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Republic of the Philippines
Quezon City
23rd CITY COUNCIL

PROPOSED ORDINANCE NO. - _____, S-2025

AN ORDINANCE MANDATING THE INCLUSION OF COMPREHENSIVE NUTRITION EDUCATION TO PROMOTE HEALTHY EATING HABITS AND IMPROVE PUBLIC HEALTH WITHIN QUEZON CITY

INTRODUCED BY:
COUNCILOR LUIGI PUMAREN

WHEREAS, Article II, Section 15 of the 1987 Philippine Constitution mandates that the State shall protect and promote the right to health of the people and instill health consciousness among them;

WHEREAS, Rates of diet-related chronic diseases, including obesity, type 2 diabetes, and cardiovascular conditions, are significant public health. Lack of knowledge regarding balanced diets, portion control, and food preparation contributes substantially to poor eating habits and subsequent health issues.

WHEREAS, the Local Government Code of 1991 (Republic Act No. 7160) grants the Sangguniang Panlungsod the power to enact ordinances that promote the general welfare of the inhabitants, including the promotion of health and education;

WHEREAS, comprehensive, mandatory, nutrition education is a necessary and cost-effective preventive measure to foster a culture of health and wellness for all residents of Quezon City.

NOW, THEREFORE,

BE IT ORDAINED BY THE CITY COUNCIL OF QUEZON CITY IN REGULAR SESSION ASSEMBLED:

SECTION 1. SHORT TITLE. This Ordinance shall be known as the "Quezon City Nutrition Education and Health Promotion Ordinance"

SECTION 2. DECLARATION OF POLICY. It is hereby declared the policy of the Quezon City Government to safeguard and promote the health and well-being of its residents. Comprehensive nutrition education shall encourage healthy eating habits, prevents nutrition-related diseases, and fosters a culture of wellness within the community.

SECTION 3. DEFINITION OF TERMS. For the purpose of this Ordinance, the following terms shall mean:

a. **Nutrition Education** - A set of learning experiences designed to facilitate the voluntary adoption of food and nutrition-related behaviors conducive to health and well-being, encompassing balanced diet, food preparation, proper sanitation, and the consequences of poor nutrition.

b. **Educational Institutions** - Shall refer to all public and private educational institutions.

c. **Workplace** – Shall refer to all public and private offices within the territorial jurisdiction of Quezon City.

SECTION 4. SCOPE AND COVERAGE. This ordinance shall apply to all barangays, private and public educational institution and workplace within the territorial jurisdiction of Quezon City.

SECTION 5. MANDATE FOR NUTRITION EDUCATION PROGRAMS. The Comprehensive Nutrition Education program shall cover the following topics:

a. The importance of macro- and micro-nutrients.
b. Understanding food labels, serving sizes, and calorie content.
c. The dangers of consuming processed foods, sugary drinks, and high-fat snacks.
d. Prevention of lifestyle diseases (diabetes, hypertension, obesity) through diet.
e. Food safety, hygiene, and proper sanitation.
f. Promoting local and indigenous healthy food choices.

SECTION 6. NUTRITION EDUCATION IN EDUCATIONAL INSTITUTIONS. The subject matter stated in Section 5 shall be integrated into relevant learning areas, such as Science, Health, Technology and Livelihood Education, and Physical Education and shall allocate ten (10) hours per school year for nutrition education.

SECTION 7. NUTRITION EDUCATION IN BARANGAYS. The barangays shall integrate subject matter stated in Section 5 of this ordinance in their community programs. The barangays shall:

a. Develop and conduct regular programs such as seminars, workshops, and/or community dialogues focused on proper nutrition, food safety, and healthy lifestyle practices.
b. Incorporate nutrition education into existing community activities, such as barangay health days, feeding programs, and barangay assemblies.
a. To disseminate relevant nutrition materials and and/or conduct campaigns through use of digital platforms.

This initiatives shall be conducted not less than twice a year.

SECTION 8. NUTRITION EDUCATION IN WORKPLACES. All public and private workplaces within Quezon City shall implement health and nutrition education in accordance with Section 5 of this ordinance. Initiatives to promote nutrition education shall be as follows:

b. Organize regular seminars, workshops, and training sessions on proper nutrition, healthy eating habits, and lifestyle practices .
c. Disseminate relevant nutrition materials and/or conduct campaigns through use of digital platforms.
d. Provide educational materials, posters, and resources on balanced diets, food safety, and the prevention of diet-related illnesses in common areas.
e. Incorporate health and nutrition topics into employee wellness programs and encourage participation in community health activities.

This initiatives shall be conducted not less than twice a year.

SECTION 9. APPROPRIATION. Funding necessary for the implementation of this Ordinance shall be subject to the available funds of the City.

SECTION 10. RECOGNITION. Educational Institution, Barangays and Employers who actively promotes nutrition education among their students, community and employees respectively shall be recognized and awarded annually during the Health Education Week.

SECTION 11. IMPLEMENTING AGENCY. The City Health Department shall be the primary implementing body and shall recommend a module or appropriate material for the Nutrition Education.

SECTION 12. IMPLEMENTING RULES AND REGULATIONS (IRR). Within sixty (60) days from the approval of this Ordinance, City Health Department in coordination with other relevant departments shall formulate the necessary Implementing Rules and Regulations (IRR) to ensure the effective implementation of this Ordinance.

SECTION 13. SEPARABILITY CLAUSE. If any provision of this Ordinance is declared unconstitutional or invalid, the other provisions not affected thereby shall remain in full force and effect.

SECTION 14. REPEALING CLAUSE. All ordinances, resolutions, rules, and regulations or parts thereof inconsistent with the provisions of this Ordinance are hereby repealed, amended, or modified accordingly.

SECTION 15. EFFECTIVITY. This Ordinance shall take effect fifteen (15) days after its complete publication in a newspaper of general circulation and its posting in at least three (3) conspicuous public places in Quezon City.

ENACTED, _____ 2025.

LUIGI PUMAREN
City Councilor
District III