



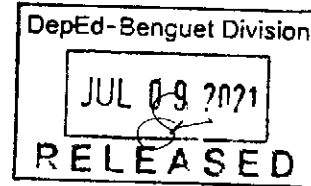
Republic of the Philippines  
**Department of Education**  
**Schools Division of Benguet**

July 7, 2021

DIVISION MEMORANDUM

NO. 260, s. 2021

TO: Office of the Schools Division Superintendent  
School Governance and Operations Division  
Curriculum Implementation Division  
Public Elementary and Secondary School Heads  
All others concerned



**ADDENDUM TO DIVISION MEMORANDUM NO. 241, S. 2021**  
**RE: DIVISION CELEBRATION OF THE 2021 NUTRITION MONTH**

1. Comprehensive division activities for the 2021 Nutrition Month are as follows:
  - a. Nutrition Education
    - i. Monday Health Talks – Short Health & Nutrition lectures by school health personnel and guest speaker/s.
    - ii. Side chair counseling, discussions, and social media focusing on the following concepts to promote proper diet and behavior modification by division health personnel.
  - b. Physical fitness in the workplace: To be conducted every Thursday at the Adivay Hall, 3:00 to 4:00 PM to be facilitated by Health Care Personnel. Zumba sessions will be livestreamed in our official DepEd Tayo Benguet FB Page. Personnel and learners are invited to join virtually.
  - c. Division Weight Management Challenge (*See enclosure*)
2. Enclosed to this are the Mechanics for the 2021 Division Weight Management Challenge
3. Immediate dissemination and compliance is desired.

  
**GLORIA B. BUYA-AO**  
Schools Division Superintendent

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Enclosure to SDO Memo No.: \_\_\_\_\_

## **MECHANICS FOR THE 2021 DIVISION WEIGHT MANAGEMENT CHALLENGE**

This project aims to promote having ideal body weight for all Division personnel and reduce the prevalence of malnutrition. This activity will run for six months starting July 12, 2021 and will end on December 13, 2021. The following three components will serve as our guide for the whole duration of the challenge.

### **I. Assessment of Nutritional Status**

This component will measure the weight and height of the employees using the detecto beam balance. To ensure reliability of the beam balance, this was calibrated last March 16, 2021 by the Department of Science and Technology-CAR.

**A baseline assessment of all employees will be conducted on July 12, 2021** during the project orientation while the **endline will be on December 13, 2021**. **Weight monitoring will be conducted every last week of the month** to track progress and address gaps. Weight and height taking will be conducted by the school health section personnel at SDO clinic.

### **II. Nutrition Education**

This component will entail nutrition information dissemination through side chair counseling, orientations, discussions, and social media focusing on the following concepts to promote proper diet and behavior modification:

- Overweight and obesity and its consequences
- Safe weight management
- Reading nutrition labels/facts, calorie, carbohydrates, fats, protein, sodium and other important nutrient contents of foods
- Fad diets

In addition, promotion of healthier food options in the canteen and serving healthier snacks and foods during meetings/conferences, etc. will be included in relation to the DepEd Order No. 13 s. 2017. This component will be led by Dr. Mary Grace G. Matias.

### **III. Physical Activity**

A one-hour physical fitness activity (Zumba) will be conducted every Thursday at the Adivay Hall, 3:00 to 4:00 PM. Other physical exercises within physical capacity such as but not limited to walking, jogging, dancing, and gardening activities that develop endurance, strength, flexibility and balance are highly encouraged. These exercises may or may be done within the SDO office or at home during work breaks or on weekends, depending on the availability of venue and fitness equipment.

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## MONITORING AND EVALUATION

Monthly monitoring will be conducted by school health section personnel at the SDO Clinic. Main indicators that will be used are the following:

- a. Number of SDO employees with improved BMI
  - From CED to normal weight
  - From overweight and obese to normal weight
- b. Number of SDO employees maintaining their normal BMI

## SPECIAL PROVISIONS

1. Fad diets or laxatives are not recommended as it may pose potential health risk and dangers.
2. Weight loss within the project range (6 months) should be around the safe range. Safe weight loss range is around less than 1 kg per week or atleast 24 kg within 6 months.

## AWARDING

Awarding will be conducted on 2021 SDO Christmas Celebration. Prizes and certificates of recognition will be given to recognize employees with outstanding achievements:

1. Employee/s with improved nutritional status from CED/wasted to normal
2. Employee/s with improved nutritional status from obese/overweight to normal weight
3. Employee/s with highest reduction in weight or "biggest loser".

The baseline nutritional status, endline nutritional status, and the results of monthly weight monitoring will serve as the basis in selecting employees to be awarded. Prizes allotted will be divided depending on the number of employees in each category.

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