

Press Release
Department of Labor and Employment
Bureau of Working Conditions
29 June 2019

BWC RENDERED SUPPORT TO THE CELEBRATION OF NUTRITION MONTH

In support of the 45th National Nutrition Month this July, the Bureau of Working Conditions conducted a short lecture to DOLE employees on 29 July 2019 during their flag raising ceremony, calling them to engage in healthy lifestyle by eating healthy and being physically active.

This year's Nutrition Month celebration theme "Kumain nang wasto at maging aktibo... push natin 'to!", aims to remind the public on the importance of healthy diets, increase physical activity and reduction of sedentary lifestyle. This year's theme is a three-fold message; aside from proper nutrition and active behavior, the last phrase "...push natin to!" is very crucial in order to sustain the first two behaviours.

Sarah Kay Juan, Labor and Employment Officer III of the Bureau of Working Conditions discussed the relation of nutrition to one's productivity. She added that based on the 2018 National Nutrition Survey of the Food and Nutrition Research Institute (FNRI), the prevalence of obesity of Filipinos is continuously increasing.

Ms. Juan said this can be considered as a public health concern because of non-communicable diseases that are usually associated with obesity and physically inactivity such as hypertension, diabetes, cardio-vascular diseases and cancer. She also related that the DOLE through Department Order No. 56-03 s. 2003 Rationalizing The Implementation of Family Welfare Program (FWP) and OSH Rule 1966 require establishments in the private sector to implement nutrition program in their workplaces.

This year's celebration also aims to encourage the food industry including farmers, manufacturers, distributors and food establishments to produce and make available healthier food options.

The celebration of Nutrition Month every July is in accordance with Presidential Decree No. 491 in order to create greater awareness on the importance of nutrition among Filipinos.

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