



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region X
DIVISION OF MISAMIS ORIENTAL
Cagayan de Oro City

DepEd

DATE: June 22, 2015

DIVISION MEMORANDUM No. 183 s. 2015

**TO: EPS
PSDS
SEPS
Elementary & Secondary School Heads
This Division**

**FROM: CHERRY MAE L. LIMBACO, Ph.D., CESO V
Schools Division Superintendent**

SUBJECT: 2015 Nutrition Month Celebration

1. This is relative to DepEd Memorandum No. 62, s. 2015 re: 2015 Nutrition Month Celebration.
2. The theme for this year's nutrition month celebration is **Timbang Iwasto, sa Tamang Nutrisyon at Ehersisyo!**
3. Enclosed is the DepEd Memorandum No. 62, s. 2015 for your reference.
4. Immediate dissemination of this Memorandum is desired.

CLL/ner



Republic of the Philippines
Department of Education

17 JUN 2015

DepEd MEMORANDUM
No. **62**, s. 2015

2015 NUTRITION MONTH CELEBRATION

To : Undersecretaries
Assistant Secretaries
Bureau Directors
Directors of Services, Centers and Heads of Units
Regional Directors
Schools Division Superintendents
Heads, Public and Private Elementary and Secondary Schools
All Others Concerned

1. The National Nutrition Council (NNC) will lead the **2015 Nutrition Month Celebration** this July focusing on addressing the issue of being overweight and obese among Filipinos. The theme for this year's nutrition month celebration is *Timbang Iwasto, sa Tamang Nutrisyon at Ehersisyo!*
2. The Celebration aims to:
 - a. increase awareness on the role and importance of proper nutrition and physical activity in the prevention of being overweight and obese among the general public;
 - b. encourage Filipinos to make positive decisions towards consumption of healthy diets and be physically active to prevent non-communicable diseases as a result of being overweight and obese; and
 - c. encourage communities, national and local governments, non-government organizations, private sector, media, the academe, and other stakeholders to put in place an enabling environment, which promotes proper nutrition and physical activity among Filipinos to prevent being overweight and obese.
3. To ensure the success of the month-long celebration, all school officials are enjoined to encourage their teachers, pupils/students, non-teaching staff, and members of their school communities to join the national celebration in any of the following activities:
 - a. Implementation of the Civil Service Commission (CSC) Memorandum Circular No. 5, s. 2015 containing the *Ten Kumainments* in government agencies posted on www.csc.gov.ph. The *Ten Kumainments* can be downloaded from the NNC's website: www.nnc.gov.ph;
 - b. Dissemination of the nutrition month (NM) theme through the conduct of seminars and fora, hanging of streamers, posting on department or agency websites and bulletin boards, and distribute NM flyers to employees and clientele. NNC will make available the prototype streamer design posted on www.nnc.gov.ph;

- c. Promotion of the *Pinggang Pinoy* developed jointly by the Food and Nutrition Research Institute (FNRI), NCC, and Department of Health (DOH);
 - d. Conduct of the similar *Belly Gud for Health* activity of the DOH where employees are encouraged to reduce their waist circumference by having a contest of the person with the highest reduction in waist circumference from July to December. As an alternative, all concerned can measure the body mass index of employees to determine the prevalence of being overweight and obese;
 - e. Ensuring the availability of healthy food options in school canteens; and
 - f. Conduct of other activities which will promote healthy weight among employees and students.
4. For more information, all concerned may contact the **National Nutrition Council (NCC) Central Office**, Nutrition Building, 2332 Chino Roces Avenue, Extension, Taguig City, at telephone no.: (02) 818-7398 or send a message through email address: info@nnc.gov.ph or visit the nearest NNC Regional Office.
5. Immediate dissemination of this Memorandum is desired.


BR. ARMIN A. LUISTRO FSC
Secretary

Reference:

DepEd Memorandum: No. 73, s. 2014

To be indicated in the Perpetual Index
under the following subjects:

CELEBRATIONS AND FESTIVALS
HEALTH EDUCATION
PUPILS
PROGRAMS
SCHOOLS
STUDENTS
TEACHERS