



Republic of the Philippines
Department of Education

DIVISION OF MALAYBALAY CITY

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D.A. 2019-01-051

DEPED-MALAYBALAY

RELEASED

DATE: DEC 3 2018 TIME: 9:20
BY: _____

DIVISION ADVISORY

TO : Assistant Schools Division Superintendent
Chief Education Supervisors CID-SGOD
Public Elementary and Secondary School Heads
All Others Concerned
This Division

FROM : **REBONFAMIL R. BAGUIO**
Schools Division Superintendent

DATE : December 28, 2018

SUBJECT: **MECHANICS FOR 2019 NUTRITION MONTH CELEBRATION THEME
WRITING AND LOGO DESIGN CONTEST**

1. Per letter of the National Nutrition Council X, this Office informs the field on the mechanics for the 2019 Nutrition Month Celebration Theme Writing and Logo Design Contest which shall run from December 1, 2018 to January 15, 2019.
2. Enclosed is the contest mechanics for easy reference which is downloadable in the NNC webpage and facebook page.
<http://nnc.gov.ph>
<http://www.facebook.com/NNCregion10>
3. Shall there be queries, contact **MARCOS JULITA K. FULGENCIO, DMD,** Dentist II through 0906-796-8794.

Encl.:

As stated

Copy Furnished:

SGOD-School Health Unit
Records Unit



2018-12-759
DEPED MALAYBALAY CITY DIVISION
RECEIVED
DATE: 9 2018 TIME: 1:40
BY: *JA*

Republic of the Philippines
DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT
Regional Office X – Bukidnon, Malaybalay City

CITY LOCAL GOVERNMENT OPERATIONS OFFICE

December 11, 2018

HON. IGNACIO W. ZUBIRI
City Mayor
Malaybalay City

Sir:

We are forwarding to your level an Advisory regarding on the **Mechanics for the 2019 Nutrition Month Celebration Theme Writing and Logo Design Contest and Guidelines on the Grant of Collective Negotiation Agreement (CNA) Incentive for FY 2018.**

For your reference and guidance.

Thank you and more power.

Very truly yours,


MARIA M. DA B. DANOT
CLGOO

Cc: City Health Office



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL X
2nd Floor, Door 1, Rego Bldg., Agoho Drive,
Zone 1, Carmen, Cagayan de Oro City



November 28, 2018
NNC/XC 218 /smgt

ARNEL M. AGABE, CESO IV
Regional Director
Department of Interior and Local Government Regional Office X
Airport Road, Upper Carmen, Cagayan de Oro City

RECEIVED	
DATE 12/04/18	TIME 9:12
BY	

Dear Director Agabe:

Greetings from the National Nutrition Council XI!

Nutrition Month is a campaign held every July to create greater awareness among Filipinos on the importance of nutrition. Presidential Decree 491 (1974) or the Nutrition Act of the Philippines mandates the National Nutrition Council (NNC) to lead and coordinate the nationwide campaign.

In preparation of the 2019 Nutrition Month, the NNC is currently holding a Theme Writing and Logo Design Contest for the said celebration. Focusing on "NUTRITION AND PHYSICAL ACTIVITY", the 2019 Nutrition Month theme aims to focus to encourage Filipinos to engage in physical activity and practice positive nutrition behaviors to contribute to addressing overweight and obesity and non-communicable diseases. The contest shall run from December 1, 2018 to January 15, 2019.

In this regard, we would like to enjoin the support of DILG 10 in the widest dissemination of the contest mechanics for greater participation from Northern Mindanao.

Enclosed please find copy of the said mechanics for your easy reference. Further, the contest mechanics is downloadable in the NNC webpage and Facebook page:

<http://nnc.gov.ph>
<https://www.facebook.com/NNCregion10>

Anticipating your favorable response to this request. Let us continue to join hands in our journey to *One Region in Nutrition!*

Thank you for your continued support in addressing hunger and malnutrition.

Very truly yours,


GLADYS MAE S. FERNANDEZ
OIC-Nutrition Program Coordinator

One Region in Nutrition
Telefax no. (088)-856-8700
NNC_X@yahoo.com
<http://www.nnc.gov.ph/regional-offices/region-x>
<https://www.facebook.com/NNCregion10>


Wastong Nutrisyon

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL

**MECHANICS FOR THE 2019 NUTRITION MONTH
THEME WRITING AND LOGO DESIGN CONTEST**

The NNC Technical Committee during its meeting on 6 November 2018, approved "Nutrition and Physical Activity" as the focus of Nutrition Month 2019. The WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. The WHO also identified the lack of physical activity as the fourth leading risk factor for global mortality (6% of deaths globally) and the main cause for approximately 21-25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischemic heart disease burden. On the other hand, having a regular and adequate physical activity in adults contributes to improved well-being, specifically reductions in risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, depression and the risk of falls; improve bone and functional health; and is a key determinant of energy expenditure, and thus fundamental to energy balance and weight control.

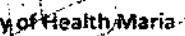
The theme focus aims to encourage Filipinos to engage in physical activity and practice positive nutrition behaviors to contribute to addressing overweight and obesity and non-communicable diseases. The campaign will promote healthy diet and physical activity as part of a healthy lifestyle. In the Philippines, majority of Filipinos are physically inactive. FHM reported that in 2008, about 93% of Filipinos did not engage in leisure-related physical activity and about three-fourth of adults or 75.4% and 76.3 did not engage in non-work and work-related physical activity. The Global School-based Student Health Survey conducted in the Philippines showed that only 13.9 % of students were physically active for a total of at least 60 minutes per day on five or more days during the past seven days. Only 22% of students went to physical education (PE) class on three or more days each week during the school year. More students (32.3%) spent three or more hours per day during a typical or usual day doing sitting activities.

In line with this, the National Nutrition Council shall conduct a contest for the 2019 Nutrition Month theme and logo design along promotion of nutrition and physical activity. The contest shall be conducted using the following mechanics:

MECHANICS:

1. The contest shall run from 1 December 2018 to 15 January 2019.
2. The contest is open to individual Filipino citizens (students, professionals, nutrition workers, barangay nutrition scholars, etc.).
3. For the theme contest, interested individuals shall propose the theme for the 2019 Nutrition Month celebration focusing on nutrition and physical activity. The theme shall be in Filipino or combination of English and Filipino and shall consist of no more than 8 words. All entries must be original. The theme should be catchy and contain a call to action towards practicing healthy diets and physical activity. For the logo contest, the proposed logo must be submitted in PDF format and must be

- accompanied by a brief description in less than 50 words. The logo should be simple and not contain too many elements.
4. Each individual can submit up to 2 entries for each category (logo and/or theme). Entries should include the name of the contestant, age, mobile or telephone number/s, and e-mail address. The entry should be accompanied with a photocopy of a valid identification card with photo.
 5. Entries shall be submitted via email to info@nnc.gov.ph with the subject: **2019 Nutrition Month Theme and Logo Contest. Only entries submitted via email shall be considered.**
 6. Deadline for submission of entries is 5:00 pm of 15 January 2019.
 7. NNC employees and relatives up to the 2nd degree of consanguinity are prohibited to join the contest.
 8. The NNC Secretariat shall prepare the shortlist of best entries for review of the NNC Technical Committee which shall also decide on the winning theme and logo.
 9. The NNC Secretariat shall notify the winner through e-mail and phone call. A cash prize of Php10,000.00 for each winner of the logo and theme contest shall be awarded to the winner after proper identification and verification. The winner shall also be acknowledged in the NNC website, social media, Nutrition Month Talking Points and flyer.
 10. The winner shall be required to submit an editable, high resolution copy of the winning logo in Photoshop format.
 11. Non-winners shall no longer be informed. All entries shall be considered property of the NNC


Assistant Secretary of Health Maria-Bernardita T. Flores, CESO II
Executive Director IV, National Nutrition Council