



Adding More Life to Years: An Integrative Approach to Non-Communicable Diseases (NCDs) Prevention

DIAMOND HOTEL, MANILA
SEPTEMBER 19-20, 2018





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

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

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

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

Vision

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

Mission

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

Objectives

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

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Message



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



My warmest greetings to the officers and members of the **Philippine Society of Nutritionist-Dietitians (PSND), Inc.** as they hold their **2018 Convention**.

I welcome this event as a venue for the discussion of the cycle of malnutrition, widespread consumption of empty-calorie foods and sedentary lifestyle attributed to the occurrence of non-communicable diseases. May the participants learn new approaches and practices in the field as they continue to promote good health and the well-being of our people.

The technology we have today gives us easy access to a large selection of food products and delivery services, which sometimes makes it difficult for us to maintain a balanced diet and active lifestyle. Let us not be overwhelmed by the availability of these options. Instead, use it as an advantage in choosing what is best for our health so we may have longer and more meaningful lives that we can share with our loved ones.

I am thankful that we have the PSND and all the nutritionist-dietitians in the country to guide and help us with our nutritional needs. May you remain our steadfast partners in strengthening our citizenry.

I wish you a successful convention.


RODRIGO ROA DUTERTE
President



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



Greetings to the Philippine Society of Nutritionist - Dietitians (PSND) as you hold this year's convention.

We have taken great strides in improving the general health and nutrition in our country, and it is through the efforts of both the public and private sector that we are succeeding. Beyond our initiatives to strengthen our health campaign, it is imperative that we continue to spread awareness on the importance of proper nutrition.

The theme, "Adding More Life to Years: An Integrative Approach to Non-Communicable Diseases Prevention," is testament to your commitment to cause. We are truly fortunate to have PSND as an ally in championing health and nutrition in our country.

May this conference inspire innovation and collaboration among PSND professionals, and it is our hope that as individuals and as an organization, you are able to reach our fellow Filipinos in the margins. Those in the farthest, poorest, and smallest communities are the ones who need our help the most.

May you have a fruitful convention.

Mabuhay kayong lahat!

LENI ROBREDO
Vice- President

Message



Office of the Secretary
Department of Health
Republic of the Philippines



Congratulations to the officers and members of the Philippine Society of Nutritionist-Dietitians on the holding of this year's Convention.

The Department of Health recognizes the need to look after the health needs of the country's population and looks forward to working with you to ensure that all Filipino families have access to quality and affordable health care services.

The revitalized Philippine health sector agenda, now called *FOURmula One Plus*, puts the family at the top of everything that we do in the DOH. Being the primary steward of the nation's health, we believe that our success can only be measured by the well-being of our fellow Filipinos and how well the health system responds to their needs.

May this event provide an opportunity for all participants to find transformative ways to build bridges across borders in nutrition that will contribute to the nutritional improvement and health of our people.

Mabuhay!


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



National Nutrition Council
Department of Health
Republic of the Philippines



Congratulations to the Philippine Society of Nutritionist-Dietitians (PSND), Inc. for mounting its annual convention for 2018 with the theme: **“Adding More Life to Years: An Integrative Approach to Non-Communicable Diseases Prevention”!**

Globally, deaths due to NCDs are expected to increase by as many as 52 million in 2030. In the Philippines, premature death due to NCDs was estimated at 168 deaths per 100,000 population in 2013. NCDs are fast replacing infectious diseases as leading causes of death and disease. Despite these alarming data, premature mortality due to NCDs can be prevented by addressing the shared risk factors of unhealthy diet, tobacco use, harmful use of alcohol and physical inactivity.

The Philippine Plan of Action for Nutrition (PPAN) 2017-2022 addresses NCDs through its different programs particularly in promoting infant and young child feeding, reducing overweight and obesity, promoting positive nutrition behaviors and promoting healthy diets and with particular focus on improving nutrition in the first 1000 days of life. Breastfeeding during the child’s early years has been found to reduce the risk of NCDs – breast and ovarian cancer, type II diabetes by as much as 35%, and, overweight and obesity – in adulthood.

Because of the complexity of the problem, everyone must do his/her share to help address NCDs by promoting proper nutrition. I encourage the 2018 PSND Convention delegates to support and promote PPAN 2017-2022 not only to fight undernutrition but to help in the prevention of NCDs as well. Let us be partners in preventing NCDs and malnutrition.

Humaba nawa ang buhay nating lahat!

MARIA-BERNARDITA T. FLORES, CESO II
Assistant Secretary of Health
and Executive Director IV



Food and Nutrition Research Institute
Department of Health
Republic of the Philippines



My warm greetings and congratulations to the Board of Directors and members of the Philippine Society of Nutritionist-Dietitians (PSND) for their 2018 Annual Convention.

I salute the PSND officers and members in tirelessly pursuing the nutrition work with great sense of professionalism in building a well-nourished nation. May you continue to provide the country's policymakers, executive officers as well as non-government organizations support for policies and programs that would help alleviate malnutrition and food insecurity.

This year's convention theme, "Adding More Life to Years: An Integrative Approach to NCD Prevention" is very timely with the current food price increases, food shortages as well as threats in nutrition and health posed by the changing climate. According to the World Health Organization (WHO), NCDs account for 67% of total deaths that occurred in 2012, and nearly 35% of the global burden of disease has its origin in adolescence.

The theme is very apt for developing countries like the Philippines which is pressed with various economic, social, political and cultural challenges. In the Philippines, prevalence rates of major risk factors to NCDs continue to rise and are now the leading causes of death in the country. The theme is not only a call to be more proactive in facing challenges but also a positive attitude towards advancing the health and nutrition of every Filipinos to enjoy long and quality lives.

With the launch of the WHO Global Action Plan for the Prevention and Control of NCDs 2013-2020, the Department of Science Technology-Food and Nutrition Research Institute has provided data to help track the prevalence of selected NCD risk factors in the Philippines showing NCD risk factors being present among Filipino adolescents and the prevalence was higher among adults.

Given these realities, the fight against poverty, malnutrition and NCDs are three of the greatest challenges of our time, three for which we must be united more than ever. In short, we face an enormous challenge that demands the commitment and effort of all of us. And this is what the DOST-FNRI and PSND have in common. A common goal to ensure proper nutrition among Filipinos and a common passion to address the triple burden of disease multi-sectorally.

Our collaboration in seeking to ensure food and nutrition security in the Philippines is constantly being strengthened as we cannot afford to be complacent about the nutrition and health situation of our fellow Filipinos. Preventive measures to reduce the prevalence of NCD risk factors are urgently needed and should not only focus among older population. Preventing NCDs at an early age may benefit not just the adolescents of today but also their future adult lives. We must continue to learn from each other's experiences and coordinate our efforts towards more effective strategies to be implemented and resources maximized.

An annual event such as this is always a great venue to share experiences in our research and development, program planning, implementation and evaluation and advocacies in this field.

May our partnership continue through the years in achieving our common goal of optimum nutrition for all Filipinos.

I wish that the convention will be fruitful for each one of us in our initiative for a healthier citizenry.

God bless and mabuhay!


MARIO V. CAPANZANA, Ph.D.
Director



Philippine Society of Nutritionist-Dietitians, Inc.



Warmest greetings dear colleagues, members and cooperators!

It is a great honor and pride to be with you once again in our 2018 PSND Annual Convention.

As PSND envisions to become a vital actor in ensuring food and nutrition security in the country through the advancement and strengthening of the competencies of the nutrition and dietetics professional through scientific nutrition education, PSND always strives to come up with a relevant, well-thought -of program for the annual conference. With this is a fervent hope that we can all respond accordingly to important public health issues and vital nutrition concerns.

The theme ‘Adding more life to years: An integrative approach to non-communicable diseases (NCDs) prevention’ bodes well in every individual’s goal of a quality and healthy everyday living all throughout the lifetime.

However, the emergence of illnesses and diseases brought about by the changing lifestyle and the modern food production methods, are posing severe threats to global health security at large. This situation is urging us all to look for preventive measures and cure to arrest the emerging rise of non-communicable diseases.

The convention would like to mainstream the scientific approach to understanding the NCDs and the multi-stakeholders’ role in its prevention and treatment. Having a venue for person to person interactions, this gathering will provide an ideal opportunity to stimulate ideas and initiate perceptive participatory discussions and collaborations.

At the end of the convention, we anticipate to translate the learnings into better practice and standards of health for the people. We count on each and everyone to spread the word.

Let us continue in nation-building, and serving the Filipino people well.

Mabuhay tayong lahat!


MS. NATALIE V. PULVINAR
President



Philippine Society of Nutritionist-Dietitians, Inc.



Throughout the years, the Philippine Society of Nutritionist-Dietitians (PSND), Inc. has been convening healthcare professionals and stakeholders to tackle pressing issues on food and nutrition. On behalf of our dear Advisers and the PSND Board of Directors, it is with great pride that I present to you this year's convention theme, "Adding More Life to Years: An Integrative Approach to Non-Communicable Diseases (NCDs) Prevention". The rising prevalence in NCDs, alongside hunger and undernutrition, have become a grave threat to human capital and institutions. The nutrition transition experienced by developing countries has led to changing landscapes in food consumption and utilization. Genetic predisposition, maternal health, and lifestyle factors also contribute to the multifaceted causality of malnutrition we experience today.

We continue to invest on health and nutrition as we believe that human capital remains to be our most important resource. This event was crafted to engage stakeholders in collaborative work as we link findings from evidenced-based research and learnings from field experience. We bring together experts from various sectors, such as the academe, policy-makers, the food industry, and medical and nutrition practitioners, to share breakthroughs in the prevention and treatment of NCDs. While we still have a long way towards the attainment of the Sustainable Development Goals set before us, we can bring about change through our small, concerted, and sustained efforts. Each day is always a step closer to our goal, that is, to reduce premature mortality caused by NCDs and improve overall health and wellbeing.

Allow us, the organizers of this convention, to take you to an insightful journey towards building stronger partnerships and creating a fresh perspective on addressing malnutrition. We hope to inspire more stakeholders to work with us as we take on a multidisciplinary approach in finding solutions to emerging public health concerns. We are one with you in providing quality health care as well as in advocating for quality of life. Let us, together, set the pace and live by the standards of good nutrition.

ANNA TERESA O. ORILLO
Overall Chair of 2018 PSND Convention
and Vice President of PSND, Inc.

The History



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

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

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

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

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

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

PSND BOARD OF DIRECTORS

2017-2018



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Natalie V. Pulvinar

CONVENTION PROGRAM

DAY 1

SEPTEMBER 19, 2018 (WEDNESDAY)

7:00 AM 7:30 AM	Registration Opening of the Exhibits	
	OPENING CEREMONY	
	Overall Facilitator: Mr. Daniel Salunga	
8:00 AM	Doxology and National Anthem	Mr. Albert Malaki Science Research Assistant, FNRI-DOST
	Welcome and Opening Remarks	Ms. Natalie Pulvinar President, PSND, Inc.
	Acknowledgement of Participants	Ms. Abigail A. Pabro Invitation and Registration Chair and Assistant Secretary, PSND, Inc.
	Meeting SDG 3 and the State-of-the-Art Perspectives on NCDs	
8:30 AM	Ensuring Healthy Lives and Promoting Wellbeing for All at All Ages	Dr. Gundo Weiler Country Representative, Philippines, World Health Organization
9:30 AM	Types, Prevalence, and its Developmental Origins (DOHaD)	Dr. Antonio Miguel L. Dans Professor, College of Medicine, University of the Philippines Manila , Member, National Academy of Science and Technology, Philippines
	TECHNICAL SESSION 1:.....	
	Understanding the Role of Food and Nutrition in the Prevention of NCDs	
	Moderator: Ms. Divorah Aguila	
10:30 AM	Biochemistry of Oxidative Stress and Inflammation in NCDs	Prof. Arvin Paul P. Tuaño Assistant Professor, University of the Philippines Los Baños
11:00 AM	Nutrition Therapy and the Role of Antioxidants in the Management of NCDs	Dr. Liezl M. Atienza Assistant Professor, University of the Philippines Los Baños
11:30AM	NCDs Detrimental Mark on Our Gene Pool	Mr. Mark Pretzel P. Zumaraga Science Research Specialist II, FNRI-DOST
12:00 PM	OPEN FORUM	
12:30 PM	LUNCHEON SYMPOSIUM	
	GMOs for Food and Environment Security and Protection	
		Dr. Alonzo A. Gabriel Monsanto, Philippines
2:00 PM	The Bittersweet Truth about the Glycemic Impact of the Food We Eat	Dr. Gracia Fe B. Yu Professor, Department of Biochemistry and Molecular Biology, UP Manila
2:30PM	Implications of Quick Fix Diets and Supplements at the Cellular Level	Dr. Ronald G. Garvilles Technical Service Specialist, QIAGEN Business Services (Manila) Inc.
3:00PM	OPEN FORUM	
	TECHNICAL SESSION 2:	
	Engaging the Community and Stakeholders in Promoting a Healthy Lifestyle	
	Moderator: Dr. Leila S. Africa	
3:30PM	Panel Discussion: Public Awareness Campaigns to Prevent Obesity and NCDs	
	1. Food-based Dietary Guidelines	Mr. Roby Carlo A. Tan Science Research Specialist II, FNRI-DOST
	2. Physical Activity	Prof. Hercules P. Callanta Professor, University of the Philippines Diliman
	3. Stress Management and Mental Health	Dr. Randy Misael S. Dellosa Psychologist and Psychiatrist, The Randy Dellosa Wellness Center

4:30 PM A Behavioral Approach to Addressing NCD Risk Factors

5:00 PM **OPEN FORUM**
Winning the Hour Break

5:30 PM **PSND BUSINESS MEETING**

Dr. Ma. Teresa G. de Guzman
Chairperson and Associate Professor
Department of Behavioral Sciences, UP Manila

DAY 2

SEPTEMBER 20, 2018 (THURSDAY)

8:00 AM Summary of Day 1

8:30 AM The Importance of Breakfast and Our Global Well-being Commitments

9:30 AM Jumpstart to a Healthy Lifestyle with Morning Exercise and Good Nutrition

Ms. Chain Yin Lim
Nutrition Strategy & Communications Specialist, Mondelez International

Prof. Hercules P. Callanta
Professor, University of the Philippines Diliman

TECHNICAL SESSION 3:
Mindful Food Consumption is Key
Moderator: Ms. Luz Felicidad Socrates-Callanta

10:00 AM Do School Canteens Help Our Children Make the Right Food Choice?

Ms. Magdalene Portia T. Cariaga
Senior Education Program Specialist, School Health Division,
Department of Education

10:30 AM Meal Plans at Your Doorstep: The Story Behind Personalized Meal Boxes

Chef Zac Pascua
Owner and Executive Chef, Z Nutrition

11:00 AM An Eye for Detail: Protecting Consumers through Responsible Food and Beverage Advertising

Mr. Robbie A. Aligada
Compliance Manager and Professional Screener,
Ads Standard Council

11:30 AM **OPEN FORUM**
Winning the Hour Break

12:00 AM **LUNCHEON SYMPOSIUM**

Health Benefits of Colored Rice Varieties

Dr. Riza Abilgos-Ramos
Philippine Rice Research Institute (PhilRice)

2018 #NDInspires Winner
"Nutrition Principles then and now...Serving Moral Fiber"

Mr. Joshua Felicita Magsumbol

TECHNICAL SESSION 4:
Setting the Pace towards Reduction of Premature Deaths from NCDs
Moderator: Ms. Ma. Katrina A. Demetrio

1:00 PM Weight Management and Wellness Program at St. Luke's Medical Center

Ms. Kimberly Nicole S. Hung
Dietitian I, Weight Management and Bariatric Metabolic Center,
St. Luke's Medical Center

1:30 PM Championing the Fight Against NCDs through Healthy Lifestyle: A Regional Perspective

Ms. Rita D. Papey
Regional Nutrition Program Coordinator,
National Nutrition Council- Cordillera Administrative Region

2:00 PM Integrated Non-Communicable Disease Prevention and Control Program: A City Perspective

Dr. Laarni R. Malapit
NCD Coordinator, Quezon City Health Department

2:30 PM Package of Essential Non-Communicable Disease Interventions (PEN)

Ms. Joyce P. Parco
Assistant Professor, University of the Philippines Los Baños

3:00 PM Inspiring the Filipino People to Take Action on the Prevention and Treatment of NCDs

Dr. Madison Dominguez
Medical Director, Post- Haiyan Non-Communicable Disease Prevention
and Control Program in Salcedo Eastern Samar, Health Futures Foundation

3:30 PM **OPEN FORUM**

CLOSING CEREMONY

Mr. Daniel G. Salunga, Overall Facilitator

4:00 PM **Synthesis**

Ms. Donnabelle Faye I. Navarrete
Program Chair and Auditor, PSND, Inc.

4:30 PM **Announcement of New PSND Board of Directors**

Ms. Natalie V. Pulvinar
Chair, PSND Committee on Elections

4:45 PM **Closing Remarks**

Prof. Anna Teresa O. Orillo
Convention Chair and Vice President, PSND, Inc.

SPEAKERS

MEETING SDG 3 AND THE STATE-OF-THE-ART PERSPECTIVES ON NCDs



DR. GUNDO WEILER

WHO Representative in the Philippines

Ensuring Healthy Lives and Promoting Wellbeing for All at All Ages

Dr. Weiler trained as a physician at the Humboldt University at Berlin, was awarded a doctorate in medical sociology by the Free University Berlin, and holds a Diploma in Health Systems Management by the London School of Hygiene and Tropical Medicine. Dr Gundo Weiler assumed the position of WHO Representative to the Philippines in March 2016. He was appointed after more than 15 years of service for the World Health Organization. Before moving to the Philippines, Dr Weiler served as the Programme Coordinator of the Global HIV and Hepatitis Programmes at WHO Headquarters in Geneva, and held assignments in the Ukraine, Ethiopia and Zimbabwe.



DR. ANTONIO MIGUEL L. DANS

Professor, College of Medicine, UP Manila and Member, NAST PHL

Types, Prevalence, and its Developmental Origins (DOHaD)

Dr. Dans is a graduate of Doctor of Medicine at the University of the Philippines – Philippine General Hospital where he also pursued his residency in Internal Medicine and Fellowship in Cardiology. He is also a graduate of Masters of Clinical Epidemiology from the McMaster University Medical Center, Ontario, Canada. Currently, he is the Director, Asia-Pacific Center for Evidence-Based Medicine and an Associate Editor, Journal of Clinical Epidemiology, New York, USA. He has been frequently awarded for his excellence and contributions in the field of medical research, one of which was his recent Dr. Paulo C. Campos Award for Medical Research, awarded last September 23, 2016 by the Philippine Association for the Advancement of Science and Technology. He also authored and co-authored various medical research and clinical trials in the field of cardiology and internal medicine.

SPEAKERS

TECHNICAL SESSION 1:

UNDERSTANDING THE ROLE OF FOOD AND NUTRITION IN THE PREVENTION OF NCDs



MR. ARVIN PAUL P. TUAÑO

Assistant Professor,
University of the Philippines Los Baños

Biochemistry of Oxidative Stress and Inflammation
in NCDs

Prof. Tuaño is currently taking PhD in Biochemistry minor in Human Nutrition at the University of the Philippines Los Baños. He graduated with Magna Cumlaude distinction (Top 2 of the Class of 2017) for his degree in Chemistry in PUP Manila. He is a Registered Chemist and recently received his Outstanding Scientific Paper Award (given by the National Academy of Science and Technology, Philippines [NAST-PHL] during the 39th Annual Scientific Meeting of NAST in July 2017). Authored and co-authored various papers published in peer reviewed journals in the field of food and nutritional chemistry.



DR. LIEZL M. ATIENZA

Associate Professor,
University of the Philippines Los Baños

Nutrition Therapy and the Role of Antioxidants
in the Management of NCDs

Dr. Atienza holds a doctorate degree in Nutrition minor in Food Science from the University of the Philippines Los Baños. She graduated with Cumlaude distinction for her bachelor's degree in Nutrition from the same institution and was 2nd Place in the Nutritionist-Dietitian's Board Examination last 2001. She has authored and co-authored various researches in the field of nutritional biochemistry, food science, nutritional anthropometry and public health nutrition. Recently, she also presented her research Effects of Raspberry on Biomarkers of Diabetes, Cardiovascular Disease (CVD) and Oxidative Stress in Obese Diabetic (db/db) Mice on the Experimental Biology Annual Meeting of the Journal of the Federation of American Society for Experimental Biology in Boston, USA.



MR. MARK PRETZEL ZUMARAGA

Science Research Specialist II,
FNRI-DOST

NCDs Detrimental Mark on Our Gene Pool

Mr. Zumaraga is a graduate of Master of Science in Molecular Biology and Biotechnology National Institute of Molecular Biology and Biotechnology, University of the Philippines Diliman. He also finished his Molecular Biology, Genetics and Clinical Epidemiology Training on the Department of Paediatrics, National University Singapore last 2015. He currently works under the Nutrigenomics R&D Program of the FNRI. His latest international publication was his research entitled Targeted Next Generation Sequencing of the Entire Vitamin D Receptor Gene Reveals Polymorphisms Correlated with Vitamin D Deficiency among Older Filipino Women With and Without Fragility Fracture, published at the The Journal of Nutritional Biochemistry, 2017.



DR. GRACIA FE B. YU

Professor, Department of Biochemistry and Molecular Biology, UP Manila

The Bittersweet Truth about the Glycemic Impact of the Food We Eat

Dr. Yu holds a doctorate degree in Human Nutrition (Nutritional Biochemistry & Natural Products) from the University of the Philippines Los Baños in which her dissertation was conducted at Michigan State University. She received the Best PhD Dissertation Award given by the Gamma Sigma Delta Honor Society of Agriculture, Philippine Chapter last 2008. For her inventions in biochemistry, she was the grand winner for the A.M.Y. National Intellectual Property (IP) Award, IPOPHL last 2012 and 2014. She has inventions applied for international and local patents such as her Naturally-derived compositions from Plant 02 for anti-inflammatory applications, Anti-Dengue Fever Preparations from *Alstonia scholaris* (Devils Tree or Dita Bark Tree) and ORNATHREXTM Food Supplement (Tea and capsule) as anti-inflammation supplement.

SPEAKERS

TECHNICAL SESSION 2:

ENGAGING THE COMMUNITY AND STAKEHOLDERS IN PROMOTING A HEALTHY LIFESTYLE



DR. RONALD G. GARVILLES

Technical Service Specialist
QIAGEN Business Services (Manila), Inc.

Implications of Quick Fix Diets and Supplements at the Cellular Level

Dr. Garvilles holds a PhD degree in Biological Sciences from the Osaka University, Japan. He was a Recipient of the Monbukagakusho (MEXT) Scholarship of the Japan Ministry of Education, Culture, Sports, Science and Technology. His research specializes in nutritional biochemistry and epigenetics and his interest in research revolves around the DNA methylation in relation to nutrition that affects gene expression and regulation and the physico-chemical characterization of indigenous food and food products. His recent publications are entitled Effects of Rice Varieties on Weight, Blood Glucose and Triglyceride Levels in Sprague Dawley Rats, and the Dual Functions of the RFTS Domain of Dnmt1 in Replication-Coupled DNA Methylation and in Protection of the Genome from Aberrant Methylation.



MR. ROBBY CARLO A. TAN

Science Research Specialist I,
FNRI-DOST

Food-based Dietary Guidelines

Mr. Tan obtained his Master's degree in Nutrition and Health, from the Wageningen University and Research Centre, the Netherlands. He was 4th Place at the 2009 Nutritionist Dietitian Licensure Examination. Recently, he was a Project Member of the 2012 Nutritional Guidelines for Filipinos of DOST-FNRI. His research interests include Nutrition and Aging, Epidemiology, Public Health, Nutrition Tools and Standards, Dietary Assessment / Exposure Assessment, Clinical Studies and the Gut Microbiome.



PROF. HERCULES P. CALLANTA

Associate Professor,
Professor, University of the Philippines Diliman

Physical Activity

Prof. Callanta is concurrently pursuing his Doctorate degree in Sports and Physical Education at the Joint Program of the Universitas Negeri Jakarta, Jakarta, Indonesia and Philippine Normal University. He is currently the National Coordinator of Exercise is Medicine, a global initiative by the American College of Sports Medicine, a current board member of the Philippine Association for the Study of Overweight and Obesity (PASOO) and a current Lecturer and Coach Developer of the Philippine Academy of Sport Coach Advancement Programme. He is also a Certified Strength and Conditioning Specialist (CSCS), a distinction given by the Executive Council of the National Strength and Conditioning Association Certification Commission, USA.



DR. RANDY MISAEL S. DELLOSA

Psychologist and Psychiatrist,
The Randy Dellosa Wellness Center

Mental Health

Dr. Dellosa pursued his Doctor of Medicine at the Far Eastern University Institute of Medicine and his Residency in Psychiatry at the Veteran's Memorial Medical Center. He also pursued his Doctor of Psychology degree and finished Cumlaude at the Southern California University for Professional Studies. An expert in both fields of psychology and psychiatry, he also received Post-graduate certifications on Conversational Hypnotherapy, Gestalt Psychotherapy, Osteopathic and Alternative Medicine and Acupuncture and Reflexology. He is frequently seen in television as a resource person in his field and he is also ABS-CBN PBB's resident Psychologist and Psychiatrist.

SPEAKERS



DR. MA. TERESA G. DE GUZMAN

Chairperson and Associate Professor,
Department of Behavioral Sciences, UP Manila

A Behavioral Approach to Addressing NCD Risk Factors

Dr. Guzman took her Master's and Doctorate Degree in Anthropology in the University of the Philippines Diliman. She is also the current Executive Director, Center for Applied Social Sciences Research Consultancy, Inc (CASSRDi). Her research and publications are on the fields of Cultural Anthropology and Anthropological-Linguistics, Indigenous Peoples, Gender Studies, Ethnoarchaeology; Educational Anthropology, Social Impact Assessment, Cultural Heritage Impact Assessment, Disaster Risk Management and Resiliency, Health Impact Assessment and Urban Poor studies. She has also authored various Technical and Ethnographic Reports on Sociology and Behavioral Science.

TECHNICAL SESSION 3: MINDFUL FOOD CONSUMPTION IS KEY



MS. MAGDALENE PORTIA T. CARIAGA

Senior Education Program Specialist,
School Health Division, Department of Education

Do School Canteens Help Our Children Make the Right Food Choice?

Ms. Cariaga holds a Master's Degree in Policy Studies from the University of Sydney (2016). After obtaining her Community Nutrition degree in UP Diliman, she was a 6th Placer in the Nutritionist-Dietitian's Licensure examination last 1994. She was the OIC/Chief of the Nutrition Division of the Health & Nutrition Center, Department of Education. She is active as a resource speaker in DepEd's trainings on Program Implementations on Nutrition, Health, Nutrition policies, Feeding Programs and School Nutrition Guidelines.



CHEF ZAC PASCUA

Owner and Executive Chef,
Z Nutrition

Meal Plans at Your Doorstep: The Story Behind Personalized Meal Boxes

Chef Zac is a graduate of Center for Asian Culinary Studies (CACS) last 2005. After working for various hotels and institutions, he was an instructor for culinary classes in CACS. He was the founder of Z Kitchen which then gave birth to his other businesses such as the Z Cupcakes, Z.



MR. ROBBIE A. ALIGADA

Compliance Manager and Professional Screener,
Ads Standard Council

An Eye for Detail: Protecting Consumers through Responsible Food and Beverage Advertising

Mr. Aligada holds a Bachelor of Arts in Communication Arts with *cum laude* Distinction from the University of Santo Tomas. He has been in the advertising industry for over 27 years and has led very successful campaigns in various fields such as food, retail services, beverages, fashion, banking, home and personal care products. As a the current compliance manager of the Ads Standard Council, he is In-charge of monitoring compliance of applied penalties to various Advertisers and also makes sure that applications strictly comply with the Code of Ethics of the Advertising Industry.

SPEAKERS

TECHNICAL SESSION 4:

SETTING THE PACE TOWARDS REDUCTION OF PREMATURE DEATHS FROM NCDs



MS. KIMBERLY NICOLE S. HUNG

Dietitian I, Weight Management and Bariatric Metabolic Center, St. Luke's Medical Center

Weight Management and Wellness Program at St. Luke's Medical Center

Ms. Hung is a graduate of Nutrition and Dietetics of the University of Santo Tomas last 2015. Being active in the field of sports and fitness nutrition from her previous employments, she also pursued and received her Level 1 Certification on Exercise and Fitness Nutrition given by Precision Nutrition last 2015. She frequently competes as power and weightlifter on various competitions in the country.



MS. RITA D. PAPEY

Regional Nutrition Program Coordinator, CAR National Nutrition Council

Championing the Fight Against NCDs through Healthy Lifestyle: A Regional Perspective

Ms. Papey graduated with a Master's degree in Social Work from the Asian Social Institute in 1992. On the following year, she was 1st Place on the Board Licensure Examination for social work. She has held various positions on project development on different institutions and organizations such as the United Nations Populations Fund, Department of Health, UNICEF and NEDA.



DR. LAARNI R. MALAPIT

NCD Coordinator,
Quezon City Health Department

Integrated Non-Communicable Disease Prevention and Control Program: A City Perspective

Dr. Malapit is also the current Medical Officer IV of the QCHD. She is an Internal Medicine Specialist and former Chief Resident of the Quezon City Medical Center. Being an active advocate of health, she received the Most Masipag Award for Blood Contribution Program by the Department of Health – NCR Office and the Most Cooperative Physician Award by the Philippine Mental Health Association for the QCHD's Mental Health Programs.



PROF. JOYCE P. PARCO

Assistant Professor
University of the Philippines Los Baños

Package of Essential Non-Communicable Disease Interventions (PEN)

Prof. Parco obtained her Master of Public Health Degree from the University of the Philippines Manila on 2011. She was the former Nutritionist-Dietitian II of the Municipality of Pateros from 2009-2013. She was a developer of an Electronic-tool for WHO PEN and the author of the Preparedness of Health Care Units in Adopting the Philippine Package of Essential Non-Communicable Diseases Interventions (PhilPEN) in Los Baños, Laguna, Philippines.



DR. MADISON M. DOMINGUEZ

Medical Director, Post- Haiyan Non-Communicable Disease Prevention and Control Program in Salcedo Eastern Samar, Health Futures Foundation

Inspiring the Filipino People to Take Action on the Prevention and Treatment of NCDs

Dr. Dominguez obtained his Doctor of Medicine and BS Basic Medical Sciences (INTARMED) degrees from the University of the Philippines Manila. He was the Recipient, Dean's Citation for Research and Publication for his group's oral presentation in Indonesia International Biomedical Students' Congress last 2014. Being active in his endeavors in medicine and public health as a medical student, he received the Gawad ng Dekano Leadership Award of the UP College of Medicine from 2013-2014.

Adding More Life to Years: An Integrative Approach to Non-Communicable Diseases (NCDs) Prevention

Developing nations face a common public health concern called the Triple Burden of Disease. According to the World Health Organization, it is the backlog of common infections, undernutrition and maternal mortality, and the emerging rise of NCDs. The Global Nutrition Report (2017) stated that there is only less than one percent chance of attaining the global target of preventing the rise of obesity and diabetes by 2025. Hypertension, diabetes, and cancer have become alarmingly prevalent due to genetic predisposition, poor maternal health, misguided food choice, and lifestyle-related factors. The vicious cycle of malnutrition, widespread consumption of empty-calorie foods, and sedentary lifestyle have been attributed to the occurrence of NCDs across countries and age groups. In one way or another, we are all equally predisposed to these risk factors. Thus, stakeholders are combining their best efforts to move towards the attainment of Sustainable Development Goal 3: Good health and wellbeing, specifically Target 3.4 by 2030, which is to reduce by one-third pre-mature mortality from NCDs through prevention and treatment, and promote mental health and wellbeing.

Meeting SDG 3 and the State-of-the-Art Perspectives on NCDs

Ensuring Healthy Lives and Promoting Wellbeing for All at All Ages

Dr. Gundo Weiler
WHO Country Representative, Philippines

Keynote Address

Types, Prevalence, and its Developmental Origins (DOHaD)

Dr. Antonio Miguel L. Dans
Professor, College of Medicine,
University of the Philippines Manila
Member, National Academy of Science and
Technology, Philippines

NCD risk factors are varied and diverse. Unhealthy diets, physical inactivity, stress, smoking, alcohol, and exposure to pollutants have long been attributed to the emergence of NCDs. However, a number of studies have shown that apart from lifestyle-related factors, NCDs are linked specifically to poor maternal health, perinatal factors, and childhood malnutrition. In addition to the promotion of healthy lifestyle, there is an urgent call to adopt the life cycle approach in the management and prevention of NCDs. With better understanding on the types, prevalence, and its developmental origins, interventions can be crafted according to the nutritional needs at every life stage.

Technical Session 1.

Understanding the Role of Food and Nutrition in the Prevention of NCDs

Topic 1: Biochemistry of Oxidative Stress and Inflammation in NCDs

Prof. Arvin Paul P. Tuaño
Assistant Professor,
University of the Philippines Los Baños

Health begins at the cellular level. Reactive oxygen species (ROS), a type of pro-oxidant, enables normal physiological cellular functions to occur and it also provides cellular defense. However, in a state of oxidative stress where there is overproduction of ROS, its destructive role ensues resulting to cellular damage. Continued oxidative stress can furthermore lead to inflammation, which defines the pathogenesis of NCDs. We ask then, what are pro-oxidants and what triggers its overproduction? How does oxidative stress lead to chronic inflammation and what is its mediating role in NCDs?

Topic 2: Nutrition Therapy and the Role of Antioxidants in the Management of NCDs

Dr. Liezl M. Atienza
Assistant Professor,
University of the Philippines Los Baños

Antioxidants function to counteract the activity of pro-oxidants to retain cellular homeostasis, which defines a state of health. By increasing the antioxidant capacity of cells to scavenge excessive pro-oxidants, chronic inflammation is prevented. Evidence shows that NCDs are significantly linked to oxidative stress and inflammation. This topic aims to further explain the role of antioxidants and its sources. What are antioxidants and its role in medical nutrition therapy?

Topic 3: NCDs Detrimental Mark on Our Gene Pool

Mr. Mark Pretzel P. Zumaraga
Science Research Specialist II, FNRI-DOST

Are Filipinos genetically predisposed to NCDs? The human genome has become the focus of many studies worldwide as it continues to prevail across population groups. In addition to the nutrition transition currently faced by developing countries, other risk factors are investigated to better address this fast-emerging public health concern. This topic aims to provide updates on the link between genes, nutrition, and the prevalence of NCDs.

Topic 4: The Bittersweet Truth about the Glycemic Impact of the Food We Eat

Dr. Gracia Fe B. Yu
Professor, Department of Biochemistry and
Molecular Biology,
University of the Philippines Manila

The blood glucose response to food can no longer be accurately predicted by the type of carbohydrate we consume. The traditional meal plan comprised of simple and complex carbohydrates is slowly transitioning to foods with varying glycemic impact. Its effectiveness in lowering blood glucose and regulating insulin levels have earned significant interest in health studies and has provided new opportunities for the food industry. However, determining the analytical method for measuring glycemic impact remains to be a major challenge. This topic aims to explain how glycemic impact is defined, how it works, and how it can be used in NCD prevention and management.

Topic 5: Implications of Quick Fix Diets and Supplements at the Cellular Level

Dr. Ronald G. Garvilles
Technical Service Specialist,
QIAGEN Business Services (Manila) Inc.

Non-communicable diseases such as hypertension, type 2 diabetes, dyslipidemia, atherosclerosis and cancers are reaching the epidemic proportions here in the Philippines. Recommendations from World

Health Organization indicate that controlling weight may decrease the risk of developing NCDs. Several nutritional approaches have been tested and even quick fix diets have been popular these days as means to induce weight loss for the improvement of health status. One of the popularly known quick fix fad diet is ketogenic diet.

Short and long-term risks have been reported for patients following this diet therapy. However, studies have shown that ketogenic diet can be used therapeutically to treat metabolism-related diseases. Also, ketogenic diet has been suggested as co-adjuvant therapy in cancer and neurological disorders as epilepsy. Despite the well documented advantages of ketogenic diet in treating diseases, it is also equally important to note the adverse effects of such diet therapy.

In addition, dietary supplements are perceived by a proportion of the public as a magic pill for immediate remedy of our improper diet and lifestyle. Most commonly used nutritional supplements are multivitamins/ mineral supplements. These variety of supplements can lead to imbalance diet and eventually considered by our cells as an alternative source of nutrients. Several reported dietary supplements for weight loss are widespread, and yet their efficacy and safety are not convincing. Based on meta-analyses of the effects of supplemental vitamins and minerals on prevention and treatment of CVD and stroke, results remained inconsistent. Factors that affect the bioavailability of nutrients must also be considered as they greatly affect their biological functions. It also important to note that dietary supplements have not undergone rigorous clinical trials and are not regulated as drugs. Thus, advice of health professionals when taking these dietary supplements is required. Ultimately, natural food is still the best source of nutrients required by our bodies.

Technical Session 2.

Engaging the Community and Stakeholders in
Promoting a Healthy Lifestyle

A Panel Discussion on Public Awareness
Campaigns to Prevent Obesity and NCDs

The interplay of diet, physical activity, and mental health is key to sustainable healthy lifestyle strategies. Through this panel discussion, the multidisciplinary approach is applied to address NCD risk factors. Behavior change, in addition to good nutrition, can contribute to long term health benefits.

Topic 1: Food Based Dietary Guidelines

Mr. Robby Carlo A. Tan

Science Research Specialist I, FNRI-DOST

Topic 2: Physical Activity

Prof. Hercules P. Callanta

Professor, University of the Philippines Diliman

Topic 3: Stress Management and Mental Health

Dr. Randy Misael S. Dellosa

Psychologist and Psychiatrist,

The Randy Dellosa Wellness Center

Topic 4: A Behavioral Approach to Addressing NCD Risk Factors

Dr. Ma. Teresa G. De Guzman

Chairperson and Associate Professor,

Department of Behavioral Sciences,
University of the Philippines Manila

Health promotion campaigns are anchored on behavioral approaches that aim to provide sustainable outcomes. Lifestyle change is largely driven by commitment and self-discipline, sustained by strong motivation and social support to stay fit and healthy. Some of the strategies done to promote healthy lifestyle are nutrition education and counseling. Despite the numerous efforts to promote balanced diets and physical activity, people still tend to resort to fad diets – fast and easy. We ask ourselves, are we doing enough? How do we motivate our clients to commit to regular exercise and devoutly follow their meal plans? This topic explains how the behavioral approach works, its long-term benefits, and motivational strategies that will help reduce modifiable NCD risk factors.

Topic 5: Jumpstart to a Healthy Lifestyle with Morning Exercise and Good Nutrition

Prof. Hercules P. Callanta

Professor, University of the Philippines Diliman

Dietary recommendations and physical activity complement each other to ensure the attainment of optimum nutritional status. Exercise in the morning has been proven to increase metabolism and productivity, improve mood, and relieve stress. This interactive session aims to motivate participants to stay active amidst the demanding work schedules we face day-to-day.

Technical Session 3.

Mindful Food Consumption is Key

Topic 1: Do School Canteens Help Our Children Make the Right Food Choice?

Ms. Magdalene Portia T. Cariaga

Senior Education Program Specialist, School Health Division, Department of Education

The Department of Education has been implementing the updated Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices since 2017. Public elementary schools are enforced to serve only food and drinks, which are deemed healthy, nutritious, and affordable based on a set of food and nutrition standards. This topic aims to present the standards set by the agency, its basis, and how they are implementing it in our public elementary schools.

Topic 2: Meal Plans at Your Doorstep: The Story Behind Personalized Meal Boxes

Chef Zac Pascua

Owner and Executive Chef, Z Nutrition

Food entrepreneurs have taken a stride in advocating for good nutrition. Calorie-counted packed meals have been introduced to the market and has gained significant attention among consumers. Rapid globalization and urbanization have ushered in changes in eating patterns and food choice. From traditional home-cooked meals, consumers today tend to rely on what is fast and convenient. From an entrepreneur's perspective, this topic aims to inform consumers how their advocacy is being translated to food literally delivered at your doorstep.

Topic 3: An Eye for Detail: Protecting Consumers through Responsible Food and Beverage Advertising

Mr. Robbie A. Aligada
Compliance Manager and Professional Screener,
Ads Standard Council

Socialization agents can influence food choice and decision-making among households. Radio, television, and the social media have long been used in nutrition education and healthy lifestyle campaigns due to its massive reach. In the same manner, these are also channels used to advertise a wide variety of food products targeting various market segments. This topic aims to relay strategies on how food commercials are regulated to ensure that vulnerable groups are protected from the possible effects of too much exposure to food commercials featuring salty, sugary, and empty-calorie snacks.

Technical Session 4.

Setting the Pace towards Reduction of Premature Deaths from NCDs

The series of presentations for this technical session highlights good practices on the management and prevention of NCDs from the field experience of both the private and government sectors. NCDs, though not as pervasive as today, have been around for at least a decade. Health and nutrition practitioners have put their best efforts in finding solutions to combat the ill-effects of NCDs. In this session, several NCD prevention strategies are put forward including the importance of collaboration among nutrition and health professionals to reduce its impact on health and economics. Are you ready for some real-life action?

Topic 1: Weight Management and Wellness Program at St. Luke's Medical Center

Ms. Kimberly Nicole S. Hung
Dietitian I, Weight Management and Bariatric Metabolic Center, St. Luke's Medical Center

According to the World Health Organization, seventy one percent of the death globally is caused by the non-communicable diseases. Obesity is one of the

major causes of the lifestyle diseases that can be easily modifiable. Based on the National Nutrition Survey that was conducted last 2014 by the Food and Nutrition Research Institute, thirty one percent of the adult population is overweight and obese.

St Luke's Medical Center has a center that focuses on the prevention and control of the lifestyle related diseases. It is a multi-disciplinary center that is teamed with Medical Doctors with specializations (cardiologist, endocrinologist, pediatrician, physical medicine and rehabilitation specialist, clinical nutrition specialist, surgeon), physical therapists, dietitians, and psychologists. There are two methods that the center offers: surgery and lifestyle change. In this presentation, I will be discussing on who can be a candidate for each method and what the step by step procedures are.

Topic 2: Championing the Fight Against NCDs through Healthy Lifestyle: A Regional Perspective

Ms. Rita D. Papey
Regional Nutrition Program Coordinator,
National Nutrition Council– Cordillera Administrative Region

Topic 3: Integrated Non-Communicable Disease Prevention and Control Program: A City Perspective

Dr. Laarni R. Malapit
NCD Coordinator, Quezon City Health Department

Topic 4: Package of Essential Non-Communicable Disease Interventions (PEN)

Prof. Joyce P. Parco
Assistant Professor,
University of the Philippines Los Baños

Non-communicable diseases (NCDs) are the leading causes of death globally particularly cardiovascular diseases (CVD) that accounts for most of these deaths. Each year, 15 million people whose age is between 30 and 69 years die from NCDs; and over 80% of these premature deaths occur in low- and middle-income countries (WHO, 2010).

With the increasing concerns and challenges in combating NCDs, there is a pressing need for stronger and more focused action in the prevention and treatment of NCDs. The World Health Organization Package of Essential Non-communicable Disease (WHO PEN) Interventions for primary care in low-resource settings was designed as an innovative and action-oriented response to these concerns. WHO PEN is a prioritized set of cost-effective interventions that can be delivered to an acceptable quality of care, even in resource-poor settings.

Being a successful approach in the management of NCDs and considering the epidemiological shift happening in the Philippines, the Department of Health (DOH) implemented the Philippine Package of Essential Non-communicable Disease Interventions (Phil PEN) through Administrative Order No. 2012-0029. Phil PEN is an adaption of the World Health Organization (WHO) guidelines in managing NCDs in low resource settings such as the Philippines. This policy applies to all units and instrumentalities including attached agencies of the DOH and local government units. It also concerns non-government organizations, professional organizations, private sector, and other relevant partners in the health sector. Phil PEN was piloted in the Municipality of Pateros in Metro Manila and all regional NCD program managers were trained about the package.

This research study was undertaken to develop an electronic tool (E-tool) following the WHO PEN program, particularly in the prevention and management of CVD using total risk approach, from assessment, estimation of cardiovascular risk, intervention/treatment, and even referral protocols. It is expected that the research will create an organized information system easily accessible to clients and health workers for the effective delivery of NCD services especially in the promotion of healthy diets and physical activity.

Five key project activities were carried out to meet the objectives set. This includes preparatory activities, development of E-tool, pre-testing of E-tool and user's guide, finalization of E-tool and user's guide, and submission of reports. Findings of the study revealed that the E-tool was well appreciated by the nutrition and

health workers. Notably, it was described as very useful in the implementation of WHO PEN both in the community and health facility settings. Moreover, it was regarded as simple to use and can lessen the time spent in writing records, computing for body mass index, and tracking clients for follow-up. The nutrition messages part of the E-tool was also acknowledged for being colorful and user-friendly in conducting nutrition education to clients. It is recommended that health offices in different local government units utilize the WHO PEN E-tool. Moreover, an evaluation on its application for improving the service delivery of NCD programs focused on CVD is put forward.

Topic 5: Inspiring the Filipino People to Take Action on the Prevention and Treatment of NCDs

Dr. Madison M. Dominguez

Medical Director, Post-Haiyan Non-Communicable Disease Prevention and Control Program in Salcedo Eastern Samar, Health Futures Foundation



**FEATURE ARTICLE
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Nutrition Principles then and now... Serving Moral Fiber

During my senior years in college, as part of the course I took. I came across a journal article of one famous Filipino nutritionist-dietitian, the lady Ms. Sanirose S. Orbeta MS, RD, FADA. Reading her article from Nutrition Today: "The Filipino Pyramid Food Guide: The perfect food match for the Philippines", September/October 1998 I came across the nutrition maxim that caught my attention "There are no good food or bad food, only bad quantities and bad choices". Her wisdom reflected on those words and the brevity was perfect, and to this day in my class, I often quote her especially when I encourage my students to come up with their very own. As vanguards of nutrition and dietetics, I want to promote this early on with my students, because I know their principles will be pondered upon, evolve and only sound principles will stand the test of time. It will also serve as a guide throughout their professional career and an inspiration, the way it inspired me. It took awhile before I developed my nutrition principle. In HIS perfect time, I finally did. My nutrition principle was a life lesson from a child. Allow me to share this anecdote of mine. I hope my story touches your heart as well.

After graduation, I was fortunate to be employed at the DOH-NCMH. Part of the orientation is to visit the different pantry in each pavilion within the hospital. So I did visit my very first. I was with a colleague when I visited Pavilion 12 (Shangrila), where we take care of young boys to teenagers, ages 8 to 18. As I went inside where the patients are, I became anxious and my heartbeats increased tremendously. Having my first encounter with a real patient gave me a lot of discomfort. The fact that I did not know what to expect from these patients scared me more than anything else. Thoughts about what they can possibly do to me while I'm inside the premises were racing inside my head. All this time, I was pretending to be tough, and so it made me watchful and fearful for what is to happen next. Walking closely behind my colleague was the plan I had in mind as the patients are freely running around. With heightened senses,

I was expecting the worst scenario. Then suddenly, someone got hold of my left hand, and I froze on the spot. He was a young boy. I didn't know what to do, whether to pull my hand back or just wait and see what will happen next. And guess what he did?! Nagmano siya sa akin! and he smiled, then happily walked away.

That very minute my heart shattered into pieces. That simple gesture was a humbling experience that I will never forget. What he did to me was more than a wakeup call. The message I got from that moment was this, "It's the Lord's way of saying, Like you he too needs respect and understanding." I felt ashamed for what I was thinking about them. While my mind was so preoccupied with a lot of negative thoughts, here came a boy showing me how I should treat them, the way he treated me, i.e. with Love, Respect and Dignity. This usually happens when we judge people based on what we think we know about them, and not on how we get to know them. Ever since that encounter, I now see them differently and when I ask people. "What do psychiatric patients need?" I get a lot of answers; I however, want to give my own paradigm shift. I see them as normal people with special needs," so that I don't have to see them any different from everyone else.

As a Nutritionist-Dietitian, it's a wise decision to include fiber in your daily diet. In addition, we also need A DAILY SERVING OF MORAL FIBER IN OUR LIVES. Fiber has a special role in the body. It absorbs fats and acts as broom to facilitate in the removal of wastes. A moral fiber though will provide, insights and thoughts about life that will help us to become well in the heart and mind. When taken in, it puts meaning to things that need enlightenment and serves as a catalyst for change.

Joshua F. Magsumbol RND, MPA

Administrative Officer V
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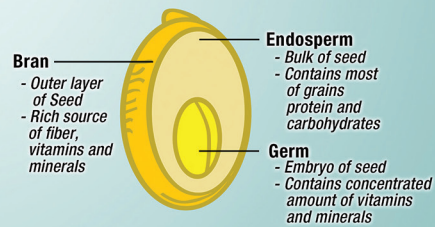


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