

DOST-FNRI Names Outstanding Employees for 2023

Shannen Faye Arevalo, Science Research Specialist II, DOST-FNRI



Agency Model Employees Mr. Lucito A. Sila (Level 1: Non-Supervisory Contractual Category Award) (Upper left), Ms. Alexandra Lyne E. David (Level 1: Non-Supervisory Permanent Category Award) (Upper right), Ms. Kaye Ann L. Piñas (Level 2: Supervisory Contractual Category Award) (Lower left), and Ms. Honeygrace B. Barrientos (Level 2: Supervisory Permanent Category Award) (Lower right) were awarded during the PRAISE Awarding on December 19, 2023, DOST-FNRI Auditorium.

In the modern workplace, organizations increasingly understand that acknowledging and celebrating the achievements of their workforce is an effective approach to building a strong and motivated team.

Recognition fosters a culture of teamwork and collaboration.

It encourages employees to support each other and create a positive atmosphere where individuals feel appreciated for their collective efforts.

In this regard, the DOST-FNRI yearly, through the Program on Awards and Incentives for Service Excellence (PRAISE)

provides meaningful recognition

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Director's Message




As we approach the end of 2023, it is a perfect opportunity to reflect on the significant achievements and notable initiatives undertaken by the DOST-FNRI. The year has been marked by significant strides in research, community engagement, and an unyielding commitment to promote nutrition and the well-being of our nation.

During this time, several major activities, such as the signing of MOAs and MOUs, exhibits, and awarding ceremonies have been highlighted. The National Science and Technology Week (NSTW) in several local locations featured DOST-FNRI's services, technologies, products, and IEC materials in which the Health Cluster bagged the 1st place for People's Choice Award for Best S&T Exhibit. In addition, the Institute's triumph as the DOST Agency with the Highest Number of Utility Model Registration in 2023 during the DOST IPA Awards serves as a springboard for future endeavors, motivating the Institute to continue pushing boundaries and exploring new frontiers.

Also, the last quarter of the year served as a time of transition and anticipation for the DOST-FNRI, as it welcomed Attorney Lucieden G. Raz to the Office of the Deputy Director. Her appointment will surely contribute to the continued growth and success of DOST-FNRI's mission, vision, and mandates. In addition, the regional estimates on selected food and nutrition indicators based on the Expanded National Nutrition Survey (ENNS) 2018, 2019, and 2021, as well as the result of the Epidemiologic Follow-up Study among selected 2019 ENNS respondents in a 2022 Special Survey, were proudly presented by the Institute.

The final quarter of the year often serves as a critical period, shaping the overall narrative of achievements and challenges faced by organizations dedicated to food and nutrition. The DOST-FNRI eDigest is a perfect channel that provides our readers with a comprehensive overview of the year-end activities that unfolded. The DOST-FNRI, with a renewed sense of purpose, is poised to continue making meaningful contributions to the nation's nutrition landscape in the coming years.

Isang Maligayang Pasko, Ligtas, at Malusog na Bagong Taon sa lahat!


Imelda Angeles-Agdeppa, Ph.D.
Director IV and Scientist IV

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News Flash

DOST-FNRI Recognized Again for Most Number of Utility Model Registrations

✍ Shannen Faye Arevalo, Science Research Specialist II, DOST-FNRI



Dr. Milflor S. Gonzales, DOST-FNRI Chief Science Research Specialist, receiving the award and delivering a brief response on behalf of Dr. Imelda Angeles-Agdeppa, DOST-FNRI's Director IV and Scientist IV

The DOST-FNRI once again clinched the top spot as the DOST Agency with the “Highest Number of Utility Model Registration” for having 19 UM Registrations during the 2023 DOST Intellectual Property Awards (IPA) Awarding Ceremony on November 29, 2023 at the Philippine International Convention Center (PICC), Pasay City.

This recognition bestowed on the Institute highlight dedication

to innovation and research. The UM Registrations indicate the development of novel and useful technologies, showcasing the Institute's commitment to advancing Science, Technology, and Innovation in the field of food and nutrition research.

Moreover, a total of 23 international publications authored by DOST-FNRI researchers were each awarded with the International

Publication Award as part of the 2023 DOST IPA. Yearly, the DOST grants the International Publication Award to scientists and researchers who have successfully published their research findings in Web of Science/Clarivate Analytics or Scopus indexed journals in the last three years preceding the nomination year.

The awards are part of the DOST NAST PHL program that aim to give incentives to DOST researchers and technology developers to encourage them to publish in international refereed journals, register their developed technologies, and boost the publication, patent, and utility model outputs of DOST and its agencies.

Padayon to all DOST-FNRI trailblazers! ■



DOST-FNRI releases regional estimates of nutritional status, changes before and during the latter part of pandemic

✍ Charina A. Javier, Senior Science Research Specialist, DOST-FNRI



The DOST-FNRI recently released the regional estimates on selected food and nutrition indicators based on the Expanded National Nutrition Survey (ENNS) 2018, 2019 and 2021 as well as the results of Epidemiologic Follow-up Study among selected 2019 ENNS respondents in a 2022 Special Survey during the 2023 National Nutrition Summit held at Sheraton Manila Hotel on December 12, 2023.

The Summit presented the contrasts in food and nutrition situation by region such as the prevalence of food insecurity where the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) had the highest prevalence of household food insecurity at 84.1%, Western Visayas (Region 6) with the highest prevalence of under-five stunting among children below five years old at 36.6%, and the National Capital Region (NCR) with the highest prevalence of overweight

and obesity across all age groups.

Indicators for infant and young child feeding (IYCF) such as the percentage of exclusively breastfed infants, 0-5 months old was highest in the Cordillera Autonomous Region (CAR) at 72.5% and lowest in Central Luzon (Region 3) at 43.5% and the percentage of young children, 6-23 months old, achieving the Minimum Adequate Diet (MAD) was generally low across the country, with the highest percentage found in the Cagayan Valley (Region 2) at only 17.1% and lowest in BARMM at 3.5%. The MAD is an indicator composed of minimum meal frequency and minimum dietary diversity to ensure both dietary and nutrient adequacy among 6-23 months old children.

Likewise, the NCR was found to have the highest prevalence of overweight and obese population in all age groups, particularly preschool children (6.4%), school-

age children (19.5%), adolescents (17.7%), and adults, 20 years old and above, where about one in every two (46.5%) are overweight or obese.

Overweight and obese are assessed using weight-for-age among preschool children ($>2SD$), BMI-for-age for school-age children and adolescents ($>1SD$) and BMI (>25) among adults.

Meanwhile, based on the 2022 Epidemiologic Follow-up of the 2019 Expanded National Nutrition Survey (ENNS) by the DOST-FNRI, there were good and

bad points.

“There was an observed significant improvement in the prevalence of stunting among preschool children, 0-59 months old, from 28.4% to 23.3%, who were followed-up from 2019 pre-pandemic to 2022 during the latter part of the pandemic”, according to Dr. Imelda Angeles-Agdeppa, Director IV and Scientist IV of DOST-FNRI.

The DOST-FNRI followed-up a total of 23,410 households from 20 provinces and highly-urbanized cities (HUCs) covered in the 2019 ENNS in a Special Survey in 2022. This study determined the changes in selected food, nutrition and health indicators after almost three years of the COVID-19 pandemic.

The 2022 Epidemiologic Follow-up Study showed a reduction in anemia from 12.5% to 10.5%

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Atty. Lucieden G. Raz takes oath as the new DOST-FNRI Deputy Director

✍ Alexis M. Ortiz, Chief Administrative Officer, DOST-FNRI



The DOST - FNRI welcomed its new Deputy Director in the person of Atty. Lucieden G. Raz. Her appointment was signed by the President on November 30, 2023 and she took her oath on December 4, 2023 in a simple ceremony presided by DOST Secretary Renato U. Solidum, Jr.

Atty. Chichi, as she is fondly called by her friends and associates, is not new to the DOST-FNRI's activities and processes, especially on collaborative researches and other partnerships entered into by the Institute, being its legal consultant for a decade. She reviewed the different contracts and other legal documents of the Institute prior to its finalization and execution, and provided counsel on technology transfer, intellectual property,

human resources issues, and other concerns.

Aside from DOST-FNRI, she also served as a project officer of the DOST's Technology Licensing Office (DOST-TLO) Program under the then Undersecretary for Research and Development Dr. Rowena Cristina L. Guevara and of the Technology Transfer Day Program of DOST-Technology Application and Promotion Institute.

As a Legal Practitioner since law school graduation, she handled civil, criminal, labor, corporate, and administrative cases and matters, appearing before the courts and other tribunals, and drafting necessary pleadings. She was likewise involved in the

preparation and review of various contracts and other legal documents, rendering legal opinion on diverse matters, and performed other legal tasks.

Atty. Raz was born in Tacloban City, Leyte in 1962. She finished her Bachelor of Laws from the Ateneo de Manila University - School of Law in 1990 and passed the Bar examination in 1991. Her pre-law degree was Bachelor of Science in Business Economics from the University of the Philippines - School of Economics in 1983.

Atty. Chichi, congratulations on your appointment and welcome to DOST-FNRI family! ■

Writers Pool Corner

Captivate young minds with DOST-FNRI's new nutrition cartoon

✍ Shannen Faye Arevalo, Science Research Specialist II, DOST-FNRI



Nutrition education during early childhood is a great opportunity to instill healthy eating habits, as nutrition largely influences both physical and mental growth and development.

There are myriads of ways to engage young children in nutrition education, and one of these is with nutrition cartoon videos.

Studies showed that visual aids are very important in education, particularly for young learners.

Children find it easier to absorb and remember information when they learn visually through vibrant illustrations, endearing characters, and scenarios that help deliver important messages.

Thus, the DOST-FNRI develops nutrition cartoon videos to make learning on healthy eating fun and memorable among hearing and deaf and mute children.

The nutrition cartoon, “Ang Mahiwagang Pinggang Pinoy ng Nutrilandia” (The Magical Pinggang Pinoy of Nutrilandia), is composed of three (3) chapters on the extraordinary adventures of the two protagonists, Akiles and Arya.

Chapter 1 highlights the heart-rending story of King Amon involving his parents and a lost magical plate called Pinggang Pinoy that brings good health and fortune to Nutrilandia.

Meanwhile, Chapter 2 focuses on the adventure of finding the missing pieces of the

magical Pinggang Pinoy.

Lastly, Chapter 3 zooms in on the importance of water and other healthy tips on Pinggang Pinoy.

All three videos are about 6-7 minutes, have English translation subtitles, and a sign language interpreter.

The nutrition cartoon video incorporated sign language interpretation to assist children who are deaf or mute, ensuring accessibility and inclusivity for all types of learners.

For the deaf community in particular, sign language—a visual language that combines gestures, facial expressions, and body language—is extremely vital for communication.

Lessons imparted to young minds can empower them in making informed choices, and can pave the path towards lifelong health and wellness.

Nutrition cartoons can serve as valuable educational tools, while it is recommended to combine these with other teaching methods for well-rounded learning experience.

The three chapters of “Ang Mahiwagang Pinggang Pinoy ng Nutrilandia” are all stored in a USB flash drive which can be bought for Php 350.00 only! For orders, you may email or contact us at dost.fnri.cpu@gmail.com and (02) 8837-8813 local 323.

This can be a perfect gift for your child, godchild, or your students this Christmas to instill the value of healthy eating.

Don't miss out on updates about our upcoming IEC resources! Stay connected by reading our FNRI Updates and FNRI Digest through our website (www.fnri.dost.gov.ph).



Discover the benefits of drinking just the right amount of coffee

✍️ Ciara Claire Kahanap, Project Technical Assistant II, DOST-FNRI



The cool breeze that fills the air signifies that Christmas is just around the corner.

And what better way to complement the sweater weather than to enjoy a cup of nice hot coffee.

Coffee selections evolved from just plain black coffee to probably hundreds of varieties from coffee shops all over the country.

According to the 2023 Philippines Coffee Consumption Facts and Statistics, 80 percent (%) of Filipinos drink an average of 2.5 cups of coffee daily.

But what is in coffee that makes one want to grab another cup?

The caffeine in coffee improves mood by delaying dopamine reabsorption. Dopamine is a neurotransmitter that makes a person feel good.

The brain contains dopamine, but elevated levels for a short time leads to improved moods.

The body becomes accustomed to the elevated dopamine levels and misses that feeling when we do not have caffeine intake.

Should we give in to our coffee fix? Based on the article by Walter, K. in

2022, consuming low to moderate doses of caffeine, around 40-200 milligrams (mg) or two cups, may increase alertness, energy, and ability to concentrate.

Possible health benefits of drinking coffee include decreased risk of getting Alzheimer's, Parkinsons, and heart diseases, as well as some forms of cancer.

It can also improve thyroid function among people with metabolic disorders.

One eight-ounce or 240 milliliters (ml) of brewed coffee contains about 95 mg caffeine.

According to the Dietary Guidelines for Americans, a healthy adult can consume about three to five cups of coffee daily, or an average 400 mg of caffeine.

Consuming coffee above the recommended cups per day may increase anxiety, heart rate, and sleep difficulty.

Moreover, consuming more than 1,200 mg caffeine per day, also known as caffeine toxicity, may result in severe anxiety, increased blood pressure, and may be fatal when mixed with alcohol.

Individuals who have difficulty controlling their blood pressure and pregnant women may want to limit their coffee intake to two cups daily or less than 200 mg caffeine.

If individuals would want to cut down on their coffee consumption,

it should be done gradually over a few weeks to avoid withdrawal symptoms including headache, fatigue, and depressed mood.

Aside from caffeine, the sugar and fat content of some coffee products like the three-in-one coffees and frappés should also be taken into consideration especially by diabetics.

The 2018-2019 Food Consumption Survey by the DOST-FNRI showed that 34.7% of Filipino adults consume three-in-one coffee.

Frequent consumption of high-sugar and high-fat beverages will eventually contribute to an increase in caloric intake which may lead to health problems later.

Hence, the classic black coffee is still the healthiest option for coffee lovers.

Decaffeinated coffee is also a good option if one is sensitive to caffeine, yet it offers similar health benefits as caffeinated coffee.

Coffee is the go-to drink of most people not just because of its convenience but also the calming effect it brings to coffee drinkers. But too much of everything is not always beneficial.

So, whether one needs an extra boost to start the day, a drink to warm this Christmas season, or just simply wanting to enjoy a quiet time alone, remember to enjoy your coffee in moderation, as practicing moderation is the golden rule in nutrition and in life.■

Photo News



The DOST-FNRI signed a Memorandum of Understanding (MOU) with the World Wide Fund for Nature (WWF) Philippines to collaborate on the development of a Food Systems-Based Nutritional Guidelines for Filipinos (NGF) on October 13, 2023, at DOST-FNRI in Bicutan, Taguig City. The guidelines go beyond health and nutrition outcomes and integrate sustainability in its environmental, economic, and social dimensions.



DOST-FNRI and Building Safe Agricultural Food Enterprises (B-SAFE) Project ink contract agreement to assess the dietary exposure of Filipinos to aluminum through consumption of food products containing aluminum lake colors.



DOST-FNRI showcases food and nutrition technologies and services at the 2023 DOST National Youth, Science, Technology, and Innovation Festival (NYSTIF). DOST-FNRI's booth at the Wellness and Well-being Cluster features the Nutrition Physiology Laboratory, fortified and nutritious food products, IEC materials, nutrition cartoons and games, and interactive nutrition and exercise learning activities for adolescents.



The University of the Philippines Los Baños and DOST-FNRI signed a Memorandum of Agreement (MOA) for the adoption of Food Safety Grading System Tools for our food kiosks and canteens in the campus. UPLB is the 1st HEI to adopt the tools.



DOST-FNRI Stabilized Brown Rice (trademark: *Kayumanggi*) technology received a Bronze Prize Award under the Mechanical/ Engines/ Machinery/ Tools/ Industrial Process/ Metallurgy Invention Category of the Competition, given by the Korean Invention Promotion Association, and a Special Award from the Indonesian Invention and Innovation Promotion Association (INNOPA) at the 2023 Seoul International Invention Fair, Seoul, South Korea from November 1-4, 2023.



Showcasing in this year's #NSTWinIloiloCity are DOST-FNRI's nutritious food products, such as complementary foods and nutritious snacks, coco-based food products, vegetable supplemented products, and low-heat and low humidity (LH2) drying system.



Congratulations to the Health Cluster for bagging the 1st Place People's Choice Award for Best S&T Exhibit at NSTW 2023!



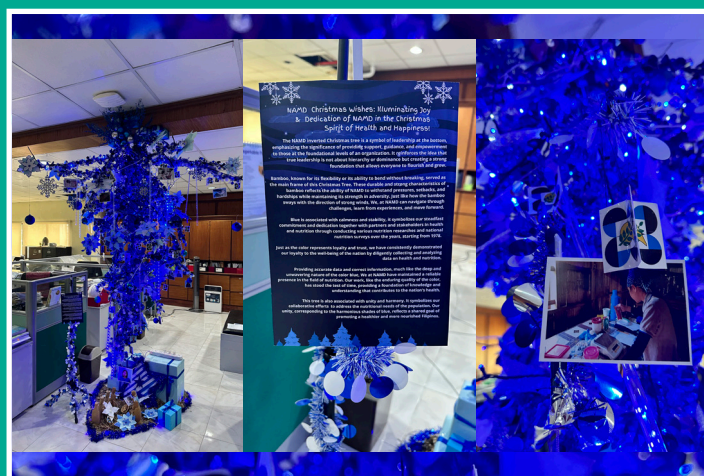
Atty. Lucieden G. Raz swore her oath of office as Director III of DOST - FNRI with DOST Secretary Renato U. Solidum, Jr. at the DOST Central Office, Taguig City, December 4, 2023.



DOST-FNRI delegates together with the Tajikistan Government Officials, World Bank Officers, and World Food Programme Associates posed for a photo during their in the FNRI Building on December 11, 2023



DOST-FNRI disseminated its latest nutrition survey results during the "What is the food and nutrition architecture in 2019 and 2022?: Results of the National Nutrition Surveys" on December 12, 2023 at the Sheraton Manila Hotel, Pasay City.



NAMO wins the Christmas Tree Contest for their uniquely crafted inverted blue Christmas tree



DOST-FNRI 2023 Gratitude Gala on December 20, 2023 at the Acacia Hotel, Alabang, Muntinlupa

Increasing food prices threaten food security of 38 million Filipinos

✍ Maja Bethzaida S. Decena, Science Research Specialist I, DOST-FNRI



Recent increases in food prices further threaten the food security and nutrition of more than 38 million Filipinos.

In fact, the Expanded National Nutrition Survey (ENNS, 2021-2022) of the DOST-FNRI shows that 33.4 percent (%) of 113 million Filipinos or 38 million experience moderate to severe food insecurity.

According to the United Nations' Food and Agriculture Organization (UN-FAO), food insecure individuals "run out of food and go a day or more without eating" or are most likely exposed to hunger or undernourishment.

The DOST-FNRI ENNS (2021-2022) data further reveals that three in ten of Filipinos go hungry and are unable to meet their nutritional requirements and food preferences because of lack of resources and physical unavailability of food.

Out of this number of Filipinos:

- 68.5% are worried about not having enough food;
- 35.4% are unable to eat healthy and nutritious food;
- -50.1% are part of the poorest; and
- -75.3% purchase food on credit.

On the other hand, the following are the households' participation in government programs:

- 58.1% on vegetable gardening;
- 45.7% on fruit gardening;
- 52.5% on livestock, poultry raising, or aquaculture; and
- 46.2% on the Pantawid Pamilyang Pilipino Program (4Ps).

Despite program participation to support food security cited by the ENNS, why are Filipino households still food insecure? Similar to the multiple layers of

the onion, malnutrition is a multi-faceted problem.

During the 2022 ENNS National Dissemination forum, DOST-FNRI used the definition of Global Forum on Food Security (FAO). From this definition, food insecurity is caused by "physical unavailability of food... lack of social or economic access to adequate food..."

High food prices can lead to food insecurity.

Case in point: Food prices can influence the capability of Filipinos to afford a healthy diet to meet their daily nutritional needs.

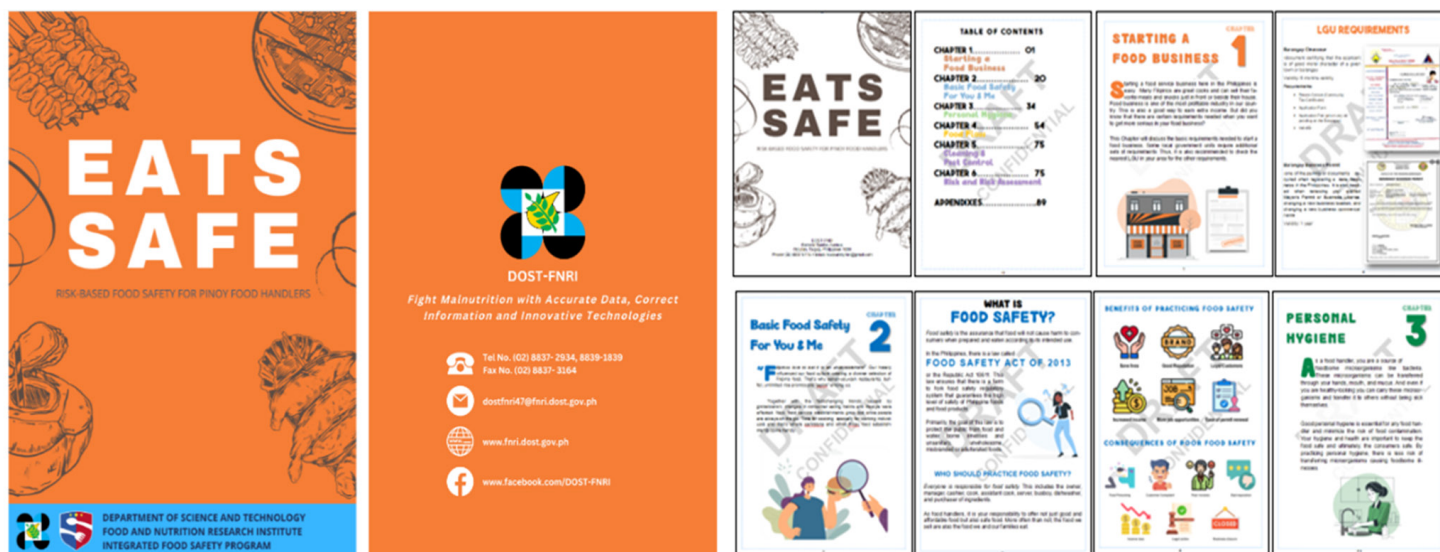
Food insecurity is a major hindrance in addressing various forms of malnutrition that impact on Filipinos' overall health, well-being, potential, and productivity.

If the price increase of onion connotes low supply vis-à-vis

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Food safety guidelines developed to prevent foodborne illnesses, levelling up food services on ensuring safe foods

✍️ Franzis Jayke P. Batallantes, Project Technical Assistant II, DOST-FNRI



Around 6 out of 10 or 68 percent(%) of food handlers are knowledgeable about food safety but fall short of putting it into practice in their food establishments.

This is according to the 2022 study by the DOST-FNRI on the food safety measures of 300 randomly selected food service sectors.

Through innovations and technological advancement, food establishments have an infinite amount of opportunities to provide trendy, delectable, and satisfying food for customers.

However, despite these opportunities and the increasing number of food establishments, food safety remains a concern in the Philippines.

Unsafe food containing harmful bacteria, viruses, parasites, or chemical substances causes more than 200 diseases, ranging from diarrhea to cancer.

According to the World Health Organization (WHO), there are around 600 million foodborne diseases and 420,000 foodborne deaths worldwide yearly.

Children 5 years old and below carry 40% of the foodborne disease burden, with 125,000 deaths yearly, the WHO added.

Microbiological analysis of food samples collected and sanitation of commonly used kitchen utensils and working tables was validated and supported using the ATP Luminometer kit.

There were some food samples that tested positive in certain microbiological parameters and the majority of the sampling points for the sanitation verification failed within the set limits.

Thus, it is important to take serious and strict food safety precautions to prevent the spread of foodborne diseases.

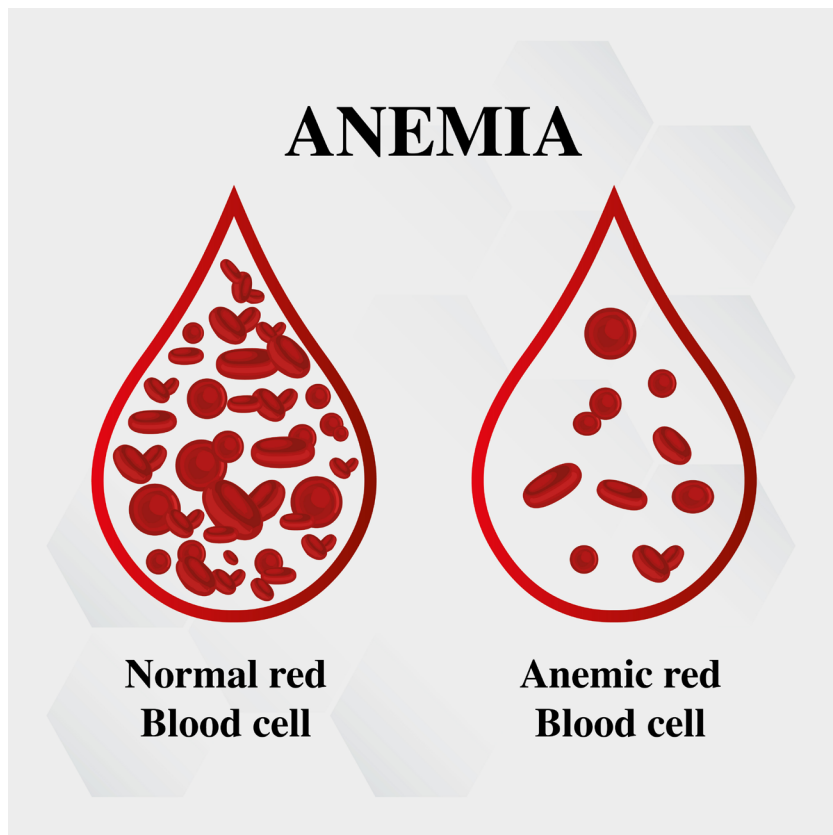
In response, DOST-FNRI developed a risk-based, simple, and comprehensive guide to help food establishments conform to set standards of existing Philippine laws on safety in support of the Food Safety Program of the government.

The DOST-FNRI Food Safety Guidelines for the Food Service Sectors was developed to improve the current food safety knowledge and practices of food establishment owners and food handlers based on the survey conducted among randomly selected food establishment in highly urbanized cities of Luzon, Visayas, and Mindanao.

The DOST-FNRI recommends having regular monitoring and training for food handlers to instill the value of food safety.■

Affordable solution to anemia through Iron-Fortified Rice (IFR)

✍ Maja Bethzaida S. Decena, Science Research Specialist I, DOST-FNRI



Filipinos are burdened by both the rising cost of rice and other basic food items that contribute to hunger and malnutrition.

According to the DOST-FNRI, the highest prevalence of anemia in 2018 was among adults and the elderly in the poorest economic class.

Rice, as a major staple food, is one of the most commonly-consumed food items among Filipinos, making it an ideal vehicle for fortification to combat anemia effectively.

Thus, the DOST-FNRI developed the Iron-Fortified Rice (IFR) technology by fortifying rice with iron to help address anemia without significantly affecting its price and sensory attributes, like taste, aroma, texture, and color. Studies revealed that the daily cost of fortifying rice with iron sufficient

for an individual is only PhP 0.68, compared to the average retail price of iron supplements, which ranges from PhP 2.25 to 26.09 per tablet or capsule.

Now, families can enjoy the additional nutritional benefits of IFR without straining their budgets.

Each serving of IFR provides a significant amount of iron to help meet individual daily requirements.

This innovation plays a vital role in feeding programs and food assistance initiatives that not only address hunger but also the nutritional needs of Filipinos.

This is a profitable and socially-responsible investment for rice millers due to the captured institutional clients who conduct feeding programs that use IFR.

To find DOST-FNRI licensed IFR suppliers, please visit <https://bit.ly/IFR-FNRI-Adoptors>.

For more information on food and nutrition concerns, contact:
Dr. Imelda Angeles-Agdeppa, DOST-FNRI Director, FNRI Building, DOST Compound, General Santos Avenue, Bicutan, Taguig City, Metro Manila; Direct Telephone Lines: 8837-2934, 8837-3164; Email: dostfnri47@gmail.com and dostfnri47@fnri.dost.gov.ph; Website: www.fnri.dost.gov.ph; Follow us on Facebook, Twitter and Instagram.■



to its employees for their significant contributions to the Institute.

On December 19, 2023, the following DOST-FNRI employees were lauded for their performances:

The Agency Model Employee Supervisory permanent category award was conferred to Ms. Alexandra Lyne E. David (FRDG), while the Non-Supervisory contractual category award was given to Mr. Lucito A. Sila (TDSTSD).

On the other hand, Ms. Honeygrace B. Barrientos (FAD) was awarded with the Agency Model Employee for Supervisory permanent category, while Ms. Kaye Ann L. Piñas (OD) was awarded with the Agency Model Employee for Non-Supervisory contractual category.

Division/ Group	Non-supervisory Category	
	Permanent	Contractual
OD	Mary Joyce M. Caranto	-
FAD	Rose Ann Q. Basilio	Rosefil J. Malinao
NAMD	Nelisa P. Cortez	Raylin M. Sarad
TDSTSD	Mark Anthony C. Quiambao	Lucito A. Sila
NRDG	Asuncion C. Torres	Pacita T. Trinidad
FRDG	Alexandra Lyne E. David	John Denver M. Cabillon
SLG	Maribeth B. Castillo	Herbert P. Patalen

Division/ Group	Supervisory Category	
	Permanent	Contractual
OD	Marilita A. Aguilos	Kaye Ann L. Piñas
FAD	Honeygrace B. Barrientos	Maricris A. Almazan
NAMD	Josie P. Descnacido	Antoniette G. Cristobal
TDSTSD	Shannen Faye Q. Arevalo	Jefferson Butch C. Obero
NRDG	Diana Glades D. Ronquilo	Allain Louies P. Dalisay
FRDG	Abbie L. Padrones	Avegail D. Apor
SLG	Christine Eden C. Sevilla	Ruvy Ann O. Rosales

The goal of employee recognition in the workplace is to create a motivating and engaging environment that not only celebrates individual accomplishments but also contributes to the collective prosperity of a team or an organization because, indeed, one's success is everyone's success.■

and Vitamin A Deficiency from 13.2% to 8.7%, from 2019 to 2022, respectively, among followed-up children 6 months to 5 years old, though these were not statistically significant.

Among the followed-up school-age children 6-12 years old, the prevalence of stunting also significantly decreased from 23.9% to 18.9% and anemia from 11.9% to 6.5%.

However, there was also a significant increase in wasting from 8.2% to 10.4% and overweight and obesity from 9.6% to 16.1%, the special study revealed.

Among the followed-up adults 20-59 years old, there was a significant increase in the prevalence of overweight and obesity from 40.6% to 44.4% while among the followed-up older persons 60 years and above, there was a significant increase in the prevalence of physical inactivity from 40.8% to 49.2%.

Although deeper analyses of the data are needed, these results seem to show that efforts to



reduce the long-term impact of the pandemic on undernutrition such as stunting worked, like the promotion of exclusive breastfeeding, better food diversity and caregiving practices for young children.

However, restrictive policies, like prolonged lockdowns that reduced physical activity across population groups seemed to have contributed to the significant increase in overweight and obesity.

Dr. Agdeppa, in her message during the dissemination forum on the recent nutrition survey results of DOST-FNRI at the Sheraton Hotel, called on the nutrition and health community and other development stakeholders to

recalibrate programs on food, nutrition, and health in the country, particularly those pertaining to pandemic recovery and in regions or areas that need more attention in particular indicators.

The DOST-FNRI continuously conducts research, develops and transfers technologies, and provides services to address malnutrition and its counter-productive effects, as well as offer livelihood opportunities to support overall well-being.

To learn more about the results of the National Nutrition Surveys and other nutrition survey data, visit the <https://enutrition.fnri.dost.gov.ph> and DOST-FNRI website: <https://www.fnri.dost.gov.ph>. ■

Increasing food prices threaten ..from p. 10

demand, this could be true for other basic commodities. This issue is coupled with high production cost of food and decreasing consumer purchasing power due to income constraints.

What can be deduced is only a layer of an onion.

Government programs on food security and nutrition interventions

can be successful if safe and nutritious food supply is available, affordable, accessible and stable at all times for every Filipino.

For more information on food and nutrition concerns, contact: Dr. Imelda Angeles-Agdeppa, DOST-FNRI Director, FNRI Building, DOST Compound, General Santos Avenue, Bicutan, Taguig City, Metro Manila; Direct Telephone

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Email: dostfnri47@gmail.com
and dostfnri47@fnri.dost.gov.ph;
Website: www.fnri.dost.gov.ph;
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CONGRATULATIONS!

Newly promoted and original appointment staff



November 6, 2023
Joyce Marie A. Jaime
Administrative Aide VI (Clerk III)



December 1, 2023
Patreen E. Montero
Administrative Assistant III (Secretary II)



December 4, 2023
Attorney Lucieden G. Raz
Director III



December 6, 2023 (from left to right)
Josafat John Simon L. Licayan
Science Research Specialist II
Leah C. Dajay
Supervising Science Research Specialist



December 22, 2023 (from left to right)
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Library Acquisitions

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Call number	Title/Authors	Publication/Year of Publication
FN RJ 216 G69 2022	Adherence to age-appropriate feeding practices among Filipino children under two: An analysis of the 2018-2019 Expanded National Nutrition Survey by Eva Abille Goyena and Lynell Valdeabella Maniego	Malaysian Journal of Nutrition / 2022
FN TX 360.U6 T44 2023	Review of recommended energy and nutrient intake values in Southeast Asian countries by E Siong Tee, Rodolfo F. Florentino, Naline Chongviriyaphan, Hardinsyah Ridwan, Mahenderan Appukutty and Truong Tuyet Mai	Malaysian Journal of Nutrition / 2023
FN QP 141. A1 F739be 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Benguet by Food and Nutrition Research Institute	Food and Nutrition Research Institute /2022
FN HD 9016.P6 G85 2023	Unmasking the Real Effect of Gender of Household Head in Household Food Security in the Philippines by Mildred O. Guirindola, Carlo G. Custodio, Jr., Jessica D. Villanueva and Ruel B. Guirindola	Philippine Journal of Science / 2023
FN QR 182.2.N86 N33 2023	A study protocol for a pilot randomized controlled trial to evaluate the effectiveness of a gene-based nutrition and lifestyle recommendation for weight management among adults: the MyGeneMyDiet® study by Jacus S. Nacis, Jason Paolo H. Labrador, Diana Glades D. Ronquillo, Marietta P. Rodriguez, Aurora Maria Francesca D. Pablo, Ruby D. Frane, Marilou L. Madrid, Noelle Lyn C. Santos, Julianne Janine V. Carrillo, Mikko Glen Fernandez and Gerard Bryan L. Gonzales	Frontiers in Nutrition / 2023
FN QP 141.A1 F739a 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Agusan del Norte by Food and Nutrition Research Institute	Food and Nutrition Research Institute / 2022
FN QP 141.A1 F739an 2022	2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Agusan Del Norte by Food and Nutrition Research Institute	Food and Nutrition Research Institute / 2022

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