2013-2014)

I congratulate PSND on its 50th golden anniversary. We have become bold because we now have the strength to do things on top of all these challenges. So, I'm very happy with how PSND has moved forward. Of course, the PSND board is hard-working. I really appreciate the efforts of the young nutritionist-dietitians and our professionals so let's keep moving forward. Let's push forward for nutrition security and wellness.



Messages from Former Presidents

ANGELINE R. BUSTOS, RND, Ph.D. (2015-2016)



As the former president of the PSND, I uphold the carpet seal and logo that consists of three hands indicating professionalism, fellowship, and service. During my term, the organization was guided by fellowship where sharing of knowledge, experiences, and interests was highly valued. At the time, the composition of the organization was relatively young or even younger, but members were vibrant, creative, innovative, hardworking, and had embraced commitment para sa bayan. Strengthening this fellowship in a bubbly, cheer, relaxing environment helped the group work faster and more efficiently fulfilling tasks with happy thoughts and positive emotions beyond happiness. One of the highlights of this term is the joint venture with PAN incorporated. Once again, aside from professionalism and service, I am proud of my team. The cheerfulness with work made the collaboration vastly successful. I am fortunate to pay it forward to our younger generation of nutritionists-dietitians who are competent enough to deliver what we are able to accomplish and even learn from them. After all, that is the essence of advancing the development of nutritionists-dietitians. May PSND continue to serve as the common ground to work hand-in-hand, especially during these difficult and challenging times, and support our vision of being a vital part of ensuring food and nutrition security in the country. We hope to strengthen our fellowship, and collaboration and continuously learn from each other. More cheerful years to PSND. Happy anniversary!

MILAGROS R. QUEROBIN

A golden anniversary is truly a milestone in the life of an organization. It is said that gold is a shade of an achievement, success, and triumph. PSND's 50 years of existence will always be a trailblazer in many things. The first to organize the first ND's government service in its conferences, and publications, when it is not yet a thing to do. We tackled the sociocultural and political aspects of food and nutrition. We didn't turn a blind eye to controversies affecting the nutrition. I can still recall how PSND stood by its principles not to accept any sponsorship from companies whose products are detrimental to nutrition. Yes, those are difficult but golden moments of PSND, but we have truly earned our goal. I am equally honored and humbled that I am sharing the same screen with my predecessors, my former professors, mentors, and colleagues who provided spiraling leadership for PSND. To them, I pay my tribute and gratitude. Likewise, to those who came after me and continue the legacy of PSND, I give you my respect and admiration. To young NDs, entering or stepping into the threshold of global problems, political instability, food insecurity, and climate change. I pray that God grants you courage and continues to guide you as you explore the ideas, and possibilities in fulfilling the mission, vision, and goals of PSND.



You know the poem His Name is Today and I quote:

"We are guilty of many errors and many faults, But our worst crime is abandoning the children,
Neglecting the fountain of life. Many of the things we need can wait.
Right now is the time his bones are being formed, His blood is being made,
And his senses are being developed. To him, we cannot answer 'tomorrow'. His name is Today."

To those who will draft the future of PSND, do not forget the chant His Name is Today. Again,
Warm greetings and Mabuhay. Thank you very much.

PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

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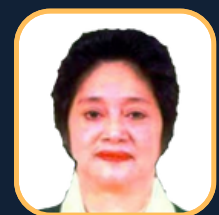
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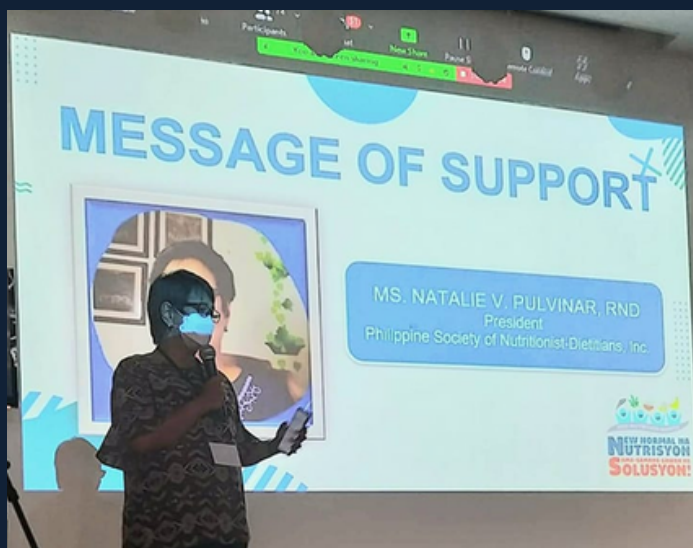
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Corazon VC. Barba, RND, PhD
Jake Brandon M. Andal, RND

2022 ACTIVITIES

NUTRITION MONTH Kick Off, NDAP. July 1, 2022.



MEDIA LAUNCH | On Fiber Consumption, July 2, 2022.



2022 ACTIVITIES

WORKSHOP | Validation Workshop on Landscape Analysis on Sodium Reduction Measures in the Philippines, July 20, 2022.



PRESS CONFERENCE | On Transfat-Free 2023, July 20, 2022.



2022 ACTIVITIES

JOINT NUTRITION MONTH PUBLIC WEBINAR July 30, 2022

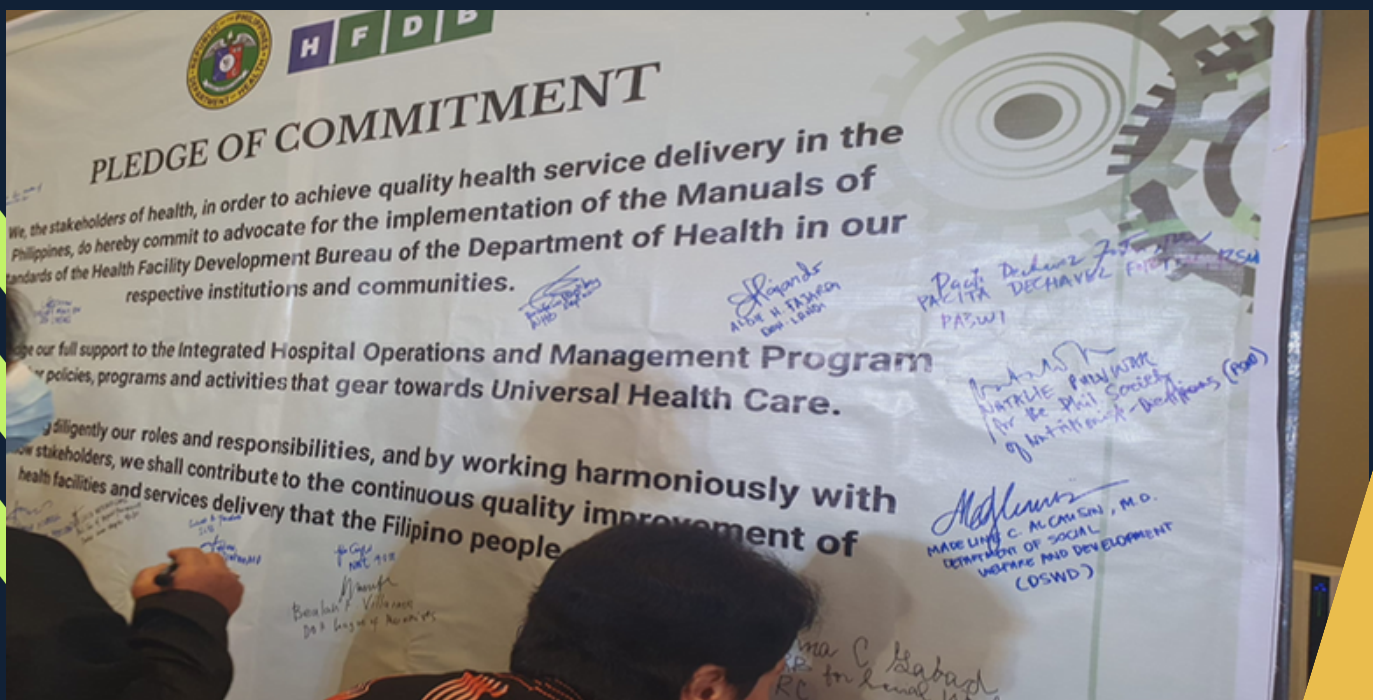
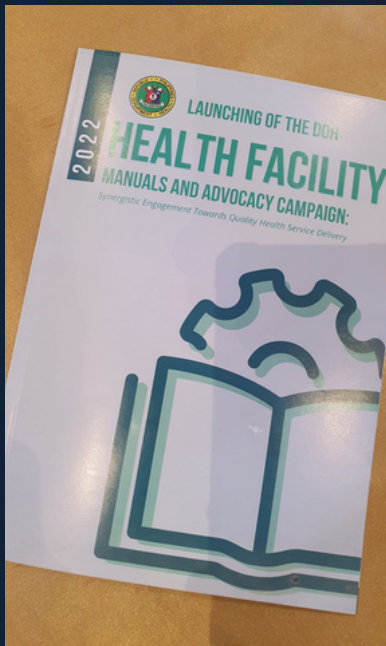


UNTV | On alternatives to sugar, August 15, 2022



2022 ACTIVITIES

LAUNCHING | DOH Health Facility Manuals and Advocacy Campaign, September 2, 2022.



2022 ACTIVITIES

WEBINAR ON WEEKEND (WoW)





50th Milestone Anniversary Convention

THE PHILIPPINE SOCIETY OF NUTRITIONIST-DIETITIANS, INC.

17 & 24 September 2022 | via Zoom

PSND Webinar on Weekend (WoW)! 2022

We Lead: *Advancing Nutrition Agenda in the Workplace*

27 August 2022 | 2:00 to 4:00 PM | via Zoom



Daniel G. Salunga, RND, MSPH
National Nutrition Council



Mabelle P. Aban, RND, RN, CPT
SHAPE Medical Fitness and Nutrition Clinic



Ian Curt R. Sarmiento, RND, MSc
UNICEF Philippines



Moderator
Elaine Banares, RND, MSc
Philippine Society of Nutritionist Dietitians, Inc.

Register at <https://bit.ly/3R1uvDx>
or scan the QR code



Should you have any questions or concerns, you may contact us at:

 psndresearch@gmail.com

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50th Milestone Anniversary Convention

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17 & 24 September 2022 | via Zoom

PSND Webinar on Weekend (WoW)! 2022

We Lead: *Trends in Nutrition Research*

20 August 2022 | 2:00 to 3:30 PM | via Zoom



Kim Leonard G. dela Luna, RND, PhD
University of the Philippines Manila



Carmela Jhoy G. Mercado-Dy, RND, PhD
Laguna State Polytechnic University- Los Baños



Paul Alteo A. Bagabaldo, RND, MSc
University of the Philippines Los Baños



Moderator
Apple Espino, RND, MSc
Philippine Society of Nutritionist Dietitians, Inc.

Register at <https://bit.ly/3JWR6ih>
or scan the QR code



Should you have any questions or concerns, you may contact us at:

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PSND, INC.

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Para sa Bayan.**

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

8:45 AM - 9:15 AM	OPENING CEREMONY National Anthem and Doxology
	Welcome Remarks and Acknowledgement of Participants Natalie V. Pulvinar, RND, President, PSND, Inc. 2021-2022
	Opening Remarks Maria Regina A. Pedro, RND, PhD. Board Member, PSND, Inc. 2021-2022 and Overall Convention Chair, 2022 PSND Convention
	PSND @50 Prelude PSND, Inc. 2021-2022
	Introduction of Keynote Speaker and Inspirational Speaker Leila S. Africa, RND, PhD Overall Facilitator
9:15 AM - 9:40 AM	Keynote Address: Decoding Nutrition Now Saskia Osendarp, PhD Executive Director Micronutrient Forum, and Visiting Associate Professor, Division of Human Nutrition, Wageningen University, The Net
9:40 AM - 10:00 AM	Inspirational Message: The ND profession through time: Changing roles, opportunities, and lessons Adelisa Cifra-Ramos, MPH, MPA Founding President, PSND
10:00 AM - 10:10 AM	Honoring Dr. Adela Jamorabo-Ruiz PSND, Inc. 2021-2022
	Technical Session 1: A food systems playbook for improving the Filipino diet quality <i>Moderator: Mary Christine Castro, MD, MSc.</i>
10:10 AM - 10:30 AM	Topic 1: Food systems innovations for better Filipino diet quality Howarth Bouis, PhD Emeritus Senior Research Fellow, International Food Policy Research Institute, Founding Director, HarvestPlus, and World Food Prize Laureate 2016
10:30 AM - 10:50 AM	Topic 2: Nourishing the Food Supply through food fortification: where are we now? Hector C. Maglalag Independent Consultant
10:50 AM - 11:10 AM	Topic 3: Shaping food choices for health diets through Nutrient Profiling Carl Vincent D. Cabanilla, RCh <i>Senior Science Research Specialist</i> <i>Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI)</i>
11:10 AM - 11:30	Reducing dietary trans-fat: Policy perspective and practice Atty. Mary Grace Anne S. Rosales-Sto.Domingo Project Manager ImagineLaw, Inc.

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

11:30 AM - 11:50 AM	OPEN FORUM
11:50 AM - 12:00 NN	Synthesis
12:00 NN - 12:15	PSND Elections 2022 Presentation of nominees for PSND BOD 2023-2024 and Voting OPENS PSND Elections Committee
12:15 PM - 1:00 PM	LUNCH BREAK
	Technical Session 2: Nutrition and health systems playbook for the Now Normal and in the changing time <i>Moderator: Paul Alteo A. Bagabaldo, RND, MSc.</i>
1:00 PM - 1:20 PM	Universal Health Care: For equitable access to quality and affordable health care Frances Rose Elgo-Mamaril, MPH Director IV Health Policy Development and Planning Bureau Department of Health
1:20 PM - 1:40 PM	The changing nutrition care practices: responding to the challenges Renz Annika B. Daquioag, RND, MPH Nutritionist-Dietitian East Avenue Medical Center
1:40 PM - 2:00 PM	Prescription for improved quality of life: The role of functional food on immunity, ageing and lifestyle-related diseases Raymond Joseph Y. Escalona, MD <i>Community-based lifestyle change Consultant and Functional Medicine</i>
2:00 PM - 2:20 PM	Environmental enteric dysfunction and nutritional status: Public health perspective Angelina R. Bustos, RND, PhD. Associate Professor Institute of Human Nutrition and Food College of Human Ecology University of the Philippines Los Baños
2:20 PM - 2:40 PM	Open Forum
2:40 PM - 2:50 PM	Synthesis
2:50 PM - 3:00 PM	HEALTH BREAK
	Technical Session 3: Nutrition Governance in the Now Normal and way forward Moderator: Ma. Eileen B. Blanco, RND, MPA
3:00 PM - 3:20 PM	Increasing investment for nutrition in the context of <i>Mandanas-Garcia Ruling</i> John Aries S. Macaspac, MPA, CESO IV <i>Director</i> <i>Local Government and Regional Coordination Bureau</i> <i>Department of Budget and Management</i>
3:20 PM - 3:40 PM	Data-driven decision making and nutrition governance Austere A. Panadero, MSc Executive Director Zuellig Family Foundation

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

3:40 PM - 4:00 PM	Empowering local nutrition committees for sustained and impactful nutrition actions: Municipal Perspective Allan L. Rellon, DPA, PhD Vice Mayor Tagum City (NHA winner)
4:00 PM - 4:20 PM	Empowering local nutrition committees for sustained and impactful nutrition actions: Barangay Perspective Jojit S. Desingañon City Councilor Barangay San Jose, Tagaytay City
4:20 PM - 4:40 PM	Open Forum
4:40 PM - 4:50 PM	Synthesis
4:50 PM - 5:00 PM	PSND @ 50 Announcements PSND through the years

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

8:45 AM - 9:00 AM	RECAP OF DAY 1 Daniel G. Salunga, RND, MSPH Overall Facilitator Day 2
	Technical Session 4: ND Delivers: Communicating science with excellence, credibility, and accountability <i>Moderator: Mary Christine Castro, MD, MSc.</i>
9:00 AM - 10:25 AM	FIRE PITCHES AND PANEL DISCUSSION Challenges and approaches to communicating nutrition messages with excellence, credibility, and accountability Fia Batua-Mambuay, RND, CSN, EFT Co-Founder and Chief Product Officer Nutricoach Inc. Marc Dexter M. Macalintal, RND, MD Philippine College of Lifestyle Medicine Chain Yin Lim Nutrition Lead (SEA region) Mondelēz International Ephraime Hyacinth R. Chavez, PhD Station Manager Nutriskwela Community Radio Station - Radyo Kailian ISPSC Sta. Maria, Ilocos Sur
10:25 AM - 10:30 AM	Synthesis
	Technical Session 5: ND Leads: Stepping Up Nutrition Research <i>Moderator: Jeline Marie M. Corpuz, RND, MSPH</i>
10:30 AM - 12:00 NN	Scientific Paper Presentations Quality of Diet of children from Betwagan, Sedanga, Mountain Province, Philippines Maria Carmela Taob, RND, MScN Food Insecurity and Moderate High Level of Perceived Stress Among Selected Graduate Students of the University of the Philippines Los Baños at the Onset of COVID-19 Pandemic Rose Aviegael D. Dichosa, RND, MSApN Changes in the Accessibility of Sardinella tawilis in Selected Barangays of San Nicolas, Batangas, Philippines Jemn D. Serrano, RND, MSc Fish Consumption and Depressive Symptoms Among Senior High School Students in Valencia City, Bukidnon Wilmar Jun O. Elope, RND, MSc Effects of Saba Banana [Musa Saba (Musa acuminata x Musa balbisiana)] Peel Pectin Supplementation on Feeding, Fecal Weight and Adiposity Parameters of High Fat Diet-Induced Obese Male ICR Mice Ethel May Faigao-Onas, RND, PhD Effect of Nixtamalization on the In-vitro Lipid-Lowering Properties of Corn (Zea mays L.) Belfred Bryan Chavez, MSApN

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

	Lifestyle Behavior, Body Mass Index, and Work Performance Rating of the Employees in Ospital ng Bñan: A Basis for Health Improvement Program Alma A. Aguilar, RND, MHA
	MyFitnesspal Smartphone Application: Relative Validity and Inter-Coder Reliability Among Dietitians in Assessing Energy and Macronutrient Intakes of Selected Filipino Adults with Obesity Mary Grace Banal, RND, MSc
12:00 NN - 1:00 PM	Lunch Break Poster Viewing Business Meeting
	TECHNICAL SESSION 6: ND Inspires: Trailblazers in Nutrition
1:00 PM - 1:20 PM	Nutrition research and leadership Imelda Angeles-Agdeppa, RND, PhD Food and Nutrition Research Institute Department of Science and Technology
1:20 PM - 1:40 PM	Public health nutrition practice Roselie E. Asis-Solivas, MPH World Food Programme
1:40 PM - 2:00 PM	Nutrition Entrepreneurship Ariestelo A. Asilo, RND, MBM
2:00 PM - 2:20 PM	Open Forum
2:20 PM - 2:30 PM	Synthesis
2:30 PM - 3:00 PM	PSND @50 Years: Learning from the past, converging in the present and navigating the future PSND Anniversary Committee
	<p style="text-align: center;">CLOSING CEREMONY PSND 50TH MILESTONE ANNIVERSARY CONVENTION</p>
3:20 PM - 3:50 PM	Overall Synthesis Apple B. Espino, RND, MSc Chair, Program Committee 2022 PSND Convention
3:50 PM - 4:00 PM	Awarding of Sponsors Jomarie L. Tongol, RND, MPH Chair, Ways, and Means Committee 2022 PSND Convention
4:00 PM - 4:20 PM	Closing Remarks Maria Julia G. Gubat, RND, MSc Assistant Overall Convention Chair, 2022 PSND Convention
4:20 PM - 5:00 PM	Fellowship PSND Anniversary Committee

NUTRITION NOW!

Emboldened by Lessons, Innovations and Partnerships

SEPTEMBER
17 & 24
2022

8:45 AM
5:00 PM



8 CPD UNITS
FOR NUTRITIONISTS-
DIETITIANS

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

DAY 1: 18 SEPTEMBER 2022 (8:45 AM - 5:00 PM) | VIA ZOOM

KEYNOTE ADDRESS



SASKIA OSENDARP, PhD

Executive Director, Micronutrient Forum
Visiting Associate Professor, Division of Human Nutrition Wageningen
University Netherlands

INSPIRATIONAL MESSAGE



ADELISA CIFRA-RAMOS MPH, MPA

Founding President
Philippine Society of Nutritionists-Dietitians (PSND), Inc.

A FOOD SYSTEMS PLAYBOOK FOR IMPROVING THE FILIPINO DIET QUALITY



HOWARTH BOUIS, PhD

Emeritus Senior Research Fellow
International Food Policy Research Institute
Founding Director, HarvestPlus



HECTOR C. MAGLALANG

Independent Consultant



CARL VINCENT D. CABANILLA, RCh

Senior Science Research Specialist
Department of Science and Technology
Food and Nutrition Research Institute



ATTY. MARY GRACE ANNE S. ROSALES-STO. DOMINGO

Project Manager
ImagineLaw, Inc.

NUTRITION AND HEALTH SYSTEMS PLAYBOOK FOR THE NEW NORMAL AND IN THE CHANGING TIME



FRANCES ROSE ELGO-MAMARIL, MPH

Director IV
DOH-Health Policy Development and
Planning Bureau



RENZ ANNIKA B. DAQUIOAG, RND, MPH

Nutritionist-Dietitian
East Avenue Medical Center



RAYMOND JOSEPH Y. ESCALONA, MD

Community-based lifestyle change
Consultant and Functional Medicine



ANGELINA R. BUSTOS RND, PhD

Associate Professor
UPLB-Institute of Human Nutrition and Food

NUTRITION GOVERNANCE IN THE NEW NORMAL AND WAYS FORWARD



JOHN ARIES S. MACASPAC MPA, CESO IV

Director IV
DBM-Local Government and Regional
Coordination Bureau



AUSTERE A. PANADERO, MSc

Executive Director
Zuellig Family Foundation



ALLAN L. RELLO, DPA, PhD

Vice Mayor
Tagum City
Nutrition Honor Award Winner



JOJIT DESINGANO

City Councilor
Barangay San Jose
Tagaytay City



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

DAY 2: 24 SEPTEMBER 2022 (8:45 AM - 5:00 PM) | VIA ZOOM

ND DELIVERS: COMMUNICATING NUTRITION WITH EXCELLENCE, CREDIBILITY, AND ACCOUNTABILITY



FIA BATUA-MAMBUAY
RND - CSN EFT

Co-Founder and Chief Product Officer
Nutracoach Inc.



MARC DEXTER M. MACALINTAL, RND, MD

Consultant for Lifestyle Medicine



CHAIN YIN LIM

Nutrition Lead (SEA region)
Mondelez International



EPHRAÏNE HYACINTH R. CHAVEZ, PhD

Station Manager
Nutriskwela Community Radio Station
Radyo Kailian, ISPSC, Sta. Maria, Ilocos Sur

ND LEADS: STEPPING UP NUTRITION RESEARCH SCIENTIFIC PAPER PRESENTATIONS



WILMAR JUN O. ELOPRE,
RND, PGCert, MSc



JEMN D. SERRANO,
RND, MSc



**ETHEL MAY FAIGAO-
ONAS, RND, PhD**



ROSE AVIEGAEL D. DICHOSA, RND



MARIA CARMELA C. TAOB,
RND, MSc



**ALMA A. AGUILAR, RND,
MHA**



MARY GRACE BANAL,
RND, MSc



**BELFRED BRYAN
CHAVEZ, MSAPN**

ND INSPIRES: TRAILBLAZERS IN NUTRITION



**IMELDA ANGELES-
AGDEPPA, RND, PhD**

Director IV and Scientist IV
Food and Nutrition Research Institute
Department of Science and Technology



ROSELIE E. ASIS, MPH

Deputy Regional Nutrition Advisor
World Food Programme



ARIESTELO A. ASILO, RND, MBM

Nutripreneur



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Decoding Nutrition Now!



KEYNOTE ADDRESS

Saskia Osendarp is the Executive Director of the Micronutrient Forum based in Washington DC. She has more than 25 years of experience in international nutrition research, and public and private sectors. Currently, she is a visiting associate professor of Nutrition and Health at Wageningen University in the Netherlands. Dr. Saskia holds an MSc and PhD in Nutrition from Wageningen University & Research. She worked for 7 years at the International Centre for Diarrhoeal Disease Research, Bangladesh, and spent 10 years at Unilever as a Lead Scientist in micronutrients and child nutrition.

The ND profession through time: Changing roles, opportunities, and lessons

Adelisa Cifra-Ramos is a pioneer in many aspects. Not only did she lead the founding of the Philippine Society of Nutritionist-Dietitians, Inc., but she is also recognized for her pioneering efforts as the Deputy Director of the Food and Drugs Administration which led to the recognition of the importance of the Nutritionist-Dietitians. She is also the first non-medical professional to lead the Nutrition Services of the Department of Health. She demonstrated the importance of nutrition in agriculture and initiated the Civil Service Examination for NDs, serving as a Chairperson for the conduct of the examination by which she helped integrate the CSC examination with the Dietetic Board Examination into the Nutritionist-Dietitian Licensure Examination. Her advocacies for NDs at the top-level health protection bodies.



INSPIRATIONAL MESSAGE

Food systems innovations for better Filipino diet quality



Howarth Bouis obtained his B.A. in economics from Stanford University and his M.A. and Ph.D. from Stanford University's Food Research Institute. He is the director of HarvestPlus (2003-2016) coordinating with interdisciplinary, multi-institutional efforts to develop, test, and disseminate micronutrient-rich staple food crops to reduce mineral and vitamin deficiencies among malnourished populations in developing countries. In 2016, he was awarded the World Food Prize in recognition of the accomplishments of the HarvestPlus team. He now resides in the Philippines, undertaking activities as HarvestPlus Founding Director; Emeritus Fellow, IFPRI; Senior Fellow, Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA); and Guest Scientist, International Rice Research Institute (IRRI). In addition, he chairs the Board of Trustees of the Micronutrient Forum.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Nourishing the Food Supply through food fortification: Where are we now?

Mr. Hector C. Maglalang is a Chemist by training from the University of the Philippines. His early works were in various research settings and as a Chief Chemist of the Food Development Center under the Department of Agriculture. In 1992, he was trained in Food Fortification in Europe and the United States while developing the first Philippine Food Fortification Plan. He was recognized for his achievement in food fortification as a Fellow on Community Nutrition in 2010 and the F.O. Santos Memorial Award in 2022 due to his significant contribution to combating micronutrient deficiency, specifically vitamin A deficiency and anemia in the Philippines. His experience in bridging various stakeholders in implementing the food fortification program enables him to continue to establish a similar partnership toward the Choices Agenda for the Philippines.



Shaping food choices for health diets through Nutrient Profiling

Carl Vincent D. Cabanilla is an accomplished professional with a strong academic foundation and a thriving career in the field of chemistry and scientific research. He earned his Bachelor of Science in Chemistry from the University of the Philippines, Diliman. Mr. Cabanilla's significant contributions to scientific research are underscored by his roles at the Department of Science and Technology - Food and Nutrition Research Institute (DOST-FNRI) and his role as an Editorial Board Member and Associate Editor for the Malaysian Journal of Nutrition from 2022 to 2024. He was recognized with the 2019 Agency Model Employee Award at the supervisory level by DOST-FNRI in 2019. Furthermore, he was honored with the 2019 NAST Outstanding Book Award for his contributions as one of the authors of the Philippine Dietary Reference Intakes Book in July 2019.



Reducing dietary trans-fat: Policy perspective and practice

Mary Grace Anne S. Rosales-Sto. Domingo is a public interest lawyer in the Philippines. She is currently a project manager of ImagineLaw, a civil society organization that develops and advocates for evidence-based public health policy solutions. She leads the ImagineLaw's Healthy Diets program which consists of a healthy public food procurement project, with support from the Resolve to Save Lives Initiative, and a trans-fat elimination project that implements the World Health Organization's REPLACE Action Package, with support from Global Health Advocacy Incubator. Atty. Rosales-Sto. Domingo provides technical legal support to national and local government agencies and international organizations in designing and advocating vital nutrition policies.





PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Universal Health Care: For equitable access to quality and affordable health care



Frances Rose Elgo-Mamaril earned her Bachelor of Science in Public Health from the University of the Philippines Manila in 2002 and her Master of Public Health degree in 2007. Dir. Elgo-Mamaril also pursued Public Health Policy and Management at Tulane University School of Public Health in New Orleans.

Dir. Mamaril has held various leadership roles, including Director IV at the DOH-Health Policy Development and Planning Bureau. Her commitment to public health is further exemplified by her active involvement in professional organizations and notable awards, including the Best Division Chief Award in 2020. She continues to make significant contributions to the field of public health and policy in her role as a leader and advocate.

The changing nutrition care practices: responding to the challenges

Renz Annika B. Daquioag completed her Bachelor of Science in Nutrition at the University of the Philippines, Los Baños in 2009, and furthering her education with an ongoing Master of Technology Management program at the University of the Philippines, Diliman. Ms. Daquioag is a Nutritionist-Dietitian at the East Avenue Medical Center in Quezon City. In recognition of her outstanding contributions, she was honored with the Model Employee Paramedical Supervisory Category award by the East Avenue Medical Center in 2017.



Environmental enteric dysfunction and nutritional status: Public health perspective



Angelina R. Bustos is a distinguished educator and researcher in the field of nutrition and environmental science, currently affiliated with the Institute of Human Nutrition and Food at the College of Human Ecology, University of the Philippines Los Baños. She holds a Master of Professional Studies in Food and Nutrition Planning and a Doctor of Philosophy in Environmental Science with a minor in Strategic Planning and Public Policy earned from the University of the Philippines Los Baños. Dr. Bustos has served as an Associate Professor since 2015 and held various administrative positions, displaying her dedication to education and leadership in her field.

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Prescription for improved quality of life: The role of functional food on immunity, ageing and lifestyle-related diseases



Raymond Joseph Y. Escalona is a graduate of the MD-MBA program from the Ateneo School of Medicine and Public Health. He then took further studies Master in Nutrition for Wellness at Bastyr University California and he completed further training at the Institute for Functional Medicine. Dr. Escalona is one of the first certified Functional Medicine practitioners in Southeast Asia and the first to undergo clinical mentorship in San Diego, California.

Dr. Escalona also helped lead a partnership with the Institute for Functional Medicine to develop the Functional Medicine practice in Southeast Asia and the Pacific. He has been an educator while co-founding organizations and companies that develop and deliver nutrition and lifestyle education and implementation programs helping bridge the scientific knowledge gap between patients and practitioner communities.

Increasing investment for nutrition in the context of Mandanas-Garcia Ruling

John Aries S. Macaspac is a seasoned public administration professional with a notable career in government service. He obtained his Bachelor of Science in Economics from the Polytechnic University of the Philippines and furthered his education with a Master in Public Administration from the same institution. With a commitment to education, Dir. Macaspac served as an educator at various universities, and he is currently the Director of the Department of Budget and Management's Local Government and Regional Coordination Bureau.



Data-driven decision making and nutrition governance



Austere A. Panadero is an Industrial Engineering graduate of the University of the Philippines. He began working in the government as a technical staff of the Development Academy of the Philippines, where he eventually became its vice president. Mr. Panadero is the Executive Director of the Zuellig Family Foundation. He has a wealth of experience in ensuring local governments have the capacity to effectively deliver public services and become accountable, transparent, and results-based. He worked for close to three decades in various capacities at the Department of the Interior and Local Government (DILG), where he was undersecretary from 2007 until his retirement in 2018. For being an exemplary public official who has dedicated his life to improving local governance, the Ateneo de Manila University conferred him the 2016 Government Service Award.

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Empowering local nutrition committees for sustained and impactful nutrition actions: Municipal Perspective



Allan Lopez Rellon is a third-term vice mayor of Tagum City and the Secretary-General of the Vice Mayor's League of the Philippines. Hon. Rellon was named the Best Reserve Officer of the Philippine Army Reserve Command in 2009 and one of the Board of Directors of the University of Mindanao Tagum College. In the duration of his public service, he introduced ordinances and resolutions for the city including the implementation and expansion of the "Education For All", Cultural Communities for Muslims and Lumad peoples, A&E-Balik Paaralan para sa Out of School Adults, among others. He has a Bachelor of Science in Education, Master of Arts in Education, Master in Public Administration with a major in Government Administration, and a Doctor of Philosophy in Development Studies (Academic). He finished his Doctor of Public Administration (DPA) at Southwestern University.

Empowering local nutrition committees for sustained and impactful nutrition actions: Barangay Perspective

Jojit S. Desingano is a dedicated public servant exhibiting community leadership and governance. He holds an AB Philosophy degree from Manuel Luis Quezon University and has been actively involved in local government for over two decades. Starting as a Barangay Kagawad in 2002, he has since served as Barangay Chairman from 2013 to 2022. Hon. Desingano is currently a City Councilor of Tagaytay City. His exemplary contributions have earned him recognition, including the Seal of Good Local Governance for Barangay (SGLGB) at the Barangay level in 2022 and the Best Implementer of PPAN award in 2020.



How Can We Communicate Best on Nutrition Science in 3 Distinct Points - Excellence, Credibility, and Accountability.



Ephraime Hyacinth R. Chavez obtained his Bachelor of Arts in Communication from College Central Luzon State University Science and his Masters in Development Communication from Benguet State University. Mr. Chavez is currently pursuing his Doctorate in Communication from the University of the Philippines - Open University while working as a College Instructor at the Ilocos Sur Polytechnic State College and as the Station Manager of the Nutriskwela Community Radio Station - Radyo Kalilan in ISPCS, Sta. Maria, Ilocos Sur.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Dietary Supplements



Fia Batua-Mambuay a Registered Nutritionist Dietitian, has consistently shone since establishing her patient-focused private practice in 2014. Beyond consultations, Ms. Batua-Mambuay extends her expertise as the owner and chef of a unique meal delivery service, catering to adults and children. She is also the Founder and President of the Sports Nutrition Association of the Philippines (SNAP), wherein the association champions evidence-based sports nutrition practices, aiming for collective advancement in the field. Currently, her works focus on the development of NutriCoach, a nutrition technology startup.

Misinformation Kills

Marc Dexter Macalintal earned his Bachelor's Degree in Nutrition from the University of the Philippines Los Banos and his Doctor of Medicine degree at the De La Salle Health Sciences Institute College of Medicine. He then pursued postgraduate training under the American College of Lifestyle Medicine and topped the Diplomate Board Examination for the Philippine Cohort. His work primarily focused on the prevention and treatment of lifestyle diseases with a nutrition and wellness-first approach. Dr. Macalintal is an International Board-Certified Lifestyle Medicine physician and is one of the pioneers of Lifestyle Medicine in the Philippines. He also extends his expertise in the field by providing educational videos on his YouTube Channel.



Mindful Eating: Science-Based Approaches for Sensible Eating Experience



Lim Chain Yin has fifteen years of experience and expertise as a corporate nutritionist in the Southeast Asian region. She obtained a Bachelor of Science in Food Science and Nutrition at the National University of Malaysia. Currently, Ms. Yin is the Regional Nutrition Lead (SEA region) of the Mondelez International.

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

Reducing dietary trans-fat: Policy Perspective and Practice



Imelda Angeles-Agdeppa has spent twenty-three years in the government conducting numerous research projects on nutrition and public health. She authored scientific papers being used as references for different laws and policies such as commercializing iron-fortified rice, the DOH Administrative Order on the increased budget for dietary section and cost of meals of in-patients, and the Nutrition Management Guidelines for Persons who use Drugs. Moreover, her work on Nutrition Education and Supplementary Feeding also led to the release of the National Supplementary Feeding Law.

Dr. Angeles-Agdeppa obtained her Bachelor of Science in Foods and Nutrition from the University of Pangasinan. Moreover, she completed her MS in Nutrition and Ph.D. in Nutrition from the South East Asian Ministers of Education Organization (SEAMEO)-TROPED, Jakarta, Indonesia. Currently, she is the director of the Department of Science and Technology - Food and Nutrition Research Institute.

Public Health Nutrition Practice

Roselie E. Asis-Solivas, MPH has been working as a public health nutritionist for over two decades both locally and internationally. She obtained her Bachelor of Science in Nutrition from the University of the Philippines Los Baños and her Masters in Public Health from the University of the Philippines Manila. She is currently the Deputy Regional Nutrition Advisor of the World Food Programme.



Nutrition Entrepreneurship

Ariestelo A. Asilo is the Co-founder of Varacco and Timplado focusing on coffee as a global commodity and a Filipino heritage icon. He obtained his Bachelor of Science in Nutrition from the University of the Philippines Los Baños and his Masters in Management majoring in Business from the University of the Philippines Manila. He specializes in human development, business management, and entrepreneurship. He is the recipient of the Young Southeast Asian Leader Professional Fellow for Economic Empowerment, 2020 UPLB Distinguished Alumnus for Community Nutrition and Nutrition Entrepreneurship, and 2021 Outstanding Young Men of the Philippines. He and his team were among the finalists for the 2022 National Invention Contest and Exhibits (NICE), and won the First Prize for the Unlad Award for Outstanding Utility Model with A Process for Preparing a Single-Serve Dip Coffee Package.



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Quality of Diet of children from Betwagan, Sedanga, Mountain Province, Philippines

Maria Carmela Taob obtained her Bachelor of Science in Community Nutrition and her Masters in Nutrition from the Department of Food Science and Nutrition, College of Home Economics at the University of the Philippines Diliman. She is currently working as an Assistant Professor at the same university.

Food Insecurity and Moderate High Level of Perceived Stress Among Selected Graduate Students of the University of the Philippines Los Baños at the Onset of COVID-19 Pandemic

Rose Aviegael D. Dichosa is an instructor at the Institute of Human Nutrition and Food University of the Philippines - Los Baños (UPLB) where she teaches BS Nutrition courses and acts as co-adviser for undergraduate theses. She holds a Bachelor of Science in Nutrition and a Masters in Applied Nutrition both from UPLB. During her graduate study, she has received various awards for poster and oral research presentations in international and national conferences.



Changes in the Accessibility of *Sardinella tawilis* in Selected Barangays of San Nicolas, Batangas, Philippines



Jemn D. Serrano obtained her Bachelor of Science in Nutrition and Master in Applied Nutrition from the Institute of the Human Food and Nutrition of the University of the Philippines Los Baños. Currently, she works as a Science Research Specialist I at the National Fisheries Research and Development Institute - Fisheries Research and Development Corporation.

Fish Consumption and Depressive Symptoms Among Senior High School Students in Valencia City, Bukidnon

Wilmar Jun O. Elope obtained his Bachelor's degree in Nutrition and Dietetics from Central Mindanao University. He has obtained his Master's units in Food Science and currently working as a faculty member of the Nutrition and Dietetics at the same institution, teaching nutritional biochemistry, nutrition therapy and other related subjects.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION



Effects of Saba Banana [*Musa Saba* (*Musa acuminata* x *Musa balbisiana*)] Peel Pectin Supplementation on Feeding, Fecal Weight and Adiposity Parameters of High Fat Diet-Induced Obese Male ICR Mice

Ethel May Faigao-Onas is an Assistant Professor from School of Nutrition and Hospitality Management at Centro Escolar University.

Effect of Nixtamalization on the In-vitro Lipid-Lowering Properties of Corn (*Zea mays* L.)

Belfred Bryan Chavez, MSApN obtained his bachelor's degree from the University of the Philippines Mindanao and his Masters in Applied Nutrition from the University of the Philippines Los Baños. He is currently a Graduate Fellow at the University of Science and Technology of Southern Philippines.



Lifestyle Behavior, Body Mass Index, and Work Performance Rating of the Employees in Ospital ng Bñan: A Basis for Health Improvement Program

Alma A. Aguilar obtained her Bachelor of Science in Nutrition and Dietetics from the University of Perpetual Help Laguna and her Master in Hospital Administration from the same institution. She is currently a Nutritionist-Dietitian of the Ospital ng Binan.

MyFitnesspal Smartphone Application: Relative Validity and Inter-Coder Reliability Among Dietitians in Assessing Energy and Macronutrient Intakes of Selected Filipino Adults with Obesity

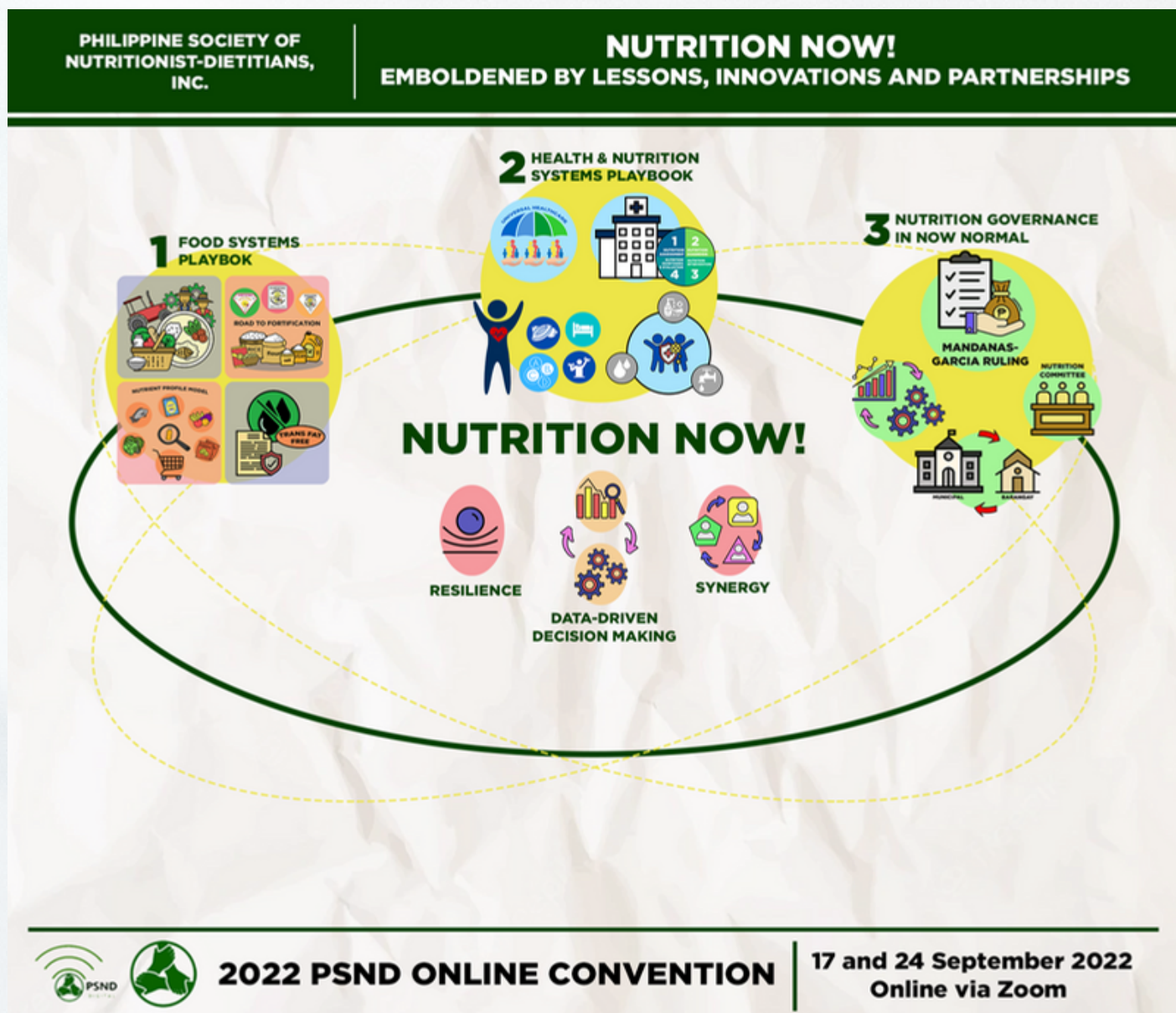
Mary Grace Banal completed her Bachelor of Science in Community Nutrition from the University of the Philippines Diliman and her Masters in Clinical Nutrition from Philippine Women's University. She is currently an Assistant Professor at the School of Nutrition PWU and a Nutrition Coach in a private clinic.



SESSION SUMMARY



DAY 1





PSND 50TH MILESTONE ANNIVERSARY CONVENTION

KEYNOTE ADDRESS

DECODING NUTRITION NOW!

SASKIA OSENDARP, PhD.

The prevalence of malnutrition in all its forms remains unacceptably high. This global health and nutrition issue lies in inadequate access to healthy diets, which is the root cause. Consequently, the situation has worsened since 2020, with the COVID-19 crisis making it even harder for people to obtain healthy diets. The pandemic also exacerbated the malnutrition issues of vulnerable populations, including children and pregnant women. The consequences of child and maternal malnutrition are severe, as they have long-term implications for growth, health, development, and societal well-being. Addressing this complex issue demands holistic approaches integrating interventions across food, healthcare, and social protection systems. Building resilience in individuals, societies, and systems is also crucial to better prepare for future crises and mitigate their impact on nutrition and overall well-being.

Holistic approaches include improving the coverage, quality, and delivery of proven interventions in food and health systems such as:

- Food systems transformations to ensure access to sustainable, healthy diets
- Health systems to deliver cost-effective interventions
- Scale up new interventions with evidence of impact
- Address gaps in immediate and underlying social determinants
- Enable policy and regulatory environment
- Invest in data for monitoring, evaluation, and learning
- Ensure women and children are not left behind

Furthermore, we should understand nutritional drivers for resilience.

- **SUPPORT** immunity against emerging waves of infectious diseases
- **DEVELOP** more comprehensive shock-responsive systems in fragile settings
- **SCALE-UP** impactful population-based interventions
- **IMPLEMENT** prevention programs across both crisis and non-crisis contexts



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

INSPIRATIONAL MESSAGE

THE ND PROFESSION THROUGH TIME: CHANGING ROLES, OPPORTUNITIES, AND LESSONS

ADELISA CIFRA-RAMOS, MPH, MPA

Changing the name, from the initially founded one, depicts that the organization is doing critical self-examination and moving forward with a progressive movement. Mrs. Cifra-Ramos encouraged us to use the life of the nutrition service of the Department of Health as a case study in the development and reengineering of the ND profession. We should seriously scrutinize the case study as every activity stated reflects the sweat and blood of the NDs responsible for it. Meanwhile, the 2017 inspirational message revolves around her personal experience as an inspired ND as she cares with deep affection for the profession. It is also time to go over the message, stating frankly what happened about our profession, the probable reasons, and suggestions on what we can do. The best reflection is to start with ourselves.

For Nutrition Now, Mrs. Cifra-Ramos would like to suggest that we first establish the infrastructure for nutrition and dietetics service providers. We need to lobby for a Republic Act (RA) that combines the relevant provisions in PD 1286 of 1977 and RA 10862 of 2016. She also attached in Annex B a sample flyer for advocacy indicating the legal source, who we enforce, and implies actions needed by the enforcer. Consequently, the establishment of the Center for Disease Prevention and Control Authority is an opportunity for NDs to be active in the crafting of this agency, to emphasize the prospective role of nutrition and dietetics as a whole in disease prevention and control.

The second challenge to NDs is to formulate a master plan for shaping programs in the vision of the food and nutrition health security of the Philippines. In accomplishing this plan, we have to consider the following:

- Inaugural address of the president, State of the Nation Address
- Presidential Decree, Republic Acts, Executive Orders, and related policies
- General Appropriation Act, National Health Objective, DOST-FNRI
- Update on current developments, both local and international
- Distribution of convention proceedings

The formulation of the Nutrition and Dietetics Master Plan should consider a vision towards food nutrition and health security to be an effective player for nation-building amidst the pandemic, negative economic impact, and global warming.

Lastly, we should be an inspiration to those who are new to the profession and to those who are deciding to be with us. Build a pleasant ground for its practice to attract the best among the brightest. Knowing is not enough, we must apply. Willing is not enough, we must do.

All those who touched her life are the wind beneath her wings. We are all the wind beneath the wings of the PSND, Inc. Carry on the torch of excellence!



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 1:

A food systems playbook for improving the Filipino diet quality

NUTRITION NOW! EMBOLDENED BY
LESSONS, INNOVATIONS AND PARTNERSHIPS

TECHNICAL SESSION 1

A Food Systems Playbook for Improving the Filipino Diet Quality



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17 and 24 September 2022 | Online via Zoom





PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 1:

A food systems playbook for improving the Filipino diet quality

FOOD SYSTEMS INNOVATIONS FOR BETTER FILIPINO DIET QUALITY

HOWARTH BOUIS, PhD.

Through the years, evidence has shown that the poor are left behind in terms of being able to afford quality diets. Their mineral and vitamin intake are continuously declining. Meanwhile, studies revealed that malnourished children earn 20 percent less in adulthood. Meanwhile, rice and other food staples are not dense in minerals and vitamins. Their significant contribution to Filipino dietary quality is due to the high volume of consumption. Thus, it is aimed to increase the density of food staples at no extra cost to consumers to ensure that no one is being left behind. In line with this, the biofortification of rice was achieved through the Golden Rice Plus (provitamin A, iron, and zinc all in one rice variety). When this rice variety is substituted one-for-one with a non-biofortified rice variety in Filipino diets, the following could be achieved:

- Vitamin A intakes of the poor can be doubled
- Zinc intake of the total population can be doubled
- Iron intake of the total population can be increased by 20%

Food systems are always transforming as new technologies are introduced, such as digital applications. To make food systems more nutritious –patience, perseverance, and focus on specific reforms are required over many decades. Golden Rice “Plus” could be the breakthrough in demonstrating the power and usefulness of genetic engineering.

TECHNICAL SESSION 1:

A food systems playbook for improving the Filipino diet quality

NOURISHING THE FOOD SUPPLY THROUGH FOOD FORTIFICATION: WHERE ARE WE NOW?

HECTOR C. MAGLALANG

The Republic Act 8976 entitled the Act Establishing the Philippine Food Fortification Program (PFFP) was institutionalized and enacted in November 2000. This was the basis for the mandated fortification of wheat flour with vitamin A and iron, cooking oil with vitamin A, and milled rice with iron by 7 November 2004. Furthermore, the act spearheaded the voluntary fortification of processed foods. A Sangkap Pinoy Seal was added to the packaging of the food product following the FDA Guidelines (AO 4A s. 1995) when it provides 1/3 of RENI (2002) per daily serving. These policies need to be assessed given the consistently increasing prevalence of all forms of malnutrition and micronutrient deficiency despite their implementation for decades.

The Food Fortification Strategic Plans 2000-2004 and 2005-2010 aimed to increase the intake of Vit A, iron, and iodine by 50% of RENI. Specifically:

- The 2000 – 2004 Strategy aimed to create an environment conducive to fortification through a public-private-NGO partnership with 7 program components (management, research, technology, promotion, policy, regulatory, and program monitoring supported by USAID, UNICEF, and ADB.
- The 2005 – 2010 Strategy aimed to enforce existing law with advocacy and promotion toward a generation of full public-private-NGO support and cooperation with 5 components (program management, production and distribution, promotion, food control, and monitoring) supported by USAID and UNICEF.

For the assessment of the 2020-2022 Food Fortification Program. The objectives are as follows:

- Determine the extent of compliance to the provisions of RA 8976 and its IRR based on FDA Monitoring
- Determine the factors that facilitated and prevented the effective implementation of RA 8976 based on results of key informant interviews including the private sector and results of previous seminars and workshops
- Determine indications of the contribution of RA 8976 to the observed improved status of Vit A and Iron through analysis of food consumption and biochemical data from the National Nutrition Survey including the conduct of additional research



TECHNICAL SESSION 1:

A food systems playbook for improving the Filipino diet quality

SHAPING FOOD CHOICES FOR HEALTH DIETS THROUGH NUTRIENT PROFILING

CARL VINCENT D. CABANILLA, RCh

Nutrient profiling is a tool to prevent and control non-communicable diseases. It is classifying or ranking foods according to their nutritional composition preventing disease and promoting health. Additionally, it is used to assess the nutritional quality of foods to promote public health dietary goals. The World Health Organization headed the development of the WHO Nutrient Profiling Models in 2015.

It is developed specifically to:

1. Restrict marketing of unhealthy food and beverages to children
2. Regulate school food environments such as school-based feeding programs and school cafeterias
3. Use the front-of-pack in prepackaged food and beverages
4. Define fiscal policies to limit the consumption of unhealthy food
5. Identify food items to be provided by social programs to vulnerable groups

The collaborative efforts of the National Nutrition Council and DOST Food and Nutrition Research Institute led to the development and field testing of the Philippine Nutrient Profile Model. This tool will be the basis for identifying unhealthy products and using public policies to discourage their consumption in the Philippines. The preliminary results had been circulated among members. The developers of the model recommend the following:

1. Limit exposure of children to products exceeding the thresholds
2. Exclude products exceeding the threshold in food packs intended for social welfare or for distribution to victims of emergencies and disasters
3. Encourage food manufacturers to consider product reformulation to be in line with the Philippine nutrient profile model while maintaining the taste and enjoyment of consumers
4. Discourage purchasing and consuming products exceeding the thresholds



TECHNICAL SESSION 1:

A food systems playbook for improving the Filipino diet quality

REDUCING DIETARY TRANS-FAT: POLICY PERSPECTIVE AND PRACTICE

ATTY. MARY GRACE ANNE S. ROSALES-STO. DOMINGO

The Philippines has no regulation directly targeting trans fatty acids (TFA). The Food and Drug Administration also has limited authority and resources to regulate the amount of TFA in food items in the market. In line with this policy gap, ImagineLaw advocates for evidence-based policy solutions to enable people to live healthy and meaningful lives. Currently, the regulation of food items containing TFA is the organization's priority. They also recommend strengthening the framework for regulating TFA such as:

1. Identifying the lead agency for policymaking, regulation, monitoring, and evaluation
2. Leveraging existing coordination mechanisms and establishing the supporting system
3. Establishing a clear mandate for the Food and Drug Administration to issue regulations on TFA
4. Establishing a monitoring and evaluation framework for monitoring TFA consumption and TFA content in food and integrating it into existing studies and surveys
5. Adopt stricter regulations for TFA-free claims to prevent the health halo effect

With the significant efforts of the organization as well as other stakeholders, the trans-fat policy is continuously on its winning period. Recently, the government issued DOH AO 2021-0039 and FDA Circular No. 2021-0028, approval in principle of the TFFP Bills in the HOR Health and Ways and Means Committee, and approval of 17 senators in the Joint Committees on Trade, Health, Finance, Ways and Means. As part of this roadmap, RNDs are the truth-tellers and light bearers. We should speak up for true nutrition participate in the development of evidence-based food policies, and forge healthy partnerships

PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 2:

Nutrition and health systems playbook for the Now Normal and in the changing time

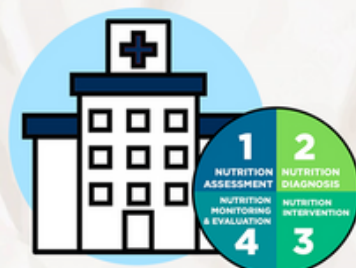
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TECHNICAL SESSION 2

Nutrition and Health Systems Playbook for the Now Normal and in the Changing Time



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TECHNICAL SESSION 2:

Nutrition and health systems playbook for the Now Normal and in the changing time

UNIVERSAL HEALTH CARE: FOR EQUITABLE ACCESS TO QUALITY AND AFFORDABLE HEALTH CARE

FRANCES ROSE ELGO-MAMARIL, MPH

The Universal Health Care (UHC) Act was crafted in the context of a devolved health sector. This highlights the Department of Health's respect for the autonomy of local government units (LGUs) in developing and managing their own local health systems as well as their varying capacities. The UHC Act was signed into law on February 20, 2019, and its implementing rules and regulations were signed on October 10, 2019. Overall, the UHC aimed to cover:

- Automatic inclusion of every Filipino citizen into the National Health Insurance Program
- Immediate eligibility and access to population-based and individual-based health services
- Reduce out-of-pocket expenditure for health

Due to the COVID-19 pandemic, gaps in the UHC were emphasized, thus shifting the priority areas. The following were the observed gaps with its corresponding proposed action points:

1. Health services as the ONLY means to improve health outcomes calls for an intersectoral collaboration for health
2. Chronic underinvestments in health call for higher funding and a budget for health
3. Inefficient and uncoordinated healthcare management calls for the right care at the appropriate level
4. Organizational strengthening never a deliberate agenda calls for building management institutions for health as a priority
5. Inadequate provision of healthcare worker compensation calls for emphatic care for health workers as an investment

In line with this, the primary role of RNDs regarding the UHC Act is to assist in the implementation of the Philippine Plan of Action for Nutrition (PPAN). Furthermore, they should provide assistance to the local nutrition committee, participate in the data gathering, monitoring, and evaluation of local-level nutrition plans, and provide primary care services related to human nutrition as part of the Primary Care Provided Network.



TECHNICAL SESSION 2:

Nutrition and health systems playbook for the Now Normal and in the changing time

THE CHANGING NUTRITION CARE PRACTICES: RESPONDING TO THE CHALLENGES

RENZ ANNIKA B. DAQUIOAG, RND, MPH

The Department of Health Administrative Order No. 2019-0033 with the title “Guidelines for the Implementation of Nutrition Care Process (NCP) in Hospitals” was signed and mandated on August 28, 2019. This was to standardize the Nutrition Care Process being implemented in hospitals and to provide quality treatment to patients especially those who were nutritionally at risk. The Assessment-Diagnosis-Intervention-Monitoring and Evaluation (ADIME) method was used and the medical guidelines set by the European Society for Clinical Nutrition and Metabolism (ESPEN), the American Society for Parenteral and Enteral Nutrition (ASPEN), and the Kidney Disease Outcomes Quality Initiative (KDOQI) were followed. Consequently, a multidisciplinary team for the nutrition care process was established to further strengthen this government policy. Meetings and seminars with allied health professionals were organized to encapsulate the overall grasp and generate holistic action points. The multidisciplinary team for the nutrition care process includes:

- Endorsement of Nutrition Intervention for physicians and nurses
- Consultation of food & and nutrient drug interaction with a clinical pharmacist
- Endorsement of a patient to a medical social worker for financial assistance

The nutrition assessment starts with data gathering (ABCDs - anthropometric, biochemical, clinical, and dietary) followed by nutrition diagnosis. During the COVID-19 pandemic, NDs and allied health professionals need to develop and adapt to new procedures in delivering NCP. Diet counseling was done online for COVID-19 probable and confirmed patients through the use of electronic devices such as laptops, phones, and tablets. Their laboratory results were accessible through the Weblis software for monitoring. To adhere to health protocols, the enteral formula prescribed was pure commercial formula which was subsidized by the patient's PhilHealth card



TECHNICAL SESSION 2:

Nutrition and health systems playbook for the Now Normal and in the changing time

PRESCRIPTION FOR IMPROVED QUALITY OF LIFE: THE ROLE OF FUNCTIONAL FOOD ON IMMUNITY, AGEING AND LIFESTYLE-RELATED DISEASES

RAYMOND JOSEPH Y. ESCALONA, MD

There is no one pill or medication that will solve a problem. In Ms. Ai's story after going through a series of stresses including losing her father-in-law. After this traumatic event, she experienced recurrent hospitalizations for potassium imbalance and was eventually diagnosed with cardiometabolic issues such as dyslipidemia, dysglycemia, hypothyroid, and mental health issues. In Functional Medicine, the reductionist approach was conducted to better understand the bodily processes and intricate components. Using this approach, the human body is cut off into subsegments which leads to the evolvement of organ-based medicine. This is like understanding each system (digestive, skin, neurological, etc.) to understand what keys are not working. This approach started when penicillin was not able to cure all diseases. Research studies shifted to looking into other antibiotic therapies to treat certain diseases and identify where those diseases were coming from. Despite the advancements and options for pharmaceutical treatments, there was no change in the prevalence of chronic illnesses that caused death in the country.

The 1 drug equivalent to 1 disease needs to be reassessed in order to get better outcomes. In line with this, the Systems Biology of Metabolism was looked into for the development of personalized and precision medicine. All of the outside factors such as air, food, water, sunlight, toxins, medications, sleep, purpose, and social support. These factors have a significant impact on the body's genetic code. Consequently, the developed genes determine the cell function, balance good energy, daily symptoms free optimal health. If in case the genes are not good, it leads to cell dysfunction, organ dysfunction, and systemic/whole-body disease.

Functional Medicine equally focuses on the genetic makeup as well as the environment that contributes to the overall health of an individual. This practice empowers subjects and practitioners to work together and achieve the highest expression of health by addressing the underlying causes of diseases. Integrating plants into the diet is part of this approach. The bioactive compounds serve as a mechanism for health-promoting benefits including antioxidant action, detoxification, and immunomodulation, among others.

TECHNICAL SESSION 2:

Nutrition and health systems playbook for the Now Normal and in the changing time

ENVIRONMENTAL ENTERIC DYSFUNCTION AND NUTRITIONAL STATUS: PUBLIC HEALTH PERSPECTIVE

ANGELINA R. BUSTOS, RND, PhD.

Childhood stunting refers to a child who is too short for his or her age with irreversible physical and cognitive damage. The devastating effects of stunting can last a lifetime and even affect the next generation. Based on the ENNS 2018-2019, there is a significant decline in the prevalence of stunting among children less than 5 years old (0-59 months) from 33.4% in 2015 to 29.5% in 2018-2019. However, it could also be noted that stunting remains a severe public health concern.

According to the works of literature cited, the results of the studies suggested that environmental enteric dysfunction (EED) and stunting are correlated. Environmental enteropathy (EE) is an inflammatory disorder of the small intestine that reduces nutrient absorption and increases intestinal permeability. To verify the correlation between nutritional status and EED, a study was conducted on 36-59-month-old children residing in Quezon Province. The Glucose Hydrogen Breath Test (HBT) was used to measure EED due to its cost-effectiveness and non-invasive mechanism. Furthermore, physical examination and anthropometric assessment were further conducted. The actual test includes the participant to mouth rinse, baseline HBT, drink a glucose-beverage drink, and HBT after 30, 60, and 90 minutes. In the study population, the results revealed that 34.1% were underweight, 40% were stunted, and 5.8% were stunted. There was also a significant association between stunting and HBT measurement after 90 minutes.

A call for nutrition now is the key message of this study, specifically:

1. Understanding the complexity of EED is crucial in addressing significant public health issues of childhood malnutrition and susceptibility to infection in different settings.
2. A holistic and integrated approach to nutritional rehabilitation includes attention to minimizing fecal-oral contamination, especially at home.
3. Collaborative research across diverse disciplines, including WASH experts, nutritionists,
4. public health professionals, gastroenterologists, pediatricians, and immunologists among others.
5. Research areas on EED
 - Diagnosis of EED using non-invasive, cheap, and quick biomarkers of EED
 - Prevalence of EED in different settings
 - Impact of EED on health
 - Prevention and treatment of EED



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TECHNICAL SESSION 3:

Nutrition Governance in the Now Normal and way forward

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TECHNICAL SESSION 3

Nutrition Governance in the Now Normal and Way Forward



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TECHNICAL SESSION 3:

Nutrition Governance in the Now Normal and way forward

INCREASING INVESTMENT FOR NUTRITION IN THE CONTEXT OF MANDANAS-GARCIA RULING

JOHN ARIES S. MACASPAC, MPA, CESO IV

The Supreme Court ruled in the Mandanas-Garcia Case that the just share of LGUs from the national taxes is not limited to “national internal revenue taxes” collected by the Bureau of Internal Revenue but includes collections (customs duties) by the Bureau of Customs and other collecting agencies. Consequently, 40% of the share in the National Internal Revenue Taxes (NIRT) based on the collection of the third fiscal year preceding the current fiscal year will be given to LGUs. In the 2022 Fiscal Year, a 185.17 impact was estimated.

Executive Order No. 138 titled “Full Devolution of Certain Functions of the Executive Branch to Local Governments”, dated June 1, 2021, stated that in Mandanas, the Supreme Court will hold the collections of national taxes, except those accruing to special purpose and special allotments for the utilization and development of the national wealth, should be included in the computation of the base of the just shares of LGUs. The salient features of the EO 138 also include the following:

- Delineation of NG and LGU Roles
- Preparation of Devolution Transition Plans
- Creation of Committee on Devolution
- Establishment of Growth Equity Fund
- Capacity Building for LGUs
- Roles of LGUs
- Strengthening of Planning, Investment, Programming and Budgeting Linkage, and Monitoring and Evaluation Systems
- Options for Affected NGA Personnel

Consequently, the devolution of nutrition services to LGUs includes the following responsibilities:

- Local budget plans and goals shall be harmonized with national development plans, goals, and strategies.
- Align their PPAs with the priorities of the National Government, specifically those embodied under the updated Philippine Development Plan for 2017-2022.
- The PPAs of LGUs shall have a results-oriented focus on national development goals and shall be in line with AMBISYON NATIN 2040 the 2030 Agenda for Sustainable Development, and the President's 0+10 Point Socio-Economic Agenda.
- Prioritize the allocation of local funds in their respective nutrition action plans, with accordance to the PPAN 2017-2022.



TECHNICAL SESSION 3:

Nutrition Governance in the Now Normal and way forward

DATA-DRIVEN DECISION MAKING AND NUTRITION GOVERNANCE

AUSTERE A. PANADERO, MSc.

The Philippine's stunting rate has remained stagnant for the past two decades. The Zuellig Family Foundation (ZFF) identified major bottlenecks in improving nutrition which include insufficient funding for nutrition, inconsistency in the quality of nutrition services provided, and limited capacity for strategic planning at the LGU level, among others. The ZFF Health Change Model as Applied to Nutrition aims to:

1. Bridge Leadership and Governance for Nutrition
 - Nutrition governance for governors and mayors
 - Nutrition governance for local nutrition committees
 - Nutrition governance for barangay leaders and community health workers
1. Integrate the First 1000 Days (F1KD) system
2. Contribute to the improvement of nutrition outcomes

For the Leadership Acts of Local Chief Executives on Nutrition, the objectives are the following:

- Create an enabling policy environment for nutrition and various levels of administration
- Formulate a local nutrition action plan and integrate nutrition into the local development plans and budgets
- Establish and sustain a multi-sectoral collaborative platform including local nutrition committees at the provincial, city, municipal, and barangay level
- Establish and sustain a competency-based human resource development program focusing on nutrition workers
- Mobilize constituent LCEs for building leadership and governance for nutrition
- Expand the provision of quality and comprehensive nutrition-specific services and integrate them into the province-wide and municipality-wide healthcare delivery system
- Transform sectoral programs in support of achieving nutrition outcomes
- Mobilize resources from various groups of stakeholders to finance the requirements for implementing nutrition programs
- Strengthen and harmonize knowledge management system on nutrition to include OPT+ and other support information systems.

Being able to achieve these goals and objectives through the ZFF Approach will significantly contribute to benefitting the community specifically the nutritionally at-risk pregnant women, low birth weight infants, wasted and stunted children.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 3:

Nutrition Governance in the Now Normal and way forward

EMPOWERING LOCAL NUTRITION COMMITTEES FOR SUSTAINED AND IMPACTFUL NUTRITION ACTIONS: MUNICIPAL PERSPECTIVE

ALLAN L. RELLON, DPA, PhD.

Tagum City, Davao Del Norte has been an exemplary municipality in championing nutrition benefitting the whole community. The COVID-19 pandemic even strengthened the delivery of nutrition interventions aimed at improving the lives of children and their families. Under the leadership of Hon. Rellon, from 2013 to the present, the municipality achieved several milestones and defined its advocacies in nutrition. Nutrition is a solid foundation for any community's progress, thus, addressing nutrition issues leads to achieving the desired development. The GOLDEN mnemonics was coined to coincide with the PSND 50th Milestone Anniversary Convention. This includes the following:

G - Generate multi-sectoral participation
O - Optimize the Local Nutrition Council
L - Learn from data
D - Develop mechanisms for better results
E - Enact ordinances for sustainability
N - Network with reputable institutions

Additionally, the Hon. Rellon suggested that municipalities should also:

- Crowdsource ideas from the people per se in coming up with plans, programs, and policies aimed at improving their nutrition status
- Encourage co-ownership and co-management, with all its sectoral members pitching in their share towards the realization of the goal
- Assess the weak points by improving interventions and challenging oneself to outperform previous accomplishments
- Allocate extra focus on mothers and infants
- Bolster employment generation
- Do not confine your LGU to purely feeding programs, as there are more effective ways of solving malnutrition

Government workers, especially local chief executives, were hoped to grasp the importance of nutrition as a fundamental ingredient in total human development



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TECHNICAL SESSION 3:

Nutrition Governance in the Now Normal and way forward

EMPOWERING LOCAL NUTRITION COMMITTEES FOR SUSTAINED AND IMPACTFUL NUTRITION ACTIONS: BARANGAY PERSPECTIVE

JOJIT S. DESINGAÑO

Barangay San Jose has been the premiere barangay in Tagaytay City implementing quality programs for nutrition and health for its constituents. The barangay has 8 *puroks* comprised of 1,84 households, 1,581 families, and with 5,455 total population. The nutrition interventions and corresponding activities were as follows:

Nutrition Specific Programs

1. Infant and Young Child feeding (IYCF)
2. Integrated Management of Acute Malnutrition
3. Dietary Supplementation Program
4. Nutrition Promotion for Social Behavior Change
5. Provision of Micronutrient Supplementation
6. Mandatory Food Fortification
7. Nutrition in Emergencies
8. Overweight and Obesity Management and Prevention Program

Nutrition Sensitive Programs

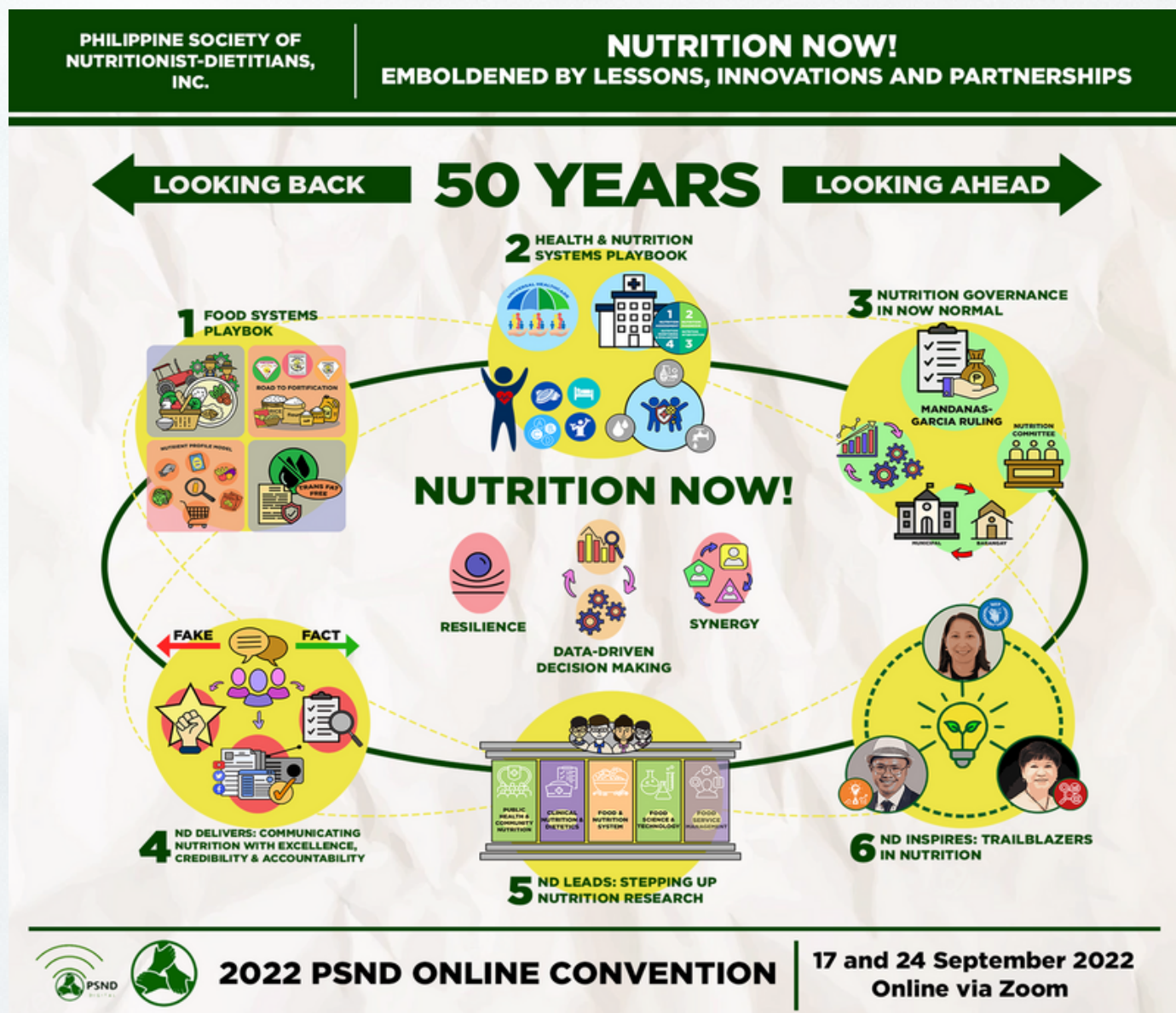
1. Establishment of Community and Backyard Garden
2. Seed Distribution
3. *Gulayan sa Paaralan*
4. Livelihood Programs

Enabling Mechanism

1. Series of Barangay Nutrition Committee (BNC) meetings
2. Documentation of Nutrition Month Report, PPAN Quarterly Report
3. Development of the BPAN

In line with this, Brgy. San Jose received a number of awards as a champion of nutrition including the BNC Finalist #1 in 2016 and 2017, Best *Pabasa sa Nutrition* in 2017, 2017-2018 Regional Outstanding BNC, and 2017 Provincial and City Outstanding BNC.

DAY 2





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TECHNICAL SESSION 4:

ND Delivers: Communicating science with excellence, credibility, and accountability

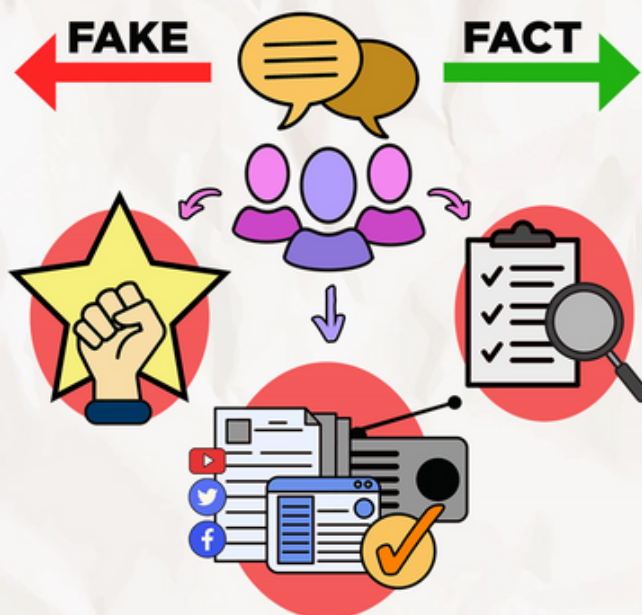
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TECHNICAL SESSION 4

ND DELIVERS:
Communicating
Nutrition with
Excellence, Credibility,
and Accountability



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TECHNICAL SESSION 4:

ND Delivers: Communicating science with excellence, credibility, and accountability

DIETARY SUPPLEMENTS

FIA BATUA-MAMBUAY, RND, CSN, EFT

When the marketers of dietary supplements guarantee that their products can do wonders for our bodies, do not believe them. Science shows that these claims are best overreaching and at worst, downright misleading or false.

Thousands of different supplementary products are released yearly trying to solve health issues and improve well-being. Unfortunately, a recent study shows that the current food regulation system is not adequately protecting consumers from food fraud, and misleading or false statements about certain products for economic gain. Although it is good that the Filipino people are becoming more health-conscious and informed, it is, however, threatening that more consumers are taking their health into their own hands and taking dietary supplements believing that these will improve their health.

The Department of Health (DOH) and the Food, Drug, and Administration (FDA) play a crucial role in determining dietary supplement labeling requirements. They are the ones in charge of regulating the health claims of products following the protocol that claims made on dietary supplements must be backed by scientific evidence to be considered for inclusion on a label by the FDA. This standard requirement is well designed to protect against “food fraud” demanding a high threshold of scientific evidence to support all health claims. Unfortunately, studies indicate that the food regulation system allows false or misleading health claims to be used for food labeling and marketing as long as no claims about serious diseases are made. This puts consumers at risk of making unnecessary or expensive food choices, while also adding to the confusion about nutrition and important public health messages about healthy eating.

To counter the food fraud in the country, it is highly recommended that:

- There is a need for better resourced and more proactive food regulatory system
- The food regulatory system must be more proactive
- Companies should work with independent scientists or professionals like in the European Union to check and approve claims on products before they are allowed to go out in the marketplace

The effectiveness of the new health claim standard relies on food regulators to actively monitor compliance and take strict enforcement action where unsubstantiated claims are used to sell. It is unclear whether these food authorities are adequately resourced to monitor the compliance of labels and advertising, undertake investigations, identify breaches accurately, and enforce the requirements. But above all else, successful international and national strategies to combat food fraud depend on strategic cooperation at all levels of governance.

TECHNICAL SESSION 4:

ND Delivers: Communicating science with excellence, credibility, and accountability

EMPOWERING LOCAL NUTRITION COMMITTEES FOR SUSTAINED AND IMPACTFUL NUTRITION ACTIONS: BARANGAY PERSPECTIVE

DR. MARC DEXTER MACALINTAL, RND, DipIBLM, DPCLM

Medical information is a right and misinformation is a violation of this right. Our patients come to us for information on health specifically foods to eat in the phase of their medical problems. And it is our sworn job to give them what they need and what they seek.

The pitch is to create a pandemic of healthy people. However, due to encroachment or the intrusion on a person's territory, rights, and professional practice, it is really becoming a challenge. There are a lot of people preying on our professions claiming they are gurus, coaches, selling supplements, and even some medical doctors.

We will only be able to curb this encroachment if only if:

- We assert our rights to be the go-persons of people needing consultations for nutrition.
- We create a tide of medically verified information on social media and through word of mouth.
- We are also visible since our competitors are very active on social media.

This is not to wage war against people, but this is to start a campaign on true medical nutrition information. What should we do? We should:

- Remember that evidence-based nutrition must always be practiced.
- Start being critical about what others post, what we see, and what we share with our followers.
- Start with yourself. Eat healthy, exercise daily, reach for that ideal body weight, and remove any vices if you have one then start inspiring others to do the same.
- Keep in mind and heart the principles of diet therapy we were taught. Remember that every diet must be individualized, liberalized, and simplified.
- Validate your information by using validated information by only accessing legit publications online.
- Update your knowledge.
- Practice what you preach so that we can be more credible.

R&NDs. Those letters do not just mean that you are just an RND, it means you are all real nutrition doctors.



TECHNICAL SESSION 4:

ND Delivers: Communicating science with excellence, credibility, and accountability

MINDFUL EATING: SCIENCE-BASED APPROACHES FOR SENSIBLE EATING EXPERIENCE

LIM CHAIN YIN

Mindful eating is a behavioral approach towards eating, with intention & attention. Mindful eating is:

- Relevant because more and more people use mindfulness for well-being and to balance their lifestyles.
- Universal because it can be practiced by anyone, anywhere, and by all ages.
- Effective because research clearly shows its multiple benefits.

As nutritionists, we often hear the “You are what you eat” and I agree too but now I shift my focus from what to eat to why and how to eat. With why and how to eat, mindfulness empowers:

- A positive relationship with food by making deliberate and conscious food choices.
- More satisfaction and pleasure from food by savoring with all senses.
- Less likely to overeat and lose control by paying attention to hunger and fullness feelings.

Moreover, mindful eating also means:

- Knowing what you want (emotional and functional needs)
- Being aware of your hunger, fullness, and satisfaction level
- Being aware of the moderation and having the power to moderate it
- Being present in the moment
- Reflecting on your whole eating experience
- Enjoying and appreciating the snack with all your senses

Mindful eating has become part of the national government’s recommended dietary guidelines. This indicates how important, relevant, and effective this strategy. Let us all start mindful eating today and together, fellow nutritionists let us advocate the mindful eating concept because it is a very simple behavior that can lead to a very positive change.



TECHNICAL SESSION 4:

ND Delivers: Communicating science with excellence, credibility, and accountability

HOW CAN WE COMMUNICATE BEST ON NUTRITION SCIENCE

EPHRAINE HYACINTH R. CHAVEZ

Information and knowledge are easy to induce. However, people commonly interchange this without understanding that the contrasts between facts and experience are subtle or unpretentious. Both two are essential principles in the system for knowledge processing and management but understanding this well will not only contribute to the knowledge economy but also to the rightful implementation of our nutrition policies and programs for our intended learners or end units.

The best way to communicate nutrition science has 3 distinct points: excellence, credibility, and accountability. For the communication to be excellent, it must be:

- Founded on carefully conducted studies
- The target community is engaged

For the communication to be credible, utmost professionalism must be demonstrated. Additionally, for the communication to be accountable, it must be:

- Communicating our nutrition campaign must always be grounded in research
- Collaboration among stakeholders must be done
- Public relations and brand promotion must be conducted accordingly, and be wary of influencers
- Factual while entertaining

Communicating nutrition to our nation is BOTH an art and science. It must be scientific and based on facts but at the same time entertaining in presentation leading to our call of action. Let us champion nutrition knowledge in this vast selection of information in this knowledge market economy.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

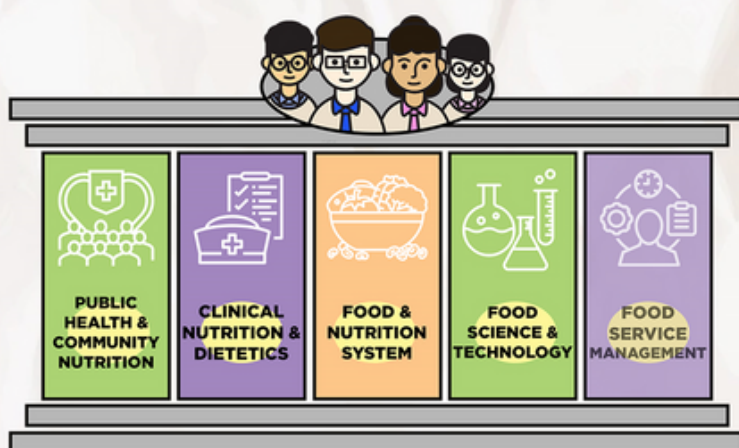
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TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

STHE QUALITY OF DIET OF CHILDREN FROM BETWANGAN, SADANGA, MOUNTAIN PROVINCE, PHILIPPINES

MARIA CARMELA C. TAOB, RND, MScN

There is a need to understand the nutrition situation of this group to develop context-specific interventions because child malnutrition remains a public health concern especially during the period of “Complementary Feeding”. This period is said to be the peak of malnutrition and the window of opportunity for optimum growth. Unfortunately, children’s diet quality remained poor and children from geographically isolated and disadvantaged areas (GIDAs) are among the most nutritionally vulnerable.

The objective of the study is to examine the diet quality of children 6-23 months from Betwagan, Sadanga, Mountain Province by:

- Conducting three non-consecutive 24-hour dietary recalls using the multiple pass method
- Assessing the diet quality using dietary diversity score (DDS) based on the guidelines of the World Health Organization
- Analyzing the DDS manually using Microsoft Excel version 2013
- Developing Home Food Availability (HFA) to determine the variety of household food and the ways of acquiring them; and
- Coding and grouping the HFA forms The study involved 32 children aged 6-23 months, selected randomly from the list of OPT plus

The study involved 32 children aged 6-23 months, selected randomly from the list of OPT Plus. 53% of the children were females and the mean age is 14.3 months. The study concludes that:

- The children in this study were nutritionally at-risk due to poor quality of complementary diet, especially the 6-8 months group.
- The transition from exclusive breastfeeding to complementary feeding suggests complex challenges in optimal complementary feeding.
- Home food availability subsequently influences children’s diet.
- Agriculture is crucial to improve the diet of children living in GIDAs and to enhance the resilience of household food security.
- Knowledge of food acquisition was relevant to inform the development of community-based nutrition-sensitive programs that complement infant and young child feeding (IYCF) programs.

TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

FOOD INSECURITY AND MODERATE HIGH LEVEL OF PERCEIVED STRESS AMONG SELECTED GRADUATE STUDENTS OF THE UNIVERSITY OF THE PHILIPPINES – LOS BANOS AT THE ONSET OF COVID-19 PANDEMIC

MS. ROSE AVIEGAEL D. DICHOSA, RND, MSApN

During the COVID-19 pandemic outbreak, it was the students who were one of the population groups most affected, with effects on their diet, physical and mental health, economics, education, and other areas documented. The main objectives of this study was to determine the prevalence of food insecurity and moderate to high levels of stress among UPLB graduate students during the onset of the COVID-19 pandemic and to describe the factors associated with food insecurity, moderate to high level of perceived stress, and stress-coping mechanisms.

This cross-sectional survey was conducted with randomly chosen members of the UPLB Graduate Students Facebook group. Pretesting using Google Forms was conducted, and informed consent forms were secured from the participants. For the analysis, the following were used/conducted:

- U.S. Agency for International Development (USAID)'s Food and Nutrition Technical Assistance (FANTA) Household Food Insecurity Access Scale (HFIAS) for Measurement of Food Access with a recall period of four weeks to assess the food security/insecurity
- Perceived Stress Scale (PSS) to measure the respondents' perception of stress
- Collected demographic and socioeconomic characteristics
- Descriptive summary measures to present the data collected
- Chi-square test of correlation and binary logistic regressions to determine the factors associated with food insecurity and moderate to high perceived stress levels and to predict the odds
- Statistical Package for the Social Sciences (SPSS) Statistics Trial version for all statistical tests

This study concludes that:

- Food insecurity and moderate to high perceived stress levels during the COVID-19 pandemic were prevalent among the study population
- Different sub-groups of the population were at higher odds of being food insecure and experiencing moderate to high stress.
- Stress-coping mechanisms were affected by the level of perceived stress with negative coping strategies more likely to be exhibited with a higher level of perceived stress.



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TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

CHANGES IN THE ACCESSIBILITY OF SARDINELLA TAWILIS IN SELECTED BARANGAYS OF SAN NICOLAS, BATANGAS, PHILIPPINES

JEMN D. SERRANO, RND, MSc

The freshwater sardine or *tawilis* (*Sardinella tawilis*) is the only freshwater sardine species in the world and endemic to Taal Lake, Batangas, Philippines. In 2020, the Taal Volcano erupted followed by the COVID-19 pandemic, significantly affecting the food system. The study aimed to determine and compare the purchasing preference of individuals in *tawilis*, its price and affordability, accessibility, and availability before and after the Taal Volcano eruption and COVID-19 pandemic in the selected barangays in San Nicolas, Batangas.

A cross-sectional study was conducted using a self-administered questionnaire among households in four selected barangays (Bangin, Calangay, Poblacion, and Tagudtod) in San Nicolas, Batangas last May 2021. There were 263 randomly selected respondents. The developed questionnaire was used to document the socio-demographic profile of respondents and their access to *tawilis*, considering the pre-eruption/pre-pandemic period (December 2019 and earlier) and the survey/pandemic period (January 2020 to May 2021). The collected data were encoded and descriptive statistics were used in the analysis of the data

Results of the study revealed that the majority of the respondents were purchasing *tawilis* during the study period and even before the Taal volcano eruption and COVID-19 pandemic. Also, their access to *tawilis* was very difficult even before the disaster and remains the same up to the survey period due to a limited number of vendors and fishermen, a decline in the catch, low *tawilis* supply, and low/no budget. Lastly, *tawilis* is still regarded as an affordable fish. These findings could serve as a basis for future research concerning the utilization of *tawilis* as food, and its contribution to food security and nutrition.

TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

FISH CONSUMPTION AND DEPRESSIVE SYMPTOMS AMONG SENIOR HIGH SCHOOL STUDENTS IN VALENCIA, BUKIDNON

WILMAR JUN O. ELOPRE, RND, MSc

Nutrition plays a significant role in the prevention of a wide range of diseases, but its link with depression is still quite vague. Depression is a common mental illness, affecting more than 280 million people of all ages globally, and is a major cause of suicide (WHO,2011). The objective of this study is to determine the relationship between fish consumption and depressive symptoms among senior high school in Valencia City, Bukidnon.

The study was conducted in seven phases:

1. Development of a Semi-Quantitative Food Frequency Questionnaire
2. Study Sample and Sampling Method: The computed sample size using Cochran's formula is 345, and stratified random sampling was conducted
3. Data gathering through online and hard-copy questionnaires
4. Assessment of depression: The Center for Epidemiologic Studies Depression Scale was used wherein a score above 10 is considered depressed.
5. The assessment of Dietary Data
6. Fatty Acid Analysis of Fish Samples: The levels LC n-3 PUFA of *S. longiceps* (fresh), *S. crumenophthalmus* (dried), and *K. pelamis* (fresh) were identified using the gas chromatography -flame ionization detector
7. Statistical Analysis: Chi-squared test to assess associations between categorical variables, and Binomial logistic regression to analyze the probabilities of CES-D depression score of less than 10 (not depressed)

From the results, it was inferred that:

- The frequency and amount of fish intakes as well as the LC n-3 PUFA intakes were mostly suboptimal as per various dietary recommendations
- The prevalence of depression is quite high with 63.29%
- The cross-sectional study found an inverse relationship between participants fish consumption and depressive symptoms.
- Participants who consumed fish for more than two times per week are 4-33 times more likely not to be depressed than those who consume fish rarely.



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TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

EFFECTS OF SABA BANANA [MUSA SABA (MUSA ACUMINATA X MUSA BALBISIANA)] PEEL PECTIN SUPPLEMENTATION ON FEEDING, FECAL WEIGHT, AND ADIPOSITY PARAMETERS OF HIGH FAT DET-INDUCED OBESE MALE ICR MICE

ETHEL MAY FAIGAO-ONAS, RND, PhD

Studies have demonstrated that pectin, a soluble dietary fiber found in both natural and artificial sources, can help manage and prevent obesity by lowering food consumption and adiposity. One of the recently identified novel sources of pectin is the saba banana peel [Musa 'Saba' (*Musa acuminata* x *Musa balbisiana*)]. The objective of the study is to determine the potential of *saba* banana peel pectin as a nutraceutical product for obesity prevention and management, specifically through its effects on regulating food and adiposity parameters.

In vivo experiments were done involving high-fat diet (HFD) - induced obese male ICR mice given with HFD supplemented with either saba banana peel (SP) pectin or commercial citrus pectin (CP) for nine weeks. HFD-induced obese mice given the HFD diet alone served as negative control (while mice with normal weight given with standard mice diet served as a normal control group).

The results showed that:

- Compared to the HFD group, SP supplementation at 10% (w/w) of diet resulted in 14.61% higher water intake, 13.39% lower body weight, 3.66% lower abdominal circumference, 76.72% lower TAI, and 9.22% higher fecal weight.
- Pectin supplementation at a 10% SP fraction of the total diet is beneficial in the prevention of weight gain and reduction of body fats in HFD-induced obese male ICR mice.

In conclusion, *saba* banana peels, a considered waste material, are a cheap source of pectin that has the potential to regulate feed intake and adiposity parameters. These interesting findings merit further investigations through clinical studies to fully establish the anti-obesity potential of saba banana peel pectin supplementation.



TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

EFFECT OF NIXTAMALIZATION ON THE IN-VITRO LIPID- LOWERING PROPERTIES OF CORN (ZEA MAYS L.)

BELFRED BRYAN CHAVEZ, MSApN

Nixtamalization, an alkaline cooking method that softens and changes the structure of maize kernels using lime, increases nutrients available for absorption. Moreover, it has been demonstrated to positively impact corn's important nutrients and bioactive components, which in turn affects its lipid-lowering qualities. This study was conducted to determine the in vitro lipid-lowering properties of nixtamalized corn kernel and grits, both in crude and hydrolyzed forms.

Results showed that:

- The average percent inhibition activity for pancreatic lipase of both crude and hydrolyzed corn protein samples decreased after nixtamalization, showing a significantly low pancreatic lipase inhibition activity of 33-35% and 28-43% for both crude and hydrolyzed samples, respectively, compared to the positive control.
- Both crude and hydrolyzed, and nixtamalized and non-nixtamalized samples of the corn kernel and grits showed moderate to high inhibition activity of 52- 76% with a significant difference

It is then concluded that pancreatic lipase inhibition may not be the main lipid-lowering property of corn but the cholesterol micellar inhibition ability may be one of the lipid-lowering properties of corn which was further enhanced by nixtamalization.

Studies on the lipid-lowering effects of nixtamalized corn using in vivo and human studies are highly recommended to verify these interesting findings.



TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

LIFESTYLE BEHAVIOR, BODY MASS INDEX, AND WORK PERFORMANCE RATING OF THE EMPLOYEES IN OSPITAL NG BINAN: AS BASIS FOR HEALTH IMPROVEMENT PROGRAM

ALMA A. AGUILAR, RND, MHA

The health conditions of healthcare workers especially those who work in hospitals are crucial. Thus, in order to propose better health programs to improve the well-being of the staff of Ospital ng Binan, a study was conducted. This study utilized the descriptive-correlational design to which the demographic profile, lifestyle behaviors, body mass index (BMI), and work performance of 129 employees were described. The differences in the respondents' lifestyle behavior against their BMI when grouped according to their profile variables were analyzed.

In conclusion, it is then reported that :

- Work performance of the staff is neither dependent on their lifestyle behavior nor on body mass index.
- Difference between the lifestyle behavior of female and male staff was observed. Although same-sex staff have the same lifestyle behavior regardless of age, civil status, occupation, and length of service in the hospital.
- The majority of the respondents are in between healthy and unhealthy lifestyles.
- The majority of the respondents are conscious of their health in relation to their body weight.
- The employees have met 100% of the standards or ordinary requirements of the duties of the position
- Most responses were from females above 44 years old, married, in permanent positions, and have an average of 5 years of service in the hospital.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 5:

ND Leads: Stepping up Nutrition Research

MYFITNESSPAL SMARTPHONE APPLICATION: RELATIVE VALIDITY AND INTER-CODER RELIABILITY AMONG DIETITIANS IN ASSESSING ENERGY AND MACRONUTRIENT INTAKES OF SELECTED FILIPINO ADULTS WITH OBESITY

MARY GRACE BANAL, RND, MSc

The objective of this study is to determine the construct validity of MyFitnessPal and assess its inter-coder reliability among dietitians in estimating calorie and macronutrient intakes of the participants and to determine the validity of energy and macronutrient intake data generated using MyFitnessPal app relative to the estimates generated using the reference Philippine Food Composition Tables (FCT).

A total of 37 Filipino adults with obesity and 3 NDs participated in this study. The participants were tasked to use the MyFitnessPal app and paper-based record forms to log their food intake and generate estimates of their energy and nutrient intake for five consecutive days, while the 3 NDs also used the forms submitted and encoded the data into the app. Meanwhile, the researcher also used the completed food record forms and generated energy and nutrient intake data using the FCT. For the analysis, the following were used/conducted:

- Student's T-test - to assess the strength of the association between (1) MyFitnessPal data from participants and dietitians and (2) MyFitnessPal and FCT calorie and nutrient intake data
- Bland-Altman to quantify the agreement between the abovementioned measurements.
- Single-factor ANOVA to determine the reliability of the app among dietitians in estimating the calorie and macronutrient intakes of the participants.
- The Goldberg approach to determine the likelihood of misreporting energy intake among participants

In this study, results showed poor validity among Filipinos with obesity but with good reliability when used by dietitians. There was also poor validity relative to the Philippine reference standard. Prior nutrition knowledge is a factor in ensuring the accuracy of energy and nutrient intake data generated using MyFitnessPal app. Thus, to help Filipino adults with obesity optimize the use of this app in self-monitoring their food and nutrient intake, it is recommended that they consult with a nutritionist-dietitian for proper education and guidance on how to use these apps in weight management interventions.



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TECHNICAL SESSION 6: *ND Inspires: Trailblazers in Nutrition*

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TECHNICAL SESSION 6

ND INSPIRES: Trailblazers in Nutrition



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TECHNICAL SESSION 6:

ND Inspires: Trailblazers in Nutrition

NUTRITION RESEARCH AND LEADERSHIP

IMELDA ANGELES-AGDEPPA, RND, PhD

Behind everyone's success is a burning passion to keep moving forward toward their dreams. That driving force is "passion". Dr. Agdeppa shared that passion that led her where she is now and that her actions are driven by her passion for research. Also, she mentioned that the saying by Hippocrates "Food is medicine and medicine thy food" inspired her to be a scientist.

Dr. Agdeppa shared that her journey of becoming a nutritionist scientist started when she landed jobs in the public health nutrition field and met families with malnourished children during monitoring visits. All those situations and observations pushed her to discover more. Then, she became an assistant scientist at the Department of Science and Technology's (DOST) main office. Her first significant research was the Iron Fortification of white rice which allowed her to travel the world presenting this research.

Along the way, she faced many roadblocks but these did not stop her from pursuing her career with a full tank of patience, persistence, prayers, and determination. She always tells herself "I can" and it was the country's persistent malnutrition problems that encouraged her to do more research. She said that instead of looking at the adversaries as challenges, she saw them as opportunities to continue her burning desire to end hunger and promotion of health and well-being across life stages in line with the sustainable development goals.

DOST-Food and Nutrition Research Institute (FNRI) became a gateway for her to harness her new ways of creating, inventing, redesigning, and introducing new processes and technologies. Of course, being the lead agency for food and nutrition research, the agency has always strived to be at the forefront of defining the research environment. Assessing the unmet needs and unused opportunities, identifying the research priorities to offer solutions to malnutrition problems through the provision of accurate data, correct information, and innovative technologies.

Being DOST FNRI the director molded her aspirations in life. She declared that she always sees a brighter future tomorrow for the Filipino population amidst the challenges and situations, she met as the leader during the pandemic wreaks havoc on everyone's mental and emotional well-being. Because of it, they started to acknowledge that Filipinos live in a world of VUCA. Vulnerability, uncertainty, complexity, and ambiguity.

Dr. Agdeppa said that God is always watching us. She added nothing is impossible and everyone must focus on the things that must be done and remember that doing the things that they like to do mean a lot but do not be disappointed right away. The road ahead might not be smooth but the experiences you will gain in your journey will definitely be worth it. Stand up firm face the issue and pray.

Dr. Agdeppa ended her presentation by sharing that persistence, patience, prayer, and commitment is the key to achieving one's goals. Sometimes no one knows that it's already done. So, friends with this if you to think about what you really want to do in life and pray for it so that we'll have it. That is all, thank you very much.



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 6:

ND Inspires: Trailblazers in Nutrition

PUBLIC HEALTH NUTRITION PRACTICE

ROSELIE E. ASIS, MPH

Ms. Asis decided to change her degree from BS Agricultural Chemistry to BS Nutrition during her 3rd year at a university. Her family got concerned and asked her sister what future will she have with Nutrition. She simply defended her by saying "As long as people live, food is needed". Sadly, nutrition remains unpopular in many countries like in the Philippines but she said she never regretted shifting her course. She added that she loves being a nutritionist because she knows by heart the basic food groups and functions and it's the knowledge she uses every day.

When googled, several good definitions of public health nutrition (PHN) will come out but to simplify, PHN consists of programs that cover a population and not individuals, services that cater to many, involve primary prevention, apply public health principles, and include food and nutrition system focus and speaks of wellness and maintenance. She admitted it's a lot of work but it's not monotonous. Rather, according to her it is challenging and mostly interesting.

She then shared her PHN life journey. She said that she was a government employee for 8 years, 1 year with FNRI but did not fit into food-based research; and 7 years with the National Nutrition Council (NNC) where she was introduced to policy development, program planning, and the elements of nutrition program management. In those years, she hungered for more knowledge to do better in her profession, so she took a master's degree in public health. Then, she got curious as to what really happens to the plans/programs nutrition offices shape at the national being implemented at the community level. Then she got an opportunity to work with the World Food Programme. The job there is contractual and less secure than her previous government job but she got to travel a lot.

Her work with WFP included the introduction of home fortification using micronutrient powder for children under two years, nutrition in emergency interventions for typhoon responses, and conducting trainings for local nutrition program managers/implementers (BNS, BHW). She said that these experiences taught her and opened her eyes to the true happenings at the community level to the health care workers, mothers, and children.

And then she got an offer to work internationally. She accepted and her first stop was DPR Korea or North Korea, then to Mozambique, to the WFP main office in Rome, and just last July, she and her husband to Kenya. She is still with WFP, overseeing nutrition programs for East African countries.

She explained that her role in WFP is rotational and had to move to different countries to provide technical expertise as a Public Health Nutrition and with this role, she brought with her the learnings that she has been posted. She joked that she has been an NPA or "No Permanent Address" for 8 years but did land a permanent/stable job in WFP during her 3rd year in North Korea.

From those experiences, here are some of her personal reflections that she wants to share with all: Public health nutrition is about:

- Helping other people
- Giving service to others than going up to your own career ladder
- Commitment outweighs passion and it comes with a lot of sacrifices.
- Professional and personal growth
- Sense of fulfillment, and last but not the least,
- FUN



PSND 50TH MILESTONE ANNIVERSARY CONVENTION

TECHNICAL SESSION 6:

ND Inspires: Trailblazers in Nutrition

NUTRITION ENTREPRENEURSHIP

ARISTELO A. ASILO, RND, MBM

How to harness the power of nutrition in reimagining the food industry through entrepreneurship? When Taal Volcano erupted and the COVID-19 pandemic started in 2020, Timplado, a coffee shop/ coffee brand owned by Mr. Asilo was affected and closed for 5 months. Fortunately, the lockdown became an opportunity for them, maximized e-marketing, and made Timplado into a digital brand.

First, the team envisioned Timplado's positioning in the market. They strategized for Timplado to be positioned as the thought leader in revitalizing the Filipino coffee culture, with instant, great-tasting, and truly local offerings.

According to Mr. Asilo, their success was based on 5 phases:

Phase 1: Manufacturing. A research was conducted and it was found that the Philippines is the top 5th country that consumes coffee the most with a growth rate of 11% per year and a \$3.8 billion consumption value. Then, the unique taste profile of Timplado was created. In this phase, Timplado's company shared that they had 3 major key takeaways: Knowledge, Skills, and Attitude.

Phase 2 would be the E-commerce. Timplado has two websites: the seller website where anyone can order, and the information about the product website. Because of this, Timplado earned the title "A digital first-brand" due to the facts that they are the fresh instant Barako at your homes, compatible with the online market, faster and cost-effective scalability and foundation for brick-and-mortar expansion

Phase 3 is about the design of the Timplado store. The company made it sure to be simple but elegant but most importantly, 100% Filipino.

Phase 4 is franchising. Two more branches were opened and the main branch is being renovated to have its second floor now. The company also saw the opportunities for the brand impact which are Quality livelihood for farmers, Empowerment of urban poor mothers, and Filipino coffee identity.

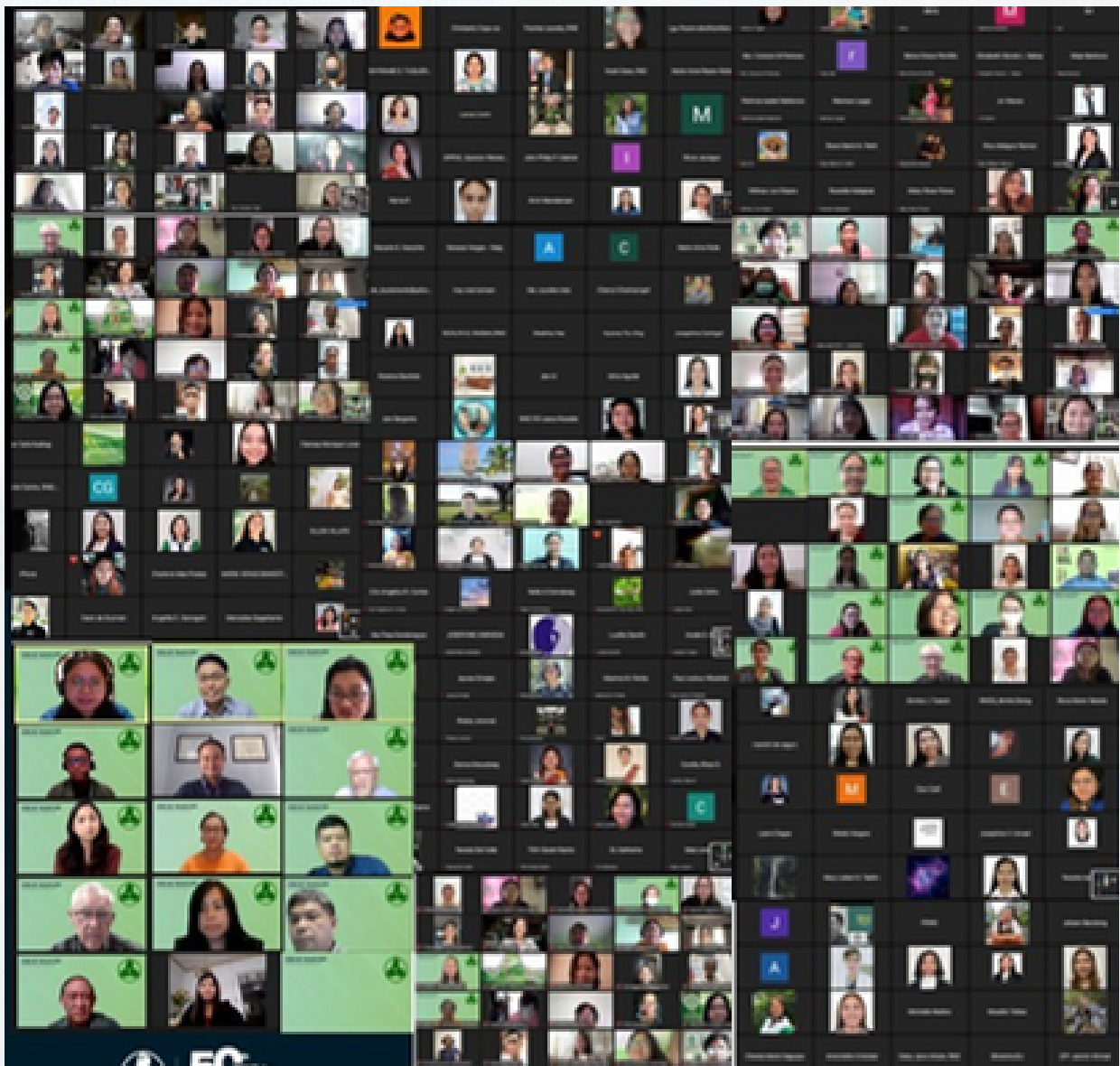
The last phase to be shared is farming. Timplado values its farmers.

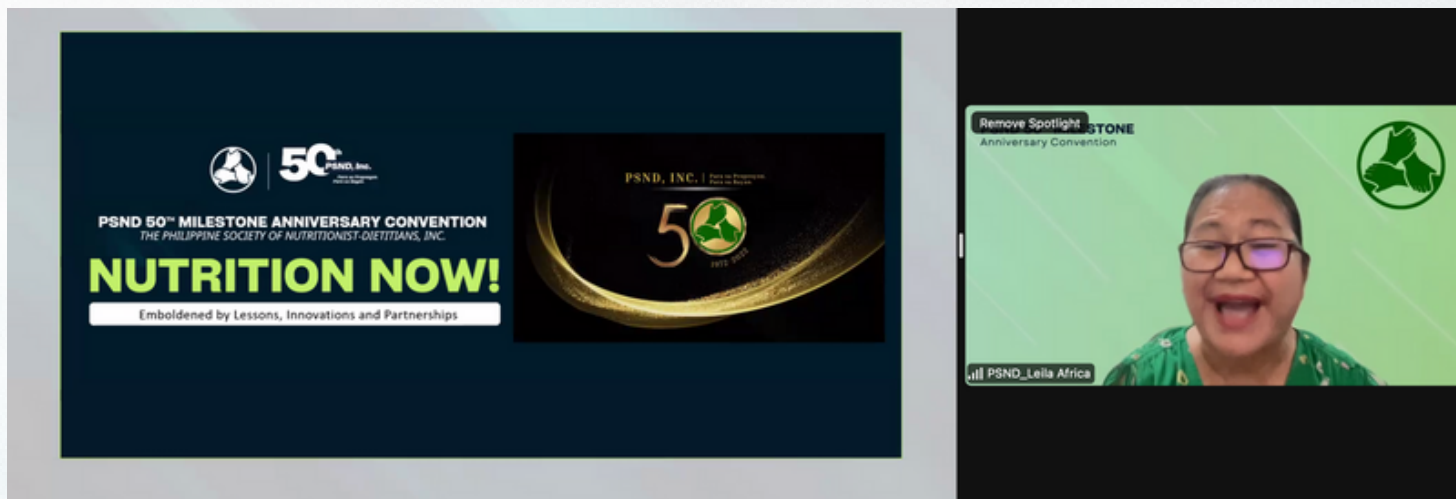
To summarize, the power of nutrition in entrepreneurship has five parts with their own respective actions:

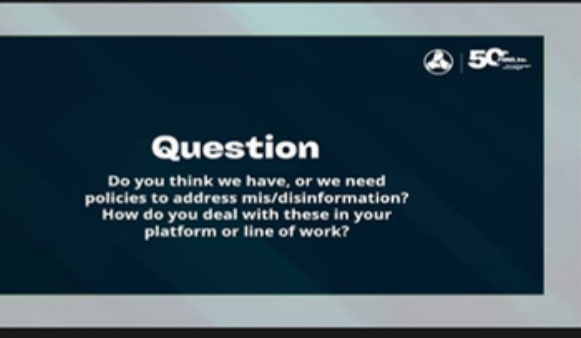
1. Food – Food composition, food safety, food labeling
2. Business – How to set up a business
3. Community – Livelihood, hunger, and food security
4. Production – Economy, good farming practices, use of technology
5. Value Chain – Quality processing, import and export



PHOTO OPPORTUNITY








Question

Do you think we have, or we need policies to address mis/disinformation? How do you deal with these in your platform or line of work?



Participants in the video call:

- TS4 Moderator_Charmis Trinidad
- TS4 RP_Chain Yin Lim
- TS4 RP_Ephraim Hyacinth Ch...
- TS4 RP_Fia Batua
- TS4 RP_Marc Dexter Macalintal




Certificates of appreciation for the 50th Milestone Anniversary Convention, awarded to:

- Atty. Araceli S. Manzano, RPSCA
- Atty. Araceli S. Manzano, RPSCA
- Atty. Araceli S. Manzano, RPSCA
- Atty. Araceli S. Manzano, RPSCA




Participants in the video call:

- PSND_Ma. Eileen Blanco
- TS3 RP_Austere A. Paradero
- RP_DBM John Aries Macas...
- RP_Kap Jolt Desingano



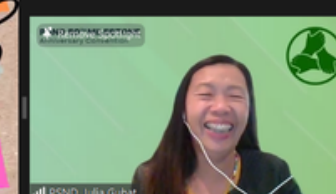
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Participants in the video call:

- PSND_Jeline Corpuz
- TS5 RP_Jenn Serrano
- TS5 RP_Rose Aviegael Dich...
- TS5 RP_Ethel May Onas
- TS5 RP_Belfred Chavez
- TS5 RP_Wilmar Jun Elope
- ONB ALMA AGUILAR
- TS5 RP_Grace Banal









TESTIMONIALS

Marie A.S. Arsenio

Our appreciation to all our pillars and mentors. Thank you very much for your valiant efforts and shining examples. Here's praying for more trailblazing years and good health for us all! 🙌

Maria Teresa Ungson

Just love this video! Thank you PSND!



Marivic S Samson

Thank you for the meaningful messages of the past presidents and officers of PSND. Again, Congratulations! 😍



Corazon Barba

Congratulations to all for your valuable inputs and contributions to our 50th anniversary convention, special commendation to Apple, Natalie, Elaine, Jomay, Gina, Jeline and Julia.



Kristine Andrea Blanco

Thank you very much and Congratulations to the PSND team and organizers! 🥳
Cheers to our 50th Anniversary! 🥂🥂

Daniel Salunga

Congratulations to our PSND BODs! Napaka-sipag niyo, galing galing po!

John Philip P. Gabriel

First time to attend PSND activity and I really appreciate its effort to give time sa mga pillars ng nutrition sa bansa to be seen and heard once again. Nakaka at home ang feeling from the very beginning 'til this afternoon. Happy 50th!



Zenaida Velasco

Congratulations PSND on your 50th year. Thank you, everyone!



Jasmine Ducusin

Happy 50th Anniversary, PSND!
Congratulations for the excellent sessions and topics! ❤️

Kate Demetrio

Congratulations PSND for a very successful milestone convention! Kudos to the hardworking BOTs! 💖💖





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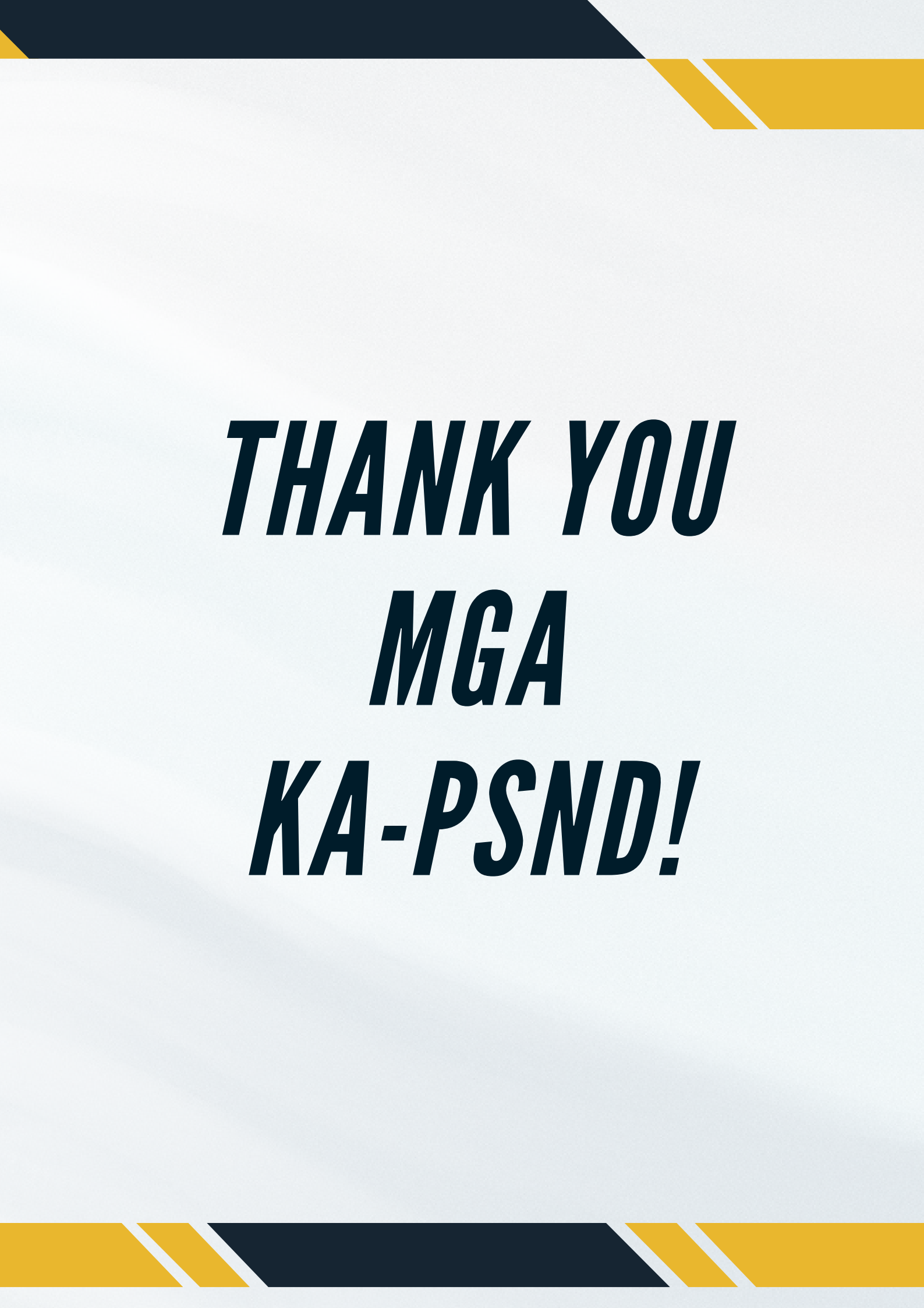
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