



Philippine Society of Nutritionist-Dietitians, Inc.
2023 PSND ANNUAL CONVENTION

OUR FOOD SYSTEMS IN CRISIS

*An Urgent Call for Multi-Sectoral
Response Towards Safe and
Affordable Healthy Diets
for All Filipinos*



SEPTEMBER 26 & 27, 2023



WINFORD HOTEL, MANILA



Philippine Society of Nutritionist-Dietitians, Inc.
2023 PSND ANNUAL CONVENTION

OUR FOOD SYSTEMS IN CRISIS

An Urgent Call for Multi-Sectoral Response Towards Safe and Affordable Healthy Diets for All Filipinos



Safe and affordable healthy diets are key to achieving food and nutrition security. The role of functioning food systems[1] is critical to enable the availability of, and everyone's structural, economic, and physical access to safe and affordable healthy diets. This also involves empowering key actors within the food systems and promoting its overall resilience and sustainability[2]. However, there are indications and evidence suggesting the failure of the food systems to deliver safe, and affordable healthy diets for all. The Philippines has the highest stunting prevalence among the ASEAN countries, and stunting remains to be of very high public health significance in the country[3]. Prior to the pandemic, the rate of stunting was recorded at 28.8%, while underweight and wasting rates were 19% and 5.8%, respectively[4]. Conversely, overweight and obesity have been on the rise among adolescents and adults. During the period of the Covid 19 pandemic, one of the major shocks in the food systems, household food insecurity[5] increased by as much as 62% and will most likely worsen the nutrition situation of the country.

The Philippines has informal and expanding food system typology[6] whose population diet consists largely of rice, fish and some seasonal fruits and vegetables, and an increasing demand for animal-sourced foods, processed and convenience foods. Whether our current diet is safe, affordable, and healthy, is subject to further scrutiny—even the definition of what is safe, affordable, and healthy, and whether every household can have it all, is open for debate and discussions. "Our food systems in crisis" is a collective call based on current events, literature and lived experience, of whether our current food systems can deliver safe, and affordable healthy diets for all. These topics are among the key offerings of the 2023 PSND Annual Convention.

The objective of this event is to bring together Nutritionist-Dietitians 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—for relevant discussions and convergence of action points to highlight the urgency of our collective call for a multisectoral response towards safe, and affordable healthy diets for all Filipinos.

Moreover, to support our aim, PSND, Inc. will serve as the exclusive partner in the Philippines of the international organization **Micronutrient Forum** for **The MNF 6th Global Conference** on October 16–20, 2023, to be held in the Hague, the Netherlands and online, with a thematic focus on Nutrition for Resilience (N4R). As a partner to MNF, convention registrants shall have 5-day virtual access to the event. This PSND Inc. and MNF partnership establishes the importance of health, nutrition, and environmental sustainability in food systems transformation.

[1] The food system encompasses all the activities involved in producing, processing, distributing, consuming food, and waste disposal, as well as the broader social, economic, and environmental factors that influence these activities.

[2] HLPE. (2020). Food Security and Nutrition Building a Global Narrative towards 2030. A report by the High-Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security.

[3] Mbuya, N. V., Demombynes, G., Piza, S. A., & Adona, A. V. (2021). Undernutrition in the Philippines: Scale, Scope, and Opportunities for Policy and Programming. Washington, DC: International Bank for Reconstruction and Development / The World Bank.

[4] FNRI. (2018). 8th National Nutrition Survey.

[5] FNRI. (2020). Rapid Nutrition Assessment Survey on Food Security, Coping Mechanisms, and Nutrition Services Availed During Covid19 Pandemic in Selected Areas in the Philippines.

[6] Global Alliance for Improved Nutrition (GAIN) and Johns Hopkins University. (2020). The Food Systems Dashboard. Geneva, Switzerland.

MESSAGE

In our collective vision of a prosperous and progressive nation, it is of great importance to highlight the esteemed and invaluable role that the **Philippine Society of Nutritionist-Dietitians, Inc.** assumes in the facilitation and advancement of national development. By advocating for preventive rather than palliative measures, your organization has provided individuals with the means to take charge of their well-being, thereby alleviating the strain on our healthcare system.

I encourage you to make the most of this **Annual Convention** by actively participating in insightful exchanges, sharing best practices, and fostering valuable collaborations with your fellow professionals, as these interactions will contribute to the improvement of your chosen field. Indeed, by connecting with like-minded experts, organizations, and policymakers, you can cultivate enduring relationships that extend beyond this event, and lead you to joint initiatives that hold the potential to create a lasting impact on our society.

May you continue to employ your influential voice in championing the significance of nutrition and promoting balanced lifestyles. Together, let us achieve our shared mission to construct a society where every Filipino enjoys equitable health disparities, and where our citizens remain at the forefront of our national priorities.

I wish you a meaningful and productive gathering.



FERDINAND R. MARCOS, JR.

.....

PRESIDENT
Republic of the Philippines



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MESSAGE

Assalamualaikum.

My warmest greetings to the Philippine Society of Nutritionists-Dieticians, Inc. as you hold the 2023 PSND Annual Convention with the theme "Our Food Systems in Crisis: An Urgent Call for Multi-Sectoral Response towards Safe and Affordable Healthy Diets for All Filipinos."

Over the years, the Philippine Society of Nutritionists-Dieticians, Inc.'s dedication to addressing the numerous challenges of promoting safe and affordable healthy diets across the country has been commendable. This mission is aligned with the urgent global call to transform our food systems to be more equitable, sustainable, and resilient.

By bringing together multi-sectoral stakeholders, you create a space for knowledge-sharing, meaningful dialogue, and collective action toward a sustainable food system that ensures access to nutritious food for everyone.

May your convention be a resounding success, paving the way for a stronger and more sustainable food system that has a lasting positive impact on our communities, the lives of the Filipino people, and the generations to come.

Lahat- para sa Diyos, sa bayan at sa pamilyang Pilipino.

Shukran

SARA Z. DUTERTE
.....
VICE PRESIDENT
Republic of the Philippines



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MESSAGE

My warmest greetings to the Philippine Society of Nutritionist-Dietitians, Inc. on its 2023 Annual Convention, with the theme **“Our Food Systems in Crisis: An Urgent Call for Multi-sectoral Response towards Safe and Affordable Healthy Diets for All Filipinos”**. The theme reverberates this year’s Nutrition Month campaign theme of “Healthy diet gawing affordable for all”

The new cycle of the Philippine Plan of Action for Nutrition 2023–2028 is the government's multi-sectoral response for Filipinos to achieve healthier diets that are more affordable, accessible, and nutritious. Indeed, the state of our food system does not foster food security and nutrition. As such, there is an urgent need to transform our food system to one that will provide a sustainable and healthy diet for all at all times. In doing so, it is not only the responsibility of the agriculture sector but a whole-of-society effort is needed. Each sector, especially those in the food system must act if we aspire to feed the Filipinos and the future generations. Hence, I urge all convention participants to be co-actors and converge all efforts to strongly support our food system crisis and recreate our reality in which all Filipinos, even those residing in the last mile, have access to healthy, affordable, and sustainable diets.

Our call is for all sectors to support PPAN by implementing its interventions and targeting nutritionally at risk groups. We need to address poverty to have economic access to food. We need to improve the value chains in food production to consumption to improve the food supply. And lastly, nutritionist-dietitians have a special role in educating consumers to choose healthier food options and support informed behaviors on nutrition to support and sustain healthy diets across life stages.

Let us work in harmony towards achieving our dream of **Nutrisyon g sapat, para sa lahat!**

Again a fruitful convention to the Philippine Society of Nutritionist-Dietitians, Inc.

Mabuhay tayong lahat!

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

**ASSISTANT SECRETARY AND EXECUTIVE
DIRECTOR IV**
National Nutrition Council



MESSAGE

Warmest greetings to all participants of the 2023 PSND Annual Convention which will be held, on September 26 to 27, 2023 at the Winford Hotel, Manila!

The theme, "Our Food System in Crisis: An Urgent Call for Multi-Sectoral Response, Towards Safe, and Affordable Healthy Diets for All Filipinos" is a very timely, relevant, and excellent choice!

This is an enormous task to handle but looking into the topics PSND has chosen, with our Nutritionist-Dietitian colleagues in the different areas of practice, partners in education, science and technology, business and industry, agri-food systems and policy and governance who will take part in the debate and discussions.... this unprecedented challenge the global food system faces, can be resolved! The multi-sectoral response that will result in a safe, and affordable healthy diet for all Filipinos will be something to look forward to.

Congratulations to the 2023 officers of PSND for this courageous move to help our country with feasible suggestions that will ease our deep concern for the health of all Filipinos, through the affordability and sustainability of our solutions. From the Plate Method to Planetary Health Diet advocated worldwide, this is the way to go!

I wish the PSND Convention a great success and a fruitful experience to all participants! GOD bless us all!



HON. VIRGITH B. BUENA



CHAIRPERSON

Professional Regulation Commission
Board of Nutrition and Dietetics

MESSAGE

After four years of virtual gatherings, PSND Inc. is holding its first in-person annual convention with the theme "Our Food Systems in Crisis: A call for multi-sectoral response towards safe affordable healthy diets for all Filipinos." While the topic is timely, our food system has been in crisis for some time now, most evident during the pandemic when the weaknesses of our food system impacted Filipinos from all income levels. These disruptions affected our ability to sustain a healthy diet. Our way forward cannot be inward thinking. We need a more unified effort towards our shared goal of achieving food and nutrition security by making healthy diets more available, and accessible to all Filipinos. Whether through harmonized multi-sectoral policies or influencing our leaders to invest more in nutrition-sensitive and nutrition-specific interventions and programs, we all have a role to play in transforming our food system.

Many Filipinos are still experiencing the brunt of disruptions to our food system, especially our farmers who are impacted by all sorts of shocks including climate change, conflict, calamities, and the pandemic. When our farmers are in crisis, WE are also in a situation of having to deal with high food prices and low food supply. All these will impact food and nutrition security, the AmBisyon Natin 2040, and achieving zero hunger by 2030.

During this convention, we will open the conversation about our food system in crisis with our stakeholders from both government and non-government agencies and organizations, and the private sector including the food industry. Whether you are from the public or private sector, education, transport, trade, health, agriculture, finance, labor, or the food industry, etc., you have a say on the kinds of food that are available and accessible to us on a daily basis. And for every delay, every indecision, or wrong decision in policy or program or intervention, and for every disservice, we lower the chances of a single Filipino from achieving a healthy diet.

As we take on this hot topic, PSND Inc. expands its reach to a wider network of stakeholders in human nutrition and dietetics to strengthen our partnerships to work together in transforming our food system. All this with the aim of ensuring that all Filipinos are enabled with safe and affordable healthy diets.

MA. CRISTINA B. SISON, RND, MSc.



President,

PSND, Inc., 2023-2024



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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.

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Adjunct Assistant Professor, IHNF, CHE, UPLB
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Natalie V. Pulvinar, RND



PROGRAM FLOW – DAY 1

7:00 AM - 8:00 AM

REGISTRATION

OPENING CEREMONY

Welcome and Opening Remarks

Ma. Cristina S. Sison, RND, MSc
President, PSND, Inc. 2023-2024

8:00 AM - 8:45 AM

Acknowledgment of Participants

Marivic S. Samson, RND, MSc, PhD
Board Member, PSND, Inc. 2023-2024,
Chair, Registration, and Invitation Committee

The PSND-MNF Partnerships in Context: Nutrition for Resilience

Howarth Bouis, PhD
Emeritus Senior Research Fellow, International Food Policy
Research Institute, Founding Director, HarvestPlus, and
World Food Prize Laureate 2016

8:45 AM - 9:15 AM

Keynote Address: Our Food Systems in Crisis: An Urgent Call for Global to Country-level Actions

Rolf DW Klemm, MPH, DrPH
Vice President, Nutrition, Helen Keller International
Senior Associate, Johns Hopkins Bloomberg School of Public Health

9:15 AM - 9:45 AM

Plenary Lecture: Achieving Safe, and Affordable Healthy Diets for All Filipinos: The Synergy with the Universal Health Coverage

Maria Rosario S. Vergeire, MD, MPH, CESO II
Undersecretary, Public Health and Services Team
Department of Health

9:45 AM - 10:00 AM

The PSND Perspective: Our Food Systems in Crisis: An Urgent Call for Multi-Sectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos

Apple B. Espino, RND, MSc
Vice President, PSND, Inc. 2023-2024 and
Overall Chair, 2023 PSND Annual Convention

IN-SESSION HEALTH BREAK

TECHNICAL SESSION 1: The Challenge of achieving Safe and Affordable Healthy Diets for All: Reflecting on Our Food Systems in Crisis

Moderator: Kim Leonard G. Dela Luna, RND, MSPH, PhD

10:00 AM - 10:30 AM

Topic 1: Using the Equity Lens in Achieving Healthy Diets for All

Jody Harris, MSc, PhD
Global Lead Specialist – Food Systems East and Southeast Asia
World Vegetable Center

10:30 AM - 11:00 AM

Topic 2: Safe and Affordable Healthy Diets: Can every Filipino household have it all?

Imelda Angeles-Agdeppa, RND, PhD
Director IV and Scientist IV
Department of Science and Technology - Food and Nutrition Research Institute

11:00 AM - 11:30 AM

Topic 3: Filipino Food and Nutrient Intake In Times of Crises: Implications for Policy Research and Response

Roehlano M. Briones, PhD
Research Fellow
Philippine Institute of Development Studies (PIDS)

11:30 AM - 11:45 AM

OPEN FORUM, SYNTHESIS, and AWARING of CERTIFICATES

11:45 AM NN - 12:45 PM

Luncheon Symposium: Hydration, Nutrition and Health Wellness

Fia Batua-Mambuay, RND -CSN, EFT
Co-Founder and Chief Product Officer
NutriCoach Inc.

12:00 PM - 12:45 PM

IN-SESSION LUNCH

12:45 PM - 1:00 PM

OFF-SESSION BREAK



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PROGRAM FLOW – DAY 1

TECHNICAL SESSION 2: Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Scrutinizing the Philippine Development Plan (PDP) 2023-2028

Moderator: Angelina R. Bustos, RND, PhD

Main Presentation: The PDP 2023-2028: Nutrition Security As An Engine For Progress And Growth

1:00 PM - 1:30 PM
Rosemarie G. Edillon, PhD, CESO I
Undersecretary, Deputy Director General
National Development Office (NDO)
National Economic and Development Authority

1:30 PM - 2:00 PM Panel Discussion: Ka-PSND KAPIHAN

Perspective and Response: Farmer's Group

1:30 PM - 1:40 PM
Raul Socrates C. Banzuela
Executive Director
Pambansang Kilusan ng mga Samahang Magsasaka (PAKISAMA)

Perspective and Response: Socioeconomic Group

1:40 PM - 1:50 PM
Gemma B. Gabuya, MPA
Director IV and National Program Manager, National Program Management Office
Pantawid Pamilyang Pilipino Program
Department of Social Welfare and Development

Perspective and Response: Health/ Nutrition Group

1:50 PM - 2:00 PM
Milton Amayun, MD, MPH
President, Board of Trustees,
Nutrition Foundation of the Philippines

2:40 PM - 2:45 PM OPEN FORUM, SYNTHESIS, and AWARING of CERTIFICATES

2:45 PM - 3:00 PM NUTRITION BREAK

TECHNICAL SESSION 3: Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Identifying Convergent and Collective Roles of Agencies

Moderator: Liezl M. Atienza, RND, PhD

Topic 1: Reorienting food and agricultural programs towards safe and affordable healthy diets – A great disruption coming?

3:00 PM - 3:30 PM
Dennis Garrity, PhD
Chair of the Board
Global Evergreening Alliance

Topic 2: Ensuring Everyone's Access to Safe, and Affordable Healthy Diets: The Role of the Food Industry

3:30 PM - 4:00 PM
Alelli Arcilla
Vice President and Managing Director
Mondelēz International

Topic 3: Quezon City Leads the Way: Adopting Policy on Healthy Public Procurement.

4:00 PM - 4:30 PM
Jirah Asa M. Sideco, RND
Officer-In-Charge
Nutrition Section, Quezon City Health Department

Topic 4: Inside the Philippine Public Hospitals: Quality of Inpatient Meals and Nutrition and Dietetics Service Processes

4:30 PM - 5:00 PM
Lyle Daryll D. Casas, RND
Research Specialist
Philippine Institute of Development Studies

5:00 PM - 5:15 PM OPEN FORUM, SYNTHESIS, AND AWARING OF CERTIFICATES

5:15 PM PSND ORGANIZATIONAL MEETING AND FELLOWSHIP

PROGRAM FLOW – DAY 2

7:00 AM - 8:00 AM	WELCOME and EXHIBITS
8:00 AM - 8:15 AM	Recapitulation of Day 1
8:15 AM - 9:00 AM	Plenary Lecture: The Planetary Health Diet as a Potential Pathway to Transforming the Philippine Food System Eufemio T. Rasco, Jr., PhD Academician National Academy of Science and Technology (NAST) TECHNICAL SESSION 4: Nutrition for Resilience: Adopting Innovative Approaches to Achieving Safe, and Affordable Healthy Diets <i>Moderator: Angelica Reambillo-Navasero, RND, MSc</i> Topic 1: Ensuring safe and affordable healthy diets in the first 1000 days through the Tutok Kainan Program Azucena M. Dayanghirang, MD, MCH, CESO III Assistant Secretary and Executive Director IV National Nutrition Council Topic 2: Exploring the Contribution of Nixtamalized Corn to Safe, and Affordable Healthy Filipino Diets Clarissa B. Juanico, RND, PhD Associate Professor Institute of Human Nutrition and Food University of the Philippines - Los Baños Topic 3: Golden Rice for Safe and Affordable Healthy Diets Ronan G. Zagaldo, PhD Program Lead - Golden Rice PhilRice Central Experiment Station IN-SESSION HEALTH BREAK Topic 4: Climate Smart Agriculture and the role of collaboration in nutrition for resilience Emily Monville-Oro Country Director, Philippines, International Institute of Rural Reconstruction
9:00 AM - 9:30 AM	
9:30 AM - 10:00 AM	
10:00 AM - 10:30 AM	
10:30 AM - 11:00 AM	
11:00 AM - 11:20 AM	OPEN FORUM, SYNTHESIS, AND AWARDING OF CERTIFICATES TECHNICAL SESSION 5: ND Leads: Scientific Research Presentations <i>Moderator: Joemarc Dela Cruz, RND</i> Topic 1: Assessing Sensory Acceptability, Awareness of Availability, Perception of Health Benefits, and Intent to Purchase Pigmented Rice Diane S. Mendoza-Sarmiento, RND, MSc Assistant Professor Department of Nutrition and Dietetics, College of Education University of Santo Tomas Topic 2: Enablers and barriers towards adopting a plant-based diet: A case study on Filipino consumers Melvin E. Bernardino, RND, MSCN Program Chairperson Colegio de San Juan Letran Topic 3: Proximate, Micronutrient Analysis, and Nutrient Contribution of Instant Porridge from Pigmented Corn (<i>Zea mays L. 'CGUARD N413'</i>) Christine Joy Ewayan, RND, MSc Coordinator Philippine Society of Nutritionist-Dietitians, Inc.
11:20 AM - 11:35 AM	
11:35 AM - 11:50 AM	
11:50 AM - 12:05 PM	
12:05 PM - 12:15 PM	AWARDING OF CERTIFICATES IN-SESSION LUNCH
12:45 PM - 1:00 PM	OFF-SESSION LUNCH



PROGRAM FLOW – DAY 2

TECHNICAL SESSION 6: ND Delivers: Communicating Science to Solicit Actions

Moderator: Paul Alteo A. Bagabaldo, RND, MSc

- 1:00 PM - 1:30 PM
Topic 1: How to Respond to the Question, “What are Safe, and Affordable Healthy Diets?”
Mabelle P. Aban, RND, RN, CPT
Personal Trainer & Health Fitness Specialist,
SHAPE Medical Fitness and Nutrition Clinic
- 1:30 PM - 2:00 PM
Topic 2: Through the Lens of Food Retailers: Promoting Healthy Food Environment for Safe and Affordable Healthy Diets
Elaine Q. Borazon, PhD
Assistant Professor
International Graduate Program of Education and Human Development,
National Sun Yat-sen University, Taiwan
- 2:00 PM - 2:30 PM
Topic 3: Reaching the Unreached: Using Regional-Level Metrics to Describe Affordable Healthy Diets
Maria Julia G. Gubat, RND, PhD
Senior Science Research Specialist,
Department of Science and Technology - Food and Nutrition Research Institute
- 2:30 PM - 3:00 PM
Topic 4: How Can the Workplace Contribute To Better Access to Safe And Affordable Healthy Diets?
Jose Gabriel V. Dimalanta
Secretariat, Scaling Up Nutrition (SUN) Business Network
Coordinator, ISSI Corp. Workforce Nutrition Program

3:00 PM - 3:10 PM
SYNTHESIS AND AWARDING OF CERTIFICATES

IN-SESSION NUTRITION BREAK

TECHNICAL SESSION 7: ND Inspires: Paving the Way for the Next Generation of ND Leaders

Moderator: Maria Camille Louise C. Chen, RND

- 3:40 PM - 4:10 PM
Ethical standards and moral principles of a ND Researcher and Practitioner
Hon. Virgith B. Buena
Chair, Board of Nutrition and Dietetics,
Professional Regulation Commission
- 4:10 PM - 4:30 PM
Synthesis and Plan of Action: Our Food Systems in Crisis: An Urgent Call for Multi-Sectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos
Ma. Cristina Sison, RND, MSc
President, PSND, Inc. 2023-2024,
Co-chair, Program Committee, 2023 PSND Annual Convention
- 4:30 pm - 4:40 pm
SYNTHESIS AND AWARDING OF CERTIFICATES

CLOSING CEREMONY

Overall Synthesis

Apple B. Espino, RND, MSc
Vice President, PSND, Inc. 2023-2024, Co-chair,
Program Committee, and Overall Chair, 2023 PSND Annual Convention

Acknowledgment of Sponsors

Maria Julia G. Gubat, RND, MSc
Treasurer, PSND Inc. 2023-2024,
Chair, Ways, and Means Committee, 2023 PSND Annual Convention

Closing Remarks

Natalie V. Pulvinar, RND
Ex-officio, PSND Inc. 2023-2024,
Assistant Overall Chair, 2023 PSND Annual Convention

END OF THE 2023 PSND ANNUAL CONVENTION

BUSINESS MEETING AND NETWORKING

5:30 PM



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DAY 1 – SEPTEMBER 26

KEYNOTE ADDRESS



ROLF DW KLEMM, MPH, DrPH

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

PLENARY LECTURE



**MARIA ROSARIO S. VERGEIRE,
MD, MPH, CESO II**

*Undersecretary of Health
Public Health Services Team
Department of Health*

The Challenge of Achieving Safe and Affordable Healthy Diets for All: Reflecting on Our Food Systems in Crisis



JODY HARRIS, PhD

*Global Lead Specialist – Food Systems
East and Southeast Asia
World Vegetable Center*



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

*Director IV and Scientist IV
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Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Scrutinizing the Philippine Development Plan (PDP) 2023–2028



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Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Identifying Convergent and Collective Roles of Agencies



DENNIS GARRITY, PhD

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*Officer-In-Charge
Nutrition Section, Quezon City Health
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**LYLE DARYLL D. CASAS,
RND**

*Research Specialist
Philippine Institute of Development Studies*

DAY 2 – SEPTEMBER 27

PLENARY LECTURE



EUFEMIO T. RASCO, Jr., PhD

Academician, National Academy of Science and Technology (NAST)

Nutrition for Resilience: Adopting innovative approaches to achieving safe, and affordable healthy diets



AZUCENA M. DAYANGHIRANG, MD, MCH, CESO III

*Assistant Secretary and Executive Director IV
National Nutrition Council*



CLARISSA B. JUANICO, RND, PhD

*Associate Professor
UPLB-Institute of Human Nutrition and Food*



RONAN G. ZAGADO, PhD

*Program Lead
Golden Rice, PhilRice Central Experiment Station*



EMILY MONVILLE-ORO

*Country Director, Philippines
International Institute of Rural Reconstruction*

ND Leads: Scientific Research Presentations



DIANE S. MENDOZA-SARMIENTO, RND, MSc

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ND Delivers: Communicating Science to Solicit Actions



MABELLE P. ABAN, RND, RN, CPT

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Workforce Nutrition Program*

ND Inspires: Paving the Way for the Next Generation of ND Leaders



HON. VIRGITH B. BUENA

*Chair, Board of Nutrition and Dietetics
Professional Regulation Commission*



MA. CRISTINA SISON, RND, MSc

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SPEAKERS' PROFILES

Our Food Systems in Crisis: An Urgent Call for Global to Country-level Actions



KEYNOTE ADDRESS

Dr. Rolf DW Klemm has more than 30 years of professional experience in international public health nutrition with expertise in the design, evaluation, and management of nutrition interventions to improve maternal and child health and translational research. He offers a unique combination of nutrition research and large-scale nutrition program management skills stemming from his decade-long service as Country Director for Helen Keller International-Philippines, leadership role as Technical Director of USAID's flagship micronutrient program, and extensive research experience as principal and/or co-investigator for studies in Nepal, Bangladesh, Philippines, Zambia, Malawi, and the Democratic Republic of Congo. He currently serves as Vice President for Nutrition with Helen Keller International and as a Senior Associate at the Johns Hopkins Bloomberg School of Public Health.

Achieving Safe, and Affordable Healthy Diets for All Filipinos: The Synergy with the Universal Health Coverage

Usec. Maria Rosario Singh-Vergeire is the Undersecretary of the Department of Health - Public Health Services Team (PHST). She also held the highest position in the health sector as the DOH Officer-in-Charge from July 2022 to June 2023. Prior to her career in DOH, she was the Officer-in-Charge Director Deputy Director General for the Field Regulatory Operation Department of the Philippine Food and Drug Administration (FDA). Dr. Singh-Vergeire also currently works as a faculty at the Development Academy of the Philippines and a part-time faculty in the Ateneo School of Government. She completed her undergraduate degree in Zoology from the University of Santo Tomas (UST), her Medical Degree from the De La Salle University College of Medicine, and her Master's in Public Health in the University of the Philippines -Manila.



PLENARY LECTURE

The Planetary Health Diet as a potential pathway to transforming the Philippine Food System



PLENARY LECTURE

Dr. Eufemio T. Rasco, Jr. is an elected member of the National Academy of Science and Technology (Philippines) in recognition of his pioneering work on the breeding of potatoes and neglected tropical crops. Through more than 30 years of utilization, these hybrids benefitted millions of farmers and consumers in the Philippines first, then the rest of the world. His research on the biology and utilization of sago and nipa also triggered interest in these crops in the academic community, leading to discoveries in the fields of renewable energy and biofertilizers in the Philippines and elsewhere. His career spanned leadership positions in the academe, private industry, government, and international research organizations.

SPEAKERS' PROFILES

Using the Equity Lens in Achieving Healthy Diets for All



Dr. Jody Harris is a Senior Scientist leading the WorldVeg work on food systems for healthy diets globally. She conducts mixed methods research into power in societies, including equity and marginalization shaping global diets and nutrition; power in politics, food and nutrition policy processes, and power in food systems, among many others. She also leads theoretical and methodological work on progressing ideas and approaches in these areas. Dr. Harris brings over fifteen years of experience working in different institutions including the International Food Policy Research Institute (IFPRI) and the Institute of Development Studies (IDS) where she manages research and designs programs in various contexts in Asia and Africa. She obtained her Ph.D. in International Development Policy University of London, and her MSc in Public Health Nutrition from the London School of Hygiene and Tropical Medicine.

A FRESH look at Filipino Diets: How Safe, Affordable and Healthy?

Dr. 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. She 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)-TROPMED, Jakarta, Indonesia. Currently, she is the director of the Department of Science and Technology - Food and Nutrition Research Institute.



Filipino Food and Nutrient Intake in Times of Crises: Implications for Policy Research and Response



Dr. Roehlano M. Briones is a Senior Research Fellow Philippine Institute for Development Studies (PIDS). He has authored numerous published research papers and co-edited five books, on irrigation policy, rural development, food security, and international trade, among others. He is a Board Member of the consultancy group Brain Trust Inc. and a Fellow of the Foundation for Economic Freedom. In 2017, he received the University of the Philippines Los Baños (UPLB) College of Economics and Management Outstanding Alumnus Award for Economics and Public Policy. He obtained his Ph.D. from the UP School of Economics in 2000 and did Postdoctoral Research at the WorldFish Center in Penang, Malaysia.



SPEAKERS' PROFILES

The PDP 2023–2028: Nutrition Security as an engine for progress and growth

USec. Rosemarie G. Edillon is the Undersecretary for the National Development Policy and Planning of the National Economic and Development Authority (NEDA). She holds a Ph.D. in Economics from La Trobe University in Australia, an MA degree in Economics from the University of the Philippines (UP) School of Economics, and an MS degree in Statistics from the UP School of Statistics. She has since then worked in various fields of specialization in Economics – agriculture, agrarian reform, poverty, labor, migration, project development, impact evaluation, health, social capital, growth theory, and global business. Now, her focus is on the Philippine Development Plan (PDP), the elaboration of the country's priorities over the medium term, and the blueprint of government policies, programs, and projects.



Kapihan : Perspective and Response: Farmer's Group



Mr. Raul Socrates C. Banzuela is a community organizer by profession and has been involved in waging direct-action campaigns in pursuit of asset reforms and good governance in the Philippines spanning 41 years. He has been the National Coordinator for the past 17 years of PAKISAMA, a recipient civil society organization in 2015 of the ASEAN Rural Leadership Award, and a finalist for the 2015 Global Award of the International Land Coalition. He graduated from Ateneo de Manila University and the Asian Institute of Management and focused on community organizing work and supervision, project, program, organizational, network, and confederation management, training, and consultancies involving nine civil society organizations, led a community, lectured in three universities, and authored a number of articles including a book on social entrepreneurship.

Kapihan : Perspective and Response: Socioeconomic Group

Dir. Gemma B. Gabuya is the Director IV and National Program Manager for the Pantawid Pamilyang Pilipino Program. She has served the Department of Social Welfare and Development since 2005 with her specialization in social case management, and mastery of sectoral policies, programs, and planning. Dir. Gabuya has already received 5 awards including the Recognition Award from the Philippine Association of Social Workers, Inc. (PASWI) in 2018, Gawad Kalihim Award in 2021, Pagasa Regional Award, Best Manager Finalist, and Best Manager (Regional Winner) in 2019. She graduated from Divine Word University with a Bachelor of Science in Social Work and now holds a Master's in Public Administration from the National College of Business and Arts.



SPEAKERS' PROFILES

Kapihan : Perspective and Response: Health and Nutrition Group

Dr. Milton B. Amayun is the President of the Nutrition Foundation of the Philippines. He has 30 years of experience with child survival, maternal health, HIV/AIDS, and other public health programs. Among his most recent appointments have been as Vice President for Programs for International Aid and as the focal point for the Global Fund portfolio of World Vision International. He is currently a part-time Professional Lecturer on Social Development Themes at De La Salle University College of Liberal Arts, a Visiting Lecturer in Global Health at the National University of Singapore (NUS) Saw Swee Hock School of Public Health and a Mentor for the Harvard Alumni for Global Development. Dr. Amayun completed his Bachelor's Degree in Zoology at the University of the Philippines (UP) Diliman and obtained his Doctor of Medicine degree from the UP College of Medicine in Manila. He also earned his Master of Public Health, Health Policy and Management major, from Harvard University's School of Public Health in Boston, Massachusetts in the United States.



Reorienting agricultural programs towards safe and affordable healthy diets



Dr. Dennis Garrity is a Systems Agronomist and Research Leader whose career has been focused on the development of small-scale farming systems in the tropics. He is currently the Chair of the Board of the Global EverGreening Alliance and leads the Alliance's Campaign to EverGreen the Earth advocacy. He is a distinguished Senior Research Fellow at the World Agroforestry Centre (ICRAF), Nairobi, where he served as Director General from 2001 to 2011. He also served as Drylands Ambassador for the UN Convention to Combat Desertification from 2011 to 2018 and is now a member of the Board of Global Landcare. Dr. Garrity has a BSc degree in Agriculture from Ohio State University, an MSc in Agronomy from the University of the Philippines at Los Baños, and a PhD in Crop Physiology from the University of Nebraska.

Ensuring everyone's access to safe, and affordable healthy diets: The role of the food industry

Ms. Aleli Arcelli is Vice President and Managing Director of Mondelēz International Philippines. She is a sales expert specifically in establishing Trade Marketing and Key Account Management processes. Before Mondelēz International, she also worked with huge companies such as Mead Johnson Nutrition, PepsiCo, Wyeth, and Reckitt. She obtained her Bachelor's Degree in Management Economics from the Ateneo de Manila University. Ms. Arceli is also the first woman and Filipino that lead the company.



SPEAKERS' PROFILES

Quezon City leads the way: Adopting Policy on healthy public procurement



Ms. Jirah Asa M. Sideco is a Nutritionist-Dietitian II at Quezon City Health Department. She participates in developing plans, policies, and programs on assessed community needs, coordinates nutrition and nutrition-related programs within the department and other nutrition agencies, and provides direct technical supervision to BNS and other nutrition implementers in the field. She obtained her bachelor's degree from the University of Santo Tomas (*Cum Laude*) and currently taking Diploma in International Health, majoring in Health Promotion from the University of the Philippines.

Inside the Philippine public hospitals: Quality of inpatient meals and nutrition and dietetics service processes

Mr. Lyle Daryll D. Casas is a Research Specialist at the Philippine Institute for Development Studies. He has published peer-reviewed research articles and working papers on public health systems, nutrition, and health policy. He obtained his Bachelor's Degree (*Cum Laude*) from Batangas State University with academic awards such as Outstanding Student in Nutrition and Dietetics, Outstanding Student Researcher, Best Thesis Award, and Goc. Pablo Borbon Leadership Hall of Fame Awardee. He is currently working on his Master's Degree in Epidemiology (Public Health) at the University of the Philippines Manila.



Ensuring safe and affordable healthy diets in the first 1000 days through the Tutok Kainan Program



E.D. Azucena M. Dayanghirang is the Assistant Secretary and Executive Director of the National Nutrition Council. She is an experienced public health leader. For the past 29 years, she has been a facilitator and a trainer for various health programs particularly on Maternal Child Health and Nutrition in Davao. In 2016, she was elected as the National President of the Nutrition Action Officers Association of the Philippines (NAOPA), Inc. Currently, she is designated as the Scaling Up Nutrition (SUN) Philippines Government Focal Point and most recently, appointed as a member of the Executive Committee of the Global Scaling Up Nutrition (SUN) Movement representing Asia and the Pacific

SPEAKERS' PROFILES

Exploring the contribution of nixtamalized Corn to safe, and affordable healthy Filipino diets

Dr. Clarissa B. Juanico is an Associate Professor and Former Head of the Food Management and Administration Division of the Institute of Human Nutrition and Food, University of the Philippines Los Baños. She was recently awarded UP Scientist 1 and recipient of the One UP Professorial Chair Award in Human Nutrition for Outstanding Teaching and Research, the Centennial Professional Chair Award, and 8 International Publication Awards from the same institution. Dr. Juanico is a certified National Trainer on Infant and Young Child Feeding (IYCF) and an advocate of breastfeeding. She holds a Ph.D. in Human Nutrition minoring in Food Science and Entrepreneurship.



Golden Rice for Safe and Affordable Healthy Diets



Dr. Ronan G. Zagado is a Chief Science Research Specialist from the Philippine Rice Research Institute (PhilRice) and he is currently leading the Golden Rice Program at PhilRice in partnership with the International Rice Research Institute. He has a rich background and training in science communication, campaign and advocacy, stakeholder engagement, risk communication, agricultural extension, communication research, and program management. He holds a Ph.D. in Media Studies from the University of Adelaide, South Australia, an MS in Development Communication from the University of the Philippines Los Baños, and a BS in Development Communication major in Development Journalism from Central Mindanao University.

Climate Smart Agriculture and the role of collaboration in nutrition for resilience

Ms. Emily Monville-Oro is the Country Director of the International Institute of Rural Reconstruction (IIRR) Regional Center for Asia. She provides strategic directions for the Philippine country program and oversees the implementation of its flagship program. Ms. Monville-Oro has 27 years of experience in public health, clinical nursing, community-managed disaster risk reduction, and capacity development. She finished her Master's in Public Health under a full scholarship from the James P. Grant School of Public Health at BRAC University in Bangladesh. Her work has been focused on Asia, particularly in the Philippines, Bangladesh, Vietnam, Indonesia, China, Malaysia, Cambodia, and Pakistan.



SPEAKERS' PROFILES

How to respond to the question, “What are Safe, and Affordable Healthy Diets?”



Ms. Mabelle P. Aban is a Nutritionist-Dietitian, Nurse, and Fitness Coach. She guides people in taking charge of their health more proactively through precise nutrition management and a well-balanced lifestyle through her private practice in the clinic that she co-founded, SHAPE Medical Fitness and Nutrition Clinic. She obtained her BS in Nutrition from the University of the Philippines Los Baños, and a BS in Nursing from the Philippine Women's University. She has been a practicing ND specializing in Clinical and Functional Nutrition. She is involved in the training of other health and fitness professionals through FitME and SHAPE UP Academy. Ms. Aban also conducted corporate wellness programs, training module development, content creation, and editing for some private companies and NGOs.

Through the Lens of Food Retailers: Promoting Healthy Food Environment for Safe and Affordable Healthy Diets

Dr. Elaine Q. Borazon is currently an Assistant Professor at the International Graduate Program of Education and Human Development of National Sun Yat-sen University, Taiwan while working on projects such as Fruit and Vegetables for Sustainable Healthy Diets and Food Literacy. She has completed eight research projects and 16 publications. Dr. Borazon holds her Ph.D. in Business Administration, MS in Management, and Bachelor of Science in Food Technology from the University of the Philippines- Diliman.



Reaching the unreachable: Using regional-level metrics to describe affordable healthy diets.



Dr. Maria Julia G. Gubat is a Senior Science Research Specialist from the Department of Science and Technology – Food and Nutrition Research Institute. She has been a recipient of the International Publication Award from the National Academy of Science and Technology (NAST) for six years since 2016 and the recipient of the Oral Plenary Presentation Award during the 4th Seoul International Conference on Endocrinology and Metabolism (SICEM) from the Korean Endocrine Society, and the Urakami Foundation Travel Award 12th Asian Congress on Nutrition (ACN) from the Urakami Foundation Awards Selection Committee. Dr. Gubat holds her Ph.D. in Human Nutrition from the University of the Philippines – Los Baños (UPLB), a Master's in Nutrition and Health from Wageningen University and Research Centre, and a Bachelor of Science in Nutrition from UPLB.



SPEAKERS' PROFILES

How can the Workplace contribute to better access to safe, and affordable healthy diets?



Mr. Jose Gabrial Dimalanta is a graduate of Bachelor of Science in Food and Technology from the University of Santo Tomas with a Master's Degree in Innovation and Business from the Asian Institute of Management. He is currently the coordinator for the ISSI Corp. Workforce Nutrition Program and the Secretariat for Scaling Up Nutrition (SUN) Business Network. He is one of the founders of BukidFresh and the CEO of e-Magsasaka. The latter received awards such as the East-West Seed: Innovation Olympics Grand Winner, Top 100 Social Enterprise to Watch for in Asia 2018 by DBS-NUS, Makesense Academy Social Incubation Program Member, and Union Bank Agritech Pitch Fest 2nd Runner up.

Ethical Standards and Moral Principles of a ND Researcher and Practitioner

Hon. Virgith B. Buena is the Chairperson of the Professional Regulatory Board of Nutrition and Dietetics of the Professional Regulatory Commission (PRC). Hon. Buena has a deep passion for nutrition serving the Philippines for decades and sharing her knowledge and wisdom not just in the country but also internationally. She is currently the Nutritionist Dietitian for PAL MEDICAL at Philippine Airlines and a Nutrition Consultant in Private Practice at Cardinal Santos Medical Center.



Our Food Systems in Crisis: An Urgent Call for Multi-Sectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos



Ms. Cristina B. Sison is the President of the Philippine Society of Nutritionist-Dietitians, Inc. and an adjunct Assistant Professor at the Institute of Human Nutrition and Food at the University of the Philippines- Los Baños (UPLB). Ms. Sison has published a total of 21 publications, blogs, and research papers, and volunteered for many civic works. She completed her Master's Degree in Applied Nutrition and a Bachelor of Science in Human Food and Nutrition from the same institution.



SPEAKERS' PROFILES

Assessing Sensory Acceptability, Awareness of Availability, Perception of Health Benefits, and Intent to Purchase Pigmented Rice

Ms. Diane S. Mendoza-Sarmiento is an Assistant Professor 4 of the University of Santo Thomas (UST) teaching clinical and public health nutrition courses. She has a Master's Degree in Clinical Nutrition and currently pursuing her Ph.D. in Philosophy majoring in Health Research. She was also the Recipient of the Philippine Association of Nutrition Service Awardee (2022), Gawad Punla (2019-2021), Gawad Likha (2019-2021, 2021-2023), Gawad Pluma (2018), Gawad Ambag (2016, 2017), and Gawad Hasik from her teaching institution.



Enablers and barriers towards adopting a plant-based diet: A case study on Filipino consumers



Mr. Melvin E. Bernardino is the Nutrition and Dietetics Program Chairperson of the Colegio de San Juan de Letran. He was the Top 1 board passer during his Nutritionist-Dietitian Licensure Exam in 2018. He completed his Master's Degree in Clinical Nutrition from the Philippine Women's University in 2021 and is currently pursuing his Ph.D. in Public Health majoring in Health Promotion and Education from the Angeles University Foundation.

Proximate, Micronutrient Analysis, and Nutrient Contribution of Instant Porridge from Pigmented Corn (Zea mays L. 'CGUARD N413')

Ms. Christine Joy B. Ewayan is a dedicated professional with a passion for nutrition and research. She joined the Department of Science and Technology – Food and Nutrition Research Institute (DOST-FNRI) and became part of the Expanded National Nutrition Survey (ENNS). Ms. Ewayan pursued a Master of Science in Applied Nutrition at the University of the Philippines Los Baños where she was granted a full-time scholarship by the DOST – Accelerated Science & Technology Human Resource Development Program National Science Consortium (DOST-ASTHRDP NSC).



Hydration, Nutrition and Health, and Wellness [Luncheon Symposium]



Ms. Fia Batua-Mambuay, RND -CSN, EFT is a Registered Nutritionist Dietitian. Beyond consultations, she 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). Currently, her works focus on the development of NutriCoach, a nutrition technology startup.



SESSION SUMMARY



KEYNOTE ADDRESS

Our Food Systems in Crisis: An Urgent Call for Global to Country-level Actions

ROLF DW KLEMM, MPH, DRPH | HELEN KELLER INTERNATIONAL

There are several initiatives in place on the national level including Philippine Development Plan, Philippine Plan of Action for Nutrition, Philippine Health Facility Development Plan among others. Yet, we have a food system that is vulnerable to many shocks and disruptions making it unable to provide safe, affordable, and healthy diets, especially to the marginalized households. Strong and budgetary support is important to address the nutrition problems of the country. Financial support should not just come from the government, but the private sector, particularly the food industry through their corporate social responsibility. Good governance and political will are necessary to address the problems of our food system. These problems may take a generation if not more than a generation to fix because the problems are systemic.

There are efforts to provide the public with nutritious food that can improve the Filipino diets, such as the malusog rice, promoting mungbeans, fortifying food products, nixtamalized corn, and fermented protein. While these foods may contribute to a healthy diet, not one single food item can be considered the silver bullet, and not one single food nor program can transform the food system. Environment and social protection also play important roles in the food system. Moreover, we should enable consumers with higher income, and quality education to have access to safe and affordable diet.

Collaboration across disciplines is important to synchronize all our efforts in making healthy diets more sustainable, and to harmonize targets across all sectors and key players in the value chain without unintended consequences. We have sound policies and programs in place to address food and nutrition security. One call to action is to push further these programs, such as 4Ps, the PPAN, and other inter agency programs and policies lined up in the PDP alongside food research to improve food quality. Another is to actively monitor and evaluate to ensure that the marginalized for which these programs are intended for truly benefit.



While existing programs have been in place for many decades, we are still dealing with the same problems. There must be something that needs to be fixed, and this may also be the necessary fix to a broken food system. Here are some action points moving forward:

1. Review our existing programs and to document the lessons learned. Like the climate Smart Agriculture of International Institute of Rural Reconstruction (IIRR), we should also look at what works and what does not work in our nutrition programs. What we have may be what we need and tweak it in the direction that it needs to go. Periodic review of programs is always necessary to allow us to work with changing times. While we are quick to accept our successes from our programs and policies, we should also be mindful of its weaknesses and even failures to allow room for improvement.
- Making data more accessible so that more people can work on addressing the problems of our food system. We saw from the presentations that we have data from way back from the 70s, which we can still use to study trends that may show some indication of what has worked and what did not work throughout the years. Otherwise, we may be making the same mistakes repeatedly. More important, the local government units (LGUs) must have access to data to help them plan their nutrition sensitive and nutrition specific interventions. As RNDs, we can help guide the LGUs access this data by leading them its source.
- “Connect spaces” among us to fill the gaps between us. Collaboration and partnerships can also help in making data more accessible across agencies and different professionals who have a common goal of solving the problems of our food systems. We should ensure a connect between nutritionists-dietitians and agriculturists, and to reach out to Planetary Health Diet consortium so that RNDs are able to contribute to their mission.
- Working with the private sector, both the food manufacturing and food retailers, to provide guidance and ensure that food produced and sold will contribute to healthy diet, perhaps through food fortification, or product development with nutritional qualities, as well as food labelling. With the influence of the food industry through their powerful advertising, RNDs should work with the food industry in promoting healthy eating.



- Good governance has been well documented in successful implementation of programs that address poverty, food and nutrition security. Part of this good governance is investing in nutrition and health services more for preventive measures rather than rehabilitation when non-communicable diseases and chronic disorders become difficult to address. It is the responsibility of our leaders to warrant basic human rights to food and health by every individual.
- We need effective and good leadership among us in the profession of RND, both at the grass roots level and at the national level. Upholding the values of our code of ethics, we RNDs have the responsibility to lead in advocating for food and nutrition security, and other advocacies for healthy diets. Whether you are from the public or private sector, education, transport, trade, health, agriculture, finance, labor, or the food industry, etc., you have a say on the kinds of food that is available and accessible daily. And for every delay, every indecision, or wrong decision in policy or program or intervention, and for every disservice, we lower the chances of a single Filipino from achieving a healthy diet.

Thus, this final action point of accountability. As RNDs, we are responsible in ensuring that all Filipinos are in good nutritional standing. The consequences of unhealthy diets is poor nutrition and health, but we fail to recognize the consequences of being unable to provide or fail to provide the necessary services to ensure the nutritional wellbeing of the people we are supposed to serve. Accountability in failure in service, more important, in our leadership must be established to ensure that all programs and policies are implemented effectively and efficiently.

We are at the end of the convention, but the conversation should not stop here. This call to action for a multi-sectoral approach towards safe, affordable healthy diets must move forward beyond this convention. The food system will not transform with the presentations from the different technical sessions alone. When we go back to our workspace, the call to action must be real. We may not benefit from the fruits of our labor today in transforming the food system, but I hope we are able to make a better food system for future generations.



DAY 1: PLENARY ADDRESS

Achieving Safe, and Affordable Healthy Diets for All Filipinos: The Synergy with the Universal Health Coverage

MARIA ROSARIO S. VERGEIRE, MD, MPH, CESO II | DEPARTMENT OF HEALTH

DELIVERED BY: AZUCENA M. DAYANGHIRANG, MD, MCH, CESO | NATIONAL NUTRITION COUNCIL

The Philippines, despite witnessing improvements, remains among the poorest-performing countries in the region in the context of health outcomes. The triple burden of malnutrition, encompassing undernutrition, malnutrition, and overnutrition, poses significant challenges. The 2022 National Nutrition Survey reveals a public health concern, wherein one out of three children aged five in the is stunted, adversely affecting both physical and mental health. Furthermore, nearly two in five Filipinos are either obese or overweight, indicating an elevated risk of chronic diseases.

The United Nations' 2019 Political Declaration on Universal Health Coverage (UHC) emphasizes the importance of food security, food safety, adequate nutrition, and resilient nutrition-sensitive food systems for maintaining healthy populations. Likewise, the Department of Health developed the Universal Health Coverage (UHC) with theme of *Healthy is Life*. It is comprised of seven priority areas including: (1) Diet and Exercise, (2) Environmental Health, (3) Vaccines and immunization, (4) Substance Abuse, (5) Sexual and Reproductive Health, (6) Mental Health, and (7) Violence and Injury Prevention.

In terms of nutrition and food security, the first 1000 days is deemed a golden opportunity for optimal nutrition. Investments to this period of the mother and child are essential. The Philippine Health Facilities Development Plan (PHFDP) 2020-2040 aligns with these goals, emphasizing strong primary care and an integrated health system. The promotion of breastfeeding and complementary feeding, with health benefits for both mothers and children, underscores the importance of comprehensive healthcare strategies. The DOH's eight-point agenda further outlines key priorities to ensure a healthier and more resilient population in the Philippines.



DAY 2: PLENARY ADDRESS

The Planetary Health Diet as a Potential Pathway to Transforming the Philippine Food System

EUFEMIO T. RASCO, JR., PHD | NATIONAL ACADEMY OF SCIENCE AND TECHNOLOGY

The key points highlight the central role of consumers in shaping the health, justice, and sustainability of food systems. The root cause of unhealthy and unsustainable food systems is often attributed to poor consumer choices, yet there is a lack of emphasis on educating consumers to make informed decisions. Factors such as convenience, price, and taste, drive consumer choice and influence both local and global food systems.

The National Academy of Science and Technology (NAST) envisions a food system that prioritizes consumer health, environmental sustainability, supports farmers, and embraces diverse food cultures. In line with this, is the development of the Planetary Health Diet (PHD). It is a transformative approach to food systems encompassing a balanced adult diet – half of the diet is comprised of fruits and vegetables, and the other half comprised whole grains, plant proteins, unsaturated plant oils. The diet also includes moderate consumption of meat and dairy, and limited sugars and starchy vegetables.

Scientific evidences reveal the impact of diet on gut microbiota, influencing various human diseases. The PHD, with its emphasis on plant-based foods, is associated with reduced risks of cardiovascular diseases. Moreover, it integrates considerations for environmental health, social justice, traditional food culture, and advocates for data-driven food choices.

The promotion of plant-based protein source, specifically mung beans, is also recommended for prioritization in feeding and production programs.



From top to bottom: Dr. Eufemio T. Rasco and Dr. Howarth E. Bouis actively participating in the Open Forum session, with the 2023 PSND Day 2 Overall Facilitator, Ms. Jeline Marie M. Corpuz



LUNCHEON SYMPOSIUM

Hydration, Nutrition and Health, and Wellness

FIA BATUA-MAMBUAY, RND -CSN, EFT | NUTRICOACH, INC.

Proper hydration plays a crucial role in enhancing metabolic efficiency and supporting enzymatic food breakdown. Water serves as a multifaceted substance, lubricating joints, acting as a solvent and transporter, regulating temperature, and providing structure to cells. Essential minerals present in alkaline water includes calcium, magnesium, bicarbonate, sulfate, chloride, sodium, silica, iron, and zinc, contribute to the overall health. Additionally, the potential benefits of alkaline water, neutralizing acid in the bloodstream, are noted, with potential implications for increasing oxygen levels and improving metabolism.

Dehydration influences the physical performance of an individual through thermoregulation. This process reduces the cardiac output, and increases the perceived effort and fatigue during exercise. It also hampers blood flow to the brain, affecting oxygen and nutrient levels, thereby affecting body functions such as focus and productivity. The role of water in thermogenesis is highlighted, indicating that hydrated cells are more efficient in producing ATP, the primary energy molecule.

Meanwhile, hydration is essential for lipolysis, the process of breaking down triglycerides into glycerol and fatty acids for energy production. Adequate water intake aids in diluting and transporting metabolic waste efficiently, ensuring optimal cell function and energy production.



Ms. Fia Batua-Mabuay initiating an interactive presentation through a quick quiz with prizes.



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OUR FOOD SYSTEMS IN CRISIS

An Urgent Call for Multi-Sectoral Response Towards Safe and Affordable Healthy Diets for All Filipinos

TECHNICAL SESSION 1 OVERVIEW



Technical Session 1: The Challenge of achieving Safe and Affordable Healthy Diets for All: Reflecting on Our Food Systems in Crisis



THE CHALLENGE OF ACHIEVING SAFE AND AFFORDABLE HEALTHY DIETS FOR ALL: REFLECTING ON OUR FOOD SYSTEMS IN CRISIS

TOPIC 1: Using the Equity Lens in Achieving Healthy Diets for All

Jody Harris, PhD | Food Systems East and Southeast Asia World Vegetable Center

Marginalization is defined as ‘the treatment of a person, group, or concept as insignificant or peripheral’. The recent reviews on food and nutrition research concerns itself with aspects of marginalization, from the disempowerment of women, disparities in income and other axes such as age, ethnicity, disability, sexuality, and geographic marginalization. The interactions between these different aspects as well as the structural determinants of marginalization are under-explored; hence, justice in food systems or for food security and nutrition (FSN) outcomes is necessary.

The issues about marginalization and justice for food and nutrition were first laid out in the Nutrition Equity Framework (NEF), then later expanded to the High Level Panel of Experts (HLPE) report on equity in FSN. In the NEF framework, the engine is made up of injustice, unfairness and exclusion which describe how cycles of inequity occur. Meanwhile, the engine in HLPE framework is made up of recognition, representation, and redistribution, which suggests keyways that inequities can be addressed. These frameworks start to give us a logic of what we need to acknowledge, assess, and address, and recognize the direct conceptual link to unequal food and nutrition outcomes. Both frameworks aimed to understand the drivers of inequalities, basic determinants, immediate food, health and care environments, daily living conditions and behavioural choices, social position, and human capital and potential. Moreover, the most structural determinants is also a combination of the cultural ideas, norms and values in a given society which shape who is placed higher or lower in social hierarchy (for instance how women are viewed, or how different ethnicities are treated); and how these crystalize into governance of those societies through institutions and structures.

For the Philippines, the frameworks will mean understanding unequal outcomes disaggregated across those groups recognized to be most marginalized in the country; understanding the experiences of marginalized groups on their own terms; ensuring marginalized groups have a genuine seat at the decision-making table, including addressing power imbalances in voice and ability to participate; and working towards policy and practice that aims at a fairer distribution of opportunities and resources.



Mr. Kim Leonard G. Dela Luna moderating the Technical Session 1.



Dr. Jody Harris sharing the NEF and HLPE Framework as tools for understanding food and nutrition security.





Dr. Imelda Angeles-Agdeppa sharing the keypoints of the Fruits and Vegetables for Sustainable Healthy Diets (FRESH) project.

TOPIC 2: A FRESH look at Filipino Diets: How safe, affordable and healthy?

Imelda Angeles-Agdeppa, RND, PhD | DOST - Food and Nutrition Research Institute

Poor diet is one of the primary causes of malnutrition and the leading cause of disease worldwide. Improving diets, including increasing fruit and vegetable intake, could save one in five lives annually. In the Philippines, consumption of fruits and vegetables has generally declined in the past four decades while the prevalence of non-communicable diseases such as obesity, diabetes and other risk factors are increasing. Moreover, undernutrition and micronutrient deficiencies across population groups persist.

The Fruits and Vegetables for Sustainable Healthy Diets (FRESH) project, launched in the Philippines on May 16, 2023, is an initiative of the International Food Policy Research Institute (IFPRI) in close partnership between Consortium of International Agricultural Research Centers (CGIAR), the World Vegetable Center, and other partners, in four countries (Philippines, Sri Lanka, Tanzania, and Benin). For the DOST-FNRI, understanding and influencing consumer behavior at the demand side, is an important aspect to increase the desirability and affordability of fruits and vegetables, giving priority to young children, adolescents, and women through family approach.

Improving fruit and vegetable consumption requires evidence-based approaches that address issues throughout the value chain — from production to transportation and processing to food environments to consumption. In particular, the activities will focus on:

- Understanding and influencing consumer behavior
- Addressing issues of biodiversity, seed systems, and genetic innovation
- Ensuring safe and sustainable production systems
- Considering postharvest issues and ensuring inclusive markets
- Developing food environments that are conducive to health and nutrition
- Strengthening the enabling environment

Using an end-to-end approach, FRESH Initiative aims to increase fruits and vegetables consumption and improve diet quality, nutrition, and health while also improving livelihoods, empowering women and youth, and mitigating negative environmental impacts.

TOPIC 3 : Filipino food and nutrient intake in times of crises: Implications for policy research and response

Roehlano M. Briones, PhD | Philippine Institute of Development Studies

The COVID-19 pandemic severely impacted the nutritional status of Filipino children, with a stunting rate reaching 26.7% in 2021. Consequently, economic downturn affected the Gross Domestic Product (GDP) which contributed to an increase in poverty to 18.1% in 2021 from 16.7% in 2018. Although there has been some economic recovery in 2021-2022, the rise in food inflation, particularly for key food items, has further exacerbated poverty levels and resulted in a decline in per capita consumption.

A wealth quintile-based analysis reveals a decrease in cereal and sugar consumption, with higher wealth quintiles showing lower expenditure on cereals and vegetables, leading to a higher prevalence of stunting. The cost of the recommended diet in the Philippines is comparatively higher than in neighboring countries, particularly for vegetables and fruits.

During the surge of the COVID-19 pandemic, targeted cash transfers have been identified as a solution to mitigate the negative nutritional effects of economic contraction and address the nutritional challenges. However, policy research and responses should prioritize reducing the impact of price increases during inflation. When nutrition security is at risk, cost-effective policies such as trade liberalization can be instrumental in improving food affordability. Additionally, policy amendment on the production of staple and food commodities is identified as a strategy to make food more affordable for the poor, thereby contributing to enhanced nutrition security in the Philippines.



From left to right: Dr. Roehlano D. Briones and Dr. Ma. Regina Pedro actively participate in the Open Forum session.



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TECHNICAL SESSION 2 OVERVIEW



Technical Session 2: Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Scrutinizing the Philippine Development Plan (PDP) 2023-2028



MULTISECTORAL RESPONSE TOWARDS SAFE, AND AFFORDABLE HEALTHY DIETS FOR ALL FILIPINOS: SCRUTINIZING THE PHILIPPINE DEVELOPMENT PLAN (PDP) 2023-2028

Main Presentation: The Philippine Development Plan 2023–2028: Nutrition Security As An Engine For Progress And Growth

Rosemarie G. Edillon, PhD, CESO I | National Economic and Development Authority

Based on the assesment, the Philippines has been in the moderate food security category since 2012. There are also high incidence of stunting, wasting, and proportion of families who experienced moderate to severe food insecurity. To address food security and proper nutrition challenges, the Philippine Development Plan (PDP) 2023-2028 outlines a comprehensive strategic framework. Its objectives include developing and safeguarding the capabilities of Filipino individuals and their families it aims to reduce vulnerabilities, and protect purchasing power. Furthermore, the vision of the PDP 2023-2028 is encapsulated in the tagline "*Matatag, Maginahawa at Panatag na Buhay*" with the economic and social transformation for a prosperous, inclusive, and resilient society.

The Transformation Agenda of the PDP 2023-2028 incorporates six cross-cutting strategies, including digital transformation, dynamic innovation ecosystem, leverage private sector's role, enhance connectivity, servicification, and recognize Local Government Units (LGUs) as equal partners in development. Meanwhile, the subsector outcomes emphasize achieving a sufficient and stable supply of food commodities, expanding consumer access to affordable, safe, and nutritious food, and promoting nutrition across all age groups.



Dr. Angelina R. Bustos moderating Technical Session 2



Ms. Apple B. Espino (Vice President) and Ms. Ma. Cristina B. Sison (President) awarding the certification of appreciation to Dr. Rosemarie G. Edillon.



From left to right: Dr. Milton B. Amayun, Ms. Gemma B. Gabuya, and Mr. Raul C. Banzuela attentively listening to questions from the audience during the Open Forum session.

Ka-PSND Kapihan: Perspective and Response of Farmer's Group

Raul Socrates C. Banzuela | Pambansang Kilusan ng mga Samahang Magsasaka (PAKISAMA)

The Integrated Diversified Organic Family Farming System (IDOFFS) was introduced for food security, diversified income, improved health, and environmental sustainability. IDOFS involves farm planning, landscaping, budgeting, seminars, seed selection, and organic technologies, leading to positive outcomes like increased income, recognition, food security, strengthened families, and responsible young farmers. Despite the potential of family farming, the Philippines faces challenges. Approximately 30% of farmers and fisherfolk experienced poverty and hunger as highlighted by the 2021 poverty incidence rate. The current food system has identified unjust and unsustainable practices especially to common Filipinos. Moreover, the government is under scrutiny for its partnerships and collaborations with capitalists and business, while also serving self interest.

The Pajaron Family Farmers emerge as champions of IDOFFS. Their journey, marked by meticulous planning, organic farming practices, and partnership building, has yielded transformative outcomes, including increased income, regional recognition, improved food security, better health and the empowerment of responsible young farmers. The presentation calls for urgent action, emphasizing the importance of implementing the Philippine Action Plan for Family Farming and addressing crises in citizenship, governance, and partnerships to create a more equitable and sustainable food landscape in the Philippines.

Long-term reforms necessitate strengthened organic agri-cooperatives, competent leadership, new laws, and multi-stakeholder family farming councils nationwide. The impact of hunger on mental health and obesity-related health risks underscore the urgency of sustainable approaches to address these interconnected challenges.

The Department of Social Welfare and Development (DSWD) leads the Pantawid Pamilyang Pilipino Program (4Ps). This is a national initiative offering conditional cash transfers for up to 7 years to combat poverty and improve health, nutrition, and education in needy households. Despite some positive impacts on maternal health services, the program faced criticism for not significantly affecting key nutritional indicators and even observed an increase in severe stunting.

Nutrition issues persist due to various factors such as food insecurity, inadequate prenatal care, poor home and postnatal care, and insufficient water, sanitation, and hygiene in households. To address these challenges, the national government has launched an Inter-Agency Collaboration on "Zero Hunger". This initiative focuses on health, nutrition, education, social welfare, employment, and financing options.

The 4Ps program has responded with measures including (1) rice subsidies, (2) community vegetable gardens, (3) monitoring of household compliance to Health and Nutrition conditionalities, (4) massive updating of pregnant and 0-5 children of 4Ps household members, (5) family development session, and (6) partnership.

In addressing nutrition issues, the government should invest on social protection addressing the risks and vulnerabilities through direct health and nutrition services. This strategy hopefully results to absence of malnutrition and disease which leads to productive and healthy Filipinos.



From left to right: Dr. Milton B. Amayun, Mr. Raul C. Banzuela Ms. Gemma B. Gabuya delivering their presentations during the Technical Session 2.

Ka-PSND Kapihan: Perspective and Response of Health and Nutrition Group

Milton Amayun, MD, MPH | Nutrition Foundation of the Philippines

Stunted women face the risk of delivering malnourished babies, and the cycle continues if left unresolved. Frequent and closely spaced pregnancies also contribute to anemia and poor nutrition in mothers. Approximately 5% of Filipinos, or 5.3 million individuals, are severely food insecure, with a high mortality rate for Filipino children under 5 years old linked to malnutrition. Meanwhile, prevalence of obesity is significantly increasing. Overweight and obese children are primarily results from poor maternal nutrition and infant feeding practices. All in all, malnutrition leads to negative health and economic consequences.

The First 1000 Days (F1KD) is the period from pregnancy to the first two years of the child. It is the window of opportunity to address issues of undernutrition. F1KD strategies emphasize the critical role of maternal nutrition and even family planning. Recommendations include a whole-of-society approach, promoting good nutrition practices, supporting exclusive breastfeeding, enforcing the First 1000 Days (F1K) Law. Moreover, controlling food inflation, and implementing poverty reduction, livelihood, immunization, and water and sanitation programs contributes to eradicating the prevalence of child malnutrition.

Health professionals are encouraged to advocate for healthy diets. As NDs, we should promote breastfeeding, diversify diets, and speak up for malnourished individuals.



From top to bottom: Ms. Marie Rita Bettina Gerardine M. Manalili and Dr. Eva Goyena participating in the Technical Session 2 Open Forum session.



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TECHNICAL SESSION 3 OVERVIEW



Technical Session 3. Multisectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos: Identifying Convergent and Collective Roles of Agencies

Agriculture Sector



LGUs and Non-Profit Organizations



Food Industry



Public Hospitals



MULTISECTORAL RESPONSE TOWARDS SAFE, AND AFFORDABLE HEALTHY DIETS FOR ALL FILIPINOS: IDENTIFYING CONVERGENT AND COLLECTIVE ROLES OF AGENCIES



Awarding of Certificate of Appreciation to Technical Session 3 speakers with PSND President and Vice President, and Dr. Liezl M. Atienza (Technical Session 3 moderator).

Topic 1: Reorienting food and agricultural programs towards safe and affordable healthy diets – A great disruption coming?

Dennis Garrity, PhD | Global Evergreening Alliance

Global agriculture is projected to be deeply transformed during the coming two decades, based on recent analyses. This disruption is being driven by a drastic reduction in the cost of protein production. There is also a convergence of technologies in synthetic biology that have enabled a rapid expansion of precision fermentation (PF) of proteins using microbes, enhanced plant-based meats (EPBM), and cell-based meat (CBM) and fish, without the animal. The costs for these sources of protein are anticipated to continue to rapidly decline, to the point where many developed products will be cheaper than conventional animal-derived protein by the late 2020s.

If these products are more nutritious, healthier, and tastier than conventional meat products, in addition to being cheaper, then the foods produced by conventional livestock (dairy, beef, pigs, and chickens) will become increasingly obsolete. The meat industry will ultimately be driven to collapse. This great livestock disruption will first take place in the United States and Europe but it may begin to significantly impact food systems in the developing world by the early 2030s.

The implications of these convergence of technologies and innovations lies on the disruption of the food systems, whether deemed good or bad. Looking forward, the Philippines' crop production for livestock feed ingredients would decline. Cropland and grazing land will be released for other uses such as tree crop and vegetable production. There will also be reduced pressure for clearing forest land for food production, and more potential for restoring natural ecosystems. In an environmental perspective, the greenhouse gas emissions from agriculture could be greatly reduced, and the restored land could remove larger quantities of carbon dioxide from the atmosphere.

This is a major suite of issues, with implications that nutritionists, food processing professionals, and agriculturists ought to begin vigorously studying and debating together.

Topic 2: Ensuring Everyone's Access to Safe, and Affordable Healthy Diets: The Role of the Food Industry

Alelli Arcilla | Mondelēz International

Snacking has been part of the diet. Recent studies suggested an increasing episodes of snacking, especially to children. Consequently, several factors related to snacking have direct or indirect association to eating habits, then development of lifestyle related diseases in the long run.

Mondelez International is a provider of a diverse range of snack food items tailored to the preferences of general consumers. The organization recognizes the importance of balancing nutrition and indulgence. As a commitment to lead the global snacking industry, it aims to promote mindful eating practices. This involves offering snacks while encouraging individuals to savor their food with heightened sensory awareness. Additionally, the concept of mindful eating advocates for the selection of appropriate portions to contribute to a healthy and sustainable diet.

In essence, the organization exerts efforts to align its product offerings with the evolving preferences and lifestyle choices of consumers worldwide. While it also stands with the nutrition community and allied health professionals on providing healthy snack food items low in added fat, sugar and calories, and fortified with vitamins and minerals.

Question: Do you a local Nutritionist-Dietitian (ND) who performs a function of a nutritionist in ensuring the sustainability of diets?

Response: We have the global team that ensures the sustainability of diets. The Research and Development Department oversees the continuous technological development and Nutritional Science Department provides updates about the recent food trends in the market (e.g. gluten free, sugar free, and calorie restriction) to improve recipes. Although we have standard protocols from the global team, we make sure to adhere to the regulations of each countries, Philippines for instance.



From top to bottom: Ms. Aleli Arcilla, Dr. Dennis Garrity, and Hon. Joy Ramos-Buenviaje actively participating in the Open Forum session.

Topic 3: Quezon City Leads the Way: Adopting Policy on Healthy Public Procurement

Jirah Asa M. Sideco, RND | Quezon City Health Department

Cardiovascular diseases (CVDs), which claim more than 200,000 lives annually in the Philippines, are the most common cause of death for Filipinos, accounting for 69% of all deaths in the country. About 81,000 of these deaths are attributed to dietary risk factors. Quezon City (QC), the most populous city in the Philippines, has 2.9 million residents. It is committed to combatting NCDs, as part of the C40 Cities Climate Leadership Group and Partnership for Healthy Cities. The city started developing a healthy food procurement policy in 2020 with two goals in mind: first, to create and test a model healthy public food procurement policy for QC; and second, to gain national support for the policy to encourage local government units (LGUs) to implement it across the country and use the model policy as the foundation of a national policy.

Local Government Units have a direct impact in their constituent's food choices and over-all nutrition, through the food they procure and serve in city-administered institutions and during city-funded activities. Thus, the Quezon City Government, is in a unique position to advance QCitizens' health and nutrition through a healthy food procurement policy.

Question: What are determined improvements from the Quezon City Governments health targets with your healthy policy procurement?

Response: The 2018-2023 prevalence of stunting in children is decreasing based on the city's assessment and monitoring activities. This can also be linked with the notable serving of fruits, vegetables, and whole foods to this age group.



From left to right: Ms. Mabelle P. Aban moderating Technical Session 3, and Ms. Jirah Asa M. Sideco and Mr. Lyle Daryll D. Casas sharing their respective presentations.

Topic 4: Inside the Philippine Public Hospitals: Quality of Inpatient Meals and Nutrition and Dietetics Service Processes

Lyle Daryll D. Casas, RND | Philippine Institute of Development Studies

Hospital nutritional care is a comprehensive process involving the identification of patient needs and the delivery of care through assessment, diagnosis, intervention, monitoring, and evaluation. Nutritionist-Dietitians play a crucial role in maintaining and improving patient health by providing high-quality, safe, and nutritious foods at a minimal cost. The Department of Health's Administrative Order (AO) 2016-0020 and the Nutrition and Dietetics Service (NDS) Management Manual establish the standard minimum meal allowance of Php 150.00 per patient, ensuring at least 1,800 calories per day, along with standardized staffing patterns, service processes, and outcomes monitoring.

However, challenges arise as the current inpatient meal allowance proves insufficient due to rising food inflation rates, and the existing process standards. Moreover, staffing patterns are outdated and unable to meet the evolving needs of the NDS. Regular and comprehensive monitoring and evaluation of NDS performance are also lacking. Government hospitals, especially LGU-owned Level 1 hospitals, face disparities in resources, hindering their ability to meet standards and provide quality nutrition care.

Apart from the issue of unmet minimum meal allowance budget and nutritional content, the study also unpacked concerns related to human resources, equipment, management functions, and other NDS processes that could have an impact on the quality of nutrition care delivered. Hence, policy updates are necessary in support of the public hospitals to ensure quality nutritional care.



From left to right: Ms. Alleli Arcilla, Ms. Jirah Asa M. Sideco, Dr. Dennis Garrity, and Mr. Lyle Daryll D. Casas participating in the Open Forum session.



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TECHNICAL SESSION 4 OVERVIEW



Technical Session 4. Nutrition for Resilience: Adopting innovative approaches to achieving safe, and affordable healthy diets



NUTRITION FOR RESILIENCE: ADOPTING INNOVATIVE APPROACHES TO ACHIEVING SAFE AND AFFORDABLE HEALTHY DIETS

Topic 1: Ensuring safe and affordable healthy diets in the First 1000 Days through the Tutok Kainan Program

Azucena M. Dayanghirang, MD, MCH, CESO | National Nutrition Council

Affordable and safe healthy diets require a sustainable food system – one that ensures food and nutrition security to all without having significant economic, social, and environmental impacts that compromise the food and nutrition security of the future generations.

The 2021 results of the Expanded National Nutrition Survey of DOST-FNRI showed that malnutrition still exists and remains to be a huge challenge across the various life stages. Specifically, among the 0-23 months old age group, stunting is of high public health significance at 21.6% affecting about 1 in 5 infants and young children. Moreover, only 13.8% of this population were able to meet the minimum adequate diet indicating a low dietary diversity.

The First 1,000 Days of Life from pregnancy to a child's 2nd birthday is the critical stage in a child's life where the foundation of optimum health, growth, and development is established. Thus, dubbed as the "golden window of opportunity". Poor nutrition in this critical period of life causes lifelong and irreversible consequences both to the individual and to the community the child's belong, thus preventing them from achieving their full potential consequently impeding the country's development.

Recognizing this, the NNC conceptualized the Tutok Kainan Supplementation Program in 2021 to operationalize Republic Act No. 11148 or the Kalusugan at Nutrisyon ng Mag-Nanay Act and serve as a response to the COVID-19 pandemic. The program targets nutritionally-at-risk pregnant women and children 6-23 months old and aims to contribute to the reduction of child stunting and wasting. NNC partners with FNRI technology adaptors for the supply of ready-to-eat commodities and with Agrarian Reform Beneficiary Organizations (ARBOs) for the supply of fresh commodities distributed to the beneficiaries of the program.

Sourcing the commodities used in government feeding programs directly from local farmers does not only benefit our primary food producers in terms of the additional income generated but also benefit our food systems by increasing access of small-scale producers to big markets, shortening the food supply chain through elimination of intermediaries, and making healthy food available accessible and affordable to the public.

Food systems shape what we eat which in turn affect nutritional outcomes. As such, food systems must be transformed in a manner that both addresses malnutrition and supports healthy diets highlighting the need to mainstream nutrition across sectoral policies and programs



From top to bottom: Ms. Angelica Reambillo-Navasero, moderating Technical Session 1 and E.D. Azucena M. Dayanghirang sharing the highlights of the Tutok Kainan Program.

Topic 2: Exploring the Contribution of Nixtamalized Corn to Safe, and Affordable Healthy Filipino Diets

Clarissa B. Juanico, RND, PhD | University of the Philippines Los Baños

Corn (*Zea mays* L.), a major staple crop in the Philippines next to rice, is not only a starchy food but also a good source of various essential nutrients, dietary fiber, and antioxidants. However, despite the nutritional benefits of corn, only 21% of the total corn production is used for human food consumption. The usual method of corn preparation prior to consumption does not maximize its nutritional benefits. Nixtamalization, a process where corn is softened using an alkaline solution, was found to increase the bioavailability of some essential nutrients such as niacin, riboflavin, lysine, and tryptophan, and thus, eliminate the chances of deficiencies that may develop among those who consume it as their staple food.

The Department of Agriculture Bureau of Agricultural Research (DA-BAR) funded a research project which aimed to contribute to the attainment of food and nutrition security through utilization and processing of corn cultivars in the Philippines. This project was implemented at Institute of Human Nutrition and Food, College of Human Ecology, UP Los Baños. Information on the quality, nutritional value, and health-promoting properties of nixtamalized corn hopes to increase the demand for corn as a strategy to augment the supply of rice commodities in the country. Development of high-value nixtamalized corn products that are nutritionally-rich and have health-promoting potentials are innovative ways that can be made even at the household level will help improve the nutrition and health status of Filipino communities.



Dr. Clarissa B. Juanico sharing some of the developed products using nixtamalized white corn, specifically IPB-var 6 and Lagkitan variety during Tecnical Session 4.

Topic 3: Golden Rice for Safe and Affordable Healthy Diets

Ronan G. Zagaldo, PhD | PhilRice Central Experiment Station

Vitamin A Deficiency (VAD) remains a pressing public health concern, affecting 15.5% of young children nationwide according to DOST-FNRI. Despite existing nutrition programs, a substantial number of at-risk individuals are underserved. Malusog (Golden) Rice is the first genetically modified rice variety with improved nutrition approved for commercial propagation in the world. It is registered in the Philippines as NSIC 2022 Rc682GR2E or Malusog 1 and aims to be an additional intervention to address VAD. The United States Food and Drug Administration (USFDA), Health Canada, Food Safety for Australia and New Zealand (FSANZ), and Department of Agriculture - Bureau of Plant Industry (DA-BPI) have assessed Malusog Rice as safe as ordinary rice.

As Malusog Rice is integrated into popular rice varieties, it has the potential to significantly improve vitamin A intake, especially among children who lack sufficient dietary sources. Based on the study by DOST-FNRI, one cup of Malusog Rice can contribute to 30-50% of added vitamin A intake. This presentation outlines its nutritional benefits and how Malusog Rice has reached its target beneficiaries in the Philippines.

The Malusog Rice deployment strategy strives to ensure widespread access through rice distribution, promote public awareness and acceptance, and establish science-based policies for successful integration in vulnerable communities. The goal is to make Malusog Rice account for 10% of total rice production in the Philippines within 5-7 years, effectively addressing the vitamin A needs of deficient households. Currently, Malusog Rice has been distributed to a total of 500 households in the pilot provinces of Quirino, Catanduanes, Antique, Samar, and Agusan del Sur, with Lanao and Maguindanao forthcoming. Initial sensory evaluations conducted within these areas have shown high acceptance rates, and efforts are underway to integrate Malusog Rice into national and local nutrition programs. Advocacy efforts, backed by local government resolutions, are reinforcing its cultivation, promotion, and consumption. This innovative approach exemplifies the potential of genetic engineering in enhancing staple foods to address nutritional deficiencies, thereby contributing to improved public health outcomes.

The integration of Malusog Rice into the Masagana Rice Program ensures that it will be available not just to its target beneficiaries but also to regular consumers in the near future. Efforts are underway to enhance its nutritional content further by incorporating zinc and iron in the same grain.



From top to bottom: Ms. Emily Monville-Oro, Dr. Ronan G. Zagaldo, and Ms. Ellen Villate actively participating in the Open Forum session.



Awarding of Certificate of Appreciation to Technical Session 4 speakers with PSND President and Vice President.

Topic 4: Climate Smart Agriculture and the role of collaboration in nutrition for resilience

Emily Monville-Oro | International Institute of Rural Reconstruction

Impacts of climate change pose risks to our food systems affecting sustainable dietary diversity, food security and nutrition. Climate smart agriculture, that include efforts toward conserving agrobiodiversity, intra species and extra species, of fruits, vegetables, trees and livestock, offers opportunity to build climate and nutrition resilience. There is a need to bring back our indigenous crops and livestock that are diverse, locally adapted, climate hardy and nutrient dense for a more sustainable dietary diversity.

Education has a great role to play in influencing dietary habits of children, families, and communities. Thus, schools and homes have a great role to play. Efforts to deliver and scale initiatives to promote and adapt intensification and diversification of farms and ensure agrobiodiversity conservation can only happen if key stakeholders are engaged and work together towards a common vision of eliminating all forms of malnutrition, through strengthening our local food systems, while taking care of our environment and adapting to climate change.



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TECHNICAL SESSION 5 OVERVIEW



Technical Session 5: ND Leads: Scientific Research Presentations



Topic 1: Assessing Sensory Acceptability, Awareness of Availability, Perception of Health Benefits, and Intent to Purchase Pigmented Rice

Diane S. Mendoza-Sarmiento^{a,b}, Emmanuele V. Mistades^b,
Fidel Mar Sebastian^b, and Elizabeth H. Arenasa^{a,c*}

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^c Food Technology Department, College of Education, University of Santo Tomas, Manila, Philippines

* Adviser

Pigmented rice varieties are an alternative to white rice that can help increase the intake of polyphenols known to have antioxidant and anti-inflammatory activities. Despite its health benefits, pigmented rice is still not widely consumed. The study aimed to determine the sensory acceptability of pigmented rice, awareness of its availability, perception of health benefits, and intent to purchase pigmented rice.

Eighty-two (82) untrained panelists participated in the sensory evaluation and survey using a 9-point Hedonic scale and structured questionnaire respectively. Study results revealed that pigmented rice despite having lower rating scores compared with white rice, was found to be acceptable in terms of aroma, color, tenderness, mouthfeel, taste, and general acceptability. Further analysis showed a significant difference in aroma between white and black rice, and significant differences between pigmented rice with white rice in terms of color, tenderness, mouthfeel, taste, and general acceptability.

Majority of the participants demonstrated awareness of the availability of pigmented rice, mostly seeing these being sold in grocery stores and perceiving it as expensive. The mean intent-to-buy score of 3.34 suggests a moderate level of overall interest in purchasing pigmented rice, and a significant number are open to replacing white rice with pigmented rice. Participants perceived pigmented rice to have health benefits such as lowering blood glucose and cholesterol, and weight loss. Lastly, educational attainment was found to have a weak but significant positive correlation with intent to purchase and perceived health benefits of pigmented rice; and a moderate positive correlation of general acceptability of red rice with awareness of availability and intent to purchase.

The study findings demonstrated that red and black pigmented rice are acceptable alternatives to white rice in terms of sensory attributes. While pigmented rice varieties are recognized in various markets, they are perceived to be expensive, and there is still uncertainty in purchasing it. However, most are willing to use it as an alternative to white rice, and perceived to help lower cholesterol and glucose, and aid in weight loss. These insights can be valuable for stakeholders in the rice industry to better understand consumer preferences and adjust strategies to enhance the acceptance of pigmented rice as a viable and nutritious alternative to white rice.

Keywords: perceived health benefits, pigmented rice, sensory acceptability



From left to right: Ms. Christine Joy B. Ewayan, Mr. Melvin E. Bernardino, and Ms, Diane S. Mendoza-Sarmiento are actively participating in the Open Forum session.

Topic 2: Enablers and barriers towards adopting a plant-based diet: A case study on Filipino consumers

Melvin E. Bernardino¹, Andrian A. Caisip¹, and Sheena Marie Napata²

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Shifting to a plant-based diet could potentially delay the peaking of climate change and provide a healthier lifestyle. Despite the various environmental, health, and economic advantages of plant-based diet, factors facilitating the adoption of plant-based diets still receive little attention. The study aimed to investigate enablers and barriers towards adopting a plant-based diet for selected Filipino adult consumers in Metro Manila Philippines using a cross sectional online survey on 427 participants.

The study results identified four segments of plant-based eater including (1) high meat-high plant cluster, (2) high meat-low plant cluster, (3) low meat-low plant cluster, and (4) low meat – high plant cluster. It also revealed a significant association between food consumption clusters and monthly household income, $\chi^2 (18, N = 427) = 31.40, p = 0.03$. In terms of intentions towards diet change, almost 40% of the respondents would like to eat less of meat products and 54.10% have a great intention in eating more of the plant-based products. Enabling factors were also determined towards adopting plant-based diet including: (1) Those who know how to replace meat in a dish with a plant-based account (2) Those who like trying vegetarian dishes (3) Those who can decide for myself whether I eat meat or not and; (4) Those who perceive that people around them eat less and less meat) and barriers towards adopting plant based diet.

These findings suggest that there is an increasing intention among Filipino adult consumers in Metro Manila to shift towards a plant-based diet. However, the barriers need to be addressed to facilitate a successful transition. Efforts in educating consumers about plant-based alternatives, in providing accessibility and convenient options, and in promoting social support for dietary changes could help facilitate the adoption of a plant-based diet.

Keywords: Climate change, consumers, environmental health, plant-based diet, sustainability

Topic 3: Proximate, Micronutrient Analysis, and Nutrient Contribution of Instant Porridge from Pigmented Corn (*Zea mays* L. 'CGUARD N413')

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The 2018 Expanded National Nutrition Survey revealed that the prevalence of stunting and underweight were categorized with high and medium magnitude of severity of public health, respectively. An increasing trend of overweight/obese school-age children and alarming rates of micronutrient deficiencies were also observed from this age group. The Philippines has its own pigmented corn varieties that provides higher amount of energy and nutrients than their counterparts. The study aimed to develop an instant porridge that will provide a healthy, safe, and nutritious alternative snack for school children.

The preparation of the instant porridge includes the dehydration of base porridge, meat, and vegetables. Proximate and micronutrient analyses were determined using the AOAC International (2000) methods while the percent energy and nutrient contribution of each variant were computed for 3-12 years old school children using the Philippine Dietary Reference Intakes (PDRI). The results obtained were analyzed using One-Way ANOVA and Tukey's test ($p < 5\%$ level of significance).

Three proportions of glutinous rice (GR):pigmented corn (PC) varieties (100:0, 30:70, and 50:50) were developed. Meat and vegetables utilized included chicken liver, carrots, cabbage, spring onion and ginger. The same dried ingredients and weights were applied in all variants with a serving size of 33.08g. A serving of each variant showed that the energy and nutrient content ranged from 116.26-117.80 kcal total energy; 2.83-4.44 g protein; 0.62-0.81 g fat, 23.19-24.86 g carbohydrates, 0.65-0.67 g crude fiber; 5.30-10.92 mg iron; 5.06-10.43 mg calcium; and 0.39-0.71 mg zinc. Consequently, the developed variants were able to contribute 7.3-7.5 %RENI calorie and 12.0-16.3 %RENI protein, 36.0-109.0 %RENI iron and 9.8-15.7 %RENI zinc requirements of male 6–9-year school-age children.

The developed instant porridge could be proposed as a healthy, convenient, ready-to-eat, and nutritious snack food that is higher in energy and nutrients compared to the regular equivalents. The utilization of the locally grown CGUARD N413 pigmented corn will also benefit the community in the long run.

Keywords: porridge, product development, pigmented corn, school children, snack food



From left to right: Mr. Joemarc Dela Cruz moderating Technical Session 5, and Ms. Christine Joy B. Ewayan, Mr. Melvin E. Bernardino, and Ms. Diane S. Mendoza-Sarmiento presenting the highlights of their research studies.



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TECHNICAL SESSION 6 OVERVIEW



Technical Session 6: ND Delivers: Communicating Science to Solicit Actions



ND DELIVERS: COMMUNICATING SCIENCE TO SOLICIT ACTIONS

Topic 1: How to Respond to the Question, “What are Safe, and Affordable Healthy Diets?”

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

There is a need to ensure a common definition and understanding of what safe, affordable, and healthy diets are before more concrete action plans can be made. The definitions should also tackle the perspective of consumers in the regional setting, workplace, and food retailers. Among Nutritionist-Dietitians and other health professionals, what is considered “safe” has been well-established. World Health Organization defines safe food as one that is not contaminated with potentially harmful bacteria, parasites, viruses, toxins, chemicals and/or radionuclides. It is also encompassing other food-related factors and possible contamination along the supply chain that may increase the probability of poor health outcomes.

Affordability is one of the vital determinants of access to food and healthy diets. The World Business Council for Sustainable Development defined it as the “capacity to pay a market; price for food compared to the proportion of a household's income and other expenses.”

With 33.4% of the said households being moderately food insecure, it is important to define healthy diets. Its fundamentals are based on established nutrition principles regarding individualization, balance, flexibility, moderation, variety, and diversity.

The different nutrition references and tools are essential in defining healthy diets. These include the Philippine Dietary Reference Intakes (PDRI), Diet Diversity Scores, Oxygen Radical Absorbance Capacity (ORAC) scores, and Dietary Inflammatory Index (DII). In the local context, we developed the Food Based Dietary Guidelines which give simple and practical messages describing the diets for healthy individuals at various developmental stages, including Nutritional Guidelines for Filipinos, Daily Nutritional Guide Pyramid, Pinggang Pinoy and 10 Kumainments.

The existing legislations also strengthen not just healthy eating, but also promote food safety and affordability. As complex as the definition of safe, affordable, healthy diet, Nutritionist-Dietitians and allied health professionals should give a better understanding of what needs to be improved in promoting better nutrition and diets for Filipinos.

Topic 2: Through the Lens of Food Retailers: Promoting Healthy Food Environment for Safe and Affordable Healthy Diets

Elaine Q. Borazon, PhD | National Sun Yat-sen University, Taiwan

The pivotal role of the food retail industry in shaping community dietary habits is underscored by its provision of a diverse array of products. In the context of the Philippines, a recent study aimed at unraveling the intricacies of the food retail sector seeks to strengthen the availability and promotion of nutritious food options. Employing a qualitative research approach, the study conducts semi-structured, in-depth interviews with 18 Philippine food retailers, engaging with key stakeholders across diverse managerial roles, including procurement, operations, sales, and marketing. The deliberate selection of participants ensures a comprehensive representation of the industry, and the subsequent thematic analysis of transcribed and coded interviews reveals emerging sub-themes that shed light on the dynamics inherent in the food retail sector.

The study findings underscore the importance of adopting a systematic approach to promote healthy food retail practices. Recommendations from Dr. Borazon, derived from the study, emphasize the necessity of empowering consumer knowledge and awareness. Additionally, the study advocates for incentivizing and supporting retailers in their efforts to promote and sell nutritious foods, alongside the backing of local agriculture. In essence, the research provides valuable insights into the strategies and interventions required to transform the food retail landscape into one that actively contributes to community health.

By addressing challenges and leveraging opportunities, the study lays the groundwork for a more conscientious and health-oriented approach within the Philippine food retail industry, emphasizing consumer empowerment, retailer support, and the promotion of local agriculture as integral components of a comprehensive vision for fostering a more nutritious and sustainable food environment.



From top to bottom: Ms. Mabelle P. Aban and Dr. Elaine Q. Borazon sharing their presentations during Technical Session 6.



From left to right: Dr. Elaine Q. Borazon, Ms. Mabelle P. Aban, Dr. Maria Julia G. Gubat, and Mr. Jose Gabriel V. Dimalanta attentively listening on the Technical Session 6 summary and highlights.

Topic 3: Reaching the Unreached: **Using Regional-Level Metrics to Describe Affordable Healthy Diets**

Maria Julia G. Gubat, RND, PhD | DOST-Food and Nutrition Research Institute

Food system assessment provides evidence to guide the development of policies and programs, yet a context-specific assessment tool is largely unavailable in the Philippines. The study set out to address this gap by creating a composite index for the assessment of region-level food systems in the country using relevant and available local data spanning from 2012 to 2019. The comprehensive index incorporates 17 indicators grouped into four key domains: (i) socio-economic and socio-political conditions; (ii) food waste and R&D support (iii) nutritional adequacy; and (iv) affordability, diversity, and adequacy of food. This innovative tool offers a holistic and new perspective on the multifaceted aspects of the food system, allowing for a more in-depth understanding of its dynamics and challenges.

The study's success is evidenced by the practical insights provided through the application of the index, shedding light on the diverse conditions of food systems across different regions in the Philippines. The variations in regional scores across domains emphasize the significance of such assessments in tailoring and informing the development of context-specific policies and programs.

The index demonstrated its utility by being able to provide preliminary data on the status of food systems in the Philippines. Hence, contributing valuable groundwork for the formulation of targeted interventions aimed at enhancing the sustainability, accessibility, and diverse food systems.

Topic 4: How Can the Workplace Contribute To Better Access to Safe And Affordable Healthy Diets?

Jose Gabriel V. Dimalanta | ISSI Corp. Workforce Nutrition Program

Getting access to a safe and affordable healthy diet is a function of the efficiency and productivity of the nation's agrifood value chain and the demand side market pull from the consumers. Given the current lifestyle of an 8:00 am – 5:00 pm working Filipino adult, the diet is leaning towards convenient and instant meals that eventually leads to lifestyle-related diseases. Meal preparation at home is also becoming a challenge. Additionally, the high cost of food products is due to our fragmented agrifood value chain and the logistics issues caused by the archipelagic nature of the country. These are the few factors reflected in the current spending and consumption patterns.

Recent studies showed that about 59% of Filipinos consumes starchy staples more than the recommended intake, but 78% consumes fewer fruits and vegetables. Breaking down spending by food group, there is also an inequality in the budget allocation in purchasing eggs, fruits, and vegetables. Alongside the issue of diet diversity, the oversupply of cash crops is also a problem in the rural areas. Farmers and fisherfolks get into the unjust contracts with food industries, resulting to a disconnect in supply and demand in the retail sector. Due to the limited shelf life of these perishable products, most turns into food waste and profit loss.

The SUN Business Network is committed to mitigating food waste and enhancing the efficiency of agricultural resources by minimizing the gap between supply and demand. The Workforce Nutrition collaborates with corporate entities, serving as a consolidator to aggregate volume for determined food products. The program serves as a strategic tool for conscientious corporations committed to the well-being of their employees, local communities, and environmental sustainability. The Workforce Nutrition aims to offer wide range of food items that underscore diversity, balance, and sustainability, and initiative endeavors' access to healthy, safe, and affordable food within the workplace.



From left to right: Mr. Paul Alteo A. Bagabaldo moderating Technical Session 6, and Dr. Ma. Julia G. Gubat and Mr. Jose Gabriel V. Dimalanta sharing their respective presentations.



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TECHNICAL SESSION 7 OVERVIEW



Technical Session 7: ND Inspires: Paving the Way for the Next Generation of ND Leaders



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ND INSPIRES: PAVING THE WAY FOR THE NEXT GENERATION OF ND LEADERS



Hon. Virgith B. Buena sharing the significance of the ND Law with the profession's ethical standards and moral principles

Topic 1: Ethical standards and moral principles of a ND Researcher and Practitioner

Hon. Virgith B. Buena | Professional Regulation Commission - Board of Nutrition and Dietetics

The multifaceted role inherent in the profession of a Registered Nutritionist-Dietitians (ND) includes portrayal as a healthcare practitioner, researcher, educator, among others. In accordance, the Professional Regulation Commission ND Board is entrusted with the formulation of an exhaustive Code of Ethics, Good Governance, and Technical Standards. The development of the ND Law (RA 10862) aims to instill comprehensive guidance across all dimensions of nutrition and dietetics practice, accentuating the integration of ethical principles and moral standards within the research domain. Additionallu, it is a pivotal measure in safeguarding professional integrity and upholding established standards.

The foundational ethical principles determined are namely the Principle of Autonomy, Principle of Beneficence, Principle of Non-maleficence (*Do no harm*), and Principle of Justice. These principles function as the ethical compass guiding professionals in their decision-making processes.

The stronger pursuit with human rights and justice emphasized the dynamic nature of the ND profession, hence, there should be a perpetual commitment to remaining informed and updated in the advancements of nutrition, dietetics and relevant topics.

Topic 2: Synthesis and Plan of Action: Our Food Systems in Crisis: An Urgent Call for Multi-Sectoral Response Towards Safe, and Affordable Healthy Diets for All Filipinos

Ma. Cristina Sison, RND, MSc | Philippine Society of Nutritionist-Dietitians, Inc.

The vulnerability of our food system to various shocks underscores the critical need for robust budgetary support, not only from governmental bodies but also from active private industry participation. These collaborations are essential to ensure the resilience and sustainability of our food supply chains. Furthermore, the emphasis on good governance and political will emerges as pivotal components in addressing the challenges within our cultural and generational context. The multifaceted nature of the issue requires a comprehensive approach that acknowledges the interconnectedness of various factors influencing our food system.

In tackling these challenges, social protection plays a crucial role to emphasize the need for policies and programs that safeguard vulnerable populations. Simultaneously, there is a pressing requirement to enhance local supply chains, fostering self-sufficiency and reducing dependency on external sources. While acknowledging economic progress, it's imperative to prioritize nutrition, ensuring that advancements translate into improved health outcomes.

The commitment to effective planning and design should be complemented by actionable steps, including the review of existing programs, documenting lessons learned, and promoting data accessibility. Collaboration across disciplines and public-private partnerships are vital strategies, reinforcing the idea that solving complex issues requires a collective, interdisciplinary effort.

Finally, the principles of good governance, rooted in the fundamental human right to health and nutrition, should guide policies, coupled with a strong sense of accountability and responsibility to advocate for positive change.



From top to bottom: Ms. Maria Camille Louise C. Chen moderating Technical Session 7, and Ms. Ma. Cristina B. Sison and Ms. Apple B. Espino sharing the convention's plan of action and summary, respectively.



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