



Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL
Region VIII



Regional Nutrition Committee VIII

RNC VIII Resolution No. 5, Series of 2018

**ADOPTING THE NATIONAL NUTRITION COUNCIL GOVERNING BOARD
RESOLUTION NO. 4, SERIES OF 2018, ENTITLED “ADOPTING THE NNC POLICY
STATEMENT ON FAD DIETS”**

WHEREAS, the NNC being the policy-making body on nutrition develops policy statements in aid of legislation or to provide guidance on nutrition issues and concerns;

WHEREAS, the proliferation of different fad diets that claim to result to rapid weight loss cause concern as these may pose health and nutrition concern among Filipinos;

WHEREAS, several studies have proven that fad diets are nutritionally-imbalanced, challenging to comply with in the long-run, induce stress, cause disease to certain organs, lack focus on physical activity, and may have psychological implications;

WHEREAS, studies have shown that following a short dietary regimen is medically unsuitable and unsustainable with many dieters failing in their dietary adherence and long-term behavioral change, and may pose potential health risks;

WHEREAS, the NNC desires to protect the general public against fad diets and provide guidance to nutrition and health practitioners in dealing with people adhering to fad diets;

WHEREAS, the NNC Governing Board approved and adopted the GB Resolution No. 4, s. 2018, the Policy statement on fad diets, as follows:

“Fad diets are not recommended for weight loss as it may pose potential health risk and dangers. Instead, the NNC recommends the adherence to a holistic, sustainable, adequate, and nutritionally-balanced diet, complemented by an active lifestyle and lifelong behavioral modifications. It is also the position of the NNC that individual efforts to address overweight and obesity must be complemented with population-based interventions, particularly on the promotion of healthier food environments and food systems and public awareness through behavior-change communications, to prevent further increase in overweight and obesity prevalence in the country.”

WHEREAS, the NNC recommends for a safe, healthy, and holistic dietary, exercise, and behavioral plan as key to long-term weight loss and improvement of overall health must be advocated by nutritionist-dietitians and other health professionals, both in private and public practice;

NOW THEREFORE, upon the motion of National Economic Development Authority VIII representative Ms. Ma. Victoria C. Cuayzon, and duly seconded by Ms. Portia Teresa E. Calleja of Department of Trade and Industry VIII;

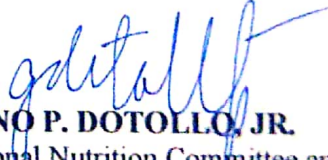
BE IT RESOLVED, AS IT IS HEREBY RESOLVED, to adopt the NNC GB Resolution No. 4, s. 2018, entitled "Adopting the NNC policy statement on Fad Diet";

RESOLVED FURTHER, for the National Nutrition Council Secretariat to ensure that this policy statement is disseminated as widely as possible to the general public, practitioners and health and nutrition workers and those in the medical and allied professions; and its dissemination monitored and reported to the Governing Board;


UNANIMOUSLY APPROVED, this 26th day of November Two Thousand and Eighteen at Hotel Alejandro, Tacloban City.

APPROVED FURTHER, that a copy of this resolution shall be furnished to concerned agencies.

Certified true and correct:


DR. CATALINO P. DOTOLLO, JR.
Secretary, Regional Nutrition Committee and
Regional Nutrition Program Coordinator
National Nutrition Council VIII

Approved:


DR. MINERVA P. MOLON
Chairperson, Regional Nutrition Committee
and Regional Director, Department of Health VIII