



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT
DILG-NAPOLCOM Center, EDSA corner Quezon Avenue, West Triangle, Quezon City
Telephone Nos. 925.03.30 • 325.03.31
www.dilg.gov.ph



June 2, 2015

MEMORANDUM CIRCULAR

No. 2015 - 58 _____

TO : ALL PROVINCIAL GOVERNORS, CITY AND MUNICIPAL
MAYORS, PUNONG BARANGAYS, DILG REGIONAL
DIRECTORS AND OTHERS CONCERNED

SUBJECT : PARTICIPATION IN THE 2015 NUTRITION MONTH
CELEBRATION

The country will be celebrating the 41st Nutrition Month this July focusing on addressing overweight and obesity with the theme: "*Timbang Iwasto, sa Tamang Nutrisyon at Ehersisyo!*"

The theme aims to: 1) increase awareness on the role and importance of proper nutrition and physical activity in the prevention of overweight and obesity among the general public; 2) encourage Filipinos to make positive decisions towards consumption of healthy diets and be physically active to prevent non-communicable diseases as a result of overweight and obesity; and, 3) encourage communities, national and local governments, non-government organizations, private sector, media, the academe, and other stakeholders to put in place an enabling environment that promotes proper nutrition and physical activity among Filipinos to prevent overweight and obesity.

In view thereof, all concerned are hereby encouraged to participate in the campaign and undertake support activities, such as but not limited to the following:

1. Implement Civil Service Commission Memo Circular No. 5 Series 2015 issued on 6 March 2015 on the promotion of the 10 *Kumainments* in government agencies. This circular can be downloaded from the CSC website www.csc.gov.ph. The materials on the 10 *Kumainments* can be downloaded from NNC's website www.nnc.gov.ph.

2. Disseminate the Nutrition Month's theme through conduct of seminars and fora, hanging of streamers, posting in department or agency websites and bulletin boards; distribute advocacy materials to employees and clientele. NNC will make available the prototype streamer design at www.nnc.gov.ph.
3. Promote the *Pinggang Pinoy* developed jointly by the FNRI, NNC and DOH.
4. Conduct similar "Belly Gud for Health" activity of the Department of Health 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, you can measure the body mass index of employees to determine prevalence of overweight and obesity.
5. Ensure the availability of healthy food options in office canteens; and
6. Other activities that will promote healthy weight among employees and clients.

All DILG Regional Directors are hereby directed to cause the widest dissemination of this Circular in their respective areas of jurisdiction.

For further inquiries, contact the National Nutrition Council Central Office at 2332 Chino Roces Avenue Extension, Taguig City at telephone number 818.7398 or email address: info@nnc.gov.ph or the NNC regional offices nearest you.

For information and guidance.


MAR ROXAS
Secretary 



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