PINGGANG PINOY® COMMUNITY CHALLENGE: A PRECURSOR TO HEALTHY EATING

Ma. Jovina A. Sandoval, Czarina Teresita S. Martinez, Robby Carlo A. Tan, Mary Aguidene F. Ramos, and Mario V. Capanzana, Ph.D.

Background:
Pinggang Pinoy® is the latest food guide for Filipinos to achieve optimum nutrition. It is presented in the form of a food plate that shows the concept of eating a variety of foods in right proportions. This project was conducted as a private-public partnership to promote the health and well-being of Filipinos through disseminating the recommendations of Pinggang Pinoy® to the ultimate clients - the Filipino families, where mothers and caregivers take the lead in managing family meals.

Objectives:
The project aimed to create awareness on Pinggang Pinoy® among mothers and caregivers and challenge them to apply the recommendations of Pinggang Pinoy® in preparing meals.

Materials and Methods:
The Pinggang Pinoy® Community Challenge was the strategy used in disseminating to the mothers and caregivers the recommendations of Pinggang Pinoy®. Information-motivation campaign was conducted which composed of nutrition education and training seminar on Pinggang Pinoy®, food safety, and meal planning. Pre-test and post-test were administered by the project team to assess the learning acquired from the training. Mean scores were analyzed using paired t-test. The participants were mentored by the project team through practice cooking. As a culminating activity, a cook-off was held. The judges evaluated the prepared meals based on nutritional aspect, palatability, originality, use of locally available ingredients, cost, and visual presentation. The practice of food safety of the participants observed during the cook-off was also evaluated.

Results:
Sixty-one mothers and caregivers whose children were participants of the multinational company’s dietary supplementation program from the cities of Caloocan and Taguig participated in the activities. A total of 12 one-day meal plans were generated. Fifty-one participants completed the pre-test and post-test. The Pinggang Pinoy® Community Challenge resulted in a statistically significant increase in knowledge of the participants as shown in the mean scores of their pre-(13.4 ± 2.8) and post-test(17.0 ± 2.8).

Conclusion and Recommendations:
The Pinggang Pinoy® Community Challenge was an effective strategy in communicating the recommendations of Pinggang Pinoy® hence, considered a potential precursor to adopting healthy eating of Filipino families. Development of a manual on the Pinggang Pinoy® Community Challenge implementation and its adoption is recommended as well as a follow through of this activity to sustain the campaign on healthy eating.