



Republic of the Philippines
Province of Oriental Mindoro
MUNICIPALITY OF ROXAS

OFFICE OF THE SANGGUNIANG BAYAN

EXCERPTS FROM THE JOURNAL OF THE 101ST REGULAR SESSION OF THE 11TH SANGGUNIANG BAYAN OF ROXAS, ORIENTAL MINDORO HELD ON 15 JULY 2024, 1:00 P.M. AT THE SANGGUNIANG BAYAN SESSION HALL

Present:

Acting Municipal Vice Mayor Robert S. Quiatchon	- Presiding Officer
Councilor John John S. Yason	- Member
Councilor Lucille T. Bacay	- Member
Councilor Juan Rafael M. Talens	- Member
Councilor King Philip B. Dimapilis	- Member
Councilor Robert A. Baticos	- Member
Councilor Veil Charlleo B. Cusi	- Member
Councilor Marietta R. Pajila	- Member
Councilor Hermis S. Catapang	- Member, ABC President
Councilor Sheikinah Grace C. Sanz	- Member, MSKF President

Absent:

NONE

MUNICIPAL ORDINANCE NO. 38

Series of 2024

AN ORDINANCE PROMOTING A HEALTHY LIFESTYLE PROGRAM IN ALL BARANGAYS OF THE MUNICIPALITY OF ROXAS, ORIENTAL MINDORO, APPROPRIATING FUNDS THEREFOR AND FOR OTHER PURPOSES

Author: Councilor MARIETTA R. PAJILA, PhD

Co-Authors:

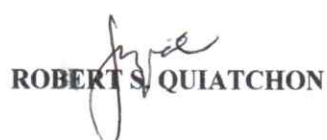
Councilor ROBERT S. QUIATCHON
Councilor JOHN JOHN S. YASON
Councilor LUCILLE T. BACAY
Councilor JUAN RAFAEL M. TALENS
Councilor KING PHILIP B. DIMAPILIS
Councilor ROBERT A. BATICOS
Councilor VEIL CHARLLEO B. CUSI
Councilor HERMIS S. CATAPANG
Councilor SHEIKINAH GRACE C. SANZ

WHEREAS, the Constitution of the Philippines prioritizes the protection and promotion of the people's right to health;

WHEREAS, Republic Act No. 10935, otherwise known as the "Act Strengthening the Philippine Universal Health Care Act," emphasizes the importance of preventive and promotive healthcare;

WHEREAS, Section 16 of Republic Act No. 7160 otherwise known as the Local Government Code of 1991 emphasize that "local government units shall ensure and support, among other things, the preservation and enrichment of culture, promote health and safety, enhance the right of the people to a balanced ecology, encourage and support the development of appropriate and self-reliant scientific and technological capabilities, improve public morals, enhance economic prosperity and social justice, promote full employment among their residents, maintain peace and order, and preserve the comfort and convenience of their inhabitants";


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FERDINAND V. TALENS, MPA

WHEREAS, Joint Administrative Order (JAO) No. 2023-0001 mandates of ensuring health, wellness, and safety in the workplace, through health promotion strategies and interventions;

WHEREAS, the Municipality of Roxas, Oriental Mindoro, recognizes the promotion of health and welfare of our people as one of the primary concerns of the municipality by increasing awareness of the importance of healthy lifestyles among the general public;

WHEREAS, a healthy lifestyle is essential in preventing non-communicable diseases and promoting overall well-being;

NOW, THEREFORE, BE IT ORDAINED AS IT IS HEREBY ORDAINED by the Sangguniang Bayan of Roxas, Oriental Mindoro in session assembled, that:

Section 1. Title. This Ordinance shall be known as the "Roxas Healthy Lifestyle Program Ordinance."

Section 2. Declaration of Policy. It is the declared policy of the Municipality of Roxas, Oriental Mindoro, to:

- Promote healthy lifestyles among its residents to prevent non-communicable diseases and improve overall well-being.
- Encourage active participation of all barangays and stakeholders in promoting healthy practices.
- Integrate healthy lifestyle initiatives into existing health programs and services.

Section 3. Definition of Terms.

For purposes of this Ordinance:

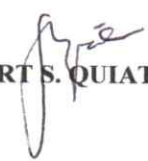
- a. **Healthy Lifestyle** – a way of living that lowers the risk of being seriously ill or dying early. It includes a balanced diet, regular physical activity, and avoiding harmful habits like smoking and excessive alcohol consumption.
- b. **Exercise** – an activity requiring physical effort, carried out especially to sustain or improve health and fitness at least 15-30 minutes or a total of 150minutes/week.
- c. **Non-communicable Diseases (NCDs)** – diseases that are not transmissible directly from one person to another such as cardiovascular disease, cancer, diabetes and chronic respiratory disease.
- d. **Body Mass Index** – a simple index commonly used to classify overweight and obesity in children and adults.
- e. **Overweight** – adults (aged over 19 years old) having body mass index equal to or greater to 25 kilogram per square meter.
- f. **Obesity** – adults (aged over 19 years old) having body mass index equal to or greater to 30 kilogram per square meter.
- g. **Color Spectrum System** – The Color Spectrum system, often implemented by Departments of Education, is a color-coded scheme designed to guide school canteens on the types of foods and beverages they can sell to children.

Color Spectrum Categories:

○ **Green Category:**

Description: Foods and beverages in this category are the healthiest options. They are rich in essential nutrients, low in unhealthy fats, sugars, and salt.


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Examples: Fresh fruits and vegetables, whole grains, lean meats, low-fat dairy products, water.

○ **Yellow Category:**

Description: Items in the yellow category are acceptable in moderation. They offer some nutritional benefits but may also contain higher levels of fats, sugars, or salt.

Examples: Canned fruits in natural juice, whole grain cereals, reduced-fat cheeses, sandwiches with lean meats.

○ **Red Category:**

Description: Foods and beverages in this category are the least healthy. They are typically high in unhealthy fats, sugars, salt, and low in essential nutrients.

Examples: Sugary snacks, soft drinks, fried foods, confectionery, processed meats.

Section 4. Program Components. The Healthy Lifestyle Program shall include, but not limited to, the following:

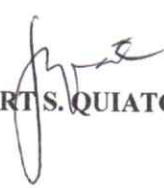
- **Information and Education Programs:** Disseminating information on healthy eating, physical activity, and the benefits of a healthy lifestyle. This can be done through barangay assemblies, information dissemination materials, and social media programs.
- **Physical Activity Programs:** Encouraging regular physical activity through community fitness events, sports leagues, and promoting the use of existing parks and recreation facilities.
- **Nutritional Programs:** Promoting healthy eating habits through workshops, cooking demonstrations, and advocating for locally-sourced, healthy food choices.
- **Mental Health Awareness Programs:** Raising awareness about mental health and promoting healthy coping mechanisms.
- **Smoke-Free and Alcohol-Free Initiatives:** Implementing measures to discourage smoking and excessive alcohol consumption in public places.
- **Hours of Sleep:** Initiatives maintaining a consistent sleep schedule with 7-9 hours of sleep per night, complemented by a 15-minute nap during the day, can offer numerous benefits for your overall health and well-being.

Section 5. Roles and Responsibilities. The following are the roles and responsibilities of the different offices to implement this Ordinance:

1. The Municipal Government

- Allocate a budget for the implementation of the Healthy Lifestyle Program, in the Municipality.
- Provide technical assistance and capacity building to Barangay Health Workers, Barangay Nutrition Scholars and other personnel.
- Monitor and evaluate the effectiveness of the program and make necessary adjustments.
- Partner with non-government organizations, private sector entities, and other stakeholders to support the program.


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2. Municipal Health Officer

- Coordinate with different government agencies such as the Department of Education, Municipal Government and all barangays in promoting healthy lifestyle programs by giving out Information Education Communication (IEC) materials.
- Initiate an information drive on healthy lifestyle activities in the barangays through the Barangay Nutrition Scholars.
- Monitor the implementation of the ordinance.

3. Department of Education District Supervisor

- Initiate wellness programs in elementary, secondary, senior high schools and colleges.
- Promote exercises during the flag ceremony at schools can be an effective way to incorporate physical activity into the daily routine of students.
- Enforce and monitor the Color Spectrum System.
- Perform other functions relative to this ordinance.

4. Municipal Human Resource and Management Officer

- Initiate a quarterly regular observance of marathons, fun runs and other healthy promoting health activities in municipal offices.
- Establish an exercise program for employees every Friday afternoon to enhance physical wellness.
- Promote a healthy workplace in which goals center on health literacy and health-seeking behaviors of the following priority areas as identified in the HPFS 2030, namely:

1. Diet and Physical Activity;
2. Environmental Health;
3. Immunization;
4. Substance Abuse;
5. Mental Health
6. Sexual and Reproductive Health; and
7. Violence and Injury Prevention;

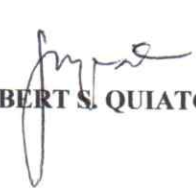
5. Barangay Councils

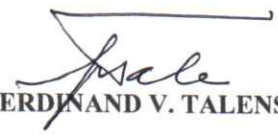
- Establish a Barangay Healthy Lifestyle Committee composed of representatives from various sectors of the barangay.
- Initiate a quarterly regular observance of physical exercise like marathons, fun runs, community dancing exercises and other health promoting activities in the barangay.
- Encourage residents in the barangays to utilize idle spaces for backyard gardening of organic vegetables to promote better family nutrition.
- Coordinate with the Municipal Agriculture Office to secure seedlings needed for the backyard gardening.
- Encourage the creation of community garden in partnership with owners of idle lands in their respective barangays.
- Mobilize community participation in the Healthy Lifestyle Program.
- Initiate regular monitoring of the above mentioned programs.

6. Sangguniang Kabataan Councils

- Promote healthy lifestyles through events like sports activities and fitness programs.
- Encourage youth volunteers to participate in community clean-ups, health surveys, and peer counseling and other health and wellness activities.


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Section 6. Funding. The Municipal Government shall appropriate in its Annual Budget, specially under the Health and Wellness Program of the HRMO, an amount necessary for the implementation of this Ordinance.

Section 7. Separability Clause. If any provision of this Ordinance is declared invalid or unconstitutional, the remaining provisions shall remain valid and enforceable.

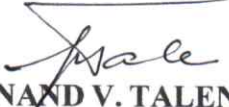
Section 8. Repealing Clause. All ordinances, executive orders, or parts thereof, which are inconsistent with this Ordinance, are hereby repealed or amended accordingly.

Section 9. Effectivity. This Ordinance shall take effect after fifteen (15) days from its posting in public conspicuous spaces of the Municipality.

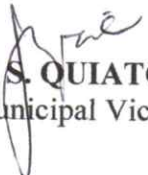
On motion of Councilor Marietta R. Pajila duly seconded by all this ordinance is hereby ENACTED.

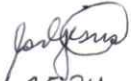
Adopted: 15 July 2024

CERTIFIED CORRECT:

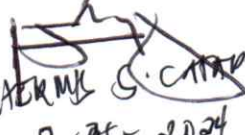

FERDINAND V. TALENS, MPA
Secretary to the Sangguniang Bayan

ATTESTED:

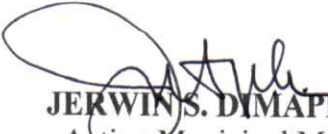

ROBERT S. QUIATCHON
Acting Municipal Vice Mayor


7-25-24

APPROVED:


8-25-2024


Larrie F. Orma
7/25/2024
Rptd


JERWIN S. DIMAPILIS
Acting Municipal Mayor
Date Signed: _____

07-25-24
CNR


07-31-24

mjer:07152024

