



## Optimizing Gender Mainstreaming: Assessing DOST-FNRI GFPS Performance using the Functionality Assessment Tool for National Government Agencies

✍ SFQArevalo, Science Research Specialist II, TDSTSD

In keeping with the DOST-FNRI's dedication to accelerate gender mainstreaming in the Institute, the Gender Focal Point System-Technical Working Group (GFPS-TWG) held a workshop on GFPS Functionality Assessment Tool (GFAST) at the DOST-ITDI ADMATEL Training Room on April 19, 2024.

The workshop determined the Institute's capacity to mainstream the gender and development standpoint in their planning, programming, policy making, budgeting, implementation, and monitoring and evaluation processes. Moreover, assessing the functionality of the GFPS members will help identify capacity gaps and assess overall effectiveness to drive gender mainstreaming within the institution.

A total of fifteen (15) out of 20 members of the GFPS-TWG participated in the workshop. Atty. Lucieden G. Raz, Deputy Director and Officer-in-Charge, Office of the Director of DOST-FNRI also graced the workshop and gave the opening remarks. She also joined the group as they evaluated the functionality of the Institute's GAD initiatives. Furthermore, Ms. Charmaine Duante, GFPS - TWG Chairperson, presented some fundamental ideas and the crucial role the GFPS



plays on gender and development.

The GFPS seeks to determine its areas of improvement using the GFAST. The three areas are:

1. GFPS composition and structure
2. Fulfillment of GFPS functions and roles based on structure
3. GAD-related competencies of GFPS members

➔ 13

### What's Inside

✍ <i>Director's Message</i> .....	2
✍ <i>News Flash</i> .....	3
✍ <i>Photo News</i> .....	8
✍ <i>Writers Pool</i> .....	10
✍ <i>Library Acquisitions</i> .....	16

# Director's Message



The Department of Science and Technology's Food and Nutrition Research Institute (DOST-FNRI), as the country's lead agency in food and nutrition research and development, stays true to its mission to provide accurate data, correct information, and innovative technologies to fight malnutrition in the Philippines.

In the early weeks of the second quarter of the year, the Institute has been preparing for the Golden Year of the DOST-FNRI Seminar Series (FSS). This seminar series serves as one of the Institute's venues for sharing food and nutrition information and technologies.

During this quarter, the Gender Focal Point System- Technical Working Group (GFPS-TWG) held a workshop on GFPS Functionality Assessment Tool (GFAST) to effectively optimize gender mainstreaming within the Institute and contribute to broader efforts for gender equality and inclusive development.

The Institute, with funding support from DOST-Human Resource Development Program, spearheaded two capacity-building trainings for DOST personnel representing attached agencies and the regional and provincial offices.

It is also during this quarter that the Institute showcased its rice-based

technologies ready for adoption and commercialization at the 2024 MIMAROPA Regional Science, Technology, and Innovation Week (RSTW).

On top of this, DOST-FNRI also conducted a nutrition outreach program comprised of simultaneous food and nutrition activities for children, their mothers and caregivers, as well as *lolos* and *lolas*.

Other interactive projects, activities, and achievements of the Institute are featured in the photo news section. Results from the Expanded National Nutrition Survey and food and nutrition interventions are also featured in the Writers Pool Corner.

As we wrap up the second quarter of the year, I wanted to take a moment to reflect on our collective achievements and share some thoughts as we look ahead.

The Institute has navigated through uncertainties, adapted to changing circumstances, and continued to deliver exceptional results for our stakeholders.


Looking forward, DOST-FNRI has exciting opportunities on the horizon. Our focus remains on shifting and harnessing innovations towards finding new solutions to end malnutrition.

As we move into the second half of the year, let's build on the momentum we've gained and continue to strive for excellence in everything we do.

Together, we will continue to innovate, collaborate, and win the war against malnutrition.

Here's to a productive and successful second half of the year!

*Mabuhay tayong lahat!*

  
**Atty. LUCIEDEN G. RAZ**  
Deputy Director/Director III  
Officer-in-Charge, Office of the Director

## FNRI Digest EDITORIAL BOARD EDITORIAL STAFF

Milflor S. Gonzales, PhD  
*Editor-in-Chief*

Idelia G. Glorioso  
*Managing Editor*

Erika Niña C. Bacolod  
*Issue Editor*

.....

Franzis Jayke P. Batallantes

Shannen Faye Q. Arevalo

Dexter Y. De Leon

Nichole M. Bristol

Honeygrace B. Barrientos

Carol Ann Luz E. Pacot

Ciara Claire SB. Kahanap

### Contributors

.....

Erika Niña C. Bacolod  
*Compositor*

.....

Dexter Y. De Leon  
*Proofreader*

Erika Niña C. Bacolod  
*Artist*

Kryztalbyn Mae R. Dilag  
*Circulation Staff*

### ADVISERS

Atty. Lucieden G. Raz  
*Deputy Director/Director III  
Officer-in-Charge, Office of the Director*

Milflor S. Gonzales, PhD  
*Chief Science Research Specialist  
TDSTSD*

Charmaine A. Duante  
*Chief Science Research Specialist  
NAMD*

Rosemarie J. Dumag  
*Chief Science Research Specialist  
NFRDD*

Alexis M. Ortiz  
*Chief Administrative Officer, FAD*

Leah C. Dajay  
*Supervising Science Research Specialist,  
SLG*

.....  
FNRI Building, DOST Comp., Gen. Santos Ave.,  
Bicutan, Taguig City 1631  
8837-2934 or 8837-3164  
dostfnri47@fnri.dost.gov.ph  
fnri.dost.gov.ph  
www.facebook.com/DOST.FNRI  
@DOST\_FNRI



# News Flash

## DOST-FNRI conducts training on Front-End Analysis and Instructional Design among DOST employees

✍ DYDeLeon, Senior Science Research Specialist, TDSTSD



The DOST-FNRI successfully facilitated the Training on Front-End Analysis (FEA) and Instructional Design in the Multimedia Development Cycle. The training, supported by the DOST Human Resource Development Program (HRDP), was conducted on April 24-26, 2024 at the Microtel by Wyndham South Forbes, Inchican, Silang, Cavite.

The training discussed instructional design is, identified an instructional design model for multimedia materials development, discussed the components of front-end analysis, and tackled issues in front-end analysis and instructional design that affect the design and implementation of phases of the development cycle.

Asst. Prof. Luisa A. Gelisan, University Registrar and faculty

member of the Faculty of Information and Communication Studies of the University of the Philippines Open University (UPOU), and Mr. Lexter J. Mangubat, Deputy Director of Educational Media Production, Center for Open and Digital Teaching and Learning of UPOU, served as resource persons of the training.

Before the training started, Atty. Lucieden G. Raz, DOST-FNRI Deputy Director/Director III and Officer-in-Charge, Office of the Director, extended a warm welcome to all participants. During her Opening Message, she emphasized that the insights and skills gained from the training will aid the participants to become more proficient in their respective fields. USec. Maridon O. Sahagun, DOST Undersecretary for Scientific and Technical Services and

DOST HRDP Chairperson, conveyed her support for the training through a recorded message. She highlighted that the learnings from the training will pave the way in developing more comprehensive multimedia materials. During the first part of the training, Mr. Mangubat presented a comprehensive definition of Instructional Design. He labelled it as Process, Discipline, Science, and Reality. He further delved into the key components of instructional design and gave a thorough discussion on each component.

The session proceeded with an insightful presentation by Asst. Prof. Gelisan on the Multimedia Production Process. In her lecture, she identified the different stages of multimedia production and explained the processes involved in each stage

➔ 13



# DOST-FNRI brings its rice-based technologies to the MIMAROPA Region

✍ NMBristol, Science Research Specialist II, TDSTSD



The DOST-FNRI showcased its rice-based technologies during the 2024 MIMAROPA Regional Science, Technology, and Innovation Week (RSTW) held at Calapan City Convention Center, Calapan City, Oriental Mindoro from May 7 to May 9, 2024.

With the theme “*Siyensya, Teknolohiya at Inobasyon: Kabalikat sa Matatag, Maginhawa at Panatag na Kinabukasan*”, this year’s MIMAROPA RSTW highlighted the integral aspect of science, technology, and innovation in the region particularly those that are geared into boosting the blue and green economy.

The 2024 MIMAROPA RSTW included contests, exhibits, and technology forums that present the latest technological innovations and breakthroughs from the academe,

industry partners, and DOST attached agencies including DOST-FNRI.

The Institute conducted the Bringing-In Resources for Everyone’s Agenda on *Kalusugan* or BREAK Forum. This forum focused on the different rice-based technologies developed by the Institute to alleviate hunger and malnutrition.

Ms. Tricia Camille A. Naniong, Science Research Specialist I of the Food and Nutrition Training Unit, provided a briefing orientation among the participants. Ms. Naniong presented the DOST-FNRI mission, vision, and mandates as well as the Institute’s major programs and projects.

Meanwhile, DOST-FNRI rice-based technologies were presented by Ms. Janel Anne C. Eder, Science Research Specialist I of the Business

Development Unit. She discussed DOST-FNRI rice-based technologies that are ready for adoption and commercialization such as iron rice premix, iron-fortified rice, multi-nutrient and energy rice kernel (MNERK), stabilized brown rice, brown rice bar, and complementary foods. Ms. Eder also discussed the technology transfer protocol of DOST-FNRI.

The forum was attended by rice millers and traders and micro, small, and medium enterprises (MSMEs) of the MIMAROPA region. Mr. Franzis Jayke Batallantes, Science Research Specialist I of the Food and Nutrition Marketing Unit, hosted and moderated the forum. ■



# Demystifying the Journal Publication Process through a Seminar-Workshop

✍ SFQArevalo, Science Research Specialist II, TDSTSD



Truly, research is making its mark in science, technology, and innovation. According to the 2023 global innovation index, the Philippines is generating a significant number of innovative outputs despite having relatively lower inputs from research and development. To encourage the DOST community to disseminate their work through reputable journals and publications, a two-and-a-half-day Seminar-Workshop on How to Publish in a Peer-Reviewed Journal was spearheaded by the DOST-FNRI on May 29-31, 2024, B Hotel Alabang.

The seminar-workshop, funded and supported by the DOST-Human Resource Development Program (DOST-HRDP), created a collaborative space to share insights on research approaches and publishing strategies. The Institute believes that a seminar-workshop like this will enhance capabilities of the participants in conducting quality research and publishing in peer-reviewed journal.

On the first day of the training, Atty. Lucieden G. Raz, DOST-FNRI Deputy Director/Director III, and Officer-in-Charge, Office of the Director, graced the event by warmly welcoming the participants from DOST regional offices and attached agencies, resource speakers, and organizing team. Moreover, USec. Maridon O. Sahagun, DOST Undersecretary for Scientific and Technical Services and Chairperson of DOST-HRDP, extended her support through a recorded video message.

On the same day, Assistant Professor Avril D. Madrid, from the University of the Philippines Los Baños - College of Development Communication (UPLB-CDC), presented "The Publication Process" in which she emphasized the kind of writing required for a journal article, people behind the review process, types of peer-reviews, and steps in manuscript submission.

This was followed by a presentation from Mr. Allyster A. Endozo, Managing

Editor of Philippine Journal of Science (PJS) and Information Officer III of DOST-STII. Included in his talk were the background of PJS, the editorial board, editorial policies, the review of research, the documents needed for the submission, and the process which a manuscript undergoes for publication.

For the third lecture, Dr. Pamela A. Custodio, UPLB-CDC Associate Professor, discussed Writing the Journal Article. She presented the types of publication, the journal distribution, reminders on scientific writing, points to consider when writing each part of the journal, and the definition of a reviewer's decision on a submitted journal. This was followed by the mechanics for the first workshop.

The second day of the seminar-workshop started with Dr. Joven Q. Tanchuco, Editor-in-Chief of Acta Medica Philippina. He discussed the steps on how to publish a manuscript in Acta Medica Philippina with emphasis



# ***Lolos, Lolas, at mga Apo*** **benefited from Nutrition Outreach Program**

✍ FJPBatallantes, Science Research Specialist I, TDSTSD



## **LOLOS, LOLAS, AND MGA APO @ THE DOST-FNRI NUTRITION OUTREACH PROGRAM**



The DOST-FNRI in cooperation with the FNRI Employees Association, Incorporated (FNRI EA, Inc.) conducted the Malnutrition Reduction Program (MRP) Nutrition Outreach Program 2.0 with the theme: “DOST-FNRI *Para sa Kalusugan at Kasiyahan nina Lolo, Lola, at Apo*” at the National Shrine of Mary Help of Christians Parish, Brgy. Don Bosco, Parañaque on June 6, 2024.

The nutrition outreach comprised simultaneous activities for kids, their mothers and caregivers, as well as lolos and lolas.

Fifty-two (52) elderly individuals and twenty-one (21) mothers/caregivers attended lecture on basic nutrition and were given anthropometric measurement, nutrition counseling, and demonstration on nutritious

recipes while forty-five (45) children participated in nutrition education activities, including lectures, watching of nutrition cartoons, and playing of nutrition puzzles, mazes, and snakes and ladders, all emphasizing the importance of basic nutrition.

The Institute also shared nutritious recipe that can be a source of livelihood options for the elderly, mothers, and caregivers.

The activity that benefited older persons, children, and their companions would not be possible without the full support of the Knights of Columbus - Mary Help of Christians Parish Council 8256 .

This is the 2nd batch of the nutrition outreach program conducted by the DOST-FNRI.

The 1st Batch was held on December 7, 2023, for the elderly priests, nuns, and their caregivers in Knights of Columbus Hall, Merville, Parañaque City.

The DOST-FNRI is grateful for the various collaborations following the 2022 MRP Year-Starter Event dubbed “*Alay Mo, Kinabukasan Ko: Solidifying Intersectoral Support Against Malnutrition*” which enabled the FNRIEA, Inc. to raise funds to implement nutrition outreach activities.

The FNRIEA, Inc. together with DOST-FNRI is looking forward to holding more nutrition outreach programs to help provide optimum nutrition for all Filipinos through science, technology, and innovation in food and nutrition.■



# Learning Needs Analysis conducted for FNRI Employees

✍ HBBarrientos, Administrative Officer IV, FAD

A graphic for a Learning Needs Analysis (LNA) Echo Webinar. The title "Learning Needs Analysis" is prominently displayed in large, bold, dark blue letters on the left. Below the title is a QR code with the text "SCAN ME" underneath it. To the right of the QR code is a list of speakers: Ms. Honeygrace B. Barrientos (Administrative Officer IV - FAD), Ms. Lhearnie M. Carranza (Science Research Specialist II - TDSTSD), and Ms. Danneline M. Solis (Science Research Analyst - FAD). Below the list is a calendar icon and the event details: "Date: June 5, 2024" and "Time: 08:30 am - 12:00 pm". On the right side of the graphic is a stylized illustration of three people in a virtual meeting environment, with one person standing and pointing at a large circular data visualization on a screen. The background features geometric shapes and a blue color scheme.

The Learning Needs Analysis (LNA) Echo Webinar attended by the DOST-FNRI employees on June 5, 2024 was a significant event aimed at enhancing the Institute's capacity to address evolving educational and training requirements. Held virtually, the webinar was part of DOST-FNRI's continuous professional development program designed to ensure that its staff remains adept and responsive to the dynamic landscape of food and nutrition research and policy-making.

Ms. Lhearnie M. Carranza, Science Research Specialist II from the Technology Diffusion and S&T Services Division (TDSTSD), along with Ms. Grace B. Barrientos, Administrative Officer IV and Ms. Danneline M. Solis, Science Research Analyst from the Finance and Administrative Division, conducted the said echo webinar after attending the actual webinar via Zoom on March 13 and 15, 2024 at the Civil Service Institute.

The primary objective of the LNA Echo Webinar was to equip FNRI employees

with the skills to systematically identify and assess learning needs within the organization. Learning Needs Analysis is a crucial process that helps organizations determine gaps in knowledge, skills, and competencies among employees. This assessment is vital for creating targeted training programs that enhance overall performance and efficiency.

In the context of DOST-FNRI, the importance of LNA cannot be overstated. The Institute's role in conducting food and nutrition research, developing policies, and providing recommendations requires a workforce that is highly skilled and continuously updated with the latest advancements in the field. By identifying specific learning needs, DOST-FNRI can tailor its training initiatives to address these gaps, thereby ensuring that its employees are well-prepared to tackle contemporary challenges in food security, nutrition, and public health.

The webinar covered several essential components for conducting an effective

Learning Needs Analysis. It began with an introduction to the principles of LNA, explaining its purpose, benefits, and process, highlighting its importance for professional growth and organizational development. Participants learned about various LNA methods, including surveys, interviews, focus group discussions, and performance reviews, with a focus on their advantages, limitations, and the use of digital tools for data collection and analysis. Practical insights were provided on designing data collection instruments, ensuring reliability and validity, and using analytical techniques for accurate data interpretation, supported by case studies. Guidance was given on prioritizing training needs based on factors such as urgency, impact, and alignment with organizational goals, which is crucial for developing an effective training plan. The final component focused on creating and implementing training programs based on identified needs, including designing curricula, selecting methodologies, and

# Photo News



Nestlé Research Singapore Hub (NRS) during the courtesy visit to the DOST-FNRI for possible collaborations focusing on protein quality, April 4, 2024



Nutrition Research Information Network (NUTRINET) Adopt-A-Library (AAL) monitoring visit with University of Rizal System (URS), Tanay Campus, Sampaloc, Tanay, Rizal, April 12, 2024



Nourishing Productive Filipinos through Revitalizing Merienda: Recipes from DOST-FNRI 2023 Menu Guide Calendar Project won Best Paper under the Professional Category at the Kain Conference 2024 (KainCon) All Things Filipino Food: Community, Culture and Economy at the Far Eastern University, Manila, April 15-17, 2024



Helen Keller International and its collaborator from the Johns Hopkins University-Bloomberg School of Public Health (JHU-BSPH) paid a courtesy visit to the DOST-FNRI for further research collaborations that align with the priorities under the Philippine Plan of Action for Nutrition (PPAN) 2023-2028, April 22, 2024



Awarding of certification as a licensee of eight (8) DOST-FNRI-developed food technologies to CM & Sons Food Products Inc., renowned for Merzci Breads & Pastries Pasalubong, during the closing program of the 5-day technology transfer training at Merzci Pasalubong Factory, Bacolod City, May 6-10, 2024

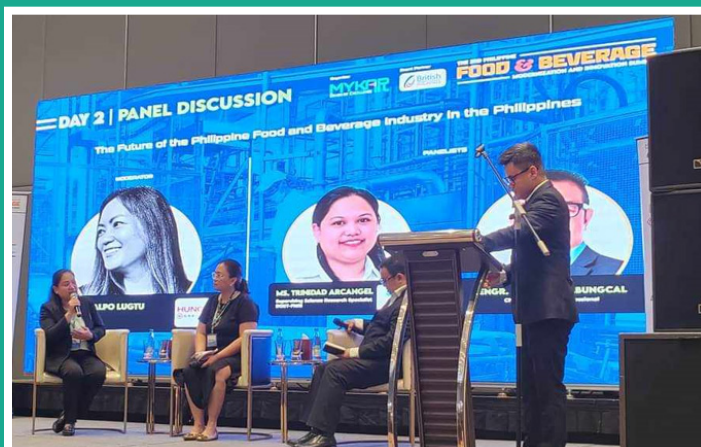


Si Manoy Ang Ninong Ko | Episode 11 Problema ng Malnutrisyon sa Butuan Agusan del Norte with DOST-FNRI's Science Research Specialist II, Ms. Maria Stephanie N. Parani, via Wilbert T. Lee's YouTube Channel, May 14, 2024

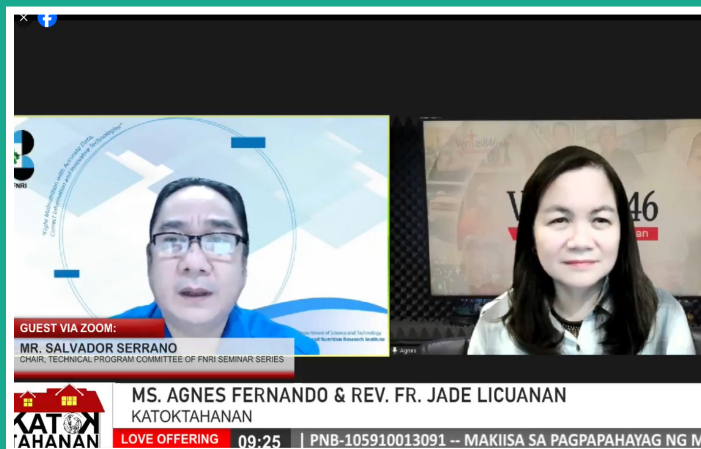




Ms. Maja Bethzaida S. Decena, SRS I, presenting the DOST-FNRI "Food Technology and Innovation" which served as the keynote presentation during Day 1 of The 3rd Philippine Food & Beverage Modernization and Innovation Summit at the City of Dreams Manila, May 22-23, 2024



Ms. Trinidad II T. Arcangel, Supervising SRS, served as a panelist during Day 2 of The 3rd Philippine Food & Beverage Modernization and Innovation Summit at the City of Dreams Manila, May 22-23, 2024



Radio Veritas 846 KATOKTAHAN's interview with DOST-FNRI Supervising Science Research Specialist and 50th FNRI Seminar Series (FSS) Technical Program Committee Chair Mr. Salvador R. Serrano, on DOST-FNRI food and nutrition innovations and the 50th FSS, June 4, 2024



The Finance and Administrative Division of DOST-FNRI conducted a webinar on Regenerative Aquaponics via Zoom, June 7, 2024



DOST-FNRI was recognized as one of Strongest STARBOOKS Partners during the STARBOOKS 13th Anniversary Celebration at The Heritage Hotel, Grand Ballroom, Pasay City, June 11, 2024



The Finance and Administrative Division of DOST-FNRI conducted an Echo-Webinar on Coaching and Mentoring via Zoom, June 7, 2024

# Writers Pool Corner

## **DOST-FNRI's Brown Rice Nutty Fruity Bar: compact nutritious snack in a bar**

✍ CALEPacot, Project Technical Assistant II, TDSTSD

- ✓ **READY-TO-EAT FOOD PRODUCT  
DEVELOPED BY DOST-FNRI**
- ✓ **GOOD SOURCE OF ENERGY,  
DIETARY FIBER, VITAMINS, AND  
MINERALS**
- ✓ **ADDRESSES NUTRIENT AND  
ENERGY DEFICIENCY &  
OVERWEIGHT AND OBESITY**
- ✓ **MADE OF BROWN RICE PUFF WITH  
DRIED FRUITS, SEEDS, NUTS AND  
HONEY**



SHELF-LIFE AND STORAGE CONDITIONS  
• 6 MONTHS • ROOM TEMPERATURE

Be our partner in food and nutrition!  
Visit <https://bit.ly/FNRITechTransProtocol>

Nutrient inadequacy, including overweight and obesity, are prevalent nutritional problems in the Philippines, according to the 2021 Expanded National Nutrition Survey (ENNS) of the DOST-FNRI.

Chronic or prolonged energy deficiency was also noted among lactating mothers, adults, and older persons, the ENNS further revealed.

Chronic energy deficiency (CED) pertains to low body weight and low energy stores resulting to limited physical capacity due to food deprivation over a long period of time.

As a stop-gap to CED, DOST-FNRI developed the Brown Rice Nutty Fruity

Bar, a nutritious alternative snack for children, adults, and older persons.

Brown Rice Nutty Fruity Bar is made of extruded brown rice puffs with selected dried fruits, seeds, and nuts.

Honey is added as an all-natural binder and sweetener to replace high-fructose corn syrup, a common sweetener linked to health-related diseases.

A 25-gram (g) Brown Rice Nutty Fruity Bar contains 109 kilocalories of energy, 3.0g of protein, 3.5-g of fat, and other vitamins and minerals.

Nuts and seeds are a source of protein and minerals and are rich in B-vitamins which help release energy from nutrients.

Brown rice, dried fruits, and nuts are sources of fiber and promote a healthy digestive system.

The high dietary fiber content of brown rice and nuts can help lower blood cholesterol levels and prevent other chronic diseases.

Try nutritious snacking with Brown Rice Nutty Fruity Bar and other nutritious food products from developed food technologies and recipes of the Institute to help ensure that your nutritional needs are met. ■



# Move more for healthier Filipino teens project to benefit physically inactive adolescents

JFPBatallantes, Science Research Specialist I, TDSTSD

The DOST-FNRI initiates the Move More for Healthier Filipino Teens project to support the government's public health initiatives in improving awareness about physical activities.



These materials present guidelines and a variety of school-based PA that enable adolescents to participate in a day-to-day moderate to vigorous intensity PA.

Around 7 out of 10 adolescents were found to be insufficient in physical activities and have a high risk of developing non communicable diseases (NCDs), which are more likely to persist as they enter adulthood.

This is according to the 2021 Expanded National Nutrition Survey (ENNS) of the DOST FNRI)

Insufficient physical activity is defined as doing less than 60 minutes of moderate to vigorous intensity physical activity daily.

According to the World Health Organization (WHO), increased level of physical inactivity have negative impacts on health and health system, the environment, economic development, community well being, and quality of life.

Moreso, it burdens society through the hidden and growing cost of medical care and loss of productivity.

Thus, in 2022, the DOST FNRI conducted a study on why are Filipino adolescents physically inactive nowadays.

The results showed that adolescents' physical activities (PA) and programs

were only limited to school intramurals, sports training programs, morning dance exercises in school, sports leagues organized by the Sangguniang Kabataan (SK), and community Zumba.

Moreso, the study revealed that adolescents' understanding of PA can be classified into four: (1) as a form of exercise or sports; (2) as any activity that produces physical movement; (3) as a way to release energy; and (4) relating to physical health and fitness.

In addition, adolescents' preference and willingness to join different physical activities were influenced by the early introduction of these activities by their parents and in school, doing them with their family and friends, and the level of enjoyment they experience during play.

The DOST FNRI took the initiative through the Move More for Healthier Filipino Teens project to support the government's public health initiatives in improving awareness about physical activities.

The Move More for Healthier Filipino Teens project initiated the development of information, education, and communication (IEC) materials for Filipino adolescents.

The IEC materials present guidelines and a variety of school-based PA that enable adolescents to participate in day--to--day moderate to vigorous intensity PA.

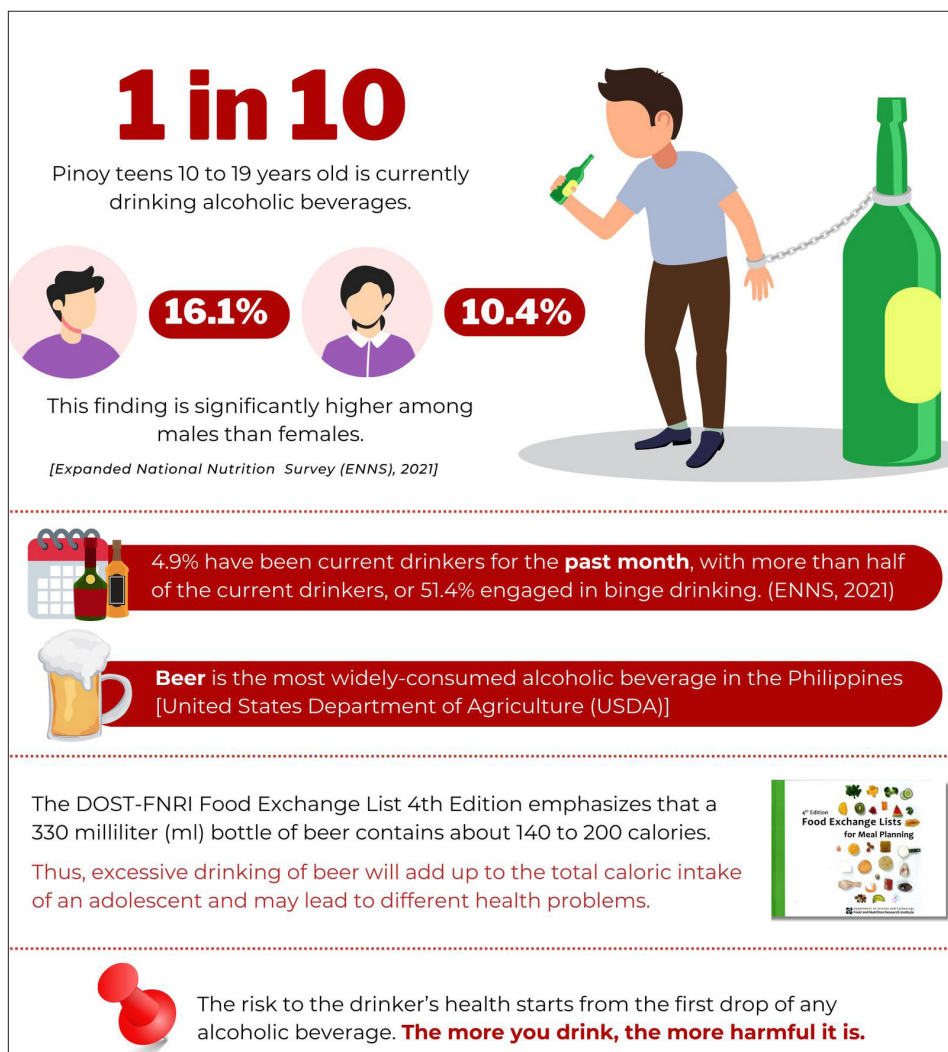
According to WHO, children and adolescents aged 5--17 years old must do at least an average of 60 minutes per day of moderate--to--vigorous intensity aerobic activities and free themselves from recreational sedentary screen time.

Furthermore, the Institute also encourages everyone to check out the Pinggang Pinoy for Teens for a nutritious and well--balanced diet.

The Pinggang Pinoy shows the recommended proportion of Go, Grow, and Glow foods on a per--meal basis to get an adequate intake of nutrients. Additionally, the DOST--FNRI encourages everyone to consider and check out our nutritious food technologies such as the Brown Rice Nutty--Fruity Bar and Stabilized Brown Rice that can help overcome chronic energy deficiency and boost energy to engage in a daily moderate to vigorous intensity PA.■

# 1 in 10 Pinoy teens drinks alcoholic beverages– DOST-FNRI

CCSBKahanap, Project Technical Assistant II, TDSTSD



milliliter (ml) bottle of beer contains about 140 to 200 calories.

Thus, excessive drinking of beer will add up to the total caloric intake of an adolescent and may lead to different health problems.

Further, the WHO reported that alcohol consumption is the main risk factor for early mortality and disability among people 15 to 49 years old, accounting for 10% of the fatalities in this age group.

It is also important to note that there is no safe level of alcohol use.

The risk to the drinker's health starts from the first drop of any alcoholic beverage consumed.

The more you drink, the more harmful it is.

In 2021, the Department of Health (DOH) reported that the share of transportation-related injuries involving individuals who consumed alcoholic beverages rose from 5.6% in 2019 to 6.8% in 2020.

In response to the growing number of Filipino adolescent drinkers, House Bill No. 1753, also known as the Anti-Underage Drinking Act, was filed on July 11, 2022.

The proposed bill recommends increasing the legal age for alcohol use and consumption to 21 years and imposing penalties on any person or private entity found in violation of the legislation to limit the availability of alcohol to adolescents and young adults.

While the bill is still waiting to become a law, the government should consider creating more programs for adolescents to turn away from alcohol and other vices.

About one (1) in every ten or 13.2 percent (%) of Filipino adolescents 10 to 19 years old is currently drinking alcoholic beverages or has consumed any alcoholic drink during the past year.

This is according to the 2021 Expanded National Nutrition Survey (ENNS) of the DOST-FNRI.

This finding is significantly higher among male teenagers (16.1%) compared to females (10.4%).

Furthermore, 4.9% have been current drinkers for the past month, with more than half of the current drinkers, or 51.4% engaged in binge drinking.

The World Health Organization (WHO) describes a current drinker as

someone who consumed one or more drinks of any type of alcohol in the year preceding the survey.

Meanwhile, binge drinking is the excessive consumption of alcoholic beverages, specifically the intake of four or more standard drinks in a row for females or five or more for males by those who reported drinking alcoholic beverages in the past month.

According to the United States Department of Agriculture (USDA), beer is the most widely-consumed alcoholic beverage in the Philippines, accounting for 72% of alcohol consumption or 2.1 billion liters annually.

The DOST-FNRI Food Exchange List 4th Edition emphasizes that a 330



## **Optimizing Gender Mainstreaming: Assessing ... from p. 1**

Answering the tool truthfully, the attendees filled-up several questions focusing on the above-mentioned areas. The participating GFPS-TWG agreed on a rating and prepared the initial Means of Verifications (MOVs) to support the response. After answering all the questions, the initial assessment concerning the functionality of the DOST-FNRI GFPS obtained a total score of 53.5. A score

of 50-65 meant that the functionality level of the agency's GFPS falls under Level 1- "Established". To be classified as "Functional" and "Fully functional", an agency must have a score of 66-85 and or 86-100, respectively.

To improve the functionality of its GFPS, the DOST-FNRI needs to determine its gaps and areas that need improvement. Hence,

future interventions need to be included in the formulation of the agency's GAD Agenda.

Let us take proactive steps to address these areas and strengthen our commitment to gender equality, not just within DOST-FNRI, but also in our society.■

## **DOST-FNRI conducts training on Front-End ... from p. 3**



of production. Subsequently, she discussed FEA, detailing its essential components and their significance in the production cycle.

After the first set of lectures, the training proceeded to the first workshop. In Workshop 1, the participants were grouped and tasked to develop a questionnaire for audience and situation analyses.

Following Workshop 1, Mr. Mangubat presented an overview of the ADDIE Model, which stands for Analysis, Design, Development, Implementation, and Evaluation. He stated that the Analysis and Design stages are integral to the pre-production phase, Development corresponds with production, and Implementation and Evaluation are important in post-production. Subsequently, he narrowed the focus to the pre-production phase, introducing the FEA SECTIONS Model. SECTIONS specifically refers to 8 different areas: Students, Ease of use, Cost/Time, Teaching, Interaction,

Organizational issues, Networking, and Security & privacy.

Following his lecture, Workshop 2 focused on analysis of target audience for developing a training or campaign material, create a prototype analysis of the hypothetical target audience, and propose a media format guided by the SECTIONS analysis.

Day 2 started with the presentation of workshop outputs. The first five groups presented their Workshop 1 outputs, while the second five groups presented their Workshop 2 outputs. After each presentation, selected participants and the resource persons gave their comments.

The afternoon session started with Mr. Mangubat discussing the SMART Objectives and the steps in writing these. The first step involves identifying the needs based on FEA. The second step requires determining the level of cognitive complexity. The final step is writing the objectives that adhere to the SMART criteria.

Following his lecture was Workshop 3. In this workshop, the groups were tasked to craft a detailed multimedia resource development proposal. The proposal included the following: problem statement, SMART objectives, target audience profiles, media selection rationale, proposed content outline, budget, development plan, and implementation plan.

Day 2 ended with the groups meticulously working on their Workshop 3.

The last day of the training began with the groups presenting their Workshop 3 outputs. After each group's presentation, the resource persons provided valuable comments and suggestions.

The event concluded with Mr. Eduardo C. Fugoso, Executive Assistant III, Office of the Undersecretary for Regional Operations, delivering the Closing Remarks on behalf of Engr. Sancho A. Maborang, DOST Undersecretary for Regional Operation. He expressed gratitude to the organizers and resource persons and presumed that the learnings acquired by the attendees would be reflected in the quality of the materials produced, ensuring to fulfill their intended purpose effectively.

The event was well-received, with participation from selected staff of the DOST Central Office, DOST attached agencies, and regional offices. ■



## **Demystifying the Journal Publication... from p. 6**

on the common mistakes, publication workflow, submission preparation checklist, data validity, ethics approval, AMA referencing style, proper way of responding to peer-review, and checking of the galley proof.

During the workshop's final day, the participants were actively involved in discussing how to effectively respond to feedback from peer reviews. The session further stressed the importance of constructive dialogue between authors and reviewers.

Armed with renewed vigor and persistence, the DOST will strive to elevate its visibility and impact in research. And with each publication, the Department reaffirms its commitment to excellence and progress. ■

## **Learning Needs Analysis conducted for... from p. 11**

evaluating training effectiveness to ensure objectives are met.

The LNA Echo Webinar had a profound impact on DOST-FNRI employees. By enhancing their understanding and skills in conducting Learning Needs Analysis, employees will be equipped to contribute to the institute's strategic training initiatives. This, in turn, leads to

a more competent and agile workforce capable of responding to the fast-paced changes in the field of food and nutrition.

The Learning Needs Analysis Echo Webinar was a successful Human Resource Development activity for the DOST-Food and Nutrition Research Institute. It provided employees

with essential skills and knowledge to effectively identify and address learning needs within the organization. By investing in such training initiatives, DOST-FNRI not only enhances its internal capabilities but also reinforces its commitment to excellence in food and nutrition research. ■

## **1 in 10 Pinoy teens drinks alcoholic... from p. 12**

Parents and guardians should establish preventive drinking measures.

Taking time to discuss underage drinking and setting a good example are simple yet effective ways for adolescents to avoid alcohol drinking and strengthen healthy lifestyle habits.

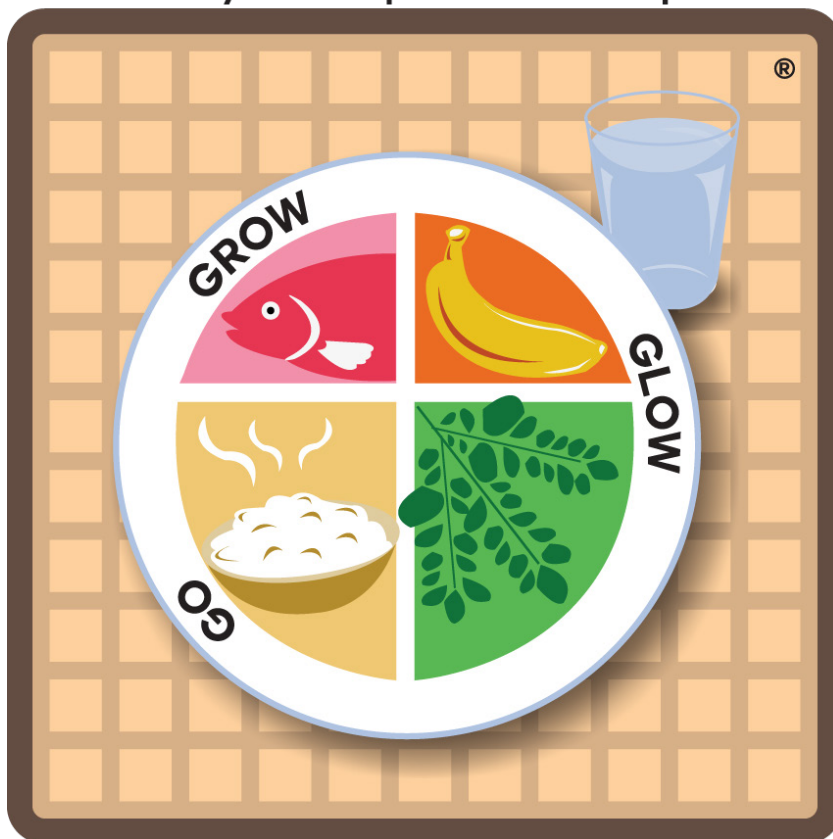
Now that the government has lifted social restrictions, the youth can return to participating in sports, joining the school, social, or religious organizations, and engaging in community-based programs.

The DOST-FNRI has created a project that benefited the students of Marikina City.

Project SAGIP, or Supporting Adolescent Growth in the Philippines, involved a 60-school day feeding program for 56 students using the standardized recipes developed by the institute and nutrition awareness activities.

One of the food items given to student beneficiaries of Project SAGIP is the Enhanced Nutribun, which is also developed by DOST-FNRI.

## **PINGGANG PINOY®** Healthy food plate for Filipinos



The importance of maintaining proper diet and nutrition for adolescents is highlighted in the developed nutrition tools by DOST-FNRI, like the

*Pinggang Pinoy®*, which is a visual tool to guide Filipinos in consuming the right amounts and kinds of food in every meal. ■



# Employees' Corner

## CONGRATULATIONS!

Newly promoted and original appointed staff



April 29, 2024 (from left to right)

**Elyss G. Billedo**, Senior Science Research Specialist,  
**Ricamae V. Larrazabal**, Science Research Specialist I,  
**Ma. Ariza C. Baylosis**, Science Research Specialist I,  
**Mildred D. Villanueva**, Administrative Officer IV (Budget Officer II),  
**Josie P. Desnacido**, Senior Science Research Specialist



# Library Acquisitions

✉ KMDilag, Science Research Specialist II, TDSTSD

Call Number	Title/Author	Publication / Year
FN TX 537 A65 2023	Dietary exposure of Filipinos to Ochratoxin A and Glyphosate from commonly-consumed foods using Theoretical Maximum Daily Intake (TMDI) approach/ <i>Ruby J. Apilado, Rose Elaine P. Guilaran, Rhilen Audrey D. Teodoro, and Elyss G. Billedo</i>	Journal of Chemical Health Risks / 2023
FN QP 141.A1 F739mar 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Marinduque/ <i>Food and Nutrition Research Institute</i>	Food and Nutrition Research Institute / 2022
FN QP 141.A1 F739par 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Parañaque City/ <i>Food and Nutrition Research Institute</i>	Food and Nutrition Research Institute / 2022
FN RJ 206 S47 2023	Snacking patterns of Filipino Children: Frequency and Contribution to Energy and Dietary Intakes/ <i>Michael E. Serafico, Eva A. Goyena, Josie P. Desnacido, and Apple Joy D. Ducay</i>	Philippine Journal of Science / 2023
FN LG 993.5 D37 2023	Monitoring the Consumption of Sugar-sweetened Beverages: an Input to Republic Act No. 10963 (TRAIN LAW)/ <i>Ma. Lilibeth P. Dasco, Josie Platon-Desnacido, Apple Joy D. Ducay, Charmaine A. Duante, and Marina B. Vargas</i>	Philippine Journal of Science / 2023
FN RJ 206 A75 2023	Nutrient Intake of Stunted Filipino School-age Children: Results from the 2018-2019 Expanded National Nutrition Survey/ <i>Food and Nutrition Research Institute Frances Pola S. Arias, Maylene P. Cajucom, Apple Joy D. Ducay, and Jamella Jeanne P. Victa</i>	Philippine Journal of Science / 2023
FN QP 141.A1 F739q 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Quezon Province/ <i>Food and Nutrition Research Institute</i>	Food and Nutrition Research Institute / 2022
FN RA 645.7 P6 A75 2024	Association between nutritional status of Filipino preschool children and participation in government programmes at the household and individual levels/ <i>Frances Pola S. Arias, and Eldridge B. Ferrer</i>	Malaysian Journal of Nutrition/ 2024
FN RA 645.7 P6 G69 2023	Validation of selected 2021 infant and young child feeding indicators for appropriate complementary feeding in relation to dietary adequacy and anthropometric status/ <i>Eva A. Goyena, Ma. Lynell V. Maniego, and Antoniette G. Cristobal</i>	Malaysian Journal of Nutrition/ 2023
FN QP 141.A1 F73qu 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Quirino/ <i>Food and Nutrition Research Institute</i>	Food and Nutrition Research Institute/ 2022