



Announcement No. 36, s. 2009

ANNOUNCEMENT

TO : HEADS OF CONSTITUTIONAL BODIES; DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL GOVERNMENT; LOCAL GOVERNMENT UNITS; GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS; AND STATE COLLEGES AND UNIVERSITIES

SUBJECT : Nutrition Month (NM) Celebration

The National Nutrition Council (NNC) shall lead the nationwide celebration of Nutrition Month in July with the theme "*Wastong Nutrisyon Kailangan, Lifestyle Diseases Iwasan!*".

The event aims to understand and appreciate the management of lifestyle diseases to attain longer and healthier life. The Department of Health is encouraging the general public to practice 7 Healthy Lifestyle Habits, namely, no smoking, no drinking of alcohol, no to illegal drugs, proper eating (low fat, no salt), prevent hypertension, do physical activity and manage stress.

To ensure the success of the nationwide celebration, all government agencies are encouraged to actively participate in the celebration such as:

- Hang a streamer at the gate or other strategic areas near your office premises; (design of streamer may be accessed at www2.doh.gov.ph/nnc)
- Organize seminars, lecture and other similar fora for employees and their dependents on healthy lifestyle and diet;
- Serve breakfast, lunch or merienda to 30 or more people from nearby poor communities;
- Serve nutritious food/snacks in the office cafeteria and during meetings and conferences; and
- Feature Nutrition Month concerns, e.g. nutrition and lifestyle diseases and related matters in newsletters or bulletin boards.

For details, please contact the National Nutrition Council (NNC) at telephone numbers 843-5838, 843-5868 or 818-7398.


RICARDO L. SALUDO
Chairman

30 JUN 2009