

Panel of Reactors on the Topic Creating a Menu of Change Healthy Food in Health Care

The Summary of the Topic is discussed by Dr. Chin - Lon Lin tackled on the 3 topics.

1. Planet Earth: Climate Change, extreme weather, sustainability, biodiversity and food security
2. Health: Chronic Diseases prevention, health promotion
3. Hospital: Physical, spiritual and mental health, health education

I would like to commend and congratulate Dr. Chin - Lon Lin for a very informative and comprehensive presentation on Creating A Menu of Change Health Food in Health Care. I am very thankful I was chosen as one of the panel or reactors in this important and timely topic and being at the Department of Health I could share also related programs and activities we are implementing at DOH in order to create a menu of change healthy food in health care.

With regard to the planet Earth we all know what Climate Change is doing in our environment now a days. There are lot of health threats with regards to climate change and death. Extreme weather has effect with our environment like dying of our local produced plant. Drought, flood, earthquake, tsunami, and strong typhoon hit our planet. I agree with the presentation of Dr. Chin - Lon Lin with regard to climate change. I cannot expound so much my reaction with this topic since I am a Nutritionist Dietician and not really expert on this topic.

Hospital has a great role in recovering, recuperating and rehabilitating of a patient. I agree with the definition of health as a state of complete physical, mental, and social well-being rather solely as absence of a disease. If Health Promotion is properly in placed prevention of disease will be ensured. Health promotion has 5 action areas which should be implemented such as Build Healthy Public Policy, Create Supportive Environment, Strengthen Community Action, Re-Orient Health Services and Develop Personal Skills. These five actions areas are recommended by World Health Organization (WHO). As Dr. Chin - Lon Lin mentioned Health Promotion is the responsibility if the government, family, and individual. Health Promotion is humongous it combines diverse but complimentary methods, including IEC, Legislation, fiscal measures, regulations, organization change, community development and local activities against health hazards and government cannot do it alone. This requires close cooperation among sectors extending beyond health care. The DOH has Administrative Order 58 to implement health promotion programs of DOH

Now with regard to Lifestyle Change, Dr. Chin Lon Lin mentioned that lifestyle change is diet, exercise and relaxation. Diet is one of the most critical necessities of human growth and development and is directly related to good health. It provides the appropriate means of maintaining vitality, developing resistance to infection organic deterioration the control of many disease processes and recovery of health and function following illness and injury.

Right now, in some of the 70 DOH hospitals nationwide serve once a day and call it the Meatless Monday or we call it Meatless Monday Motivational Campaign. It has a pending bill and it is called Housebill 6311, should it be passed into law, it will aid in the campaign to control greenhouse gas emission contributing to climate change and environmental degradation as well as lessen the risks to non-communicable disease such as hypertension, cardiovascular disease, diabetes, cancer and obesity.

As member of the health team, we are looked upon to be the source of accurate, reliable and evidence - based nutrition information for our client to make informed and rightful choices.

The concern for the environment, it is estimated by the Meatless Monday Campaign when practiced by 25.7 million students, in a span of one year could have beneficial effects on CO2 emission as taking 94,392 cars off the road or having 12.35 million trees planted and grown for ten years based in life cycle assessment.

Another initiative of the DOH is the issuance of the Department Memorandum No. 2011 - 0191 or the support for the Organic Food and Naturally Grown Vegetable and Fruits. In February 2010, RA 10068 Organic Agriculture Act 2010 was enacted. The law promotes the consumption of organic foods which include meat, vegetable and green leafies, culinary and medicinal herbs, rootcrops, nuts, rice and fruits among others. The DOH supports this RA 10068 and some DOH hospitals promote, use and serve organic food.

I would like to mention also that we have RA 10611. An act to strengthen food safety regulatory system in the country to protect consumer health and facilitate market access of local foods and food products and for other purpose. This was approved last August 23, 2013 by our President Benigno S. Aquino III.

Another initiative of DOH is the issuance of AO 2014- 0030 which was approved last September 8, 2014 with regards to the Revised Rules and Regulation Governing "The Labeling of the Pre-packed Food Products Further Amending Certain Provision of AO No. 88-B s., 1984 or the Rules and Regulation of Prepacked Food Products Distributed in the Philippines and for other purpose. This AO protects and informs consumers regarding proper food labeling and be knowledgeable on the nutrient value of the products they buy in the supermarket and food stores.

I would like to inform everybody that at DOH we have developed Nutrition and Dietetics Service Management Manual which serve as the bible or manual that used in DOH and LGU hospital at the Nutrition and Dietetics Service in the hospital. The manual serve as guide and standard reference for hospital management, service providers, and support staff to inject quality in their day to day operation at various aspect of work and service delivery point in the hospital.

At HFDB we developed also 19 Diet Handouts to serve as guide to our NDs and other allied health professionals in giving therapeutic and regular diet counseling services. This will also serve as reference materials to groups and individuals who are promoting healthy eating habits.

There are many programs of DOH that are many to mention. Like Food Fortification Program, Food and Micronutrient Supplementation and many more.

The Department of Health is taking a lead in safeguarding the health of the people and promoting a healthy citizenry. Kalusugan Pangkahalatan or Universal Health Care is a government thrust which aims to make health services and necessities accessible and affordable to every Filipino. The DOH is at the prime of doubling efforts to promote the various health programs and advocacies, especially to those people in the remote areas of the country. We encourage our countrymen to pursue healthy lifestyle. We have time and again urged everyone to stop smoking, to engage in regular exercise and eat a healthy and well balance diet. We are hoping that through proper health and nutrition education, a forum or symposium like this we are bound to achieve a healthy nation. After all a healthy nation is a hallmark of good nutrition.

Again, that ends my long reaction. Thank you and good day! Congratulations to the organizer of the forum.